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# VIRTUAL PEER SUPPORT GROUPS

**Conversations. Connections. Community.**



@Krasman Centre





## FAMILY SUPPORT

1ST & 3RD TUESDAY | 7-9PM

A safe place for family members that are supporting loved ones with mental health or addictions to connect with other peers, find information and referrals, gain insights, share and learn from others experiences and successes. This group runs twice a month.

[Click here to register>>](#)

## THE MEETING SPOT

MONDAY - FRIDAY | **NEW:** SUNDAYS!

The Meeting Spot is a safe and inclusive, peer-led virtual support group that runs Monday through Friday and the 1st & 3rd Sunday of each month. 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!

[Click here to register>>](#)



## EXPLORING EMOTIONS & BEHAVIOURS

TUESDAYS | 1:00 PM - 2:30 PM

This 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 that enable the individual to feel in control of the situation.

[Click here to register>>](#)





## TOUGH STUFF: ADDICTIONS GROUP

2ND & 4TH TUESDAY | 5:00 - 6:30 PM

Tough Stuff is an all-inclusive addictions group that 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.

[Click here to register>>](#)



## MINDFULNESS

BI-WEEKLY ON MONDAY | 1:00-2:30 PM

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 or judgements. Together, we explore and understand our emotions, develop compassion for self and learn to breath during stressful moments.

[Click here to register>>](#)

## HOW DO I REGISTER?

**REGISTER TO ATTEND A GROUP!**

**Phone:** (416) 303-2629

**Email:** [groups@krasmancentre.com](mailto:groups@krasmancentre.com)

**Register online:** Visit [krasmancentre.com/events](https://krasmancentre.com/events) and click on the virtual group you are interested in. Please be advised registration is required. All virtual groups are accessible via Zoom video or dial-in by phone. The Zoom link will be sent to participants upon registration.

