

October 2023 | Virtual Peer Support Groups | Workshops | Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Meeting Spot 11:00 am – 1:00 pm</p> <p style="text-align: right;">2</p>	<p>*Coping with Grief 10:00am-12:00 pm</p> <p>Exploring Emotions & Behaviours 1:00 pm -2:30 pm</p> <p>Family Support Group 7:00 pm - 9:00 pm</p> <p style="text-align: right;">3</p>	<p>*Who Am I? –Session 1 Cycle 2 Workshop 2:30 pm – 4:00 pm</p> <p>Family Support Workshop: Survival Tips for Parents 7:00-9:00 pm</p> <p style="text-align: right;">4</p>	<p>The Meeting Spot 5:00 pm – 6:30 pm</p> <p style="text-align: right;">5</p>	<p>LEAMHA Advocacy Group 1:00 pm – 3:00 pm</p> <p style="text-align: right;">6</p>
<p style="text-align: center;">NO VIRTUAL GROUPS THANKSGIVING DAY STATUTORY HOLIDAY</p> <p style="text-align: right;">9</p>	<p>*Coping with Grief 10:00am-12:00pm</p> <p>Exploring Emotions & Behaviours 1:00 pm -2:30 pm</p> <p>Tough Stuff 5:00 pm – 6:30 pm</p> <p>Family Support Group 7:00 pm - 9:00 pm</p> <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>	<p>The Meeting Spot 5:00 pm – 6:30 pm</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">13</p>
<p>The Meeting Spot 11:00 am – 1:00 pm</p> <p style="text-align: right;">16</p>	<p>*Coping with Grief 10:00am-12:00pm</p> <p>Exploring Emotions & Behaviours 1:00 pm -2:30 pm</p> <p>Family Support Group 7:00 pm - 9:00 pm</p> <p style="text-align: right;">17</p>	<p>*Who Am I? –Session 2 Cycle 2 Workshop 2:30 pm – 4:00 pm</p> <p>Family Support Workshop: When Things Don't Seem Right 7:00 pm – 9:00 pm</p> <p style="text-align: right;">18</p>	<p>The Meeting Spot 5:00 pm – 6:30 pm</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>
<p>The Meeting Spot 11:00 am – 1:00 pm</p> <p style="text-align: right;">23</p>	<p>Exploring Emotions & Behaviours 1:00 pm -2:30 pm</p> <p>Tough Stuff 5:00 pm – 6:30 pm</p> <p>2SLGBTQIA+ Peer Support Wellness Group 6:00 pm – 7:30 pm</p> <p>Family Support Group 7:00 pm - 9:00 pm</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p>The Meeting Spot 5:00 pm – 6:30 pm</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>
<p>The Meeting Spot 11:00 am – 1:00 pm</p> <p style="text-align: right;">30</p>	<p>Exploring Emotions & Behaviours 1:00 pm -2:30 pm</p> <p>Family Support Group 7:00 pm - 9:00 pm</p> <p style="text-align: right;">31</p>			<p>*Closed groups: Requires pre-registration.</p>

Free, non-clinical, peer-led support groups, workshops and events hosted by Krasman Centre. Peer Supporters are people with lived experience with mental health and substance use challenges who share their own stories of hope and recovery. Register by phone or by email. You can also view our events calendar on our website at www.krasmancentre.com/events.

THE MEETING SPOT SUPPORT GROUP | MONDAYS 11 AM – 1 PM ET | THURSDAYS 5 PM – 6:30 PM ET | *Virtual Drop-in: Register to receive Zoom link.*

Join us for a conversation, social connection, and community engagement. The Meeting Spot is a safe, inclusive, peer-led virtual support group that runs on Mondays and Thursdays. Here, we strive to maintain a welcoming environment where you will find support and understanding from others who share similar experiences.

Contact: Andrea Gooding, York Region Outreach Peer Supporter

[Register Online](#) | By Phone: (416) 303-2629 | Email: a.gooding@krasmancentre.com

NEW THIS MONTH: FAMILY SUPPORT WORKSHOPS:

SURVIVAL TIPS FOR PARENTS | WEDNESDAY, OCTOBER 4, 2023 | 7 PM – 9 PM ET | *Virtual Via Zoom: Register to receive Zoom link.*

Individuals experiencing a mental health challenge did not get there overnight. And it will not go away overnight! How can you as a caregiver survive this? We will share the things that we wished we had known when our family was & still may be struggling. Family support is just as important as individual support. When one member of the family is struggling, the whole family struggles. Also known as the Parallel process, how the Family or Caregiver is feeling is often forgotten, especially in a time of crisis.

WHEN THINGS DON'T SEEM RIGHT | WEDNESDAY, OCTOBER 18, 2023 | 7 PM – 9 PM ET | *Virtual Via Zoom: Register to receive Zoom link.*

Caring for a loved one or raising a child you suspect has mental health struggles can be all-consuming. It can be a cruel test of patience and fortitude, bend and break your heart in ways you never imagined, have you questioning your abilities, and leave you feeling very alone and, at times, helpless. This workshop delves into what to do when you have more questions than answers.

