

CSP Hours  
 Monday to Friday  
 8:30 am–4pm  
 Saturday 10 am–3pm

**Caring Supporting Participating**

**Mental Health and Addictions  
 (Peer Support)**

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

CSP (705) 444-1844  
 CSP (705) 446-3535  
 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  
 Treasurer: Mo Green  
 Secretary: Sylvie Simoneau  
 Director: Kristi Donald  
 Director: Scott Thomson

**Community Dinners**

Salvation Army  
 -Thursday Feb 1st@ 5:30pm  
 -All Saints Anglican Church  
 Wednesday Feb 14th@ 5:30pm  
 First Monday adults 23 and under  
 Every Thursday@ 10 am

-Trinity United Church  
 Wednesday Feb 21st@ 5:30pm

-Erie Street Community Church  
 Every Tuesday @ 12pm

# February 2018

## Caring Supporting Participating

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Walking group @ 11 am Breathing & Mindfulness With Bruce @ 1pm	2 Arts with Steven @ 10 am  Check in group@ 1pm	3 Skating 12 pm–2pm Central Park  Center is open 10 am ~ 3 pm
4 5	Pot Luck Mondays @ 11 am Discussion group open topic @ 1pm	6 Social Morning  Mental Health Group @ 1pm	7 Social Morning  Concurrent Disorder group @ 1pm	8 Walking group @ 11 am Breathing & Mindfulness With Bruce @ 1pm	9 Arts with Steven @ 10 am  Check in group@ 1pm	10 Recreational day  Center is open 10 am ~ 3 pm
11 12	Social Morning  Discussion group open topic @ 1pm	13 Social morning  Guest speaker Courtney O'neil Nutritionist @ 1pm	14 Social Morning  Concurrent Disorder group @ 1pm	15 Walking @ 11 am Breathing with Bruce @ 1pm Sarah Davies @ 5:30 pm	16 The Cookie Exchange @ 11 am (Sweets and treats) Check in group@ 1pm	17 Recreational day  Center is open 10 am ~ 3 pm
18 19	Closed for Family day.	20 Social Morning  Mental Health Group @ 1pm	21 Social Morning  Concurrent Disorder group @ 1pm	22 Walking group @ 11 am Breathing & Mindfulness With Bruce @ 1pm	23 Arts with Steven @ 10 am Membership Day Check in group@ 1pm	24 Recreational day  Center is open 10 am ~ 3 pm
25 26	Social Morning  Discussion group open topic @ 1pm	27 Social Morning  Mental Health Group @ 1pm	28 Social Morning  Concurrent Disorder group @ 1pm			