

English	Translation _ Simplified Chinese																																				
<p>Resources and Facilities Information and resources about mental health recovery related topics</p> <p>Computer/internet access</p> <p>Phone/fax/photocopier for consumer/survivors and self-help initiatives</p> <p>Krasman Centre Monthly Bulletin</p> <p>Basic needs for people experiencing homelessness: kitchen, shower laundry etc.</p> <p>Volunteer positions available</p> <p>Warm Line & Peer Crisis Support Services 1-888-777-0979</p> <p>Hours of Operation Richmond Hill</p> <table border="0"> <tr><td>Mon</td><td>10:30am - 5pm</td></tr> <tr><td>Tue, Fri</td><td>10:30am -5pm</td></tr> <tr><td>Wed</td><td>12pm - 5pm</td></tr> <tr><td>Thu</td><td>2pm - 9pm</td></tr> <tr><td>Sat & Holidays</td><td>11am - 4pm</td></tr> </table> <p>Alliston</p> <table border="0"> <tr><td>Mon, Tue, Thu, Fri</td><td>11am - 4pm</td></tr> <tr><td>Wed</td><td>1pm - 4pm</td></tr> <tr><td>Holidays</td><td>12pm - 4pm</td></tr> </table> <p>Newmarket</p> <table border="0"> <tr><td>Tue and Fri</td><td>11am - 5pm</td></tr> </table> <p>This pamphlet is printed on 100%</p> <p>Where are we located? Richmond Hill 10121 Yonge Street (1 block north of Major Mackenzie)</p> <p>Alliston 17 Paris Street (705) 435 0054</p> <p>Newmarket 102 Main St. S. Unit 2</p> <p>Main Office Phone: (905) 780-0491 Toll Free: 1-888-780-0724 Fax: (905) 780-1960 www.krasmancentre.com postmaster@krasmancentre.com</p>	Mon	10:30am - 5pm	Tue, Fri	10:30am -5pm	Wed	12pm - 5pm	Thu	2pm - 9pm	Sat & Holidays	11am - 4pm	Mon, Tue, Thu, Fri	11am - 4pm	Wed	1pm - 4pm	Holidays	12pm - 4pm	Tue and Fri	11am - 5pm	<p>资源及设施 与心理健康康复主题有关的信息及资源</p> <p>电脑/互联网接入</p> <p>为精神疾病患者/幸存者及自助行动提供电话/传真/复印件</p> <p>克拉斯曼中心 (Krasman Centre) 月刊</p> <p>提供无家可归人士的基本需要: 厨房、淋浴、洗衣等。</p> <p>现有义工职位</p> <p>热线及朋辈危机援助服务 1-888-777-0979</p> <p>营业时间 列治文山 (Richmond Hill)</p> <table border="0"> <tr><td>周一</td><td>上午 10:30 - 晚上 5 时</td></tr> <tr><td>周二、周五</td><td>上午 10:30 - 晚上 5 时</td></tr> <tr><td>周三</td><td>中午 12 时 - 下午 5 时</td></tr> <tr><td>周四</td><td>下午 2 时 - 晚上 9 时</td></tr> <tr><td>周六及假日</td><td>上午 11 时 - 下午 4 时</td></tr> </table> <p>阿利斯顿 (Alliston)</p> <table border="0"> <tr><td>周一、周二、周四、周五</td><td>上午 11 时 - 下午 4 时</td></tr> <tr><td>周三</td><td>下午 1 时 - 4 时</td></tr> <tr><td>假日</td><td>中午 12 时 - 下午 4 时</td></tr> </table> <p>新市 (Newmarket)</p> <table border="0"> <tr><td>周二及周五</td><td>上午 11 时 - 下午 5 时</td></tr> </table> <p>这本小册子印刷于 100% 的再生环保纸</p> <p>我们的地点在哪里? 烈治文山 (Richmond Hill) 10121 Yonge Street (Major Mackenzie 以北一个街口)</p> <p>阿利斯顿 (Alliston) 17 Paris Street 电话: (705) 435 0054</p> <p>新市 (Newmarket) 102 Main St. S. Unit 2</p> <p>总部 电话: (905) 780-0491 免费电话: 1-888-780-0724 传真: (905) 780-1960 网站: www.krasmancentre.com 电子邮件: postmaster@krasmancentre.com</p>	周一	上午 10:30 - 晚上 5 时	周二、周五	上午 10:30 - 晚上 5 时	周三	中午 12 时 - 下午 5 时	周四	下午 2 时 - 晚上 9 时	周六及假日	上午 11 时 - 下午 4 时	周一、周二、周四、周五	上午 11 时 - 下午 4 时	周三	下午 1 时 - 4 时	假日	中午 12 时 - 下午 4 时	周二及周五	上午 11 时 - 下午 5 时
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	<p>Funding for our program is provided by</p> <p>Krasman Centre is a registered charity and will gladly accept charitable donations.</p> <p>Charitable Reg. number is: 86775 6686 RR0001</p> <p>Krasman centre</p> <p>A place to be label free</p> <p>Drop-in centre for psychiatric consumer/survivors, their friends and family members</p>	<p>我们的计划由以下机构资助:</p> <p>克拉斯曼中心 (Krasman Centre) 是一个注册的慈善机构, 并欢迎慈善捐赠。</p> <p>注册慈善机构号码: 86775 6686 RR0001</p> <p>克拉斯曼中心 (Krasman Centre)</p> <p>一个不给任何人贴标签的地方</p> <p>精神病患者/幸存者, 及其朋友和家庭成员的活动中心</p>
	<p>Mission Statement</p> <p>We work collaboratively with consumer/survivors and families to improve lives through information, networking, self-help, mutual support, and partnership. All programs and services, including volunteer-delivered programs, are delivered by people who identify as having direct personal experience of mental health extremes and/or homelessness and/or people who identify as psychiatric consumer/survivors as part of our peer support philosophy.</p> <p>Values</p> <p>We believe that people know best what they need to support their own recovery</p> <p>We believe that people can achieve their goals if given access to the necessary power and resources in our communities</p> <p>We believe that people have the right and ability to determine, define and own their recovery and to make choices that are right for them. To have choices respected first and foremost in all decisions.</p> <p>Programs and Services Offered</p> <p>Drop-In The drop-in is a safe and supportive place that emphasizes helping individuals feel autonomous. 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</p>	<p>使命</p> <p>我们和精神病患者/幸存者及其家人一起, 通过信息、网络、自助、相互支持及伙伴关系, 改善他们的生活质量。所有计划和服务, 包括义工实施的计划, 都是被认定为有心理健康以及/或无家可归亲身经历的人士和/或被认定为精神病患者/幸存者的人提供的, 这是我们朋辈互助哲学理念的一部分。</p> <p>价值观</p> <p>我们相信人们最清楚他们需要什么来支持他们自己的康复。</p> <p>我们相信在我们的社区中, 如果人们能够获得必要的动力和资源, 他们是能实现其目标的。</p> <p>我们相信人们有权利和能力判定、定义和自主决定他们的康复, 并作出适合于他们的正确选择。在所有决定中, 首先尊重当事人的选择。</p> <p>提供的项目及服务</p> <p>活动中心 这个活动中心是一个安全和能得到帮助的地方, 强调协助每个人感受独立自主。这是一个没有压力、没有病态化的地方, 是一个能使人放松、享受和体验必要的朋辈互助康复运动的地方。</p>

<p>Peer Support The Krasman Centre strives to promote mutually supportive relationships in ways that empower recovery, personal growth, and social action.</p> <p>Peer Support Outreach Program The peer support outreach program has a mobile peer supporter meeting individuals in the community at their point of need, where they are. Mobility allows for overcoming barriers that would limit access. It is about bringing support closer to those whose life experience and circumstances make it difficult to access services.</p> <p>The Family Program Family support, recovery education and information are offered for those supporting someone through their journey of mental health recovery</p> <p>WRAP (Wellness Recovery Action Plan) Krasman Centre delivers a number of WRAP groups across the Central LHIN (South Simcoe, York Region, and areas of North Toronto) each year. Call us to register.</p> <p>Application Support Worker Funded by Regional Municipality of York, the Application Support Worker provides individuals referred to the program, with non-clinical case management support to complete the ODSP application process.