



# Krasmancentre

INSPIRING EXCELLENCE IN PEER SUPPORT ONE CONNECTION AT A TIME

December 2020 # 190

## VISION

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

To improve lives of people affected by mental health and/or addiction challenges through the provision of peer support programs.

## DROP-BY CENTRES

Peer supporters continue to provide in-person support and resources.

## FAMILY SUPPORT PROGRAM

The family support program is an opportunity for those supporting a loved one with mental health and/or substance use challenge to connect with other family members and receive support.

EMAIL: [FAMILYSUPPORT@KRASMANCENTRE.COM](mailto:FAMILYSUPPORT@KRASMANCENTRE.COM)

## The Warm Line & Peer Crisis Support Phone & Chat Services

Peer Support available 24/7  
1-888-777-0979

or

**LIVE CHAT** online by mobile or computer with one of our peer supporters by going to our website [Krasmancentre.com](http://Krasmancentre.com)

**CHAT** is available everyday 10am to 5pm

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## SAFER USE PEER SUPPORT LINE

1-888-233-5633  
10 PM – 3 AM

A peer supporter will support you & call emergency services if needed.

**Don't use alone.**

**CONTACT**  
[KCCHECKINS@KRASMANCENTRE.COM](mailto:KCCHECKINS@KRASMANCENTRE.COM)

if you have questions or need more information about this service.



PHOTO BY NICK FEWINGS

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## SCHEDULES & CONTACT INFORMATION

ALLISTON DROP-BY	
Monday	10am - 3pm
Tuesday	CLOSED
Wednesday	12:30 pm - 3pm
Thursday	CLOSED
Friday	10am - 3pm
Saturday	CLOSED
Sunday	CLOSED
Holidays	CLOSED

**LOCATION:** 17 Paris Street, Alliston  
We are happy to meet you at the door & provide support over the phone while the walk-in drop-in is closed.

**WE OFFER SUPPORT:**  
**PHONE:** 705-435-0054 or 1-888-780-0724 (toll-free)  
**EMAIL:** KCCHECKINS@KRASMANCENTRE.COM

**CURRENTLY AVAILABLE:**

- Peer Support
- Meals & Snacks
- Toiletries
- Wellness items
- Survival items
- Naloxone Kits



NEWMARKET DROP-BY		
Monday – Sunday	CLOSED	Newmarket Drop-in <b>CLOSED</b> due to Covid-19. <b>WE OFFER SUPPORT:</b> Warm Line & Peer Crisis Support Service: <b>PHONE:</b> 1-888-777-0979 or 1-888-780-0724 (toll-free) or EVERLY 289-763-3388 <b>EMAIL:</b> KCCHECKINS@KRASMANCENTRE.COM
Holidays	CLOSED	

RICHMOND HILL DROP-BY	
<b>PLEASE NOTE</b>	Tues. Nov. 24 - Thurs. Dec. 31, 2020
Monday	11am - 4pm
Tuesday	11am - 4pm
Wednesday	12:30 pm - 4pm
Thursday	11am - 4pm
Friday	11am - 4pm
Saturday	11am - 4pm
Sunday	CLOSED
Holidays	CLOSED


**RICHMOND HILL DROP-BY**  
Krasman Centre 10121 Yonge St. Richmond Hill.

Richmond Hill United Church,  
10201 Yonge St. Richmond Hill.  
Access is at front door/Yonge Street Entrance.

Join us inside for a meal and a chat!  
Drop-by or book a time to visit.  
We are also able to provide support outside, at the door or over the phone.  
For more information:  
647-271-2351 - Randee or  
647-271-2752 - Jim  
1-888-780-0724 (toll-free)  
KCCHECKINS@KRASMANCENTRE.COM

What is available:

- Peer Support
- Meals & Snacks
- Toiletries
- Wellness items
- Survival items
- Harm reduction supplies & Naloxone Kits



## A MESSAGE TO THE COMMUNITY

As we are in the 9th month of dealing with the challenges of the COVID-19 pandemic, Krasman Centre continues to adapt, innovate, and collaborate in order to continue to meet the needs of those we support.

