

Krasmancentre

Inspiring Excellence in Peer Support One Connection at a Time

Vision Statement

Krasman Centre strives to inspire and support people affected by mental health and/or addiction challenges to live full lives of their choosing within supportive communities.

Mission Statement

To improve lives of people affected by mental health and/or addiction challenges through the provision of peer support programs.

DROP-IN CENTRES

The Krasman Centre operates Peer Support Drop-In Centres in Richmond Hill and Alliston. We also collaborate with LOFT Crosslinks to hold a twice-weekly drop-in in Newmarket.



These drop-in spaces offer various self-help groups, connect visitors to local resources and offer a non-judgmental place where peers can connect with and support one another. For more information, see our calendars or contact us!

FAMILY SUPPORT PROGRAM



The Family Support Drop-In is an opportunity for those supporting a loved one with mental health and/or substance use challenges to connect with other family members and receive support. Please see calendars for dates.

More information on Pg. 7



WRAPhub delivers Wellness Recovery Action Plan (WRAP) groups throughout York Region and South Simcoe. For more information on WRAP and upcoming groups, please visit www.wrphub.com See pg. 8

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The Warm Line & Peer Crisis Support Services



Peer Support available 24/7

1-888-777-0979



Mental Health Outreach



Please contact Karen

647-642-7251



Alliston Drop-In

PROGRAMS & EVENTS

Indigenous Inspired Crafts

SHAKER MAKING Wednesday, Nov 20 at 6:00pm

Music is a large part of many Indigenous cultures. Join us to learn about the history and make a shaker of your own.

MAKING TOBACCO TIES Tuesday, Nov 26 at 1:00pm

Learn about the significance of tobacco bundles and how to make them.

WOODLANDS PAINTED BIRCH BARK Wednesday, Nov 6 at 6:00pm

Please speak with staff to register.

In participation
with:



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

Crisis Management Workshop

Wednesday, November 13 • 1 - 3pm

Explore ways of managing crisis situations. This workshop will be delivered by a service provider from YSSN who provides crisis support with the Nottawasaga OPP Mental Health

Co-Response Team



INDIGENOUS HAND

DRUMMING

Monday, November 11, 26 6 - 8pm

Indigenous hand drumming, no experience needed. All are welcome and drums are provided. Please contact us for more info.

Meditation Monday

Mondays at 1:00pm

We are going to explore various types of meditation. Group member will have a choice of the type of practice to engage with each week.

Career Cruising

Tuesday, November 12

1:00 - 3:00pm

A workshop from CMHA introducing visitors to possibilities regarding career options, including introduction to their career exploration website.



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

Traditional Sharing Circle

Wednesday, Nov. 20 & 27 • 4:14 - 6:15pm



Traditional sharing circles provide opportunities for each voice to heard, respected and valued.

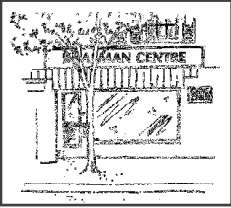


Alliston Drop-In

PROGRAMS & DETAILS

Art Experience	Fridays • 1 - 3pm	Exploring a variety of techniques
Birthday & Success Celebration	Tuesday, Nov. 26 • 1pm	A cake to celebrate birthdays and successes for the month.
Career Cruising / Exploration	Tuesday, Nov. 12 • 1 - 3pm	A workshop from CMHA introducing visitors to possibilities regarding career options, including introduction to their career exploration website.
General Meeting	Tuesday, Nov. 19 • 1 - 2pm	A meeting of staff and visitors to discuss ideas or concerns
Crisis Management Workshop	Wednesday, Nov. 13 • 1 - 3pm	Explore how to manage crisis situations
Games Day	Wednesday, Nov. 27 • 1 - 3pm	Play all the games!
Drumming Circle	Monday, Nov. 11, 25 • 6 - 8pm	Indigenous hand drumming, no experience needed. All are welcome and drums are provided.
Mindfulness	Thursdays • 1:30 - 2:30pm	Sharlene from CMHA will be doing some mindfulness exercises for relaxation and awareness
Meditation Monday	Mondays • 1 - 3pm	Explore various types of meditation
Rapid Access Addiction Medicine	Fridays • 10 - 12pm	No appointment needed to see a peer supporter, a doctor or both at the RAAM clinic at Mary McGill Community Mental Health in Stevenson Memorial Hospital.
Traditional Sharing Circle	Wed, Nov. 20 • 4:15 - 6:15p	Traditional sharing circles provide opportunities for each voice to heard, respected and valued.
Wellness Peer Group	Tuesday, Nov. 5, 12 • 6 - 8pm	Evening group for promoting growth, recovery and wellness. <i>Registration required</i>

