

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.wraphub.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

NEW!

DROP-IN HOURS

Beginning January 15, 2020 until March 25, 2020, The Alliston Drop-In will offer extended hours on Wednesdays, from 1:00 - 8:00pm.

Please note, we will continue to open from 1:00 - 4:00pm on the second Tuesday of each month, to allow for team meetings (Jan 8, Feb 12, Mar 11).

Pathways to Recovery

Thursdays from 1:00 - 3:00pm

Join us on January 2 for a 12-week, closed group where we will look at recovery and its components, as well as setting wellness goals.

To register, please contact Ellen or Steven
705-435-0054 or 1-888-780-0724



INDIGENOUS HAND DRUMMING

Tuesday, January 7 & 21 • 1 - 3pm

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

HEALING circle

Wednesdays from 5:00 - 7:00pm

A gathering of individuals sharing stories in a safe, supportive, healing environment.

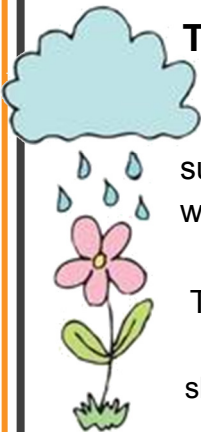
To register, please contact Monica Poirier
705 896-4935
m.poirier@krasmancentre.com

Trauma Support Group

Tuesdays from 5:00 - 7:00pm

An 8 week psychoeducational, support group for people dealing with trauma/complex trauma.

To register, please contact Sharon
at 705-435-0054 or
sharon.swaffield@krasmancentre.com



BLACK CREEK
COMMUNITY HEALTH CENTRE

DIETICIAN

Tuesday, January 28 • 1:30 - 3:30pm

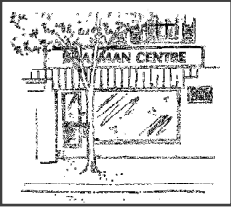


Alliston Drop-In

PROGRAMS & DETAILS

Art Experience	Fridays • 1 - 3pm	An opportunity to explore a variety of art mediums.
Bingo	Monday, Jan. 13 • 1pm	A fun game of the classic BINGO
Birthday & Success Celebration	Monday, Jan. 20 • 1pm	A cake to celebrate birthdays and successes for the month.
Dietician Visit	Tuesday, Jan. 28 • 1:30	Julie Fung, dietician from Black Creek Community Health Centre shares a variety of healthy eating options.
General Meeting	Monday, Jan. 6 • 1 - 2pm	An opportunity for visitors and staff to share ideas, concerns and general thoughts about the drop-in.
Healing Circle	Wednesdays • 5 - 7pm	Closed group, beginning January 8. Registration required
Indigenous Hand Drumming	Tuesday, Jan. 7 & 21 • 1 - 3pm	Indigenous hand drumming, no experience needed. All are welcome and drums are provided.
Mindfulness	Thursday, Jan. 2, 23, 30 • 11am	An opportunity to de-stress and practice mindfulness with Sharlene - CMHA
Pathways to Recovery	Thursdays • 1 - 3pm	12-Week recovery group, beginning January 2. Registration Required.
Trauma Support Group	Tuesdays • 5 - 7pm	An 8-week psychoeducational support group. Registration required.
Vision Board Workshop	Thurs. Jan. 2, 23, 30 • 11:30am	

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



Richmond Hill Drop-In

PROGRAMS & EVENTS



Tuesday, Jan. 7 at 1:00pm • UNDERSTANDING MIGRATION

This workshop introduces participants to the complexities of migration and explores some of the social factors that shape the settlement process for newcomer and immigrant communities such as language, income disparity, housing, loss of status, and discrimination among others

No registration required, as this workshop will be held in the main space.

DRAMA LLAMA



COMING SOON!

Whether you think you've got what it takes to be a drama llama or not, come by and have fun with improv, script re-enactments and more!

Please speak with Anand to register.
905-780-0491 or 1-888-780-0724



Minding Our Lifestyle

Friday, January 17 at 2:30pm

No registration necessary, workshop is open and will be held in the drop-in

Guitar Sessions



Jim is offering guitar instruction throughout January.

