

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.wrapub.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 or 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

Naloxone Training

Wednesday February 5



2:00 - 3:00pm

HEALING circle

Wednesdays from 5:00– 7:00pm

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

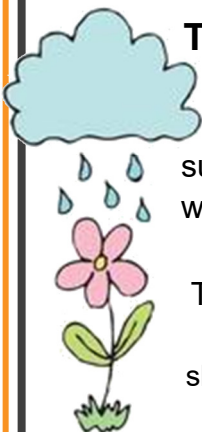
To register, please contact Monica Poirier
705 896-4935
m.poirier@krasmancentre.com

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



Tax Benefits and Information Seminar

Friday, February 7 • 1:00 - 4:00pm

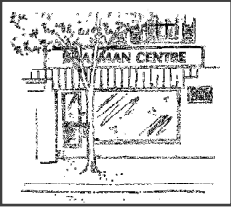


Alliston Drop-In

PROGRAMS & DETAILS

Art Experience	Fridays • 1 - 3pm	An opportunity to explore a variety of art mediums.
Birthday & Success Celebration	Monday, Feb. 24 • 1pm	A cake to celebrate birthdays and successes for the month.
Tax Benefits and Information Seminar	Friday, Feb. 7 • 1:00pm	2019 tax information presentation by Revenue Canada Outreach plus Question and Answer period. Followed by an opportunity to apply for tax benefits with tax volunteers from contact.
General Meeting	Monday, Feb. 3 • 2 - 3pm	An opportunity for visitors and staff to share ideas, concerns and general thoughts about the drop-in.
Mindfulness	Thursday, Feb. 13 • 12:30—1pm	An opportunity to de-stress and practice mindfulness with Sharlene - CMHA
Pathways to Recovery	Thursdays • 1 - 3pm	A 12 week group to look at recovery and its components, as well as setting wellness goals. - Registration Required
Trauma Support Group	Tuesdays • 5 - 7pm	Closed group. Pre-registration required prior to beginning last week.
Naloxone Training	Wednesday, Feb. 5 • 2 - 3pm	Learn about Naloxone and how's it's used to save lives!
Vision Board Workshop	Thursday, Feb. 13 • 11 - 12:30pm	A workshop to develop personal vision boards, offered by an OT from CMHA

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



Richmond Hill Drop-In

PROGRAMS & EVENTS



Friday, Feb. 28 at 1:00pm • BUILDING BRIDGES: ANTI-RACISM 101

This workshop explores issues of racism, diversity and anti-racism, and is ideal for people who are familiar with the idea of multiculturalism and diversity but have not been introduced to anti-racism. It encourages participants to explore how racism works and different forms it takes in particular contexts.

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

Round Robin Euchre Night

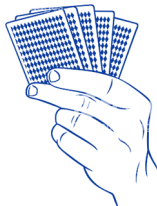
Wednesday, February 19 5:00 - 7:00pm

Suits left and right-handed players!

No need to go alone, sign up as a pair or a single!

Speak with staff or contact Dylan to register

647-717-4035



Saturday, February 22 at 12:30pm

Explores issues of unfairness and injustice to us peers. We will be looking at why the consumer movements in mental health and addictions started

Guitar Sessions



Jim is offering guitar instruction throughout February.

Please speak with Jim to register.
905-780-0491

j.fevgas@krasmancentre.com

Curated Collection



Thursdays at 7:00pm

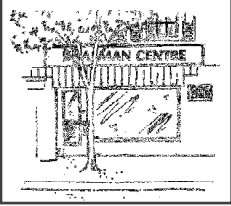
An evening of music curated by you!



