Speaking Out!

MARCH 2014

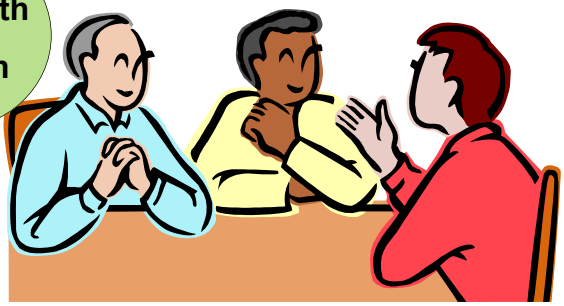
The Lance Krasman Memorial Centre for Community Mental Health

MEN'S GROUP: GUEST SPEAKER

March 6th
2:00pm

On Thursday, March 6th, Marco Bonadie will be speaking at the Men's Group

Marco Bonadie has a wealth of experience facilitating peer support groups for men through the Canadian Centre for Abuse Awareness. He will be attending the Krasman Centre's men's group to share his experiences of hope and recovery in a supportive and safe group environment.



LEGAL CLINIC PRESENTATION

On Tuesday, March 18 @ 1:00pm, The Legal Clinic will be doing a presentation on the Residential Tenancy Act and the Eviction Prevention Program.

FREE TAX CLINIC

Saturday, March 8

Please call to book an appointment as soon as possible, as spaces are filling up fast.

WARMLINE

1-888-777-0979

24 Hours a day, 7 days a week

PREFER Summit

Saturday, March 8

More information inside!

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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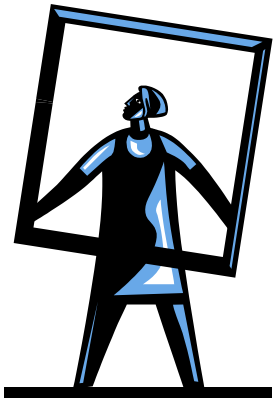
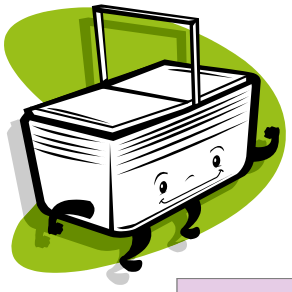
Krasman Centre News

NEW BULLETIN FORMAT

In light of all the changes and new projects taking place at The Krasman Centre, we decided it was about time to update our bulletin. Over the next few issues, the bulletin will be a work in progress; with new features, formatting, and visitor submissions.





GOOD FOOD BOX

Order date: Wednesday, March 5

Pickup date: Thursday, March 20

PREFER Summit

Saturday, March 8 10:00am - 5:0pm
North York General Hospital - Branson Site
555 Finch Ave. W Toronto. ON
Held in the Auditorium (lower level)

The PREFER Summit is an opportunity to learn from and network with peers, professionals, and allies from across Ontario. There will be a range of speakers, panelists, and presenters with various backgrounds and perspectives.

The Summit is free for consumer/survivors, people with lived experience with mental health or substance use challenges, and families. There is a requested $25.00 donation for mental health professionals and allies.

Registration is required, and spaces are filling up fast.
To register, please visit prefersummit2014.eventbrite.ca

For more information
cultureofrecovery.org
905-780-0491 ext. 125
Toll-free: 1-888-780-0724 ext. 125

VISITOR ART SUBMISSIONS

Do you write poetry? Do you use painting, drawing or photography as a wellness tool? Would you like the opportunity to share your artistic expressions with others?

In the next few months we would like to begin adding visitor submissions to the monthly bulletin. If you would like more information or would like to participate, please contact or send your piece to Kalisha Goodberry.

k.goodberry@krasmancentre.com

905-780-0491 ext. 126

Fridays 3:00pm

ASYR Addiction Services for York Region

Addiction Services York Region

Drop-In

Meredith will be dropping in on Fridays at 3:00pm, beginning March 7. There is no registration necessary.

WRAP Facilitator Training

Richmond Hill

Monday, May 26 - Friday, May 30

If you have completed WRAP, and are interested in becoming a WRAP facilitator, please submit your application before

Monday, March 31, 2014.

Applications and further information can be found at cultureofrecovery.org

St. John Ambulance Therapy Dog

March 11 @ 1:00pm
March 23 @ 1:00pm

Programs & Workshops

Women's Peer Support Group
Thursdays @ 2:00pm
Join us in a relaxed, supportive environment where you can discuss a variety of subjects.

