Speaking Out!

July 2016

The Lance Krasman Memorial Centre for Community Mental Health

TORONTO MAD PRIDE WEEK 2016

Monday, July 11 - Sunday July 17

More information on Pg. 3

GUESS WHO!

Bring in your baby pictures or pictures from your childhood and we will post them throughout the month of July. Get to know The Krasman community as you try to guess who each photo belongs to. **We will hold the reveal on Thursday, July 21 @ 3:30**

Mad Hatter Tea Party

Friday, July 15 @ 12:30

Join us for Art Group as we make mad hats and an optional Mad Hatter Tea Party afterwards.

You can even bring your wacky hats with you to Mad Pride's **Mad Hatter Tea Party, Hat Showcase & Contest on Saturday, July 16**

Warm Line & Peer Crisis Support Services

1-888-777-0979

OUR MISSION

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

WALKING & OUTDOOR RECREATION

Mondays at 1:30pm

This group is subject to change due to weather. It is advised you speak with your doctor before making any changes to your activity level.

INFO SESSION

Tuesday, July 26 @ 2:00PM

AIDS COMMITTEE OF YORK REGION

ART GROUP

Friday, July 15 & 29 at 12:30pm

This art group will explore themes related to mental health, substance use and self esteem.

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PROGRAMS & EVENTS

SEWING GROUP

Every other Friday at 2:00pm

This is a registered group, allowing for two participants at a time. There will be a short waitlist. If you would like to participate, please speak with Kalisha 905-780-0491 ex. 126

KC GENERAL MEETING

Monday, July 25 @ 3:00

A monthly meeting where visitors and staff get together to offer suggestions, raise concerns, and discuss our challenges and successes.

GOOD FOOD BOX

Orders may be placed in person

Order: Monday, July 4

Pick-up: Thursday, July 21

Small - $10.00 Large - $15.00

St. John Ambulance Therapy Dog

Postponed for the summer

Mindfulness & Meditation Group

WEDNESDAYS @ 2:00PM

Feel free to bring meditation exercises/ tracks or mindfulness activities to share, or come and try new ones.

No registration Necessary.

FAMILY SUPPORT PROGRAM

Tuesday, July 19 @ 7- 9pm

The peer support drop-in night is for those with a loved one struggling with mental health and/or substance use challenges. No registration necessary. For more information, please contact Wendy Reid.

905-780-0491 ex. 117

wendy.reid@krasmancentre.com

LOFT

Amy from **Street Outreach** will be here on the 1st & 3rd Tuesday of each month. Amy is able to bring in supplies, if requested, as the **Street Outreach** van does not visit Richmond Hill on Tuesdays. If you need supplies, please speak with staff a day or two in advance.

**Needle exchange is unavailable during Amy's visits.*

CMHA Housing First Drop-In Wednesdays @ 3:00pm

Drumming w/ Nin Os Kom Tin

Thursday, July 14 & 28

At 4:00pm

YMCA Employment Support

Tuesday, July 19 @ 1:30 pm

Staff from the YMCA S.P.R.I.N.G. Program will be at Krasman Centre to provide drop-in employment support and inform visitors of the employment programs offered by YMCA.

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 running as scheduled.

PROGRAM LISTING

If there are any workshops/groups you would like to see at The Krasman Centre, please let us know!

ACYR Info Session	Tuesday, July 26 @ 2pm	AIDS Committee of York Region will be in to play some games and answer your questions.
Art Group	Friday, July 15 & 29 @ 12:30	A peer-led art group with a focus on mental health, substance use, and wellness.
ASYR Outreach	Postponed	Addiction Services York Region will not be able to visit the drop-in in May. For more information on ASYR's services, please call 1-800-262-2288
CMHA Housing First Support	Wednesdays @ 3pm	Support staff from The Canadian Mental Health Association's Housing First Program will drop-in to offer information and resources on housing.
Cooking Together	Postponed for July	Every other Friday we will be working together to make healthy meals on a budget, with Susanne's help!
LOFT Street Outreach Drop-in	Tuesday, July 5 & 19 @ 11:30a	Amy from LOFT Street Outreach will drop-in on the 1st and 3rd Tuesday of each month.
Drumming	Thursday, July 14 & 28 @ 4p	Nin Os Kom Tin hosts an interactive afternoon of interactive drumming.
Family Support Drop-In	Tuesday, July 19 @ 7p	A peer group for those supporting a loved one with mental health or substance use issues. No registration necessary
Games Night	Thursdays @ 6p	Join us for card games, board games, and more!
Good Food Box	Order by: Monday, July 4 Pick-up: Thursday, July 21	Small Box - $10.00 Large Box - $15.00
Individual Yoga	Monday Mornings	Work one-on-one with a yoga instructor who will guide you and design a yoga routine specifically to your needs and goals. Registration is required.
KC General Meeting	Monday, July 25 @ 3:00p	A monthly meeting where visitors and staff get together to offer suggestions, raise concerns, and discuss our challenges and successes.
Mad Hatter Tea Party	Friday, July 15 @ 12:30	To celebrate Mad Pride week, we will be making wacky hats followed by a Mad Hatter Tea Party. You can even bring your hat with you to the Mad Hatter showcase & contest the following day. Information on pg. 3
Mindfulness & Meditation	Wednesdays @ 2:00p	Feel free to bring meditation exercises/tracks or mindfulness activities to share, or come and try new ones. This group is lead by visitors, staff and students.
Sewing Group	Friday, July 8 & 22 @ 2p	Due to limited space, this group will allow for 2 participants at a time. We will have a short waitlist and make every effort to provide an accessible space..
Outdoor / Walking Group	Mondays @ 1:30p	Weather permitting, we will be spending some time outdoors walking or playing sports! Please speak with your doctor before making changes to your activity level.
Therapy Dog		Trish and her therapy dog, Marley, from St. John Ambulance will come for a visit.
YMCA Employment Support	Tuesday, July 19 @ 1:30p	Staff members from the YMCA S.P.R.I.N.G. Program will be here to provide employment support.