For any questions or suggestions regarding programs, please call us at **1-888-780-0724**



Richmond Hill Drop-In

PROGRAMS & EVENTS



Nobody's Puppet:

Art Therapy for Dramatic Types!



Thursdays in November • 6:00 - 8:00pm

Explore expressive arts therapy and puppet making by creating and animating your own puppet. Please speak with staff to register.

Please note, the space currently available for this activity is not accessible. If you require an accessible space, please speak with staff and we will ensure your participation.

Mindful Ways

Saturdays at 1:00pm

Join our relaxed and informal mindfulness group, upstairs, where you'll learn about mindfulness techniques, take part in a guided meditation and reflection.



November 26 & December 3

2:30 - 4:00pm

DEALING WITH SELF STIGMA

Location to be determined. Please call to register.

O CAN BLITZ!

HAVE YOUR VOICE HEARD!

Friday, November 15 • 11:00am - 4:00pm

The Ontario Common Assessment of Need (OCAN) is a survey that gives you the opportunity to take an active and ongoing part in sharing your needs with the service providers you seek support from. For more information, please contact us or speak with a staff member.

One November **KRASMAN ST.**

day in the Richmond Hill drop-in...

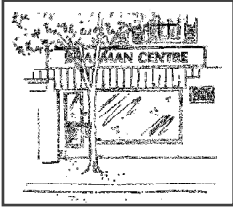
Wednesday, November 6 at 1:30pm

SHARE YOUR CULTURE!

Wednesday, November 13 • 2:30pm

Share your culture with KC! Each month we will have a day to share and learn about new cultures. Speak to staff if you'd like more information on how to participate.





Richmond Hill Drop-In

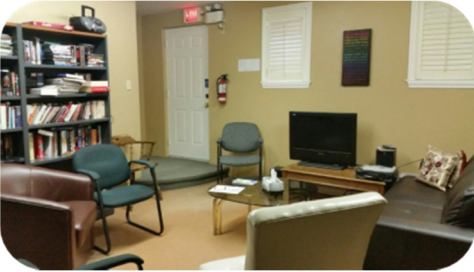
PROGRAMS & DETAILS

AIDS Committee of York Region	Nov. 4, 12, 18, 26 • 1:00pm	ACYR Harm Reduction Team to provide support and education.
Bingo	Friday, Nov. 8 & 26 • 6pm	Visitor-led Bingo games with prizes!
Celebration Monday	Monday, Nov. 11 • 12pm	Celebrate birthdays and successes!
Discover Your Wellness & Recovery	Saturdays • 4:10pm	A peer-led self-help group for folks living with mental health & substance use issues
Family Support Drop-in	NM - By appointment RH - Tuesday, Nov. 19 • 7pm	Family Support Drop-In is open to all those supporting a loved one experiencing mental health challenges
Freedom of Expression	1 st & 3 rd Wednesday • 5:15pm	A safe, inclusive space to express yourself through art
Good Food Box	Order: Monday, Nov. 4 Pick-up: Thurs, Nov. 21	A variety of fresh fruits and vegetables for \$15.00. Orders can be made in person at 10121 Yonge. St.
KC General Meeting	Friday, Nov. 29 • 3pm	An opportunity for staff and visitors to share successes and challenges
Let's Eat Lunch	Monday, Nov. 25 • 11:30am 10201 Yonge St, Richmond Hill	FREE lunch provided by and hosted at RHUC for the Krasman community. Bring your friends!
LOFT Case Manager	1 st & 3 rd Friday • 2:30pm	Get connected to community services through short-term case management
Nobody's Puppet	Thursdays • 6 - 8pm	Expressive arts therapy through puppet making. Registration required.
OCAN Blitz	Friday, Nov. 15 • 11 - 4pm	Complete or update your OCAN profile
One day in the RH drop-in..	Wednesday, Nov. 6 • 1:30pm	Video & discussion
Share Your Culture	Wednesday, Nov. 13 • 2:30pm	Share and learn about the cultures represented in our KC community