Men's Peer Support Group
Thursdays @ 2:00pm
Join us for this weekly, informal group to discuss whatever is on your mind.

Therapy Dog Visit
Tuesday, March 11 @ 1:00pm
Glenn and her dog, Toby, will visit us from St. John Ambulance

Therapy Dog Visit
Sunday, March 23 @ 1:00pm
Trish and her dog, Marley, will visit us from St. John Ambulance

NEW **Addiction Services Drop-in**
Fridays @ 3:00pm
Meredith will drop in to offer support. No appointment necessary.

Arts & Crafts
Wednesdays @ 2:00pm
Weekly crafts group lead by staff and volunteers. No registration necessary.

Soapstone Carving
Saturdays @ 1:00pm
All materials are provided. No registration necessary.

Games Night
Thursdays @ 6:00pm
Join us for card games, board games and more!

Family Support Drop-In
March 2 & 18 @ 7:00pm
Group support for those with a loved one experiencing mental health or substance use difficulties

Drumming
Thursday, March 13 & 27 @ 4:00pm
Nin Os Kom Tin hosts an interactive time of drumming and storytelling

NEW **Legal Clinic Presentation**
Tuesday, March 18 @ 1:00pm
The clinic will be discussing landlord and tenant issues

Individual Yoga
Thursday Mornings
Registration required, and there is currently a waitlist.

Krasman Centre General Meeting
Tuesday, March 25 @ 2:00pm
A meeting where visitors can offer suggestions, raise concerns, and share what's working.

Let's Eat!
Monday, March 31 @ 12:00pm
KC visitors are invited to lunch prepared by and served at Richmond Hill United Church

NEW **Free Tax Clinic**
Thursday, March 6 & Saturday, March 8
Please call or drop in to register. Spaces are limited, and are filling up quickly.

Please call before attending programs and activities; as the schedule may be subject to last minute changes.

905-780-0491 1-888-780-0724

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

RICHMOND HILL
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Richmond Hill, ON
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Fax. 905-780-1960

ALLISTON
17 Paris St.
Alliston, ON
L9R 1J3

Tel. 705-435-0054
Fax. 705-435-6340

Toll Free: 1-888-780-0724

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

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Drop-In 12-4pm **1:00** Soap Stone Carv-ing
2 Drop-In 12-4pm 7:00 Family Support Drop-in Night	*3* Drop-In 11-5pm	*4* Drop-In 11-5pm	*5* Drop-In 1-5pm *Good Food Box Order*	*6* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **6:00** Games Night	*7* Drop-In 11-5pm **3:00** Addiction Services	*8* Drop-In 12-4pm **1:00** Soap Stone Carv-ing
9 Drop-In 12-4pm	*10* Drop-In 11-5pm	*11* Drop-In 11-5pm **1:00** Therapy Dog	*12* Drop-In 1-5pm **2:00** Arts & Crafts Group	*13* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **4:00** Drumming **6:00** Games Night	*14* Drop-In 11-5pm **3:00** Addiction Services	*15* Drop-In 12-4pm **1:00** Soap Stone Carv-ing
16 Drop-In 12-4pm	*17* Drop-In 11-5pm	*18* Drop-In 11-5pm 1:00 Legal Clinic Presentation (landlord/tenant issues) 7:00 Family Support Drop-In Night	*19* Drop-In 1-5pm **2:00** Arts & Crafts Group	*20* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **4:00** Games Night *Good Food Box Pick-Up*	*21* Drop-In 11-5pm **3:00** Addiction Services	*22* Drop-In 12-4pm **1:00** Soap Stone Carv-ing
23 Drop-In 12-4pm 1:00 Therapy Dog	*24* Drop-In 11-5pm	*25* Drop-In 11-5pm 2:00 KC General Meet-ing	*26* Drop-In 1-5pm **2:00** Arts & Crafts Group	*27* Drop-In 11-9pm Individual Yoga **2:00** Men's Group **2:00** Women's Group **4:00** Drumming **6:00** Games Night	*28* Drop-In 11-5pm **3:00** Addiction Services	*29* Drop-In 12-4pm **1:00** Soap Stone Carv-ing
30 Drop-In 12-4pm	*31* Drop-In 11-5pm 12:00 "Let's Eat Lunch at RH United Church					