*Workshop series are based on the work of Robyn Priest Live Your Truth's ALL IN Peer Support for Families, led by Krasman Centre's Family Peer Supporters.

Contact: Connie Reck, Family Peer Supporter

[Register Online](#) | By Phone: (416) 230-3639 | Email: c.reck@krasmancentre.com

NEW THIS MONTH: 2SLGBTQIA+ Peer Support Wellness Group | TUESDAY, OCTOBER 24TH 2023 | 6:00PM –7:30 PM ET | *Register to receive Zoom link.*

Do you identify as a member of the 2SLGBTQIA+ (2-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual) communities and are seeking supports that address your experiences?

This is a welcoming space for folks to gather and share the joys and frustrations of living queerly. This group will be guided by the core values of peer support: Hope, Recovery, Empathetic and equal relationships, Self-determination, Dignity, respect and social inclusion, Integrity, authenticity and trust, Health and wellness, Lifelong learning and personal growth.

Contact: Linda Elwin, Equity, Anti-Racism Anti-Oppression Coordinator

[Register Online](#) | By Phone: (905) 251-3275 | Email: l.elwin@krasmancentre.com

EXPLORING EMOTIONS AND BEHAVIOURS | EVERY TUESDAY | 1:00 – 2:00 PM EST | *Virtual Drop-in: Register to receive Zoom link.*

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.

Contact: Andrea Gooding, York Region Outreach Peer Supporter

[Register Online](#) | By Phone: (416) 303-2629 | Email: a.gooding@krasmancentre.com

FAMILY SUPPORT GROUP | EVERY TUESDAY | 7:00 PM – 9:00 PM EST | *Virtual Drop-in: Register to receive Zoom link.*

A safe and non-judgemental space where family members can share experiences supporting loved ones with mental health and addictions challenges.

Contact: Connie Reck, Family Peer Supporter

[Register Online](#) | By Phone: (416) 230-3639 | Email: c.reck@krasmancentre.com

TOUGH STUFF – AN ALL-INCLUSIVE ADDICTIONS GROUP – EVERY 2ND & 4TH TUESDAY OF THE MONTH | 5:00 PM – 6:30 PM EST | VIRTUAL **Registration required.*

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.

Contact: Sara Nicklin, Outreach Peer Supporter

[Register Online](#) | By Phone: (647) 642-7251 | Email: s.nicklin@krasmancentre.com

WHO AM I? – FALL | WEDNESDAYS - 5 SESSIONS: OCTOBER 4, 18 | NOVEMBER 1, 15 | DECEMBER 6 | 2:30 PM – 4:00 PM ET | VIRTUAL *Registration required.

Have you ever said to yourself “I don’t know who I am anymore?”. Maybe you’ve said, “My life is not what I want it to be”. These statements are more common than we think. Have you spent your life living up to external expectations while ignoring your own dreams or needs? Are you eager to express your authentic self and flourish regardless of your situation? Let’s take some time to investigate together what our inner self is yearning to tell us.

Join us for the “Who Am I?” group, where we will examine ourselves with a non-judgmental heart and open mind. Let’s find peace with who you are, where you are and what you are.

Contact: Andrea Gooding, York Region Outreach Peer Supporter

[Register Online](#) | By Phone: (416) 303-2629 | Email: a.gooding@krasmancentre.com

LEAMHA ADVOCACY GROUP | MONTHLY MEETINGS | NEXT MEETING: OCTOBER 6TH, 2023 | 1:00 PM – 3:00 PM EST | VIRTUAL *Registration required.

The Lived Experience Advocates for Mental Health and Addictions (LEAMHA) will advocate for the needs and voice of individuals and communities served by the York Region and North Toronto Ontario Health Teams with regard to mental health and addictions and will facilitate communication and reports to its membership on how the Ontario Health Team addresses and/or acts upon members concerns and suggestions. If you are a person with lived experience of mental health and/or addictions, we welcome your participation.

Contact: Dylan de la Rivière, LEAMHA Coordinator

[Register Online](#) | By Phone: (647) 717-4035 | Email: leamha@krasmancentre.com

24/7 WARM LINE & PEER CRISIS SUPPORT & CHAT SERVICES

The Warm Line is a telephone peer support line for anyone struggling with mental health challenges or in need of emotional support.

Phone: 1-888-777-0979 or access Online Chat Support at www.krasmancentre.com from 10 AM - 12 AM EST.

ONE-ON-ONE PEER SUPPORT

We provide one-on-one peer support by phone or virtual. To request 1:1 support, please contact info@krasmancentre.com

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 support
- Recovery education programs

For a full list of our programs and services, please visit www.krasmancentre.com/programs