



## WHAT IS THE KRASMAN CENTRE

The goal of the Krasman Centre is to serve as a physical hub for the community of Psychiatric Survivors and their family and friends throughout York Region.

The Krasman Centre is a unique organization created by Psychiatric Consumer/Survivors and family members in York Region and is funded by the Ministry of Health and Long Term Care.

Governed by a volunteer board composed of Consumer/Survivors and family members, it has provided an opportunity for various sectors to join forces for mutual support.

### Where we are located:

#### **Richmond Hill (Main Office):**

10121 Yonge Street  
Richmond Hill, ON  
L4C 1T7  
(1 block north of Major Mackenzie, on  
Yonge Street)

#### **Alliston (Satellite location):**

17 Paris Street  
Alliston, ON  
L9R 1J3

### How to reach us:

Phone: (905) 780-0491  
Toll Free: 1-888-780-0724  
Fax: (905) 780-1960 (Richmond Hill)  
Fax: (705) 435-6340 (Alliston)

Website: <http://www.krasmancentre.com>

*Funding for this program has been provided by the Central Local Health Integration Network (LHIN).*

We are a registered charity and will gladly accept charitable donations.  
Our charitable number is:  
**867756686RR0001**

# Krasman Centre

## Peer Support Program

- Education
- Empowerment
- Growth
- Support
- Recovery



**Promoting mutually  
supportive  
relationships**

# Peer support plays a major role in helping people recover.

## The Peer Support Program

“Peer Support is a system of giving and receiving help founded on the key principles of respect, shared responsibility, and mutual agreement of what is helpful. Peer Support is not based on psychiatric models and diagnostic criteria. It is about understanding another’s situation empathically through shared emotional experiences.”  
(Sherry Mead—2003)

## Peer Support Education Groups:

### *Pathways to Recovery*

*Pathways to Recovery* is a tool to help people move forward in mental health recovery. It is an extensive self-help workbook. The workbook orients people to recovery, helps them to identify their personal strengths and dreams, and refocus on reclaiming positive sources of identity and a life beyond being a person with a psychiatric disability or a full-time consumer of mental health services. It helps people think about and plan how to live a full life.

### *WRAP*

*(Wellness Recovery Action Plan)*

**WRAP** stands for **Wellness Recovery Action Plan**. It’s a program that was developed in Vermont, USA, in 1997 by Mary Ellen Copeland and a group of friends who had all experienced the mental health system. The WRAP program involves an educational and planning process that is grounded in **mental health recovery** concepts such as **hope, education, empowerment, self-advocacy, and interpersonal support and connection**. Within a group setting, individuals explore self-help tools (eg. peer counseling, focusing exercises, relaxation & stress reduction techniques) and resources for keeping themselves well and for helping themselves feel better in difficult times.



## Peer Support in the Drop-in:

The Krasman Centre operates two mental health drop-in centres one in Alliston and the other in Richmond Hill. 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.

## The Warm Line:

The Warm Line is a non-crisis telephone peer support line for anyone in York Region, South Simcoe 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 day, 7 days a week. The Warm Line’s toll free number is:

**1-888-777-0979**