

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 Sept 6th@ 5:30pm

-All Saints Anglican Church

Wednesday Sept 12th@ 5:30pm

First Monday adults 23 and under

Every Thursday@ 10 am

-Trinity United Church

Wednesday Sept 19th@ 5:30pm

-Erie Street Community Church

Every Tuesday @ 12pm

First Presbyterian Church

Tuesday Sept 25th@ 5:00pm

September 2018

Caring Supporting Participating

	Mon	Tue	Wed	Thu	Fri
3	Closed For Labour Day	4 Social Morning Mental health group @ 1:00 pm	5 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	6 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm (CLOSED)	7 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
10	Gardening @ 9:00 am Monday Movie Madness @ 12:30 pm	11 Social Morning Guest Speaker Series Charles Brand Appealing Environments @ 1:00 pm	12 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	13 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm (CLOSED)	14 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
17	Gardening @ 9:00 am Ted Talks Discussion @ 1:00 pm	18 Social Morning Mental health group @ 1:00 pm	19 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	20 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm (CLOSED)	21 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
24	Gardening @ 9:00 am Panic Attack Management techniques with Hannah @ 1:00 pm	25 Center is Closed	26 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	27 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm (CLOSED)	28 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm