



April 2013

## Speaking Out!



# The Krasman Centre

<http://www.krasmancentre.com>

10121 Yonge Street, Richmond Hill ON, L4C 1T7  
Tel: 905-780-0491 Toll Free: 1-888-780-0724 Fax: 905-780-1960

### OPEN 7 DAYS A WEEK.

The Krasman Centre is open Monday, Tuesday, Friday from 11:00 a.m.—  
5:00 p.m.

Wednesdays 1:00pm-5:00p.m. Thursdays 11:00a.m.—9:00p.m.

Saturdays, Sundays and Holidays 12:00p.m.— 4:00 p.m.

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### NEXT KRASMAN CENTRE GENERAL MEETING:

Tuesday April 30th, 2:00pm

A great opportunity to meet with staff and visitors to discuss  
the Krasman Centre experience, and share your thoughts, and  
ideas towards the ongoing development of the Centre.

### *Our Mission*

The Krasman Centre works collaboratively with Consumer/  
Survivors and Families to improve  
lives through information, net-  
working, self-help, mutual sup-  
port, and partnership.

### Wellness Discussion Groups

Join us on **Monday April  
8th and 15th** to learn  
among peers and share  
your knowledge about wellness and well-being.



We will cover topics such as: Creativity & Lei-  
sure, Healthy Relationships, Spiritual Wellness.

No registration required.

### Disclaimer

The Krasman Centre Bulletin is pub-  
lished on the first of every month and  
is intended to provide information in a  
spirit of non-judgment to people  
dealing with mental health issues,  
their families and friends. Articles  
and/or opinions expressed herein do  
not necessarily represent those of the  
Centre, its Staff, Board of Directors or  
Volunteers. Those wishing to reprint  
any portion of this Bulletin must  
receive written permission.



The Lance Krasman Memorial Centre for  
Community Mental Health

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## The Krasman Centre

If you want to be on the Krasman Bulletin

Mailing List contact us in person, or by phone at the above  
phone numbers.

We're on the web! Visit us at:

<http://www.krasmancentre.com>

## The Warm-Line Hours

The Warm Line provides confidential anonymous peer-support.

People call the Warm Line for lots of different reasons; lonely, bored,  
scared...want to talk?

Give us a call:

**1-888-777-0979**

**Every day: 12noon-12midnight**

**Don't forget to order your Good Food Box:** The Good Food Box is a program that allows people to place orders on a monthly basis for locally grown fruits and vegetables. The orders in Richmond Hill will be placed with the Krasman Centre by the 5th day of every month at a cost of \$10 (small box) and \$15 (large box) - cash payments are due at the time of order placement with no exceptions. The pick-up date is the third Thursday of every month. Individuals are responsible for placing an order every month if they wish to do so—there is no commitment to place an order every month.

**To order the Good Food Box, please bring payment to the Krasman Centre on, or before Friday April 5th. Pick-up date this month is Thursday, April 18th, 2013**

## Programs Offered at The Krasman Centre

The Krasman Centre is a community drop-in resource centre for people with mental health issues, their friends and their families. The following programs are offered:

**Family Support Program:** A service for those supporting someone struggling with mental health. The program offers a week education/support group, monthly support drop-in nights, information, and referral.

**Peer Support:** The Peer Support program at the Krasman Centre will promote mutually supportive relationships in ways that empower recovery, personal growth and social action.

**Self-Help Network:** Information about, and referral to self-help groups and organizations. Help is also available with starting and maintaining self-help groups

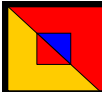
**Warm Line:** telephone peer support line for people in York Region. The Warm Line is available every day from noon—midnight.

**The number is 1-888-777-0979**

**Krasman Centre Bulletin:** The Bulletin is a monthly newsletter that is available by mail, email and is posted on our website. If you would like to receive the Bulletin by mail or email, call and let us know or email your address to:

[postmaster@krasmancentre.com](mailto:postmaster@krasmancentre.com)

**Please feel free to contact us for more detailed information on our programs.**



The Lance Krasman Memorial Centre for  
Community Mental Health

### **“Let’s Eat!”**

The Krasman Centre and Richmond Hill United Church Outreach Committee are partnering to provide free homemade lunches to further promote healthy living and community building.