Community Drop-In

Every Tuesday and Friday | 11AM to 4:30PM



102 Main St. S., Unit 2
Newmarket, ON
L3Y 2Y7



What is The Community Drop-In?

LOFT Crosslinks and Krasman Centre have partnered together to co-run the twice weekly Community Drop-In. It is a safe and supportive place run by and for peers. It is a space to socialize, access amenities and resources required to support individuals in each person's unique recovery journey.

Popular Activities:

- Arts and crafts
- Celebrating holidays
- Socializing
- Playing games and enjoying music
- Watching movies

Accessible Amenities:

- Art supplies
- Computers with internet access
- Telephone for visitors' use
- VCR and DVD player
- Games (air hockey, board games, cards)
- Kitchen – coffee, tea, and snacks
- Lending library
- Shower, toiletries, and towels
- Peer support and other resources



**For more information, please contact
a peer support worker
905-967-0357 ex. 528**

LOFT

**York Region**

Krasmancentre

Funded through
The Regional
Municipality of York

THE KRASMAN CENTRE'S WELCOME BASKET PROGRAM is a short term program to support individuals transitioning back in the to community after clinical treatment. Our Peer Supporters recognize that this can be a difficult time, and we home to make this transition as comfortable as possible.



We offer:

- ◆ Clothing, toiletries, groceries and small kitchen appliances, within a limited budget
- ◆ Referrals and connections to resources in the community
- ◆ Supportive peer to talk to, who understand the challenges and can provide assistance

For details or to register please contact Rakshanda Khan

416-305-7179 • r.khan@krasmancentre.com

Family Peer Support Program *Tuesday Night Drop-in*

Drop by on Tuesday nights for a mutual support group for those supporting a loved one experiencing mental health and/or substance use issues.

Our Peer Supporters and group members have walked in your shoes and our aim is to maintain a space where you can feel empowered, supported and share your success and challenges, without judgment.

When: 1st & 3rd Tuesday of each month — 7:00-9:00 pm

Where: 10121 Yonge St. Richmond Hill

If you are seeking support or more information, contact:

905-780-0491 ex. 117



WRAP hub

What is WRAP?

Wellness Recovery Action Plan (WRAP) is a program for people who want to increase their feelings of wellness and empowerment in their lives. WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help you when you feel unwell. WRAP involves exploring with peers, in a non-judgmental, accepting environment, what we're like when we are feeling well, unwell, when things are breaking down, and when we are in crisis.

We explore and develop our wellness tools to improve and maintain our wellness, learn how to take better care of ourselves, and create better support networks and coping strategies. WRAP does this through five key recovery concepts: hope, personal responsibility, education, self-advocacy & support.

Who can participate?

WRAP can benefit anyone. The focus of WRAP is to develop personal wellness tools that help you cope with stress, manage crises and enjoy life more fully. People who experience mental health challenges

and/or substance use concerns, consumer/survivors, peer supporters, and those who want to work more on their personal wellness and recovery are welcome to attend.

WRAP 1 is a requirement for WRAP 2 Facilitator Training.

How do I register?