We are also working to meet the needs of many folks who are new to our agency this agency, and experiencing many adversities both directly and indirectly related to the current pandemic.

Krasman Centre remains in "Phase 2- Pandemic Management" of our agency's Pandemic Plan.

This means our contingency plans are in place, we have modified many of our programs to be delivered virtually, and we are reserving face-to-face services for the most marginalized populations including those who experience barriers to connecting virtually.

We continue to follow all Public Health and Ministry of Health guidance for Infection Prevention and Control measures including the appropriate use of personal protective equipment (PPE).

As many parts of the country are currently experiencing the harsh impacts of the 2nd wave of the pandemic, we encourage everyone to continue to follow all the infection prevention and control measures necessary to protect yourselves and others.



### THIS INCLUDES:

- washing our hands often with soap and water or using alcohol-based hand sanitizer of at least 70% isopropyl alcohol
- sneezing and coughing into our sleeve
- staying away from others if we are ill, and seeking Covid-19 testing if we experience symptoms

- practicing physical distancing
- wearing a mask or face covering when indoors and when we are around others

We have heard that for many in the community, the threat of Covid-19 is not their highest priority concern, as many people are faced with other adversities that have a more immediate and often long-standing impact.

Well before the onset of the current global pandemic, experiences of racism and other forms of discrimination and oppression, homelessness, trauma, low income and poverty, food insecurity, and other social issues have had continuous negative impacts on people's mental health and wellbeing.

Furthermore, the pandemic is exacerbating these issues, for many.

Understanding this, Krasman Centre is committed to the work of dismantling racism against Black, Indigenous and People of Colour and to eradicating oppression in all its forms.



*(Continued on page 4)*



## A MESSAGE TO THE COMMUNITY

*(Continued from page 3)*

To this end, we are establishing an internal anti-racism action committee that will start by looking closely at our own agency policies, practices and organizational culture and will keep this important anti-racism action moving forward.

Further, we remain committed to supporting both the immediate, and longer-term needs as identified by our peers, including providing individual and group Peer Support through various means (virtually and in-person, as appropriate), referrals and warm transfers to other available community resources, recovery education, harm reduction information and supplies, food, clothing, and other needs.

For those of you who we may have lost contact with, or for those who have not connected with us in the past – we welcome and encourage you to reach out! We all need to do our best to stay safe and healthy which means maintaining physical distance – but we can still stay socially connected, and this is all the more important.

Please feel free to give us a call, or send us an

email at: [KCcheckins@krasmancentre.com](mailto:KCcheckins@krasmancentre.com)

I want to thank those we continue to connect with for the ongoing and invaluable input and feedback provided to our team over the last few months.

We are glad to know that we have continued to stay in touch, in some way or another, with many of you.

Our thoughts and well wishes are with you – thank you for the support, patience and understanding and for the encouragement many of you have expressed to our team – Peer Support, truly is mutual support.

I know that for our staff, it is very meaningful to have the opportunity to continue to support our peers, particularly during these challenging times.

On behalf of our team,

We wish you good health and overall wellness.

Sincerely,

Susan Dobson, Executive Director

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### KRASMAN SOUTH SIMCOE OUTREACH

Connect with our Peer Supporters by email or telephone.

Tawnia

437-224-5928

[T.CHRISTOS@KRASMANCENTRE.COM](mailto:T.CHRISTOS@KRASMANCENTRE.COM)

Monica

705-896-4935

[M.POIRIER@KRASMANCENTRE.COM](mailto:M.POIRIER@KRASMANCENTRE.COM)





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## WHAT'S HAPPENING IN YOUR COMMUNITY

### Rapid Access Addiction Medicine (RAAM) Clinics

RAAM Clinics are clinics for people looking for help with substance use. During Covid-19, North York General and Humber River are available by appointment only. Please have your Ontario health card ready.

Call the RAAM Information Line for a clinic near you.

**(289) 221-4839 or 1 (888) 399-8342**



PHOTO BY HEATHER FORD

### NEW KESWICK DROP-BY PROGRAM

Meals, drinks, access to shower, computer, Wi-Fi, harm reduction supplies, staff for wellness checks.

**BEGINNING** Tuesday, November 3<sup>rd</sup>

Tuesdays and Fridays 10 am – 4 pm

**KESWICK PRESBYTERIAN CHURCH**

**23449 WOODBINE AVENUE**

1-hour time slots for clients, 2 clients at a time

Ability to connect with service providers OW/ODSP, shelters, housing supports, mental health and addiction services, etc.

### CONTACT

LOFT Crosslinks Street Outreach

102 Main Street, Unit 1 Newmarket

For further information call 289-383-0478

or

EMAIL [MPROULX@LOFTCS.ORG](mailto:MPROULX@LOFTCS.ORG)



## VIRTUAL PROGRAMS

### VIRTUAL FAMILY SUPPORT DROP-IN

A safe non-judgmental space where family members can share experiences of supporting loved ones with mental health or addiction challenges.

#### Please join us on Zoom

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.

#### REGISTER

To sign up please email:

[FAMILYSUPPORT@KRASMANCENTRE.COM](mailto:FAMILYSUPPORT@KRASMANCENTRE.COM)

#### SCHEDULE

Tuesday, Dec 1 at lunch  
12 - 1:30pm

Tuesday, Dec 15 evening  
7 - 9pm



### THE MEETING SPOT VIRTUAL DROP-IN

#### Please join us on Zoom

See and hear familiar faces & voices as well as make new friends.

The 1st & 3rd WEDNESDAY of each month  
2 PM - 3:30 PM December 2 & 16

**NEW!** The 2nd and 4th FRIDAY of each month (exception this month for Christmas Day)  
1 PM - 2:30 PM December 11

To register for the group or for more info contact Wren at

647-642-7251 or email

[W.BRAATEN@KRASMANCENTRE.COM](mailto:W.BRAATEN@KRASMANCENTRE.COM)



ILLUSTRATION BY UNITED NATIONS

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PHOTO BY KATRINA WRIGHT

## WHAT PEER SUPPORT MEANS TO KRASMAN CENTRE

- Brings purpose to your own experiences.
- Validation.
- Humanizing, my past experiences are no longer shameful or stigmatizing.
- Redemption, redefines my traumatic experiences.
- Being a part of a community.
- New breath of life, "I matter".
- Acceptance.
- Someone to walk beside you.
- Safe space to share your story.
- Empowering.
- Life Long Learning.
- Not alone in the canoe, when traversing the rapids.

## STAY HEALTHY THIS WINTER

Your best defense against the flu virus is getting the flu shot early, washing hands often and covering coughs and sneezes. Once you've gotten the shot, it takes about two weeks for the body to develop the immune response. Flu shots are available at participating pharmacies, doctors, nurse practitioners or a local public health unit near you.



PHOTO BY KELLY SIKKEMA

**For more information:**  
Speak to your doctor or

**Contact Telehealth Ontario:**  
Toll-free: 1-866-797-0000  
Toll-free TTY: 1-866-797-0007



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## HARM REDUCTION

What is available at Krasman Centre?



PHOTO BY ALYSHA ROSLY

- Naloxone kits & training
- Harm reduction kits
- Safer injection kit (long or short)
- Safer crack smoking kit
- Safer meth smoking kit
- Biohazard disposal units\*
- For Needle Exchange
- Used needles and pipes should be treated as hazardous bio-medical waste and be disposed and destroyed safely.

Get in contact with one of the following if you require needle drop-off/exchange!

### CAYR

905-960-2808 or [harmreduction@cayrcc.org](mailto:harmreduction@cayrcc.org)

### LOFT Street Outreach

1-866-553-4053

### Your local pharmacy

Condoms & lube

If you or someone you know require support with harm reduction contact: [kccheckins@krasmancentre.com](mailto:kccheckins@krasmancentre.com)

## SAFER USE PEER SUPPORT LINE

1-888-233-5633

10 PM – 3 AM

A peer supporter will support you & call emergency services if needed. **Don't use alone.**

### CONTACT

[kccheckins@krasmancentre.com](mailto:kccheckins@krasmancentre.com)

if you have questions or need more information about this service.







