

CSP Hours  
 Monday to Friday  
 8:30 am–3pm  
 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 Jan 4th@ 5:30pm  
 -All Saints Anglican Church  
 Wednesday Jan 10th@ 5:30pm  
 First Monday adults 23 and under  
 Every Thursday@ 10 am

Trinity United Church  
 Wednesday Jan 17th@ 5:30pm

Erie Street Community Church  
 Every Tuesday @ 12pm

# January 2018

Caring Supporting Participating

Mon	Tue	Wed	Thu	Fri	Sat
1  New years Day Closed	2  Social Morning  Mental Health Group @ 1pm	3  Social Morning  Concurrent Disorder group @ 1pm	4  Walking group @ 11 am  Breathing with Bruce @ 1 pm	5  Arts with Steven @ 10 am  Check in group@ 1pm	6  Recreational day  Center is open 10 am ~ 3 pm
8  Mantra for Mental health yoga @ 10 am  Self esteem workshop @ 1 pm	9  Social Morning  Guest speaker Sue @ 1pm	10  Social Morning  Concurrent Disorder group @ 1pm	11  Walking group @ 11 am  Breathing with Bruce (depression) @ 1 pm	12  Arts with Steven @ 10 am  Check in group@ 1pm	13  Recreational day  Center is open 10 am ~ 3 pm
15  Mantra for Mental health yoga @ 10 am  Self esteem workshop @ 1 pm (Closed group)	16  Social Morning  Mental Health Group @ 1pm	17  Social Morning  Concurrent Disorder group @ 1pm	18  Walking group @ 11 am Kundalini yoga Introduction @ 1 pm Sarah Davies @ 5:30 pm	19  Arts with Steven @ 10 am  Check in group@ 1pm	20  Recreational day  Center is open 10 am ~ 3 pm
22  Mantra for Mental health yoga @ 10 am  Self esteem workshop @ 1 pm (Closed group)	23  Social Morning  Mental Health Group @ 1pm	24  Social Morning  Concurrent Disorder group @ 1pm	25  Walking group @ 11 am  Kundalini yoga Anxiety/ Depression @ 1 pm	26  Arts with Steven @ 10 am  Check in group@ 1pm (membership day)	27  Recreational day  Center is open 10 am ~ 3 pm
29  Mantra for Mental health yoga @ 10 am Self esteem workshop @ 1 pm (Closed group)	30  Social Morning  Mental Health Group @ 1pm	31  Social Morning  Concurrent Disorder group @ 1pm			