



**SIMCOE PEER SUPPORT**  
FOR MENTAL HEALTH & 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: Kathy Dudley  
Vice Chair: Sylvie Simoneau  
Secretary: Sue Buxton  
Treasurer: Brad Doucette  
Director: Scott Thomson

**Community Dinners:**

-Salvation Army  
Thursday October 3rd@ 5:30pm  
-All Saints Anglican Church  
Wednesday October 9th@ 5:30pm  
First Monday adults 23 and under  
Every Thursday @ 10 am  
-Trinity United Church  
Wednesday October 16th@ 5:30pm

# October 2019



	Mon	Tue	Wed	Thu	Fri
		1 <i>Knit Wits</i> <i>@ 10:00 am</i> <i>Mental health group</i> <i>@ 1:00 pm</i>	2 <i>Yoga Mornings</i> <i>@ 10:00 am</i> <i>Concurrent</i> <i>disorder group</i> <i>@ 1:00 pm</i>	3 <i>Social Morning</i>  <i>(Closed group)</i> <i>@ 1:00 pm</i>	4 <i>Arts and Crafts</i> <i>@ 10:00 am</i>  <i>Check in Group</i> <i>@ 1:00 pm</i>
7 <i>Walking group</i> <i>@ 10:00 am</i> <i>(Open group)</i> <i>@ 1:00 pm</i>	8 <i>Knit Wits</i> <i>@ 10:00 am</i> <i>Mental health group</i> <i>@ 1:00 pm</i>	9 <i>Yoga Mornings</i> <i>@ 10:00 am</i> <i>Concurrent</i> <i>disorder group</i> <i>@ 1:00 pm</i>	10 <i>Social Morning</i>  <i>(Closed group)</i> <i>@ 1:00 pm</i>	11 <i>Thanksgiving</i> <i>Potluck @ 11:00 am</i> <i>Check in Group</i> <i>@ 1:00 pm</i>	
14 <i>Closed for</i> <i>Thanksgiving</i>	15 <i>Knit Wits</i> <i>@ 10:00 am</i> <i>Mental health group</i> <i>@ 1:00 pm</i>	16 <i>Yoga Mornings</i> <i>@ 10:00 am</i> <i>Concurrent</i> <i>disorder group</i> <i>@ 1:00 pm</i>	17 <i>Social Morning</i>  <i>(Closed group)</i> <i>@ 1:00 pm</i>	18 <i>Arts and Crafts</i> <i>@ 10:00 am</i>  <i>Check in Group</i> <i>@ 1:00 pm</i>	
21 <i>Walking group</i> <i>@ 10:00 am</i> <i>(Open group)</i> <i>@ 1:00 pm</i>	22 <i>Knit Wits</i> <i>@ 10:00 am</i> <i>Mental health group</i> <i>@ 1:00 pm</i>	23 <i>Yoga Mornings</i> <i>@ 10:00 am</i> <i>Concurrent</i> <i>disorder group</i> <i>@ 1:00 pm</i>	24 <i>Social Morning</i>  <i>(Closed group)</i> <i>@ 1:00 pm</i>	25 <i>Lettuce Celebrate</i> <i>Cooking @ 10:00 am</i> <i>Check in Group</i> <i>@ 1:00 pm</i>	
28 <i>Walking group</i> <i>@ 10:00 am</i> <i>Guest Speaker</i> <i>Marcy Adams</i>	29 <i>Knit Wits</i> <i>@ 10:00 am</i> <i>Mental health group</i> <i>@ 1:00 pm</i>	30 <i>Yoga Mornings</i> <i>@ 10:00 am</i> <i>Concurrent</i> <i>disorder group</i> <i>@ 1:00 pm</i>	31 <i>Halloween Party</i> <i>&amp; Potluck</i> <i>11:00 am—2:00 pm</i>		