



# The Family Support program

## What is the Family Support Program about?

### You are not alone!

Supporting a loved one or a family member with addiction and mental health challenges can be overwhelming, stressful and lonely.

The Krasman Centre Family Support Program is a peer centred community service open to family members and friends facing similar challenges. We believe that people can and do recover and that families play a major supportive role in the process. We offer a range of supports in a safe, judgement free place where you can share your struggles, gain insights and learn from each others experiences and successes. All with peers who have walked in your shoes.

*"Recovery is an ongoing process of growth, discovery and change."*

## What the Family Support Program offers:

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

**Drop-In Evenings:** Drop-In night is held in the evening to support people, and to meet others who may be in similar situations.

**Peer Support One on One:** We can meet you individually in the community to hear your story, offer resources and support. As peer support workers we offer lived experience of compassion and understanding as we have supported loved ones with mental health and addictions. Through self-care, peer support and acceptance, we've learned to live our life and find peace, while supporting loved ones who struggle.

For details on the **Family Support Program**, please email us at:

[familysupport@krasmancentre.com](mailto:familysupport@krasmancentre.com)

or call us at **905-780-0491 Ext: 117**