#### **Next lunch:**

**MONDAY APRIL 22nd @ 11:30am**

**@ Richmond Hill United Church**

### **HIV 101 & Homophobia**

#### **Workshops**

**Presented by**

**AIDS Committee York Region**

**When: April 9th @ 2pm**

**Where: Krasman Centre 10121 Yonge  
Street, Richmond Hill**

**No registration required**

### **New activities this month:**

- FRAP Info Session
- HIV 101 and Homophobia Workshops presented by the AIDS COMMITTEE YORK REGION
- Y.M.C.A. Employment Programs Info Session
- Toning With Tony

### **Toning With Tony!**



Exercise is an important part of our physical and mental wellness. For some of us, getting started can be difficult. Sometimes we would like a little extra support, motivation, or we simply don't know where to begin.

If you are interested in participating in a toning program facilitated by a peer with personal experience in improving physical health and wellness, please contact us for more information and/or to register.

**Tuesdays at noon, starting April 16th.**

### ***“Reclaim Our Voice”***

The blog Mental Health Talk (<http://mentalhealthtalk.info>) is dedicated to telling the stories of people who are experiencing mental health issues. Giving us a voice with the potential for global outreach, it facilitates sharing our wisdom no matter where we are in our journey towards recovery.

Trish, the creator of the blog, emphasizes supporting the storyteller through the process of sharing via the Internet, and helping visitors to the blog feel less alone and misunderstood.

If you would like to contribute to the blog,  
contact Susan: 905-780-0491, ext. 112.

**\*\*\*Join us for a discussion on the latest post!: Monday April 29th @ 1pm\*\*\***

# **F R A P**

**FAMILY RECOVERY ACTION PLAN**

**COMING SOON**

The Krasman Centre will soon be starting a FRAP group (Family Recovery Action Plan). We are holding an information session on the **1<sup>st</sup> of April 2013 from 7-8pm** at The Krasman Centre (10121 Yonge Street, Richmond Hill).

FRAP is a self-help group focused on creating an action plan that can help to assist our family, friends and loved ones around our Mental Health and possible situations that may arise.

This group follows the values and principals of WRAP but with a family component. We will cover topics such as Daily Maintenance List, Triggers and Action plans etc. The group is led by a peer and while working together we will be able to build on each other's experiences and examples.

If interested please contact Wendy Reid (905)780-0491 #117

[wendy.reid@krasmancentre.com](mailto:wendy.reid@krasmancentre.com)

## **Presentation by Y.M.C.A. about the S.P.R.I.N.G. Program**

"The S.P.R.I.N.G program is currently offered at YMCA Employment and Community Services in Richmond Hill for clients in York Region.

S.P.R.I.N.G program is a pre-employment and life skills training program offered to unemployed individuals with self-identified disabilities (such as learning, physical, mental etc) or individuals who have medical concerns. We provide workshops and individual counselling sessions to assist individuals to prepare for, obtain and maintain employment. The workshops are offered throughout York Region and the intakes are occurring on a continuous basis."

Join us at the Krasman Centre to learn more about the YMCA's employment support programs, directly with YMCA staff:

**Tuesday April 23rd, 2pm @ the Krasman Centre.**

No registration required.

## Description of Activities

**Arts N’ Crafts Group**—Join volunteer Jackie for some fun arts n’ crafts activities; no experience necessary.

**Art Group**—Join volunteer Richard for painting, sketching and drawing in a casual setting. No experience necessary. Guidance available if requested.

**Chronic Pain Peer Support Group**— an opportunity to share knowledge, experiences, resources and support.

**Drop-in** — Drop in and chat with other c/s visitors, friends, and family members, use the computer, browse through our resources.

**Drumming** — Join members of Nin Os Kom Tin Aboriginal Committee of York Region for drumming and singing.

**Family Drop-In** — An informal drop-in night for those supporting someone struggling with mental health.

**F.R.A.P. Information Session**—see page 4.

**Games Night** — Come in for a friendly game of cards, board games.

**Good Food Box Orders Due** — Last day to place an order for the Good Food Box.

**Good Food Box Pick-up** — Monthly pick-up date for Good Food Orders.

**HIV 101 & Homophobia Workshops**—see page 3

**Improv Workshop**—Join us for laughter and fun as we learn some basic improv skills!

**Individual Yoga** — One-on-one yoga session with our volunteer yoga instructor. Registration is required.

**K.C. General Meeting**— A great opportunity to meet with staff and fellow peers to discuss the Krasman Centre experience, and share your thoughts, and ideas towards the ongoing development of the Centre.

