

DECEMBER 2021		Wednesday	Thursday	Friday
		1 The Meeting Spot 2:00 pm – 3:30 pm	2 The Meeting Spot 10:00 am – 11:30 am Wellbeing Support Group 1:00 pm – 2:30 pm	3 The Meeting Spot 1:00 pm – 2:30 pm
6 The Meeting Spot 10:00 am – 12:00 pm Mindfulness 1:00 pm – 2:30 pm	7 Thankfulness 9:30 am -10:30 am Exploring Emotions & Behaviours 1:00 pm -2:30pm The Meeting Spot 2:30 pm – 4:00 pm Tough Stuff Addictions Group 5:00pm – 6:30pm Family Support 7:00 pm to 9:00 pm	8 The Meeting Spot 2:00 pm – 3:30 pm	9 The Meeting Spot 10:00 am – 11:30 am Wellbeing Support Group 1:00 pm – 2:30 pm	10 The Meeting Spot 1:00 pm – 2:30 pm
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HOW DO I REGISTER?

Send an email to

groups@krasmancentre.com and let us know which group you wish to attend.

Register online. Visit

krasmancentre.com/events and click on the virtual group you are interested in attending.

Please be advised registration is required. All virtual groups are accessible via Zoom video or phone-in. The Zoom link will be sent to participants upon registration.

ABOUT KRASMAN CENTRE:

As a Consumer/Survivor Initiative, Krasman Centre is led and run by People with Lived Experiences of mental health, substance use/addictions challenges, as well as family members/caregivers. We offer a wide range of low-barrier Peer Support-based programs including, but not limited to Drop-in Centres, 24/7 warm-line, community outreach, peer support groups and activities, family member/caregiver supports, resources/referrals, networking/social connection opportunities, basic needs supports, and recovery education programs.

VIRTUAL GROUPS

The Meeting Spot

Join us for a conversation, social connection, and community engagement via Zoom. The Meeting Spot is a safe and supportive peer-led virtual support group that runs from Monday – Friday. Here, we strive to maintain a welcoming environment where you will find support and understanding from others who share similar experiences. Attend your first session and receive a \$5 gift card – a coffee on us!

Wellbeing Support Group

A safe space for participants to share with and receive support from other members of the community. Modeled after an in-person sharing circle, each participant will have the opportunity to de-stress by sharing any troubles they may be having, followed by the opportunity to receive support from other group members if they choose.

This group runs every Thursday 1:00pm-2:30pm.

Thankfulness

Thankfulness is a weekly opportunity to join together and express our gratitude for the blessings in our lives. *Every Tuesday from 9:30am – 10:30 am.*

Exploring Emotions & Behaviours

This virtual group will challenge negative emotions and share coping strategies to promote our own personal wellness. Peers will be asked to share a troubling experience and the group will work together to come up with solutions. *This group runs every Tuesday from 1:00 pm – 2:30 pm*

Tough Stuff – All Inclusive Addictions Group

This virtual group supports peers with challenges with substance use, food, and behaviours. This is a safe space for open and honest discussions, meet others with lived experience-who know how you feel! This group will identify what triggers us as well as share coping strategies. *This group runs every 2nd and 4th Tuesday of the month from 5pm-6:30pm.*

Family Support Drop in

A safe and non-judgemental space where family members can share experiences supporting loved ones with mental health and addictions challenges. Find resources and referrals, and a community to support your family, listen and understand what you are going through. *This group runs every 1st and 3rd Tuesday of the month from 7pm-9pm.*

Mindfulness

Explore coping strategies to find moments of calm, inner peace, and healing in your day. Mindfulness is being fully aware of what is happening in the present moment without filters and judgements. Together, we explore and understand our emotions, develop compassion for self and learn how to breath during stressful moments. *This group runs every other Monday from 1:00pm – 2:30pm.*