

CSP Hours
Monday to Friday
8:30 am—3pm

December 2017

Caring Supporting Participating

**Caring Supporting Participating
Mental Health and Addictions
(Peer Support)**

41 Elgin St, Unit #201
Collingwood, On, L9y-3L6

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Fax (705) 444-4782

Website:
Mentalhealthandaddictions.com
Facebook Page:
<https://www.facebook.com/CSP-Mental-Health-Addictions-Peer-Support-1657113271187009/>
Email:
Shawna: csp-shawna@outlook.com
Dawn: csp-dawn@outlook.com
Julian: csp-julian@outlook.com

Board of Directors
Chair: Kathy Dudley
Vice Chair: George Lazloffy
Treasurer: Mo Green
Secretary: Sylvie Simoneau
Director: Kristi Donald
Director: Scott Thomson

Community Dinners
Salvation Army
-Thursday Dec 7th@ 5:30pm
-All Saints Anglican Church
Wednesday Dec 13th@ 5:30pm
First Monday adults 23 and under
Every Thursday@ 10 am

Trinity United Church
Wednesday Dec 20th@ 5:30pm

Erie Street Community Church
Every Tuesday @ 12pm

	Mon	Tue	Wed	Thu	Fri
					1 Arts with Steven @ 10 am Check in Group @ 1pm
4	Mantra for Mental health yoga @ 10 am Self esteem workshop @ 1 pm (Closed group)	5 Social Morning Mental Health Group @ 1pm	6 Social Morning Concurrent disorder group @ 1pm Sarah Davies Mindfulness coach @ 5:30 pm	7 Walking group @ 11 am Discussion group @ 1pm	8 Arts with Steven @ 10 am Check in group@ 1pm
11	Mantra for Mental health yoga @ 10 am Self esteem workshop @ 1 pm (Closed group)	12 Social Morning Guest Speaker Leah Simon @ 1pm	13 Social Morning Concurrent disorder group @ 1pm	14 Walking group @ 11 am Discussion group (Bruce) @ 1pm	15 Annual General Membership Meeting Center is closed.
18	Mantra for Mental health yoga @ 10 am Self esteem workshop @ 1 pm (Closed group)	19 Social Morning Mental Health Group @ 1pm	20 Social Morning Concurrent disorder group @ 1pm	21 Walking group @ 11 am Discussion group @ 1pm	22 Arts with Steven @ 10 am Check in Group @ 1pm
25	Closed for the Holidays Seasons greetings Everyone	26 Closed for the holidays Seasons greetings Everyone	27 Social Morning Concurrent disorder group @ 1pm	28 Walking group @ 11 am Discussion group @ 1pm	29 Arts with Steven @ 10 am Check in group @ 1pm Membership day