**“Let’s Eat” Lunch** at Richmond Hill United—free lunch hosted by Richmond Hill United Church Outreach Committee

**MentalHealthTalk Review and Discussion Group**— review and discuss the latest post from [www.mentalhealthtalk.info](http://www.mentalhealthtalk.info)

**Recovery Journeys, Peer Discussion** — An informal group focusing on individual recovery experiences and peer support.

**Sewing**—Peer-led lessons, all levels of experience welcome. Bring in any items you would like to repair, or work on something new!

**Soap Stone Carving**—Peer volunteer teaches skills in the art of soap stone carving.

**Toning With Tony**—stretching/training program facilitated by a peer with personal experience in improving physical health and wellness.

**Walking Group**—join a group of peers for a casual walk around the neighbourhood.

**Wellness Discussion Group**—See front page.

**Y.M.C.A—“S.P.R.I.N.G. Employment Program” Info Session**—see page 4.

**Disclaimer: Please call ahead before any given activity to make sure there are no cancellations as most of our activities are volunteer led.**

# Krasman Centre (RH) April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Drop-In 11-5pm</p> <p>7:00 FRAP Info Session</p>	<p>2 Drop-In 11-5pm 2:00 Walking Group</p>	<p>3 Drop-In 1-5pm 2:00 Recovery Journeys</p>	<p>4 Drop-In 11-9pm <i>Individual Yoga</i> 3:00 Chronic Pain Peer-Support Group 6:00 Games Might</p>	<p>5 Drop-In 11-5pm 3:00 Art Group</p> <p>*Good Food Box Order</p>	<p>6 Drop-In 12-4pm 1:00 Soap Stone Carving</p>
<p>7 Drop-In 12-4pm</p>	<p>8 Drop-In 11-5pm 2:00 Wellness Discussion Group</p>	<p>9 Drop-In 11-5pm 2:00 HIV 101 &amp; Homophobia Workshop</p>	<p>10 Drop-In 1-5pm 2:00 Recovery Journeys</p>	<p>11 Drop-In 11-9pm <i>Individual Yoga</i> 1:00 Arts &amp; Crafts 3:00 Chronic Pain Peer-Support Group 4:00 Drumming 6:00 Games Night</p>	<p>12 Drop-In 11-5pm 12:00 Sewing 3:00 Art Group</p>	<p>13 Drop-In 12-4pm 1:00 Soap Stone Carving</p>
<p>14 Drop-In 12-4pm</p>	<p>15 Drop-In 11-5pm 2:00 Wellness Discussion Group</p>	<p>16 Drop-In 11-5pm 12:00 Toning With Tony 2:00 Walking Group</p>	<p>17 Drop-In 1-5pm 2:00 Recovery Journeys</p>	<p>18 Drop-In 11-9pm <i>Individual Yoga</i> 1:00 Arts &amp; Crafts 3:00 Chronic Pain Peer-Support Group 6:00 Games Night</p> <p>*Good Food Box Pick-up</p>	<p>19 Drop-In 11-5pm 12:00 Sewing 2:00 Improv Workshop</p>	<p>20 Drop-In 12-4pm 1:00 Soap Stone Carving</p>
<p>21 Drop-In 12-4pm</p>	<p>22 Drop-In 11-5pm 11:30 "Let's Eat !" Lunch @ RH United Church</p>	<p>23 Drop-In 11-5pm 12:00 Toning With Tony 1:00 Presentation : YMCA Spring Program</p>	<p>24 Drop-In 1-5pm 2:00 Recovery Journeys</p>	<p>25 Drop-In 11-9pm <i>Individual Yoga</i> 1:00 Arts &amp; Crafts 3:00 Chronic Pain Peer-Support Group 4:00 Drumming 6:00 Games Night</p>	<p>26 Drop-In 11-5pm 12:00 Sewing 3:00 Art Group</p>	<p>27 Drop-In 12-4pm 1:00 Soap Stone Carving</p>
<p>28 Drop-In 12-4pm</p>	<p>29 Drop-In 11-5pm 1:00 "Mental Health Talk" blog review/discussion</p>	<p>30 Drop-In 11-5pm 12:00 Toning With Tony 2:00 K. C. General Meeting</p>				