The Krasman Centre

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

Would you like to contribute to the bulletin?

We welcome and encourage visitors to submit poetry, paintings, drawings, etc.

If you are interested in contributing, please contact
Kalisha Goodberry
k.goodberry@krasmancentre.com
905-780-0491 ex. 126

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	10:30 - 5pm
Tuesday	10:30 - 5pm
Wednesday	12:00 - 5 pm
Thursday	2 - 9pm
Friday	10:30 - 5pm
Saturday	11 - 4pm
Sunday	Closed
Holidays	11 - 4pm

RICHMOND HILL
10121 Yonge St.
Richmond Hill, ON
L4C 1T7

Tel. 905-780-0491
Fax. 905-780-1960

ALLISTON
17 Paris St.
Alliston, ON
L9R 1J3

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

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

Toll Free: 1-888-780-0724

MAD PRIDE 2016

MONDAY, JULY 11

9:30am
RYERSON ACTIVIST LECTURE
De-emphasizing psychiatric diagnosis in academic accommodation: A radical reimagining

Cara Commons,
Ryerson Business Building,
55 Dundas St W, 7th floor

(All Welcome)

TUESDAY, JULY 12

3:00pm-4:30pm
WORKING IN ALLIANCE WITH PSYCHIATRISTS, PSYCHOLOGISTS & OTHER 'HEROES': The Good, the Bad & the Ugly

Lucy Costa & Brigit McWade

Ryerson University
For room #, register at
lucy.costa@camh.ca

7:00pm
"WHAT'S NEXT – THE BIG C?"
(PWYC)

Friendly Spike Theatre
6 Noble St.

WEDNESDAY, JULY 13

7:00pm

Friendly Spike Theatre
6 Noble St.

THURSDAY, JULY 14

7:00pm

Friendly Spike Theatre
6 Noble St.

FRIDAY, JULY 15

12:30pm-1:30pm
INTRO TO TAI CHI*
(All Welcome)

2:00pm-4:00pm
'PEER WORKER' DISCUSSION*
(For 'peer workers')

4:30pm-5:45pm
INTRO TO MINDFUL LIVING*
(All Welcome)

Ryerson SHE 660

12:30pm-2:00pm
A CONVERSATION ABOUT ANTI-BLACK RACISM & MADNESS*
(All Welcome)

2:30–4:30
IMPROV WORKSHOP FOR ANXIETY*
(All Welcome)

Ryerson EPH 201

7:00pm-11:00pm
PERFORMANCES, RANTS & SKETCHES NIGHT
By MADx – the Rebellion

Imperial Pub
54 Dundas St East (PWYC)

7:00pm

Friendly Spike Theatre
Closing night!

SATURDAY, JULY 16

12:00pm – 5:00pm
MAD HATTER STREET FAIR & MARKETPLACE!

Arts and Crafts Display & Sale, Music, Mad poetry, Mad Performers, Food, Drinks & Lots of Mad Fun!

3:00pm
MAD HATTER TEA PARTY, HAT SHOWCASE & CONTEST!

Bring your best hat
or make one at the street fair

Ryerson, Gould St Pedestrian Zone
(if raining: 55 Gould St)

7:00pm
SURVIVE OUR STAGE! (SOS)
A Night of Entertainment

Imperial Pub
54 Dundas St East

SUNDAY, JULY 17

BED PUSH PARADE

11:00am
Parkdale Public Library

Parade led by Samba Elegua!

1:00pm
Trinity Bellwoods Park

ALL EVENTS ARE FREE, OR PAY WHAT YOU CAN! ALL WELCOME

*** PRE-REGISTRATION AVAILABLE ONLINE**

CHECK TORONTOMADPRIDE.COM FOR FINAL DETAILS!

Ryerson University
Office of the President
Faculty of Community Services

Canadian Mental Health Association Toronto

Toronto Mental Health & Addictions Supportive Housing Network
supportive housing for people living with mental health and substance use challenges

CESAR Continuing Education Students' Association of Ryerson

RSU Ryerson Students' Union

LOFT Crosslinks & Krasman Centre's Tuesday Drop-In

Tuesdays from 11 AM to 5 PM
102 Main Street South, Unit 2
Newmarket

Main Drop-In Area

Kitchen

Computer Room

Multipurpose Room

LOFT Crosslinks and Krasman Centre have partnered to co-run the Tuesday Drop-In, a safe and supportive space run by and for peers to socialize and access both amenities and resources to support in their recovery journeys.

