

# 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](http://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

From 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

### Field Trip:



**THE  
MOVIES!**



**Monday, March 23 • 11 - 3:00pm**



**BLACK CREEK  
COMMUNITY HEALTH CENTRE**

**DIETICIAN**

**Wednesday, March 25 at 1:30 - 2:30pm**

Julie Fung, dietician from Black Creek Community Health Centre shares a variety of healthy eating options.

### Trauma Support Group

**Tuesdays from 5:00 - 7:00pm**

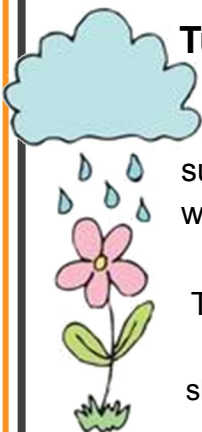
An 8 week psychoeducational, support group for people dealing with trauma/complex trauma.

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

### WELLNESS WREATHS

**Tuesday, March 10**

**1:00 - 3:00pm**





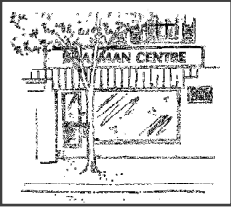
# Alliston Drop-In

## PROGRAMS & DETAILS

|                                |                              |  |
|--------------------------------|------------------------------|--|
| Art Experience                 | Fridays • 1 - 3pm            | An opportunity to explore a variety of art mediums.  |
| Bingo!                         | Monday, March 9 • 1p         | Grab your trinkets and your visor, we're playing BINGO!  |
| Birthday & Success Celebration | Monday, March 30 • 1p        | A cake to celebrate birthdays and successes for the month.   |
| Dietician Visit                | Wed, March 25 • 1:30 - 2:30p | Julie Fung, dietician from Black Creek Community Health Centre shares a variety of healthy eating options.         |
| F.W.R.A.P.                     | Wednesdays • 11 - 3:30p      | Family Wellness Recovery Action Plan<br><i>Registration Required</i>   |
| General Meeting                | Monday, March 16 • 1 - 2p    | An opportunity for visitors and staff to share ideas, concerns and general thoughts about the drop-in.             |
| Movie Outing                   | Monday, March 23 • 11 - 3p   | We're going out to see a watch a movie!<br><i>Registration Required</i>  |
| Pathways to Recovery           | Thursdays • 1 - 3p           | A 12 week group to look at recovery and its components, as well as setting wellness goals. - Registration Required |
| Trauma Support Group           | Tuesdays • 5 - 7p            | Closed group. Pre-registration required prior to beginning last week.  |

**We're always open to feedback!**

If you have any questions or suggestions regarding Centre programming, please contact us at **705-435-0054** or **1-888-780-0724**



# Richmond Hill Drop-In

## PROGRAMS & EVENTS

**Tuesday, Mar. 10 at 1:00pm • STARTING FROM I: REFLECTING ON OUR OWN IDENTITIES**



This workshop will encourage participants to reflect on their own experiences of socialization as they relate to race, ethnicity, citizenship, economic condition, gender, sexuality and more.

Participants will explore some of the ways in which power, privilege, and inequality shape their identities and how they relate to others.

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

## Freegans Unite!



**Tuesday, March 2 at 12:30pm**

Freeganism is about economic responsibility, reducing waste and repurposing items wherever possible. Many of us do this already and have learned creative ways to keep our living costs low.

Let's exchange tips, get creative and learn new ways to keep costs low while we care for the environment and ourselves.

## Healthy Eating:

**March 21 at 1:00pm**

**COLESLAW!**

Anand will be demonstrating a coleslaw recipe aimed at improving nutrition and taste while maintaining a budget.



## ART THERAPY

**Tuesdays at 2:45pm**

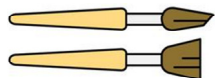
*Closed Group*



## MURALS IN MARCH

**Thursdays at 5:00pm**

*Open Group*



## Field Trip:

**Tuesday, March 31<sup>st</sup>**



**ROYAL ONTARIO MUSEUM**

Transportation and lunch will be provided.

