



Virtual Family Support Drop-In

A SAFE NON-JUDGMENTAL SPACE WHERE FAMILY MEMBERS CAN SHARE EXPERIENCES OF SUPPORTING LOVED ONES WITH MENTAL HEALTH OR ADDICITON CHALLENGES

Please join us, find a community that will support your family, listen and understand. Peer to peer sharing of experiences and coping skills. A place where you don't have to worry about judgement or stigma. Krasman Centre offers this virtual drop-in two times a month, a lunchtime session on the 1st Tuesday of each month, then an evening session on the 3rd Tuesday monthly.

The Dates and Time for September and October's Groups:

Sept 1, at lunch 12-1:30pm

Sept 15, evening 7-9pm

Oct 6, at lunch 12-1:30pm

Oct 20, evening 7-9pm

To sign up please email: familysupport@krasmancentre.com

Krasmancentre
Inspiring Excellence in Peer Support One Connection at a Time