

**MAY 2026 | Virtual Peer Support Groups | Workshops | Events**

Monday	Tuesday	Wednesday	Thursday	Friday
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				Big Ideas, Open Mind: Thoughts Inspired by TEDx 1:00pm - 2:00pm
4	5	6	7	8
The Meeting Spot 11:00 am – 12:30 pm	Exploring Emotions & Behaviors 1:00 pm -2:30pm  <i>Expression Vs Suppression</i>  Family Support 7:00 pm – 9:00 pm	Coping With Grief (#1) 2:00 pm – 4:00 pm	The Meeting Spot 5:00pm-6:30pm	
11	12	13	14	15
The Meeting Spot 11:00 am – 12:30 pm	Tough Stuff 5:00 pm - 06:30pm  <i>Navigating High Risk Situations</i>  Family Support 7:00 pm – 9:00 pm	Coping With Grief (#2) 2:00 pm – 4:00 pm  The Body Kind Collective 2:00 pm – 3:30 pm  <i>Reclaiming Your Body as Safe Place</i>	The Meeting Spot 5:00pm-6:30pm	Big Ideas, Open Mind: Thoughts Inspired by TEDx 1:00pm - 2:00pm

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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>The Meeting Spot</b> 11:00 am – 12:30 pm</p>	<p><b>Exploring Emotions &amp; Behaviors</b> 1:00 pm -2:30pm</p> <p><i>Window of Tolerance</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>	<p><b>Coping With Grief (#3)</b> 2:00 pm – 4:00 pm</p>	<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p>	<p><b>LEAMHA</b> 4:00pm – 6:00pm</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<p><b>The Meeting Spot</b> 11:00 am – 12:30 pm</p>	<p><b>Tough Stuff</b> 5:00 pm - 06:30pm</p> <p><i>Spirituality &amp; Purpose</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>	<p><b>Coping With Grief (#4)</b> 2:00 pm – 4:00 pm</p> <p><b>The Body Kind Collective</b> 2:00 pm – 3:30 pm</p> <p><i>Where Body Shame Comes From</i></p>	<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p>	

**Virtual Peer Support Groups | Workshops | Events**

(All groups run on Eastern Standard Time Zone schedule)

Free, non-clinical, peer-led support groups hosted by the Krasman Centre. Peer Supporters are people with lived experience with mental health and substance use challenges to 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](http://www.krasmancentre.com/events)

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**THE MEETING SPOT SUPPORT GROUP- VIRTUAL DROP-IN** | **MONDAYS** | 11:00 AM—12:30 PM | **& THURSDAYS** | 5:00 PM—6:30 PM | *Virtual: Registration is required for new participants.* Join us for conversation, social connection, and community engagement. The Meeting Spot is a safe, inclusive, peer-led virtual support group 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. Email: [groups@krasmancentre.com](mailto:groups@krasmancentre.com)

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**EXPLORING EMOTIONS AND BEHAVIOURS:** | **Every 1ST AND 3RD TUESDAY OF THE MONTH** | 1:00 PM– 2:30 PM | *Virtual. Registration is required for new participants.*

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

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**TOUGH STUFF – AN ALL-INCLUSIVE ADDICTIONS GROUP –** | **EVERY 2<sup>ND</sup> & 4<sup>TH</sup> TUESDAY OF THE MONTH** | 5:00 PM – 6:30 PM | *Virtual Registration is required for new participants.*

Tough Stuff supports peers with challenges with substance use, food, and behaviors. This is a safe space for open and honest discussions; meet others who have lived experiences and know how you feel! This group will identify what triggers us as well as share coping strategies. |Email: [groups@krasmancentre.com](mailto:groups@krasmancentre.com)

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**FAMILY SUPPORT GROUP** | **TUESDAYS** | 7:00 PM – 9:00 PM | *Virtual. Registration is required for new participants.*

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

Contact: Connie Reck, Family Peer Supporter | Phone: (416) 230-3639 | Email: [familysupport@krasmancentre.com](mailto:familysupport@krasmancentre.com)