Departure times TBD. Please call or speak to a staff member to register

## GROUNDWORK

**March 20 at 1:30pm**

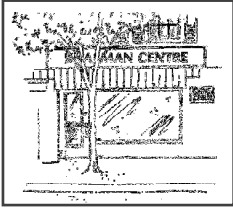
*Be mindful!*

*Stay present!*

*Practice Self-care!*



Ever felt like those wellness tips & tricks sound great but are hard to use when distress or panic set in? We're going to have an open, honest discussion on how grounding skills work and figure out what does and doesn't work for us and why!



# Richmond Hill Drop-In

## PROGRAMS & DETAILS

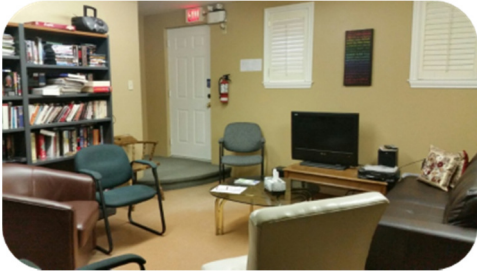
|   |                               |   |
|---|-------------------------------|---|
| Art Therapy   | Tuesdays • 2:45 - 4:15p       | Use art to explore and express thoughts and feelings. No skill required.                                      |
| Beginner's Chess  | Friday, March 13 & 27 • 11a   | Learn the games of kings and queens! No registration or experience required!                                  |
| CAYR (ACYR) Wellness Afternoon  | March 2, 16, 24 • 1:00p       | CAYR Harm Reduction Team to provide support and education.  |
| Celebration Monday  | Monday, March 9 • 1p          | Celebrate birthdays and successes!  |
| Discover Your Wellness & Recovery   | Saturdays • 4:10 - 5:30p      | A peer-led self-help group for folks living with mental health & substance use issues                         |
| Freegans Unite!   | Tuesday, March 2 • 12:30p     | Exchange tips and learn new ways to keep costs low while we care for the environment and ourselves            |
| Games Day!  | Wednesdays • 1:00 - 4:30p     | It can be hard to meet new people or get out when we're struggling. Come have some fun with people who get it |
| Groundwork  | Friday, March 20 • 1:30p      | Exchange ideas and challenges around coping & grounding strategies  |
| KC General Meeting  | Friday, March 27 • 3p         | An opportunity for staff and visitors to share successes and challenges                                       |
| Let's Eat Lunch!  | Monday, March 23 • 11:30a     | Lunch prepared by and served at Richmond Hill United Church 10201 Yonge St.                                   |
| <b>Opening Doors Project</b><br>Starting from the I: Reflecting on Our Own Identities | Tuesday, March 10 • 1 - 2:30p | Workshop held in the drop-in, no registration required.   |
| Peer Zone Workshop  | Monday, March 30 • 1:30p      | <b>Topic:</b> Empowering Ourselves in Mental Health Services  |
| Field Trip:<br>Royal Ontario Museum   | Tuesday, March 31             | Museum filled with showcases, art, culture and nature through the ages.                                       |
| Therapy Dog: Marley   | Saturday, March 7 • 2:30pm    | St. John's Ambulance certified doggo  |





# 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**

**Krasman**centre

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](mailto:r.khan@krasmancentre.com)

## **Family Support Program: *Tuesday Night Drop-ins***

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.

### **2nd Tuesday each month**

Newmarket Public Library

6:30—8:30pm

438 Park Ave, Newmarket

### **3rd Tuesday each month**

The Krasman Centre

7:00—9:00pm

10121 Yonge St, Richmond Hill

**If you are seeking support or would like more information, please contact Sophy or Zebina**

[familysupport@krasmancentre.com](mailto:familysupport@krasmancentre.com) • 905-780-0491 x.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](mailto: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](mailto: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.

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The Regional  
Municipality of York



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

Krasmancentre

# KARAOKE

and DJ Dance Party



MARCH, 24TH,  
2020

4:30pm - 7:30 pm  
COMMUNITY CENTRE AND  
LION'S HALL

200 Doug Duncan Dr, Newmarket,  
in the lovely Riverwalk Commons

TRANSPORTATION BOTH  
WAYS, FROM ALLISTON AND  
RICHMOND HILL, WILL BE  
PROVIDED

Further details regarding transportation  
to follow.

