



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 organization governed by a volunteer board composed of Consumer/Survivors and family members.

Where we are located:

10121 Yonge St. in Richmond Hill, on the south-east corner of Yonge and Lorne, one block north of Major MacKenzie Dr.

How to reach us:

Phone: (905) 780-0491
Toll Free: 1-888-780-0724
Fax: (905) 780-1960
Website: <http://www.krasmancentre.com>

Hours of Operation:

Mon, Tues, Fri: 11:00am-5:00pm
Wed: 1:00pm-5:00pm
Thurs: 11:00am-9:00pm
Sat. Sun. & holidays: 12:00noon-4:00pm

The centre is open on most holidays and for pot luck dinners and other activities.

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

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 people 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 Nights Twice a Month: Drop-in nights are held in the evening for support people to meet others who may be in similar situations. Held on the first Sunday and third Tuesday of every month from 7-9pm.

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!

Family Advocates for Mental Health: A group run by family members who wish to make their voices heard in the mental health system and enhance the quality of life for their loved ones and themselves. Held on the second Tuesday of every month.

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 ext 117** and speak with Karen Cox or email:

k.cox@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