

Self-care is giving the world the best of you,
instead of what is left of you ❤️



Virtual

Family Support Group

Family Peer Support Group
Every Tuesday 7pm to 9pm via Zoom

Krasman Centre Family Support Group is a Peer-centered, safe, non-judgmental environment Open to anyone who is a caregiver to a loved one dealing with Mental Health / Addiction Challenges.

Learn new and innovative coping skills from others who have successfully used them first hand. Together, we share strategies and information and learn new ways to set healthy boundaries .

When caring for a loved one who is struggling with mental health challenges and Addiction, you may feel overwhelmed, isolated, frustrated, stressed, and so much more.

It is perfectly normal to feel reluctant, anxious or apprehensive about joining a Family Support Group. If you just want to come and listen to others , this is ok as well.

We believe that people can recover, Caregivers and Families play a major role in this process. The best medicine can often be the voice of others who have walked in your shoes.

You are not alone!

**Follow link to Register for
FAMILY PEER SUPPORT GROUP**

<https://forms.office.com/r/3in5n6XrE5>

Lived Experience Family Group Workshop
Every 1st & 3rd Wednesday Monthly
7:00 PM to 9:00 PM Via Zoom

This NEW group is comprised of several Krasman Centre peer supporters sharing their experiences and challenges.

We discuss our journeys of mental health challenges, addiction, trauma, stigma, struggles, successes and MORE.

Sharing lived experience is one of the best ways to promote empowerment and combat stigma!

Helping others is a powerful way for people to support themselves and assists in community-building and crucial relationship-building elements.

When we share our experiences, it improves well- being and fosters diversity, inclusion, and understanding.

Schedule		Speaker
March 20	Boundaries	Sara Nicklin
April 3	My Lived Experience	Brendan Burlton
April 17	Silent Crisis	Murat Guler
May 1	People Pleaser	Connie Reck
May 15	Talking to your teens	Travis Keeler
June 5	Addictions	Wren Braaten
June 19	Mental Health "Mom-ager" (Co-creator Robyn Priest LIVE YOUR TRUTH)	Charlotte Armstrong
July 3	My Lived Experience	Corrina Melles-Orrego

**Follow link to Register for
LIVED EXPERIENCE FAMILY GROUP WORKSHOP**
<https://forms.office.com/r/tuU52syJei>

For details on the Family Support Program, please email us at:

familysupport@krasmancentre.com

Or call Connie Reck at 416-230-3639
Family Peer Supporter