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**BIG IDEAS, OPEN MIND: EXPLORING THOUGHTS INSPIRED BY TEDx** : | **1ST & 3RD FRIDAYS** | 1:00 PM – 2:00 PM | *Virtual Registration is required for new participants.*

Big Ideas, Open Mind Group is an opportunity for you to acquire knowledge on various topics and have thought-provoking conversations with the group. Our facilitators will play a Ted Talk for the group, followed by questions and free-flowing conversations. This could be motivational, inspirational, educational, creative, or updates of the world. This group closes at 1:10 pm to maintain the flow of the video and facilitation of conversations. For further information, support, or registration, reach out here.

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

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**COPING WITH GRIEF:** | **WEDNESDAYS MAY 06TH – JUNE 10TH | 2:00 PM – 4:00 PM | 6 SESSIONS** | *Virtual. Registration Required.*

Are you grieving the loss of a loved one? Coping with Grief is a six-week bereavement peer support group for individuals who have lost a loved one to help cope with their grief. This group will hold space and support individuals in their healing journey. Participants will discuss how losing a loved one affects them and supporting each other through sharing stories and ideas. Please note that this is a closed group – pre-registration is required.

Contact: Cathleen Marengueur, South Simcoe Outreach Peer Supporter | Phone: (416) 562-8824 | Email: [c.marengueur@krasmancentre.com](mailto:c.marengueur@krasmancentre.com)

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**THE BODY KIND COLLECTIVE** | **2<sup>ND</sup> & 4<sup>TH</sup> WEDNESDAYS MONTHLY | 2:00 PM – 3:30 PM** | *Virtual Registration is required for new participants.*

**Healing Shame. Building Worth. Reclaiming Your Body.**

Struggling with body image and self-worth can feel like a lonely battle. The Body Kind Collective is a safe, virtual space for those ready to challenge harmful narratives and move toward a life of self-compassion. This is a weight-neutral, non-judgmental space free from diet culture. This group closes at 2:10 pm to honor the flow & safety of conversations and facilitation of the group.

Contact: Heidi Stepniak | Phone: (647) 201-8273 | Email: [h.stepniak@krasmancentre.com](mailto:h.stepniak@krasmancentre.com)

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**LEAMHA:** | **4<sup>TH</sup> FRIDAYS MONTHLY | 4:00 PM – 6:00 PM** | Now Recruiting: LEAMHA (Lived Experience Advocates for Mental Health & Addictions) Members.

LEAMHA is a peer-led coalition of people with lived experience of mental health and/or substance use challenges. Guided by the principle “Nothing About Us, Without Us,” the coalition works to amplify lived voices, challenge systemic barriers, and advocate for community-driven, harm reduction-based change. We have **a limited capacity for 15 members only**. Click on the link to check out the Application Form. Visit our website at [www.krasmancentre.com](http://www.krasmancentre.com) for Terms of Reference & more information on our program.



## MAY 2026 | Virtual Peer Support Groups | Workshops | Events

Ontario-based | Mostly virtual | Peer-led

**Applications are open until positions are filled.**

Contact | Email: [leamha@krasmancentre.com](mailto:leamha@krasmancentre.com)

**24/7 WARMLINE & 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](http://www.krasmancentre.com) from 10 AM - 12 AM.

**ONE-ON-ONE PEER SUPPORT**

We provide one-on-one peer support by phone or virtually. To request 1:1 support, please contact [info@krasmancentre.com](mailto: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/addiction 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 Warmline and Peer Crisis Support and Newcomer line
- Community outreach, peer support groups and activities
- Family member/caregiver supports
- Resources/referrals, networking/social connection opportunities
- Basic needs & supports
- Harm reduction supplies and information
- Recovery education programs

For a full list of our programs and services, please visit [www.krasmancentre.com/programs](http://www.krasmancentre.com/programs)

*Scan the QR Code to check out the Krasman Centre Virtual Groups Calendar*

