

## November 2022 | Virtual Peer Support Groups

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Exploring Emotions & Behaviours 1:00 pm -2:30 pm The Meeting Spot 2:30 pm – 4:00 pm Family Support 7:00 pm – 9:00 pm	2 The Meeting Spot 2:00 pm – 3:30 pm	3 Coping with Grief 11:00am-12:30pm <b>(CLOSED GROUP)</b> The Meeting Spot 5:00 pm – 6:30 pm	4 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
6 The Meeting Spot 1:00pm-2:30pm	7 The Meeting Spot 10:00 am – 12:00 pm  Mindfulness 1:00 pm – 2:30 pm	8 Exploring Emotions & Behaviours 1:00 pm - 2:30 pm The Meeting Spot 2:30 pm – 4:00 pm Tough Stuff <b>(CLOSED GROUP)</b> 5:00 pm – 6:30 pm	9 The Meeting Spot 2:00 pm – 3:30 pm	10 Coping with Grief 11:00am-12:30pm <b>(CLOSED GROUP)</b> The Meeting Spot 5:00 pm – 6:30 pm	11 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
13	14 The Meeting Spot 10:00 am – 12:00 pm	15 Exploring Emotions & Behaviours 1:00 pm -2:30 pm The Meeting Spot 2:30 pm – 4:00 pm Family Support 7:00 pm – 9:00 pm	16 The Meeting Spot 2:00 pm – 3:30 pm	17 Coping with Grief 11:00am-12:30pm <b>(CLOSED GROUP)</b> <b>TRIALOGUE</b> <b>3:00 pm – 5:00 pm</b>  The Meeting Spot 5:00 pm – 6:30 pm	18 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
20 The Meeting Spot 1:00pm-2:30pm	21 The Meeting Spot 10:00 am – 12:00 pm  Mindfulness 1:00 pm – 2:30 pm	22 Exploring Emotions & Behaviours 1:00 pm - 2:30 pm The Meeting Spot 2:30 pm – 4:00 pm Tough Stuff <b>(CLOSED GROUP)</b> 5:00 pm – 6:30 pm	23 The Meeting Spot 2:00 pm – 3:30 pm	24 Coping with Grief 11:00am-12:30pm The Meeting Spot 5:00 pm – 6:30 pm	25 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
27	28 The Meeting Spot 10:00 am – 12:00 pm	29 Exploring Emotions & Behaviours 1:00 pm - 2:30 pm The Meeting Spot 2:30 pm – 4:00 pm	30 The Meeting Spot 2:00 pm – 3:30 pm		*Closed groups have reached capacity. Please register for the next cycle beginning January 2023.

## HOW DO I REGISTER?

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

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

[View our upcoming events calendar to register online for a peer support group.](#)

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.

## 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:

- 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
- Recovery education programs

### The Meeting Spot

Join us for a conversation, social connection, and community engagement. The Meeting Spot is a safe, inclusive, peer-led virtual support group that operates from Monday through Friday and on the 1<sup>st</sup> & 3<sup>rd</sup> Sunday of every month. Here, we strive to maintain a welcoming environment where you will find support and understanding from others who share similar experiences.

### Tough Stuff – All Inclusive Addictions Group

Tough Stuff 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. Join us every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 5pm-6:30pm.

[Special Event: Trialogue – A Conversation about Mental Health & Addictions](#)

Thursday, November 17, 2022  
3pm-5pm

### Exploring Emotions & Behaviours

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

### 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 develop compassion for ourselves and learn how to breathe during stressful moments.

This group runs every 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month from 1:00pm – 2:30pm.

### Family Support Drop in

A safe and non-judgmental 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 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 7pm-9pm.

### Coping with Grief (CLOSED)

A six-week bereavement support group for individuals who have lost a loved one to help cope with their grief. Participants will discuss how losing a loved one affected them and support each other through sharing stories and ideas. This group is a pre-registered group. It will run **Thursday from October 13<sup>th</sup> to November 17<sup>th</sup> (6 sessions)** from 11:00am – 12:30pm.

[Learn about our programs and services](#)