

CSP Hours

Monday to Friday
8:30 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
Vice Chair: Sylvie Simoneau
Treasurer: Mow Greene
Secretary: Sue Buxton
Director: Scott Thomson
Director: Brad Doucette

Community Dinners

-Salvation Army
-Thursday Oct 4th@ 5:30pm
-All Saints Anglican Church
Wednesday Oct 10th@ 5:30pm
First Monday adults 23 and under
Every Thursday@ 10 am
-Trinity United Church
Wednesday Oct 17th@ 5:30pm
-Erie Street Community Church
Every Tuesday @ 12pm
First Presbyterian Church
Tuesday Oct 23rd@ 5:00pm



October 2018



Caring Supporting Participating

| | Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|--|
| | 1 | 2 Social Morning Mental health group @ 1:00 pm | 3 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm | 4 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm | 5 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm |
| | 8 Closed for Thanksgiving Safe Holidays Everyone | 9 Social Morning Guest Speaker Severo Masut YMCA @ 1:00 pm | 10 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm | 11 Walking group @ 10:00 am | 12 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm |
| | 15 Social Mornings Meditation with Bruce @ 1:00 pm | 16 Social Morning Mental health group @ 1:00 pm | 17 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm | 18 Walking group @ 10:00 am A Buddhist approach To 12 steps With Sue (Closed group) | 19 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm |
| | 22 Social Mornings Meditation with Bruce @ 1:00 pm | 23 Social Morning Mental health group @ 1:00 pm | 24 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm | 25 Walking group @ 10:00 am A Buddhist approach To 12 steps With Sue (Closed group) | 26 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm |
| | 29 Social Mornings Meditation with Bruce @ 1:00 pm | 30 Social Morning Mental health group @ 1:00 pm | 31 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm | | |