Speaking Out!

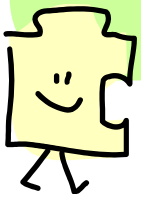
APRIL 2014

The Lance Krasman Memorial Centre for Community Mental Health

Kerry's Place Intro to Autism

Friday, April 25 @ 1pm

Kerry's Place Autism Services will visit to broaden our understanding of autism and inform us on how to better support our friends and family members.



SPRING BBQ

Tuesday, April 1 @ 1:00pm

No sign up, no cost.

Just free food and good company.

Holiday Hours

Krasman Centre will be open 12-4pm on Friday, April 18

ODSP Presentation

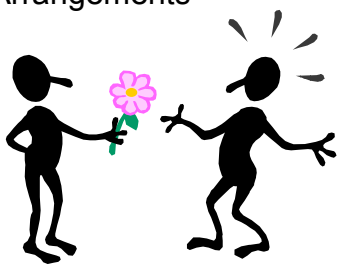
Tuesday, April 22 @ 1:00pm

Doris, our Application Support Worker, will be speaking on the Ontario Disability Support Program (ODSP) application and appeal processes.

Crafts with Margaret is back!

Tuesday, April 8 @ 1pm

Margaret will be kicking off the group with Flower Arrangements



GOOD FOOD BOX

Order by: Friday, April 5

Pickup : Thursday, April 17

WARMLINE

1-888-777-0979

24 Hours a day, 7 days a week

AIDS COMMITTEE of YORK REGION

Monday, April 28 @ 1:00pm

HIV 101 & Stigma

OUR MISSION

The Krasman Centre works collaboratively with consumer/survivors and families to improve lives through information, networking, self-help, mutual support, and partnership

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WRAP

Wellness Recovery Action Plan

What is WRAP?

- WRAP is about living in new & different ways that promote growth, recovery & wellness.
- WRAP is a simple self-help system for identifying personal resources & then using those resources to stay well & help you when you feel unwell.
- WRAP involves exploring with peers, in a non-judgmental, accepting environment, what we're like when we are feeling well, unwell, when things are breaking down, & when we are in crisis.
- We look at and develop tools and resources we have to improve and maintain our wellness, learn how to better take care of ourselves, and create better support networks and coping strategies.
- WRAP does this through five key recovery concepts: hope, personal responsibility, education, self-advocacy & support.

Who can participate?

- WRAP can benefit anyone. The focus of WRAP is to develop personal wellness tools that help you cope with stress, manage crises & enjoy life more fully.
- People who experience mental health challenges &/or substance use concerns, consumer/survivors, peer supporters, & others who want to work more on their personal wellness & recovery are welcome to attend!
- ***If you aren't sure WRAP is for you, call us!***

When and Where?

- **THE KRASMAN CENTRE** is providing opportunities to participate in WRAP groups, with the support of the Central LHIN.
- Participation is **FREE** and will take place throughout South Simcoe County, York Region, & Northern Toronto areas of Central LHIN.
- Groups typically run weekly for 8 weeks (2 hours/week). Some 3-day intensives will be offered.

How do I register?

- To receive information about upcoming groups & to register, please call **905-780-0491 (toll-free 1-888-780-0724)** or email Florence Heung at **f.heung@krasmancentre.com**

Krasman Centre ● 10121 Yonge Street ● Richmond Hill ● Ontario ● L4C 1T7

Tel: 905-780-0491 ● Fax: 905-780-1960 ● Toll-Free: 1-888-780-0724

Krasmancentre

Funding support provided by:

