

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 Jan 3rd@ 5:30pm
-All Saints Anglican Church
Wednesday Jan 9th@ 5:30pm
First Monday adults 23 and under
Every Thursday@ 10 am
-Trinity United Church
Wednesday Jan 16th@ 5:30pm
-Erie Street Community Church
Every Tuesday @ 12pm
First Presbyterian Church
Tuesday Jan 22nd@ 5:00pm

January 2019

Caring Supporting Participating



Mon	Tue	Wed	Thu	Fri
	1 Center is closed Happy New Years	2 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	3 Walking group @ 11:00 am A Buddhist approach To 12 steps @ 1:00pm (Closed group)	4 Anxiety tool belt (workshop) with Hannah @ 10:00 am Check in group @ 1:00 pm
7 Social Morning Codependency Work shop @ 1:00 pm (closed group)	8 Mindful Coloring, and Crocheting Mental health group @ 1:00 pm	9 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	10 Walking group @ 11:00 am A Buddhist approach To 12 steps @ 1:00pm (Closed group)	11 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
14 Monday Meal Making @ 10:00 am Codependency Work shop @ 1:00 pm (closed group)	15 Mindful Coloring, and Crocheting Smoking Cessation Guest speaker @ 1:00 pm	16 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	17 Walking group @ 11:00 am Open group	18 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
21 Social Morning Codependency Work shop @ 1:00 pm (closed group)	22 Mindful Coloring and Crocheting Mental health group @ 1:00 pm	23 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	24 Walking group @ 11:00 am Relationships (workshop) @ 1:00 pm	25 Arts and Crafts @ 10:00 am (Membership day) Check in group @ 1:00 pm
28 Monday Meal making @ 10:00 am Codependency Work shop @ 1:00 pm (closed group)	29 Mindful Coloring and Crocheting Mental health group @ 1:00 pm	30 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	31 Walking group @ 11:00 am Relationships (workshop) @ 1:00 pm	