</p> <p>Housing to Health A collaborative between Blue Door Shelters, LOFT-Crosslinks, and Krasman Centre, funded by United Way Toronto and York Region. H2H is a Housing First Program that supports people that have experienced chronic or episodic homelessness into housing while providing continued support & capacity building for them to maintain their housing.</p> <p>Central LHIN C/S Network Advocates for the needs and voice of individuals and communities served by the Central LHIN with regard to mental health and addictions, facilitates communication and reports to its membership how the LHIN addresses and/or acts upon members concerns and suggestions. Regular meetings are held.</p>	<p>朋辈援助 Krasman Centre 努力以多种方式积极建立能促进康复、个人成长和社会行动的相互支持关系。</p> <p>朋辈援助外展计划 朋辈援助外展计划安排一位流动的朋辈支援者，在人们需要帮助的时候，前往受助人所在地见面。这种流动性可以克服无障碍的限制。这个计划为那些由于其生活经历和环境而难以获取这些服务的人提供了便利。</p> <p>家庭计划 为那些支持心理健康康复旅程的人们提供家人支持、康复教育及资讯</p> <p>身心健康康复行动计划 (WRAP) Krasman Centre 每年在中部地区医疗整合网络 (Central LHIN, 包括 Simcoe 以南、约克地区以及多伦多北部) 服务地区派出一些康复行动计划 (WRAP) 小组。可致电我们进行注册。</p> <p>申请协助工作者 (Application Support Worker) 在约克区的资助下，申请协助工作者为安省残障资助计划 (ODSP) 申请人提供非临床个案管理援助，以协助申请人完成 ODSP 的整个申请过程。</p> <p>健康住宅计划 (Housing to Health) 由多伦多 United Way 及约克区资助、Blue Door Shelters、LOFT-Crosslinks 及 Krasman Centre 三方的合作项目。这是一个首先解决居住的计划，帮助有长期或者偶尔无家可归经历的人解决居住问题，同时提供持续的援助和居住场所，以便能维持他们的居住条件。</p> <p>中部地区病患者/幸存者医疗整合网络 (Central LHIN C/S Network) 倾听和满足由中部地区医疗整合网络提供服务的个人及社区有关心理健康及瘾癖方面的呼声和需要；促进沟通并向其成员报告 LHIN 是如何对成员提出的担忧和建议而解决问题并采取行动的。定期举行会议。</p>
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	<p>Peer Navigator Program Peer Navigators work to enhance recovery and improve the quality of the experience for individuals presenting to the emergency departments at North York General and Southlake Hospitals, both in the E.D.'s, and with system navigation after the visit.</p> <p>Warm Line & Peer Crisis Support Services (Available 24/7) 1-888-777-0979 A non-crisis and crisis telephone support from a recovery and peer informed perspective in the York Region, South Simcoe and North York areas (the Central LHIN). The support line is answered by individuals with lived experience with mental health concerns, addiction, and/or trauma.</p>	<p>朋辈导航员计划 (Peer Navigator Program) 朋辈导航员的工作是促进康复, 并提高向北约克总医院 (North York General) 和南湖地区医疗中心 (Southlake Hospitals) 病患者在急诊部门以及在访后提供个人 system navigation (系统导航-寻找所需社会服务) 帮助。</p> <p>热线及朋辈危机援助服务 (每周 7 天每天 24 小时) 电话: 1-888-777-0979 这是一个北约克、南 Simcoe 及北约克地区 (Central LHIN) 的非危机和危机情况电话援助服务。援助热线由曾经有过心理健康问题、瘾癖及/或心理创伤亲身体验的人士接听电话。</p>
	<p>Your Rights</p> <p><u>You have the right to</u></p> <ul style="list-style-type: none"> To be treated with dignity, respect and consideration at all times To be informed about the services you are receiving To ask about reasonable alternatives to supports/services at Krasman Centre and other agencies To make your own decisions regarding your health and wellness To accessible information regarding the scope and availability of services To file a complaint regarding Krasman Centre, using the Krasman Centre's Complaints Process To ask questions and discuss concerns