

Alliston Offers

- Information and resources aimed towards recovery and improving quality of life
- Weekly open peer support groups
- Confidential recovery oriented learning opportunities
- Art therapy with a certified art therapist
- Creative expression workshops (see calendar for details)
- Open kitchen
- The Good Food Box Program
- Computer/internet access, phone/fax/photocopier for visitors and self-help initiatives
- Comfy couches and great coffee welcoming you to a safe, nonjudgmental environment
- Event calendars are available at the centre or online under events at: www.krasmancentre.com

We are located in
Richmond Hill
10121 Yonge Street
Alliston
17 Paris Street

Hours of Operation
Richmond Hill

Monday, Tuesday, Friday
10:30am-5:00pm

Wednesday 12:00pm-5:00pm

Thursday 2:00pm-9:00pm

Saturdays & holidays

11:00am-4:00pm

Alliston

Monday, Tuesday, Thursday & Friday 11-4

Wednesday 1 - 4pm

Closed Statutory Holidays

To reach us:

Richmond Hill: (905) 780-0491

Main Ext. 110

Fax: (905) 780-1960

Alliston: (705) 435-0054

Main Ext. 139

Fax: (705) 435-6340

Toll Free: 1-888-780-0724

Email: postmaster@krasmancentre.com

Web: www.krasmancentre.com

Funding for our programs is provided by the Central Local Health Integration Network (LHIN), The Regional Municipality of York and generous donations from local businesses and individuals in our communities

The Krasman Centre is a registered charity and will gladly accept charitable donations.
Our charitable number is:
86775 6686 RR0001



A place to be label free

Drop-in centre for psychiatric consumer/survivors, their friends and family members

This pamphlet is printed on 100% Post Consumer Recycled Paper.



Our Principles

- We work from a recovery perspective, as opposed to a bio-medical or psychosocial paradigm.
- We believe that people know best at all times what they need in order to facilitate their own recovery and wellness
- We believe that people can recover and achieve their goals if given access to the necessary power and resources.
- We believe that people must have the opportunity to heal and recover from oppression and trauma in order to facilitate mental health recovery
- We believe that services must be designed and delivered with dignity and with respect for diversity in race, ethnicity, culture, gender, age, ability, religion, and sexual orientation.
- We believe that traditional healing practices based on one's culture(s) and community are essential to recovery
- We believe that we are custodians of the earth and must take every action and non-action necessary to protect and heal the environment.
- We believe in a harm reduction approach to substance use, sex trade involvement, crimes of poverty, and other realities of doing trauma-informed support work.
- We do not believe in banning people permanently from our services. If we are committed to recovery, then we must also be committed to people in recovery.
- We believe in delivering hassle-free services in order to increase access and equity in service delivery. No records or files are kept for service use, nor is there an intake process.

Our Mission

We work collaboratively with consumer/survivors and families to improve lives through information, networking, self-help, mutual support, and partnership. All programs and services, including volunteer-delivered programs, are delivered by people who identify as having direct personal experience of mental health extremes and/or homelessness and/or people who identify as psychiatric consumer/survivors as part of our peer support philosophy

Our Vision

To create a vibrant welcoming place where consumer/survivors come first and to provide the support that builds their confidence, inspires their creativity, recognizes their potential and engages them in positive, long-lasting change.

Warm Line

The Warm Line is a non-crisis telephone support line for anyone in York Region, New Tecumseth and the Central LHIN (Local Health Integration Network) struggling with mental health issues or in need of emotional support. The Warm Line is available 24 hours a days, 7 days a week.

1-888-777-0979

Allistons Programs and Services

Drop-In

The drop-in is a safe and supportive place that emphasizes helping individuals feel autonomous. The centre helps people help themselves, and one another. It is a place where there are no demands and no pathologizing—where one can just relax, enjoy and experience what the peer recovery movement has to offer.

Peer Support Programming

The Krasman Centre strives to promote mutually supportive relationships in ways that empower recovery, personal growth, and social action. We deliver peer support through our drop-in setting, our open support groups and our recovery workshops in a safe environment.

Art Therapy and Creative Expression

The Krasman Centre Alliston hosts a wonderful Art therapy program delivered by a local, certified Art Therapist. Registration is necessary as space is limited. We also offer creative expression workshop which are open to all. Our creativity zone is stocked and open for personal use at any time. We strive to maintain this as a quiet reflective space when groups are not running.

****We are always open to new and creative recovery oriented activity ideas.**