

March 2023 | Virtual Peer Support Groups

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Closed groups: Requires early registration before start date.</p>			<p>1 NO VIRTUAL GROUP TODAY</p>	<p>2 *Coping with Grief (CLOSED GROUP) 1:30pm-3:00pm NEW: Recovery-A Journey of the Heart 3:00pm-5:00pm (CLOSED GROUP) The Meeting Spot 5:00 pm – 6:30 pm</p>	<p>3 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm</p>
5	6 The Meeting Spot 10:00 am – 12:00 pm Mindfulness 1:00 pm – 2:30 pm	7 The Meeting Spot 2:30 pm – 4:00 pm Family Support 7:00 pm – 9:00 pm	8 The Meeting Spot 2:00 pm – 3:30 pm	9 NEW: Recovery: Journey of the Heart 3:00pm-5:00pm (CLOSED GROUP) The Meeting Spot 5:00 pm – 6:30 pm	10 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
12 NEW – Family Support: Finding your Family's Path of Recovery 7:00 pm – 9:00 pm	13 The Meeting Spot 10:00 am – 12:00 pm	14 Exploring Emotions & Behaviours 1:00 pm -2:30 pm The Meeting Spot 2:30 pm – 4:00 pm *Tough Stuff (CLOSED GROUP) 5:00 pm – 6:30 pm	15 The Meeting Spot 2:00 pm – 3:30 pm	16 NEW: Recovery: A Journey of the Heart 3:00pm-5:00pm (CLOSED GROUP) The Meeting Spot 5:00 pm – 6:30 pm NEW – Accepting your new Normal 7:00 pm – 9:00 pm	17 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
19 NEW – Family Support Workshop: Advocate vs. Enabler 7:00 pm – 9:00 pm	20 The Meeting Spot 10:00 am – 12:00 pm Mindfulness 1:00 pm – 2:30 pm	21 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	22 The Meeting Spot 2:00 pm – 3:30 pm	23 NEW: Recovery: A Journey of the Heart 3:00pm-5:00pm (CLOSED GROUP) The Meeting Spot 5:00 pm – 6:30 pm NEW – Family Support: Survival Tips for Parents 7:00 pm – 9:00 pm	24 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm
26 NEW – Family Support Workshop: Moving On From The Shame 7:00 pm – 9:00 pm	27 The Meeting Spot 10:00 am – 12:00 pm	28 Exploring Emotions & Behaviours 1:00 pm - 2:30 pm The Meeting Spot 2:30 pm – 4:00 pm *Tough Stuff (CLOSED GROUP) 5:00 pm – 6:30 pm	29 The Meeting Spot 2:00 pm – 3:30 pm	30 NEW: Recovery: A Journey of the Heart 3:00pm-5:00pm (CLOSED GROUP) The Meeting Spot 5:00 pm – 6:30 pm NEW – Family Support Workshop: When Things Don't Seem Right 7:00 pm – 9:00 pm	31 The Meeting Spot – GAME DAY 1:00 pm – 2:30 pm

HOW DO I REGISTER?

Call: (416) 303-2629

Email: 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 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 2nd and 4th Tuesday of the month from 5pm-6:30pm.

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 1st & 3rd 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. This group runs every 1st and 3rd Tuesday of the month from 7pm-9pm.

NEW Family Support Workshops for March 2023

- Accepting New Normal
- When Things Don't Seem Right
- Finding Your Family's Path of Recovery
- Advocate vs Enabler
- Moving On from The Shame
- Survival Tips for Parents

NEW: RECOVERY – A Journey of the Heart (CLOSED GROUP)

A five-week recovery group where we will explore the role our heart plays in our mental health. This interactive group allows peers the opportunity to discover new and exciting ways of looking at their recovery. We will explore lesser-known concepts about the continuous journey to recovery. This group is a pre-registered group. It will run **Thursdays from Mar 2nd to March 30th from 3:00pm – 5:00pm**

[Learn about our programs and services](#)