with the person(s) offering Peer Support To accept or refuse service To refuse to respond to a particular line of questioning To end participation in services at any time <p><u>You have a Right to Confidentiality</u></p> <p>Your Responsibilities</p> <ul style="list-style-type: none"> To understand and follow the Centre's Comfort Agreement and Code of Conduct for Person's Accessing Programs and Services at Krasman Centre 	<p>您的权利</p> <p><u>您有权利</u></p> <ul style="list-style-type: none"> 随时获得有尊严的对待、受到尊敬和关爱 了解您所获得的服务 询问在 Krasman Centre 和其它机构有关合理的援助/服务替代形式的信息 对您的身心健康自主做决定 获取有关可提供服务及服务范围的信息 使用 Krasman Centre 投诉程序, 对中心提出投诉 提出问题并与提供朋辈援助的人讨论担心的问题 接受或拒绝服务 拒绝对某个特定的提问做出回应 随时中止所参与的服务 <p>您有要求保密的权力</p> <p>您的责任</p> <ul style="list-style-type: none"> 了解并遵守 Krasman Centre 的舒适协议 (Comfort Agreement) 和获取个人计划及服务的行为准则。

	<p>To treat all staff, volunteers and person's accessing services at Krasman Centre with dignity and respect at all times</p> <p>To ask questions about the scope of support and services available to you should you choose to access them</p> <p><i>Reference Policy # (Confidentiality Policy)</i></p>	<p>在 Krasman Centre, 任何时间要尊重所有职员、义工和提供服务的人员。</p> <p>如果您选择某种援助及服务, 请询问有关援助和服务范围的问题。</p> <p><i>参考政策# (保密性政策)</i></p>
	<p>Krasman Centre</p> <p>A place to be label free</p> <p>Comfort Agreement</p> <p>RESPECT ONE ANOTHER</p> <p>Treat people the way you want to be treated</p> <p>We must recognize everyone may be at a different place in their recovery journey</p> <p>Please be mindful of others' physical space and personal boundaries</p> <p>Sharing and/or viewing materials that may be offensive due to sexual, violent, and/or discriminatory content is not permitted</p> <p>Swearing & language and/or comments that are offensive, discriminatory, violent, or derogatory in nature are not permitted</p> <p>Please avoid gossip or talking about people that are not here</p> <p>SAFETY & SECURITY</p> <p>Please use the front door to enter and exit the centre</p> <p>When cooking or using the toaster, please keep an eye on your food</p> <p>Please ensure that your personal property is secure</p> <p>Lockers are available for visitor use. - Items must be removed before closing</p> <p>Please label your personal food items</p> <p>PLEASE BE MINDFUL OF...</p> <p>The noise level - loud noises may be disruptive to others</p> <p>Excessive use of computers</p> <p>Crowding in the kitchen and computer areas</p> <p>Cleaning up after yourself</p>	<p>克拉斯曼中心 (Krasman Centre)</p> <p>一个不给任何人贴标签的地方</p> <p>舒适协议 (Comfort Agreement)</p> <p>互相尊重</p> <p>以希望别人对待您的方式对待他人</p> <p>我们必须认识到每个人都处在康复的不同阶段</p> <p>请顾及他人的私人空间和个人界限</p> <p>不允许分享及/或观看由于性、暴力及/或歧视内容而可能冒犯他人的材料</p> <p>不允许使用有冒犯、歧视、侵犯或贬损他人性质的脏话和语言和/或评论</p> <p>请不要在背后闲聊或议论他人</p> <p>安全及保安措施</p> <p>请使用前门进、出中心</p> <p>在煮食或使用烤面包机时, 请看管好您的食物</p> <p>请确保您的个人物品保存在安全的地方</p> <p>储物柜可提供访客使用。在中心关闭之前必须取走里面的物品。</p> <p>请标注您的个人食品</p> <p>请顾及到下列情况.....</p> <p>噪声程度 - 强烈的噪声会干扰他人</p> <p>过分使用电脑</p> <p>拥挤在厨房和电脑区域</p> <p>离开前清理干净您用过的场所</p>

Conversations that glamourize substance and alcohol use - many of our visitors are at various stages of recovery

有关美化吸毒和酗酒的谈话 - 我们的许多来访者都在不同的康复阶段