## HOW TO GET ACTIVE DURING COVID-19

By Cathy Marengur

Remember, whatever activity you decide to do, check with your Doctor first to confirm it is good for your current health status. Secondly, wear the proper attire, such as the proper footwear. If it causes you pain, STOP.

**GO OUTSIDE AS MUCH AS POSSIBLE:** Walk, jog, ride a bike. Fresh air and sunshine will provide a further boost to your mental health

**KEEP WORKOUTS INTERESTING:** Watch or listen to your favorite show, podcast, audio book or some great music. When walking explore a new area of your neighbourhood, or catch up with a friend by phone or face time to prevent things from going stale. Change up your online workouts, there are so many free ones to try, it's hard to just pick one.

**WALK IN A NEW WAY:** Try adding a mindfulness exercise to your walk such as noticing the smell of the air, variety of trees or flowers. Listen for different birds. Feel the sun on your face or the wind blowing. Bringing your attention to these things will give your conscious mind a break from your worries and help unleash your creative mind. You may find you come up with solutions to challenges you were not aware you were thinking of. Add intensity to

your walks by walking up more hills, skipping, jumping up and down the curb at each corner.

**TRY SOMETHING NEW:** Have you always wanted to try line dancing, cardio funk, jazzercise or high intensity interval training? I can guarantee you can find a free online video to help you start to learn. Most people like to try something brand new in the comfort of their own home where no one else is watching. You may just find a new passion. Don't be afraid to try something new. Make your online search specific to your needs, "yoga for over 50" or "basic Pilates for beginners".

**PLAY WITH THE KIDS:** Catch the ball, go for a bike ride, shoot baskets or play with the soccer ball. Physical activity doesn't need to be difficult.



PHOTO BY HESHAN-PERERA



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## PEOPLE WHO USE/D DRUGS ALLIANCE OF YORK REGION

By Dylan de la Riviere

The 'People Who Use/d Drugs Alliance of York Region' has begun! This is a supportive, non-judgmental group for and by people who use drugs or psychoactive substances and is committed to harm reduction. If you use drugs, this Group wants you! Harm Reduction is Love!

### PWUDAYR IS A COMMUNITY THAT:

1. Looks out for each other, monitors the local supply, and shares harm reduction resources.
2. Advocates for the universal adoption and support of harm reduction practices throughout York Region and adjacent areas.
3. Provides direction to local, regional and provincial bodies on service provision and policy.

**THE FACEBOOK GROUP** is private in order to maintain the confidentiality of members and moderated for appropriate discussions.

### FACEBOOK GROUP:

<https://www.facebook.com/groups/1009435412878189>

### FIND US ON INSTAGRAM:

<https://www.instagram.com/pwudallianceyr/>



PHOTO BY JON TYSON

In order to be as accessible as possible, daytime and evening Inaugural Meetings have been scheduled to discuss what this Alliance hopes to provide and accomplish. Registration is required.

### INVITATIONS TO INAUGURAL MEETINGS:

#### VIRTUAL ZOOM MEETING:

**WHEN:** Dec 8, 2020 2:00 PM.

Register in advance for this meeting:

<https://zoom.us/meeting/>

[register/tJUvfu-hqDotE9F7v45Rd-buFmY7wKJRqfsBr](https://www.facebook.com/register/tJUvfu-hqDotE9F7v45Rd-buFmY7wKJRqfsBr)

After registering, you will receive a confirmation email containing information about joining the meeting.

#### VIRTUAL ZOOM MEETING:

**WHEN:** Dec 10, 2020 7:00 PM

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJ0ocO2vrjs-sE9ETwCJwVdZ0YHEQsECVlnKn>

After registering, you will receive a confirmation email containing information about joining the meeting.



### CONTACT:

Dylan de la Rivière  
Outreach Peer Supporter

[D.DELARIVIERE@KRASMANCENTRE.COM](mailto:D.DELARIVIERE@KRASMANCENTRE.COM)

Cell: 647-717-4035

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## 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	11am - 4pm
Tuesday	11am - 4pm
Wednesday	12:30pm - 4pm
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Holidays	CLOSED

Tuesday	CLOSED
Friday	CLOSED
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

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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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