

**Simcoe peer support  
for Mental health  
and Addictions:**

8:30 ~ 3:00 pm  
41 Elgin St, Unit #201  
(entrance off Treemont lane)  
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/Simcoe-Peer-Support-for-Mental-Health-and-Addictions-1657113271187009/>

**Email:**

Shawna: peersupport.shawna@bellnet.ca  
Dawn: peersupport.dawn@bellnet.ca  
Julian: peersupport.julian@bellnet.ca

**Board of Directors:**

Chair: Sylvie Simoneau  
Secretary: Sue Buxton  
Treasurer: Brad Doucette  
Director: Sarah Durant  
Director: Rick Schubert  
Director: Danielle Veenstra

**Community Dinners:**

-Salvation Army:  
Thursday Feb 6th@ 5:30pm  
-All Saints Anglican Church  
Wednesday Feb 12th@ 5:30pm  
First Monday adults 23 and under  
-Erie street community church  
Every Tuesday 12 pm—1 pm  
-Trinity United Church  
Wednesday Feb 19th@ 5:30pm  
First Presbyterian Church  
Tuesday Feb 25th@ 5:00pm

# February 2020



**Simcoe Peer Support for Mental Health and Addictions**

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><b>Walking group @ 11:00 am</b></p> <p><b>(Closed group) @ 1:00 pm</b></p>	<p>4</p> <p><b>Knit Wits @ 10:00 am</b></p> <p><b>Mental health group @ 1pm</b></p>	<p>5</p> <p>Yoga Mornings @ 10:00 am</p> <p>Concurrent Disorder group @ 1:00pm</p>	<p>6</p> <p>Social Morning</p> <p><b>(Closed group) @ 1:00 pm</b></p>	<p>7</p> <p><b>Arts and Crafts @ 10:00 am</b></p> <p>Check in Group @ 1:00 pm</p>
<p>10</p> <p><b>Walking group @ 11:00 am</b></p> <p><b>(Closed group) @ 1:00 pm</b></p>	<p>11</p> <p><b>Knit Wits @ 10:00 am</b></p> <p><b>Mental health group @ 1pm</b></p>	<p>12</p> <p>Yoga Mornings @ 10:00 am</p> <p>Concurrent Disorder group @ 1:00pm</p>	<p>13</p> <p>Social Morning</p> <p><b>(Closed group) @ 1:00 pm</b></p>	<p>14</p> <p>Valentines Party</p> <p>Check in Group @ 1:00 pm</p>
<p>17</p> <p><b>Center is closed Family Day</b></p>	<p>18</p> <p><b>Knit Wits @ 10:00 am</b></p> <p><b>Mental health group @ 1pm</b></p>	<p>19</p> <p>Yoga Mornings @ 10:00 am</p> <p>Concurrent Disorder group @ 1:00pm</p>	<p>20</p> <p>Social Morning</p> <p><b>Open group</b></p>	<p>21</p> <p>Coffee Social 10 am</p> <p>Center is closed afternoon</p> <p>No Check in group</p>
<p>24</p> <p><b>Walking group @ 11:00 am</b></p> <p><b>(Closed group) @ 1:00 pm</b></p>	<p>25</p> <p><b>Knit Wits @ 10:00 am</b></p> <p><b>Mental health group @ 1pm</b></p>	<p>26</p> <p>Yoga Mornings @ 10:00 am</p> <p>Concurrent Disorder group @ 1:00pm</p>	<p>27</p> <p>Social Morning</p> <p><b>Open group</b></p>	<p>28</p> <p>Coffee Social @ 10:00 am</p> <p>Check in Group @ 1:00 pm</p>