Come and join us for Dancing,  
Pizza and Snacks!

**PLEASE RSVP TO:**

Staff members of the Krasman Centre.  
Let us know ASAP...this event will fill up  
quickly!



Community members are invited to attend a well-being group. The group will be a space where visitors can provide input on group direction, be connected to local resources, and offers a non-judgmental label-free environment where community members can connect with and support one another.

Visitors will also have access to traditional Indigenous medicines and may request a circle to share their feelings and experiences. Please join us for light refreshments and the opportunity to connect to support!

**Location:** Weeping Willow Coffee Café & Gallery, 917 Lake Drive E. Jackson's Point

**Time:** Mondays, 3:00 - 5:30pm

### FEBRUARY

|                    |                   |
|--------------------|-------------------|
| <b>February 3</b>  | Game Night        |
| <b>February 10</b> | Vision Boards     |
| <b>February 17</b> | Making Calendars  |
| <b>February 24</b> | Karaoke/Jam Night |

### MARCH

|                 |                |
|-----------------|----------------|
| <b>March 2</b>  | Bath Salts     |
| <b>March 9</b>  | Making Chokers |
| <b>March 16</b> | Soap Making    |
| <b>March 23</b> | Spa Night      |
| <b>March 30</b> | Painting       |

**If you have any questions or would like support, please contact an Outreach Worker**

**Emily Big Canoe 416-303-5606**

**Leah Atkinson 905-251-4944**

| SUN<br>CLOSED | MON<br>11:00-4:00 pm                          | TUES<br>11:00-4:00 pm   | WED<br>1:00 - 8:00 pm   | THURS<br>11:00-4:00 pm                     | FRI<br>11:00-4:00 pm                 | SAT<br>CLOSED |
|---------------|---|---|---|--|--------------------------------------|---------------|
| 1             | 2   | 3<br>1:00 - 3:00 Drumming<br><br>5:00 - 7:00 Trauma Support Group       | 4<br>11:00—3:30 F.W.R.A.P.<br><br>1:00 - 3:00 Games Day   | 5<br><br>1:00 - 3:00 Pathways to Recovery  | 6<br><br>1:00 - 3:00 Art Experience  | 7             |
| 8             | 9<br>1:00 BINGO!                              | 10<br>1:00-3:00 Wellness Wreath<br><br>5:00 - 7:00 Trauma Support Group | 11 <i>Drop-In Hours: 1 - 4pm</i><br><br>11:00—3:30 F.W.R.A.P.<br><br>1:00 - 3:00 Drumming   | 12<br><br>1:00 - 3:00 Pathways to Recovery | 13<br><br>1:00 - 3:00 Art Experience | 14            |
| 15            | 16<br><br>1:00 - 2:00 General Meeting         | 17<br><br>5:00 - 7:00 Trauma Support Group                              | 18<br><br>11:00—3:30 F.W.R.A.P.<br><br>1:00 - 3:00 Games Day  | 19<br><br>1:00 - 3:00 Pathways to Recovery | 20<br><br>1:00 - 3:00 Art Experience | 21            |
| 22            | 23<br><br>11:00 - 3:00 <b>Movie Outing</b>    | 24<br><br>1:00 - 3:00 Drumming  | 25<br><br>11:00—3:30 F.W.R.A.P.<br><br>1:30— 2:30 Dietician visit   | 26   | 27<br><br>1:00 - 3:00 Art Experience | 28            |
| 29            | 30<br><br>1:00 Birthday/successes celebration | 31  | <p><b>CHANGE IN HOURS!</b> From January until the end of March, The Alliston Drop-In will be open from 1:00 - 8:00pm on Wednesdays, except for March 11, 2020.</p> <p>As of Wednesday, April 1, 2020, Wednesday drop-in hours will return to 1:00 - 4:00pm.</p> |  |                                      |               |

