



WHAT IS THE KRASMAN CENTRE

The Krasman Centre is a resource and drop-in centre run by and for Psychiatric Consumer/Survivors, their friends, and family members. We work collaboratively with consumer/survivors and families to improve lives through information sharing, networking, self-help, and mutual support.

The Krasman Centre is a unique organization created by Psychiatric Consumer/Survivors and family members in York Region.

We are a registered non-profit or organization governed by a volunteer board composed of Consumer/Survivors and family members

This pamphlet is printed on 100%
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Where are we located?

Richmond Hill
10121 Yonge Street
(1 block north of Major Mackenzie)

How to reach us:

Phone: (905) 780-0491
Toll Free: 1-888-780-0724
Fax: (905) 780-1960
www.krasmancentre.com

Hours of Operation

Mon, Tues, Fri	10:30am-5:00pm
Wed	12:00pm-5:00pm
Thurs	2:00pm-9:00pm
Sat & Holidays	11:00am-4:00pm



Funding for this program is provided by



Krasman Centre is a registered charity and will gladly accept charitable donations.

Charitable Reg. number is:
86775 6686 RR0001

Krasmancentre

A place to be label free

Family Support Program

- Empowerment
- Growth
- Support
- Recovery



Resource and support service to those who love someone with mental health issues

The Lance Krasman Centre
For Community Mental Health
10121 Yonge Street
Richmond Hill, ON L4C 1T7

905-780-0491

Families Play a Major Role in Helping Recover

The Family Program

The Family Support Program is a service to those supporting someone who is recovering from mental health issues. The philosophy of the family program is that **people can and do recover**, and that families can play a major supportive role in the process. We acknowledge and respect the strength and commitment of families and friends to enhance the lives of those struggling with mental health issues.

What the family program offers:

Support: This is offered to anyone who acts as a support to someone with mental health issues.

Information and Referral: We help you find information and/or services that may be helpful to you and your family.

Support Drop In Night Once a Month: Drop-in night is held in the evening for support people to meet others who may be in similar situations. Held on the third Tuesday of every month from 7pm to 9pm.

The Recovery Series: A ten unit education and support series on Mental Health Recovery. This program gives families an opportunity to learn about recovery and how they can be most helpful to their friend/family member. Families also explore ways to grow and maintain their own resilience on their own journey as supporters. It is a great way to meet people in similar situations, and find community for yourself.

FWRAP (Family Wellness Recovery Action Planning): This workshop represents a new approach to helping families and friends of people with mental health issues. It is a self-help recovery education group exploring how to plan for wellness within the family unit. Delivered at various dates during the year. Contact us to register!

Communications: An e-mail distribution list is maintained of those consenting participants who have been in the various Krasman programs. Regular e-mails are sent to keep family members updated on family issues, workshops, articles etc.

To find out more about the family program please call The Krasman Centre at **(905) 780-0491** or email:

postmaster@krasmancentre.com

Aside from the family program, the centre offers:

The Drop-In: A safe supportive place that helps people help themselves, and one another.

WRAP (Wellness Recovery Action Plan): self-help, recovery education group series offered at various times throughout the year, and across the CLHIN. Call us to register!

The Self-Help Network: Program that offers support to new self-help groups. This program creates an annual directory of all the self-help groups that meet in York Region.

The Warm Line: A telephone support line staffed by trained psychiatric consumer/survivors offered 24 hours a day, seven days a week.

1-888-777-0979