

**Krasman Centre**  
**Family**  
**Drop-in Support**  
**in Newmarket**

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

**2nd Tuesday of the month**

**From 6:30-8:30pm**

**438 Park Avenue at the**

**Newmarket Public Library**

**Dates: January 14, February 11, March 10, April 14,  
May 12, June 09 2020**

**For more information please contact:**

**Sophy or Zebina at 905-780-0491 ext. 117**

**familysupport@krasmancentre.com**



***“Everything Will Be Alright  
Doesn’t Mean  
Everything Will Stay The  
Same”***