

CSP FALL NEWSLETTER

HOURS OF OPERATION:

Monday to Friday, 9:30 a.m. until 4:00 p.m.

SEPTEMBER/OCTOBER 2009 ISSUE

CSP BASEBALL TOURNAMENT

WELL, we did again this year. CSP brought the trophy home for the third year in a row. We had RSVP from Barrie, The Meeting Place from Orillia, Wendat from Midland, MHCP, The Heros Club from Midland which gave us a grand total of over 120 players. This was the biggest turnout since 1996. The weather was great, the location perfect and I think we just had enough BBQ. Each team choose their MVP and we handed out trophy's to those players. CSP loves to host the ball tournament every year and we are looking forward to seeing you all next summer. BIG thanks to all our cooks and to the Town of Colling-

wood for giving us such a great deal every year.

Dennis Tessier from The Meeting Place and CSP are talking about having a game of Snow Football in the winter in Collingwood. We will keep everyone posted on that. We think it would help break up the winter blues. Who knows, maybe, CSP isn't as good at football as they are at baseball, ha ha.

For the second year in a row the MHCP, Hero's club and other partners from Penetang and Midland have put on a great BBQ down by the water in Midland. It just keeps getting better every year and it is great getting out of Colling-

wood and meeting with all our peers. Deb, her colleagues and all their clients sure know how to show us all a good time and we will see you all next year!!!

COMING SOON!!!

Please watch for your monthly calendars for all up and coming events and meetings.

CSP Consumer Conference.

We will be holding this sometime in October.

CSP Christmas Dinner will be held early December.

NEW AT CSP

CSP is pleased to announce that The Collingwood Family & Friends Mental Health Support Group is held here on the last Thursday of every month from 10:00 a.m. until 12:00 p.m. This is a group which provides the family members and friends of persons experiencing mental illness difficulties a safe and supportive environment to share their experiences; receive and exchange information; build their own network of support in an atmosphere with others living with mental illness in their family. Tara Maxwell from CMHA in Barrie facilitates this group. To reach Tara please call:

1-705-725-0363 or toll free at:

1-800-324-3252, you can even call CSP at 444-1844 and we will make sure you touch base with Tara

Board of Director

Yvette Cheko: Chair

Marcia McPherson: Vice-Chair

Laurie Pilkey: Secretary

Steve Millman: Director

NOTE:

The Board of Directors for CSP is looking for consumers or non consumers to join the Board. The Board meets once a month and this is a volunteer position. Anyone interested please submit your interest in writing to Yvette Cheko

STAFF:

Kelly Brown: Executive Director

Shawna Johnson: Program Coordinator

FROM THE CHAIR OF THE BOARD

First off, I would like to say hello to all and hope that the summer has found you all in good health and happiness. We all have our ups and downs but remember that there is always a rainbow at the end...Love..Hope..Believe

For those of you who may not know, the Board of Directors has undergone many changes. Allow me to introduce myself...My name is Yvette Cheko and I am the new chairperson on the board. I look forward to spending more time with you and hearing your

suggestions for events, fundraising, etc. as well as any concerns you may have. The new board is working hard at re-establishing an environment where everyone is comfortable, relaxed and above all a place of recovery without fear or unsettledness.

CSP is a second home to many and as a member and board chair I have to say thank-you to all the staff and members who welcomed me three years ago. Without their help I may not be where I am today. Please feel free to write

down any concerns or suggestions and put them in an envelope for me at any time. We are working with staff to make CSP the best it can be. In closing I wish you all a great fall and hope to see your smiling faces more often in the coming weeks.

Sincerely, The Board Chair

Yvette Cheko

SUBMITTED BY LEN WOOD, VOICES UNITED COORDINATOR

In The Service of Life

In recent years the question "how can I help"? Has become a meaningful to many people. But perhaps there is a deeper question we might consider. Perhaps the real question is not "how can I help"? But rather "how can I serve"? Serving is quite different from helping. Helping is based on inequality; it is not a relationship between equals. When you help. You use your own strength to help those of lesser strength. If I'm attentive to what's going on inside of me when I'm helping, I find that I'm always helping someone who's not as strong as I am, who is needier than I am. People feel this inequality. When we help we may inadvertently take away from people more than we could ever give them; we may diminish their self-esteem, their sense of worth, integrity, and wholeness. When I help, I am very aware of my own strength, we serve with our Selves. We draw from all of our experiences. Our limitations serve, our

wounds serve, and even our darkness can serve. The wholeness in us serves the wholeness in others and the wholeness in life. The wholeness in you is the same as the wholeness in me. Service is a relationship between equals. Helping incurs debt. When you help someone, they owe you one. But serving, like healing, is mutual. There is no debt. I am served as the person I am serving. When I help, I have a feeling of satisfaction. When I serve, I have a feeling of gratitude. These are very different things. Serving is also different from fixing. When I fix a person, I perceive them as broken, and their brokenness requires me to act. When I fix, I do not see the wholeness in the other person or trust the integrity of life in them. When I serve I see and trust that wholeness. It is what I am, responding to and collaborating with. There is a distance between ourselves and whatever we are fixing. Fixing is a form of judgement. All judgement creates distance, a disconnection, an experience of indifference. In fixing, there is an equality of expertise that can easily become a moral distance. We cannot serve at a distance. We can

only serve that to which we are profoundly connected, that which we are willing to touch. This is Mother Teresa's message. We serve life not because it is broken, but because it is holy. If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender, and awe. A fixer has the illusion of being casual. A server knows that he or she is being used and has an unwillingness to be used in the service of something greater, something essentially unknown. Fixing and helping are very personal; they are very particular, concrete, and specific. We fix and help many different things in our lifetimes, but when we serve we are always serving the same thing. Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery in life. The bottom line, of course, is that we can fix without serving. And we can serve without fixing or helping.

INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it

useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

“TO CATCH THE READER’S ATTENTION, PLACE AN INTERESTING SENTENCE OR QUOTE FROM THE STORY HERE.”

INSIDE STORY HEADLINE

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the

image.



Caption describing picture or graphic.



CONSUMER SURVIVOR PROJECT,
MENTAL HEALTH/ADDICTIONS FOR
SIMCOE COUNTY

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PEOPLE SUPPORTING PEOPLE, 1-705-446-
3219

Fax: 1-705-444-4782
Email: Kelly, csp2@georgian.net
Shawna, csp@georgian.net

WE ARE ON THE WEB

www.mentalhealthandaddictions.com

YOU ARE NOT ALONE!!!

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give

your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a

good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.