

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p><b>CANADA DAY</b></p> 	<p><b>The Meeting Spot</b> <i>Drew / Sara</i> 5:00pm-6:30pm</p>	<p><b>Big Ideas, Open Mind: Thoughts Inspired by TEDx</b></p> <p><b>Paused for the Summer</b></p>
6	7	8	9	10
<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>Negative Self-Talk</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>		<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p>	
13	14	15	16	17
<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>Needs vs Wants</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>		<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p>	

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

<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</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>Adaptive &amp; Maladaptive Coping</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>		<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p>	<p><b>LEAMHA</b> 4:00pm – 6:00pm</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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>Impulsive Behaviors</i></p> <p><b>Family Support</b> 7:00 pm – 9:00 pm</p>		<p><b>The Meeting Spot</b> 5:00pm-6:30pm</p> <p><b>2SLGBTQIA+ Communities Art Workshop</b> 5:00 pm – 6:30 pm</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)

---

**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)

---

**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)

---

**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)

---

**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)

**[BIG IDEAS, OPEN MIND: EXPLORING THOUGHTS INSPIRED BY TEDx](#) : | **1ST & 3RD FRIDAYS** | 1:00 PM – 2:00 PM | PAUSED DURING THE SUMMER | *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) |

---

**[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.**

Ontario-based | Mostly virtual | Peer-led

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

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

---

**[2SLGBTQIA+ COMMUNITIES ART WORKSHOP](#) | **30<sup>TH</sup> JULY 2026** | **5:00 PM – 6:30 PM** | *Virtual Registration is required for new participants.***

Krasman Centre is excited to provide a creative space for members of the 2SLGBTQIA+ communities, a welcoming space for folks to gather and share an art experience, in support of health and wellness. We will work on one (1) session project using inexpensive materials. The materials required for this session are dollar store acrylic paints and brushes, paper or cardboard to paint on, pencils, crayons, markers would be optional.

Eligibility:

Must identify as lesbian, gay, bisexual, transgender, intersex, asexual, 2-spirit, or another identity under the queer umbrella

Must be an adult aged 16 years or older

Contact: Drew (They/Them) | Phone: (905) 251-2904 | Email: [a.brykczynski@krasmancentre.com](mailto:a.brykczynski@krasmancentre.com)

---

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***