Accessible Amenities

- Art supplies
- Computer & internet access
- DVD player & gaming systems
- Games (air hockey & foosball, board & video games, cards)
- Kitchen; coffee, tea & snacks
- Lending library (books & DVDs)
- Shower, toiletries & towels
- Peer support & other resources

Popular Activities

- Doing arts & crafts
- Celebrating holidays
- Getting to know each other
- Playing games & music
- Preparing & sharing meals
- Watching movies

Contact: Stephanie Vecchio
Peer Support Worker
P: (905) 967-0357, ext 528
E: svecchio@loftcs.org

"There are no strangers, only friends you have not met yet." (W. B. Yeats)

Krasmancentre
Alliston

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
** Assertive Communication and Art therapy are closed groups. Registration is required.*					*1 Centre Closed* *Happy Birthday Canada*	*2*
3	*4 Drop in 11 ~ 4* *July Birthday Celebration 1pm*	*5 Drop in 11 ~ 4* **Assertive Communication 1 ~ 3pm*	*6 Drop in 1 ~ 4* *Games Day 1 ~ 3pm*	*7 Drop in 11 ~ 4* *Community Lunch 12 ~ 1pm* **Art Therapy 6 ~ 8pm*	*8 Drop in 11 ~ 4* *Photography Group Composition 1 ~ 2 pm*	*9*
10	*11 Drop in 11 ~ 4* *Open Art Group 1 ~ 3 pm*	*12 Drop in 11 ~ 4* **Assertive Communication 1 ~ 3pm*	*13 Drop in 1 ~ 4* *Games Day 1 ~ 3pm*	*14 Drop in 11 ~ 4* *Community Lunch 12 ~ 1pm* **Art Therapy 6 ~ 8pm*	*15 Drop in 11 ~ 4* *Drawing group 1 ~ 3pm*	*16*
17	*18 Drop in 11 ~ 4* *OCAN Assistance 1 ~ 2 pm*	*19 Drop in 11 ~ 4* **Assertive Communication 1 ~ 3pm*	*20 Drop in 1 ~ 4* *Games Day 1 ~ 3pm*	*21 Drop in 11 ~ 4* *Good Food Box Pickup 12 ~ 6pm* **Art Therapy 6 ~ 8pm*	*22 Drop in 11 ~ 4* *Photography Group Technical 1 ~ 2 pm*	*23*
24/31	*25 Drop in 11 ~ 4* *Open Art Group 1 ~ 3 pm*	*26 Drop in 11 ~ 4* **Assertive Communication 1 ~ 3pm*	*27 Drop in 1 ~ 4* *Games Day 1 ~ 3pm*	*28 Drop in 11 ~ 4* *Community Lunch 12 ~ 1pm* **Art Therapy 6 ~ 8pm*	*29 Drop in 11 ~ 4* *Career Café 11 am ~ 1 pm* *Drawing group 1 ~ 3pm*	*30*

Krasman centre
Richmond Hill

July 2016

SUN *Closed*	MON *10:30 - 5:00 pm*	TUES *10:30 - 5:00 pm*	WED *12:00 - 5:00 pm*	THURS *2:00 - 9:00 pm*	FRI *10:30 - 5:00 pm*	SAT *11:00 - 4:00 pm*
					1 **Holiday Hours** **11:00 - 4:00**	**2**
3	**4** **1:30** - Walking/ Outdoor **Good Food Box Order**	**5** **11:30** Street Outreach	**6** **2:00** Mindfulness & Meditation **3:00** CMHA Housing First	**7** **6:00** Games Night	**8** **2:00** Closed Sewing Group	**9**
10 CLOSED	**11** Individual Yoga **1:30** - Walking/ Outdoor	**12**	**13** **2:00** Mindfulness & Meditation **3:00** CMHA Housing First	**14** **4:00** Drumming **6:00** Games Night	**15** **12:30** Art Group / Mad Hatter Tea Party	**16**
17 CLOSED	**18** Individual Yoga **1:30** - Walking/ Outdoor	**19** **11:30** Street Outreach **1:30** YMCA Employment Support **7:00** Family Drop-In	**20** **2:00** Mindfulness & Meditation **3:00** CMHA Housing First	**21** **3:30** Guess who? **6:00** Games Night **Good Food Box Pick-Up**	**22** **2:00** Closed Sewing Group	**23**
24 CLOSED **31** CLOSED	**25** Individual Yoga **1:30** - Walking/ Outdoor **3:00** KC General Meeting	**26** **2:00** ACYR Info Session	**27** **2:00** Mindfulness & Meditation **3:00** CMHA Housing First	**28** **4:00** Drumming	**29** **12:30** Art Group	**30**

MAD PRIDE WEEK