| SUN<br>CLOSED | MON<br>CLOSED | TUES<br>11:00 – 4:30pm  | WED<br>CLOSED | THURS<br>CLOSED | FRI<br>11:00 – 4:30pm  | SAT<br>CLOSED |
|---------------|---------------|---|---------------|-----------------|--|---------------|
| 1             | 2             | 3<br>1-2pm Wellness Goals   | 4             | 5               | 6<br>Centre Open at 11:30am<br>12:30pm CAYR Community<br>Connections– Drop-in<br>2pm Therapy Dog: Boomer             | 7             |
| 8             | 9             | 10<br>2pm Painting Pottery Event~<br><i>Registration Required</i>   | 11            | 12              | 13<br>11-1:30pm LOFT Case<br>Management<br>2-3pm Play Art  | 14            |
| 15            | 16            | 17<br>12-1pm Choker Necklace<br>Workshop~ <i>Registration Required</i>  | 18            | 19              | 20<br>11-1:30pm LOFT Case<br>Management<br>12:30pm CAYR Community<br>Connections– Drop-in<br>2pm Therapy Dog: Boomer | 21            |
| 22            | 23            | 24<br>2-4pm CAYR (ACYR) & Public<br>Health Testing Clinic<br><br>4:30 pm—7:30pm<br>DJ/Karaoke Party @ Newmarket<br>Community Centre & Lions Hall.<br><i>(Registration Required)</i> | 25            | 26              | 27<br>11-1:30pm LOFT Case<br>Management<br><br>2-3pm Play Art  | 28            |
| 29            | 30            | 31<br>12-1pm Sharing Circle<br>2:30-3:30 LOFT/ Krasman General<br>Meeting   |               |                 |  |               |



| SUN<br>CLOSED | MON<br>10:30 - 4:30 pm   | TUES<br>10:30 - 4:30 pm   | WED<br>12:00 - 4:30 pm | THURS<br>2:30 - 8:30 pm   | FRI<br>10:30 - 4:30 pm                                     | SAT<br>11:00 - 4:00 pm  |
|---------------|--|---|------------------------|---|--|---|
| 1             | 2<br>1:00 CAYR (ACYR)<br>Wellness Afternoon  | 3<br>12:30 Freegans Unite!<br>2:45 Art Therapy  | 4<br>1:00 Games Day    | 5<br>5:00 Murals in March   | 6  | 7<br>2:30 Therapy Dog:<br>Marley<br>4:10 Discover Your<br>Wellness & Recovery       |
| 8             | 9<br>1:00 Celebration<br>Monday!   | 10<br>1:00 <b>Opening Doors</b><br>Project: Starting from<br>the I: Reflecting on Our<br>Own Identities<br>2:45 Art Therapy                 | 11<br>1:00 Games Day   | 12<br>5:00 Murals in March  | 13<br>11:00 Beginners' Chess                               | 14<br>4:10 Discover Your<br>Wellness & Recovery                                     |
| 15            | 16<br>1:00 CAYR (ACYR)<br>Wellness Afternoon   | 17<br>2:45 Art Therapy<br><br>7:00 Family Support<br>Drop-In  | 18<br>1:00 Games Day   | 19<br>5:00 Murals in March  | 20<br>1:30 Groundwork                                      | 21<br>1:00 Healthy Eating:<br>Coleslaw<br>4:10 Discover Your<br>Wellness & Recovery |
| 22            | 23<br>11:30 Let's Eat Lunch!   | 24<br>1:00 CAYR (ACYR)<br>Wellness Afternoon<br>2:45 Art Therapy<br>4:30 pm—7:30pm<br>DJ/Karaoke Party @<br>Newmarket Community<br>Centre—R | 25<br>1:00 Games Day   | 26<br>5:00 Murals in March  | 27<br>11:00 Beginners' Chess<br>3:00 KC General<br>Meeting | 28<br>4:10 Discover Your<br>Wellness & Recovery                                     |
| 29            | 30<br>1:30 <b>Peer Zone:</b><br>Empowering Ourselves<br>in Mental Health<br>Services | 31<br>Trip: Royal Ontario<br>Museum —R<br>2:45 Art Therapy  |                        | <b>** Weather Permitting:</b> Contact us on the day of the activity to confirm<br><b>R - Registration required</b><br><br>905-780-0491 / 1-888-780-0724<br>postmaster@krasmancentre.com |  |   |