Please see the calendar for dates and speak with him to register. 905-780-0491

j.fevgas@krasmancentre.com

AROUND THE WORLD

Thursdays at 6:00pm

We will watch a documentary with first-hand accounts and stories exploring themes related to *'what it means to be human'*

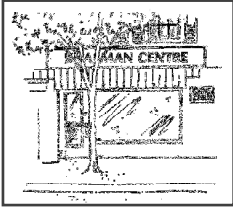
Wednesday, Jan. 8 at 1:00pm

Public Health Smoking Cessation Discussion



Chantel and Kate from Public Health are coming to the RH drop in to discuss some ideas around cutting back or quitting... your choice!

This is a harm reduction perspective and you are welcome you to listen in, pressure free.



Richmond Hill Drop-In

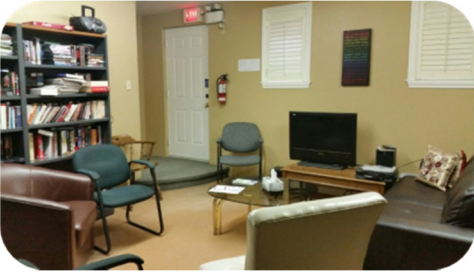
PROGRAMS & DETAILS

Around the World	Thursdays • 6pm	Documentary with global perspectives
CAYR Wellness Afternoon	Monday, Jan. 6 & 20 • 1:00pm	CAYR (formerly ACYR) Harm Reduction Team to provide support and education.
Beginner's Chess	Tuesday, Jan. 7 & 21 • 11pm	Learn the games of kings and queens! No registration or experience required!
Bingo	Friday, Jan. 10 • 2:30pm	B13 for the win!
Celebration Monday	Monday, Jan. 13 • 1pm	Celebrate birthdays and successes!
Curated Collection	Thursdays • 7pm	Evening of music curated by you!
Discover Your Wellness & Recovery	Saturdays • 4:10pm	A peer-led self-help group for folks living with mental health & substance use issues
Freedom of Expression	Wednesday, Dec. 4 • 5:15pm	A safe, inclusive space to express yourself through art
Guitar Sessions	Throughout January	Drop-in Guitar sessions. Speak to Jim for more information.
Healthy Recipes: Bean Salad	Saturday, Jan. 11 • 1pm	Prepare delicious and nutritious recipes on a budget!
Karaoke	Tuesday, Jan 14 • 2:30pm	Pick your favorite song and sing your heart out!
KC General Meeting	Friday, Jan. 24 • 3pm	An opportunity for staff and visitors to share successes and challenges
Opening Doors Project: Understanding Migration	Tuesday, Jan. 7 • 1pm	Workshop held in the drop-in, no registration required.
Peer Zone: Minding Our Lifestyle	Friday, Jan. 17 • 2:30pm	Open group in drop-in, no registration
Public Health: Smoking Cessation	Wednesday, Jan. 8 • 1pm	Discussion held in drop-in, no registration required
Therapy Dog: Marley	Saturday, Jan. 11 • 2:30pm	St. John's Ambulance certified pupper



