

# **Krasman Centre Family Drop-in Support in Richmond Hill**

Join us for an evening of support in a friendly, non-judgmental space where family members can share their experiences of supporting their loved ones from 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.

**3rd Tuesday of the month**

**From 7:00-9:00pm**

**10121 Yonge Street Krasman Centre**

**Richmond Hill Ontario L4C 1T7**

**Dates: January 21 February 18, March 17, April 21  
May 19, June 16 2020**

**For more information please contact:**

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

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



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