Ontario
Central Local Health Integration Network

Programs & Workshops

NEW **ACYR Presentation**	April 28 @ 1:30	HIV 101 & Stigma
ASYR Drop-in	Fridays @ 3pm	Meredith from Addiction Services York Region (ASYR) will drop in to offer support. No appointment necessary.
Arts & Crafts	Wednesdays @ 2pm	Weekly craft group lead by staff and volunteers. There is no cost and no registration is necessary.
BBQ	April 1 @ 1pm	No cost, no registration
NEW **Crafts with Margaret**	April 8 & 22 @ 1pm	Margaret will lead a craft group every other Tuesday. Registration required for some crafts, please call ahead.
Drumming	Thursdays @	Nin Os Kom Tin hosts an interactive time of drumming and storytelling.
Games Night	Thursdays @	Join us for card games, board games, and more!
Good Food Box		Order by: April 5 Pick-up: April 17
Individual Yoga	Thursday Mornings	Individual yoga is an opportunity to work one-on-one with a yoga instructor that will guide you and design a yoga routine specifically to your needs and goals. Registration is required, and there is currently a waitlist.
NEW **Kerry's Place Presentation**	April 25 @ 1pm	Intro to Autism Spectrum Disorder
KC General Meeting	April 28 @ 3:30pm	A monthly meeting where visitors and staff get together to offer suggestions, raise concerns, and discuss our challenges and successes.
Let's Eat!	April 28 @ 12pm	Lunch prepared by, and served at Richmond Hill United Church . All KC visitors are welcome to attend.
Men's Group	Thursdays @ 2pm	Join us for this weekly, informal group to discuss whatever is on your mind.
NEW **ODSP Presentation**	April 22 @ 1pm	Doris, our ODSP Application Support Worker, will providing staff and visitors with some general information on ODSP and the application process.
Women's Group	Thursdays @ 2pm	Join us in a relaxed, supportive environment where you can discuss a variety of subjects.

Please note: Programming and drop-in workshops are subject to change without notice. Please call ahead to ensure the program you plan to attend is

The Krasman Centre

www.krasmancentre.com **Toll Free 1-888-780-0724**

Interested in Volunteering?

Are you someone with lived experience of mental health or substance use challenges? If so, and you have an idea for a group, have a unique skill to offer, or would just like to offer general support to the centre, please contact us.

The Krasman Centre Bulletin is published 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 therein 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.

Feel free to contact us for further information on programming.

If you wish to receive our free monthly bulletin, please notify us.
For the e-bulletin, email postmaster@krasmancentre.com
To receive the bulletin by mail, call 905-780-0491

Monday	11 - 5pm
Tuesday	11 - 5pm
Wednesday	1 - 5 pm
Thursday	11 - 9pm
Friday	11 - 5pm
Saturday	12 - 4pm
Sunday	12 - 4pm
Holidays	12 - 4pm

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Monday	11 - 4pm
Tuesday	11 - 4pm
Wednesday	1 - 4pm
Thursday	11 - 4pm
Friday	11 - 4pm
Saturday	*Closed*
Sunday	*Closed*
Holidays	12 - 4pm

Krasman Centre (RH) April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Drop-In 11-5pm **1:00** BBQ	*2* Drop-In 1-5pm **2:00** Arts & Crafts Group	*3* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **3:00** Addiction Services Drop-In **6:00** Games Night	*4* Drop-In 11-5pm	*5* Drop-In 12-4pm **1:00** Soap Stone Carving *Good Food Box Order*
6 Drop-In 12-4pm	*7* Drop-In 11-5pm	*8* Drop-In 11-5pm **1:00** Crafts w/ Margaret	*9* Drop-In 1-5pm **2:00** Arts & Crafts Group	*10* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **4:00** Drumming **6:00** Games Night	*11* Drop-In 11-5pm **3:00** Addiction Services Drop-In	*12* Drop-In 12-4pm **1:00** Soap Stone Carving
13 Drop-In 12-4pm	*14* Drop-In 11-5pm Therapy Dog, 1pm	*15* Drop-In 11-5pm	*16* Drop-In 1-5pm **2:00** Arts & Crafts Group	*17* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **6:00** Games Night *Good Food Box Pick—up*	*18* Drop-In 12-4pm *Holiday Hours* *Good Friday*	*19* Drop-In 12-4pm **1:00** Soap Stone Carving
20 Drop-In 12-4pm Therapy Dog, 1pm	*21* Drop-In 11-5pm *Easter Monday*	*22* Drop-In 11-5pm **1.:00** ODSP Presentation **1:00** Crafts w/ Margaret	*23* Drop-In 1-5pm **2:00** Arts & Crafts Group	*24* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **4:00** Drumming **6:00** Games Night	*25* Drop-In 11-5pm 1: 00 Kerry's Place Presentation **3:00** Addiction Services Drop-In	*26* Drop-In 12-4pm **1:00** Soap Stone Carving
27 Drop-In 12-4pm	*28* Drop-In 11-5pm **12:00** Let's Eat Lunch at RH United Church **1:00** ACYR - HIV 101 & Stigma 3:30 KC General Meeting	*29* Drop-In 11-5pm	*30* Drop-In 1-5pm **2:00** Arts & Crafts Group			