Participation is **FREE**. WRAPhub maintains a wait list for WRAP groups; those already on the wait list will be given priority prior before registering new participants.

For more information or to be added to the wait list, please contact Zebina Virji.

wraphub@krasmancentre.com or 647-286-1452

Groups delivered by the WRAPhub, through The Krasman Centre, with funding support generously provided by the Ontario Central LHIN.



CONTACT US

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

**LOFT & The Krasman Centre's
 Community Drop-In**
NEWMARKET
 102 Main St.
 Newmarket, ON
 L3Y 2Y7
 Tel. 905-967-0357 x. 528

Monday	10:30 - 4:30pm
Tuesday	10:30 - 4:30pm
Wednesday	12:00 - 4:30 pm
Thursday	2:30 - 8:30pm
Friday	10:30 - 4:30pm
Saturday	11 - 4pm
Sunday	Closed
Holidays	11 - 4pm

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

Tuesday	11 - 4:30pm
Friday	11 - 4:30pm
Holidays	Closed



**Feel free to contact us for further information or to suggest programming ideas.
 Please call ahead to ensure programming is running as scheduled**

To subscribe to the e-bulletin, email: k.goodberry@krasmancentre.com
 To receive the bulletin by mail, call: 905-780-0491 ex. 128

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.

Funding provided by



Funded through
 The Regional
 Municipality of York



WORKING WITH COMMUNITIES IN
**PEEL, TORONTO
 & YORK REGION**



living our values
&
staying true
to peer support

Krasmancentre

would like to invite you to our 21st Annual Information Meeting
on Tuesday, November 5th, 2019, from 5:30 pm to 8:00 pm.

at the Ray Twinney Recreation Complex, Lounge 2,
100 Eagle Street West, Newmarket.

Space is wheelchair accessible. Light dinner will be served.

Please R.S.V.P. to Angela by October 22nd at a.lee@krasmancentre.com
or call 905-780-0491 ext. 128

SUN CLOSED	MON 11:00 - 4:00 pm	TUES 11:00 - 4:00 pm	WED 1:00 - 4:00 pm	THURS 11:00 - 4:00 pm	FRI 11:00 - 4:00 pm	SAT CLOSED
					1 1:00 - 3:00 Art Experience	2
3	4 1:00 - 3:00 Meditation Monday	5 5:30—8:00 AIM (Newmarket)	6 1:00 - 3:00 Woodlands Painted Birch Bark Craft	7 11:00 - 12:30 CMHA programming 1:30 - 2:30 Mindfulness	8 1:00 - 3:00 Art Experience	9
10	11 6:00 - 8:00 pm Drumming Circle	12 1:00 - 3:00 Career Cruising / Exploration (CMHA) 6:00-8:00 Wellness Peer Group	13 1:00 - 3:00 Crisis Management Workshop with YSSN	14 11:00 - 12:30 CMHA programming 1:30 - 2:30 Mindfulness	15 1:00 - 3:00 Art Experience	16
17	18 1:00 - 3:00 Meditation Monday	19 1:00 - 2:00 General Meeting 2:00 Birthdays & Success Celebration	20 1:00 - 3:00 Shaker making 4:15-6:15 Traditional Sharing Circle	21 11:00 - 12:30 CMHA programming 1:30 - 2:30 Mindfulness	22 1:00 - 3:00 Art Experience	23
24	25 1:00 - 3:00 Meditation Monday 6:00 - 8:00 pm Drumming Circle	26 1:00 - 3:00 Making Tobacco Ties and their importance	27 1:00 - 3:00 Games Day 4:15-6:15 Traditional Sharing Circle	28 11:00 - 12:30 CMHA programming 1:30 - 2:30 Mindfulness	29 1:00 - 3:00 Art Experience	30