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**

SUN CLOSED	MON 10:30 - 4:30 pm	TUES 10:30 - 4:30 pm	WED NEW! 1:00 - 8:00 pm	THURS 2:30 - 8:30 pm	FRI 12:00 - 4:30 pm	SAT CLOSED
<p>NEW HOURS! Beginning January 15, 2020, The Alliston Drop-In will be open from 1:00 - 8:00pm on Wednesdays, until the end of March.</p> <p>**Drop-In hours will remain 1:00pm - 4:00pm on the second Tuesday of each month, due to staff meetings.</p>			<p>1</p> <p>New Year's Day</p> <p>CENTRE CLOSED</p>	<p>2</p> <p>11:00 - 11:30 Mindfulness 11:30-1:00 Vision Board Workshop 1:00 - 3:00 Pathways to Recovery</p>	<p>3</p> <p>1:00 - 3:00 Art Experience</p>	4
5	<p>6</p> <p>1:00 - 2:00 General Meeting</p>	<p>7</p> <p>1:00 - 3:00 Drumming 6:00 - 8:00 Wellness Peer Group</p>	<p>8</p> <p><i>Drop-In Hours: 1 - 4pm</i></p> <p>1:00 - 3:00 Games Day 5:00 - 7:00 Healing Circle</p>	<p>9</p> <p>1:00 - 3:00 Pathways to Recovery</p>	<p>10</p> <p>1:00 - 3:00 Art Experience</p>	11
12	<p>13</p> <p>1:00 - 2:00 BINGO</p>	<p>14</p> <p>1:00 - 2:00 Table Topics</p>	<p>15</p> <p>1:00 - 3:00 Games Day 5:00 - 7:00 Healing Circle</p>	<p>16</p> <p>1:00 - 3:00 Pathways to Recovery</p>	<p>17</p> <p>1:00 - 3:00 Art Experience</p>	18
19	<p>20</p> <p>1:00 Birthday/successes celebration</p>	<p>21</p> <p>1:00 - 3:00 Drumming</p>	<p>22</p> <p>1:00 - 3:00 Games Day 5:00 - 7:00 Healing Circle</p>	<p>23</p> <p>11:00 - 11:30 Mindfulness 11:30-1:00 Vision Board Workshop 1:00 - 3:00 Pathways to Recovery</p>	<p>24</p> <p>1:00 - 3:00 Art Experience</p>	25
26	<p>27</p> <p>1:00 - 3:00 Surprise!</p>	<p>28</p> <p>1:30 - 3:30 Dietician visit 5:00 - 7:00 Trauma Support Group</p>	<p>29</p> <p>1:00 - 3:00 Games Day 5:00 - 7:00 Healing Circle</p>	<p>30</p> <p>11:00 - 11:30 Mindfulness 11:30-1:00 Vision Board Workshop 1:00 - 3:00 Pathways to Recovery</p>	<p>31</p> <p>1:00 - 3:00 Art Experience</p>	1

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 New Year's Day	2	3 12:30pm AIDS Committee York Region (ACYR) – Drop-in 2-3pm Wellness Goals	4
5	6	7 2pm Trauma Informed Self-Care	8	9	10 11-1:30pm LOFT Case Management 2:00pm Therapy Dog: Boomer	11
12	13	14 1pm Community Connections 2-3pm Expressive Art for Recovery	15	16	17 11-1:30 LOFT Case Management 12:30pm AIDS Committee York Region (ACYR) – Drop-in	18
19	20	21 2-3pm Mindfulness for Relapse Prevention	22	23	24 11-1:30pm LOFT Case Management 2:00pm Therapy Dog: Boomer	25
26	27	28 12:30-1:30pm Healing with Music 2-4pm CAYR (ACYR) & Public Health Testing Clinic	29	30	21 2:30-3:30 LOFT/ Krasman General Meeting	

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
** 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			1 New Year's Day Holiday Hours 11:00 - 4:00pm	2 6:00 Around The World 7:00 Curated Collection	3	4 Guitar Sessions— R 4:10 Discover Your Wellness & Recovery
5	6 1:00 CAYR (ACYR) Wellness Afternoon	7 Guitar Sessions— R 11:00 Beginners' Chess 1:00 Opening Doors Project: Understanding Migration	8 1:00 Public Health Smoking Cessation Discussion	9 Guitar Sessions— R 6:00 Around The World 7:00 Curated Collection	10 2:30 Bingo	11 1:00 Healthy Recipes: Bean Salad 4:10 Discover Your Wellness & Recovery
12	13 1:00 Celebration Monday!	14 2:30 Karaoke	15	16 6:00 Around The World 7:00 Curated Collection	17 2:30 Peer Zone: Minding our Lifestyle	18 Guitar Sessions— R 2:30 Therapy Dog: Marley 4:10 Discover Your Wellness & Recovery
19	20 1:00 CAYR (ACYR) Wellness Afternoon	21 11:00 Beginners' Chess	22 Guitar Sessions— R	23 7:00 Curated Collection	24 Guitar Sessions— R 3:00 KC General Meeting	25 4:10 Discover Your Wellness & Recovery
26	27 11:30 Let's Eat Lunch!	28 Guitar Sessions— R	29	30 7:00 Curated Collection	31 Guitar Sessions— R	