CAYR
COMMUNITY CONNECTIONS
People Supporting People

Public Health Testing Clinic

Tuesday, February 25 at 1:00pm



Richmond Hill Drop-In

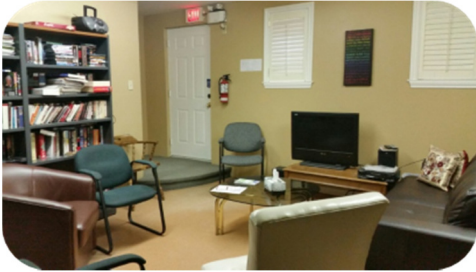
PROGRAMS & DETAILS

Beginner's Chess	Tuesday, Feb. 4 & 18 • 11pm	Learn the games of kings and queens! No registration or experience required!
CAYR Wellness Afternoon	February. 3 & 11 • 1:00pm	CAYR (formerly ACYR) Harm Reduction Team to provide support and education.
CAYR & Public Health Testing Clinic	Tuesday, Feb. 25 • 1:00pm	
Celebration Monday	Monday, Feb. 10 • 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
Guitar Sessions	Throughout February	Drop-in Guitar sessions. Speak to Jim for more information.
KC General Meeting	Friday, Feb. 21 • 3pm	An opportunity for staff and visitors to share successes and challenges
Let's Eat Lunch!	Monday, Feb. 24 • 11:30am	Lunch prepared by and served at Richmond Hill United Church 10201 Yonge St.
Opening Doors Project: Building Bridges: Anti-Racism 101	Friday, Feb. 28 • 1pm	Workshop held in the drop-in, no registration required.
Peer Zone: Finding Our Voices	Saturday, Feb. 22 • 12:30pm	No registration necessary, workshop is open and will be held in the drop-in
Round Robin Euchre Night	Wednesday, Feb. 19 • 5 - 7pm	Join us for an evening of Euchre ! Registration Required.
Therapy Dog: Marley	Saturday, Feb. 8 • 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 OR
1-888-967-0357 #2217**

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 Drop-in Support in Newmarket *Tuesday Night Drop-in*

Join us for an evening of support in a friendly, non-judgmental space where family members can share their experiences of supporting loved ones with mental health and or addictions. Know that you are not alone and support is there offered by those who have walked in your shoes. Learn skills on how to support yourself and others.

When: 2nd Tuesday of each month — 6:30-8:30 pm

Where: 438 Park Avenue
at the Newmarket Public Library

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



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The Regional
Municipality of York



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

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

SUN CLOSED	MON CLOSED	TUES 11:00 – 4:30pm	WED CLOSED	THURS CLOSED	FRI 11:00 – 4:30pm	SAT CLOSED
						1
2	3	4 12-1:30pm Therapeutic Puppetry	5	6	7 12:30pm CAYR Community Connections– Drop-in 1-2pm Wellness Goals 2pm Therapy Dog: Boomer	8
9	10	11 Centre Open at 11:30am 12-1:30pm Therapeutic Puppetry	12	13	14 1pm Trauma informed self-care 2pm Bowling	15
16	17	18 12-1:30pm Therapeutic Puppetry 2pm Naloxone training- Krasman Centre’s Wellness Collaborative.	19	20	21 11-1:30pm LOFT Case Management 12:30pm CAYR Community Connections– Drop-in 2pm Therapy Dog: Boomer	22
23	24	25 12-1:30pm Therapeutic Puppetry 2pm Healing with music	26	27	28 11-1:30pm LOFT Case Management 2:30-3:30 LOFT/ Krasman General Meeting	29

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 or 1-888-780-0724 postmaster@krasmancentre.com						1 4:10 Discover Your Wellness & Recovery
2	3 1:00 CAYR Wellness Afternoon	4 11:00 Beginners' Chess	5 Guitar Sessions	6 6:00 Around The World 7:00 Curated Collection	7 3:00 Bingo	8 2:30 Therapy Dog: Marley 4:10 Discover Your Wellness & Recovery
9	10 1:00 Celebration Monday!	11 1:00 CAYR Wellness Afternoon	12	13 Guitar Sessions 6:00 Around The World 7:00 Curated Collection	14 12:30 Valentine's Day Arts & Crafts	15 Guitar Sessions 4:10 Discover Your Wellness & Recovery
16	17 Holiday Hours 11:00—4:00pm Guitar Sessions	18 11:00 Beginners' Chess	19 5:00 Round Robin Euchre Night	20 Guitar Sessions 6:00 Around The World 7:00 Curated Collection	21 3:00 KC General Meeting	22 12:30 Peer Zone: Finding Our Voices 4:10 Discover Your Wellness & Recovery
23	24 11:30 Let's Eat Lunch!	25 1:00 CAYR & Public Health Testing Clinic	26 Drop-In Closed Staff Training	27 Guitar Sessions 6:00 Around The World 7:00 Curated Collection	28 1:00 Opening Doors Project: Building Bridges: Anti-Racism 101	29 4:10 Discover Your Wellness & Recovery