SUN <i>CLOSED</i>	MON <i>CLOSED</i>	TUES <i>11:00 – 4:30pm</i>	WED <i>CLOSED</i>	THURS <i>CLOSED</i>	FRI <i>11:00 – 4:30pm</i>	SAT <i>CLOSED</i>
					1 12:30pm AIDS Committee York Region (ACYR) – Drop-in 11-1:30 LOFT Case Management 2:00pm Therapy Dog: Boomer	2
3	4	5 1:00-2:00 What is ‘Wise Mind’? & How Can It Help With Just About Anything?	6	7	8 11-1:30 LOFT Case Management 1:00-2:00 Mindfulness & Meditation	9
10	11	12 1pm Community Connections 1:00-2:00 Validation: A way to communicate acceptance of self & others.	13	14	15 11-1:30 LOFT Case Management 12:30pm AIDS Committee York Region (ACYR) – Drop-in 2:00pm Therapy Dog: Boomer	16
17	18	19 11:30 LOFT/ Krasman General Meeting 1:00-2:00 Taking hold of your mind: Unpacking the ‘What’ & ‘How’ skills to living your best life.	20	21	22 11-1:30 LOFT Case Management 1:00-2:00 Mindfulness & Meditation	23
24	25	26 1:00-4:00 ACYR & Public Health Testing 3:00-4:00 Nin Os Kom Tin~drumming	27	28	29 11-1:30 LOFT Case Management 1:00-2:00 Birthday & Successes Celebration	30

SUN CLOSED	MON 10:30 - 4:30 pm	TUES 10:30 - 4:30 pm	WED 12:00 - 4:30 pm	THURS 2:30 - 8:30 pm	FRI 10:30 - 4:30 pm	SAT 11:00 - 4:00 pm
<p>** Weather Permitting: Contact us on the day of the activity to confirm R—Registration required 905-780-0491 / 1-888-780-0724 postmaster@krasmancentre.com</p>					<p>1 2:30 LOFT Case Manager Support</p>	<p>2 1:00 Mindful Ways 4:10 Discover Your Wellness & Recovery</p>
<p>3</p>	<p>4 12:00 ACYR Drop-in Support Good Food Box Order</p>	<p>5 11:00 Beginners' Chess 6:00 - 8:00pm Krasman Centre's Annual Information Meeting—R *Transportation Available</p>	<p>6 1:30 One day in The Richmond Hill Drop-in... 5:15 Freedom of Expression—R</p>	<p>7 6:00 Nobody's Puppet: Art Therapy for Dramatic Types!—R</p>	<p>8 1:00 Bingo!</p>	<p>9 1:00 Mindful Ways 4:10 Discover Your Wellness & Recovery</p>
<p>10</p>	<p>11 12:00 Celebration Monday</p>	<p>12 12:00 ACYR Drop-in Support</p>	<p>13 2:30 Share Your Culture</p>	<p>14 6:00 Nobody's Puppet: Art Therapy for Dramatic Types!—R</p>	<p>15 11 - 4pm OCAN Blitz 2:30 LOFT Case Manager Support</p>	<p>16 1:00 Mindful Ways 4:10 Discover Your Wellness & Recovery</p>
<p>17</p>	<p>18 12:00 ACYR Drop-in Support</p>	<p>19 11:00 Beginners' Chess 7:00 Family Support Drop -In</p>	<p>20 5:15 Freedom of Expression—R</p>	<p>21 6:00 Nobody's Puppet: Art Therapy for Dramatic Types!—R Good Food Box Pick-Up</p>	<p>22 1:00 Bingo!</p>	<p>23 1:00 Mindful Ways 4:10 Discover Your Wellness & Recovery</p>
<p>24</p>	<p>25 11:30 Let's Eat Lunch! at RHUC</p>	<p>26 12:00 ACYR Drop-in Support 2:30 Peer Zone - Dealing with Self Stigma Pt. 1—R</p>	<p>27</p>	<p>28 6:00 Nobody's Puppet: Art Therapy for Dramatic Types!—R</p>	<p>29 3:00 General Meeting</p>	<p>30 1:00 Mindful Ways 4:10 Discover Your Wellness & Recovery</p>