Krasmancentre
Inspiring Excellence in Peer Support One Connection at a Time

NOVEMBER 2026 | Virtual Peer Support Groups | Workshops | Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
The Meeting Spot 11:00 am – 12:30 pm	**Exploring Emotions & Behaviors** 1:00 pm -2:30pm **Family Support** 7:00 pm – 9:00 pm	**Coping with Grief #1** 2:00 pm – 4:00 pm **The Lived Experience Series** 7:00 pm – 9:00 pm	**The Meeting Spot** 5:00pm-6:30pm	
9	10	11	12	13
The Meeting Spot 11:00 am – 12:30 pm	**Tough Stuff** 1:00 pm -2:30pm **Family Support** 7:00 pm – 9:00 pm	**Coping with Grief #2** 2:00 pm – 4:00 pm	**The Meeting Spot** 5:00pm-6:30pm	
16	17	18	19	20
The Meeting Spot 11:00 am – 12:30 pm	**Exploring Emotions & Behaviors** 1:00 pm -2:30pm **Family Support** 7:00 pm – 9:00 pm	**Coping with Grief #3** 2:00 pm – 4:00 pm	**The Meeting Spot** 5:00pm-6:30pm	

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23	24	25	26	27
The Meeting Spot 11:00 am – 12:30 pm	**Tough Stuff** 1:00 pm -2:30pm **Family Support** 7:00 pm – 9:00 pm	**Coping with Grief #4** 2:00 pm – 4:00 pm **Mindful Connections** 6:00 pm – 7:00 pm **The Lived Experience Series** 7:00 pm – 9:00 pm	**The Meeting Spot** 5:00pm-6:30pm	
30				
The Meeting Spot 11:00 am – 12:30 pm				

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 for those 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

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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 | Phone: (437)-213-6301

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 | Phone: (437)-213-6301

TOUGH STUFF – AN ALL-INCLUSIVE ADDICTIONS GROUP –| EVERY 2ND & 4TH TUESDAY OF THE MONTH | 1:00 PM – 2:30 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 | Phone: (437)-213-6301 |

FAMILY SUPPORT GROUP |TUESDAYS WEEKLY| 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

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THE LIVED EXPERIENCE SERIES :|| BIWEEKLY ON WEDNESDAYS FROM SEPTEMBER 09,2026 TO DECEMBER 30 2026| 7:00 PM – 9:00 PM |*Virtual Drop In. Registration is required.*

Come to listen, learn, and connect through real stories of lived experience. These sessions offer a supportive space to build understanding, find hope, and reflect on the power of peer support.

Contact | Email: familysupport@krasmancentre.com | Phone: (905) 251-2904

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MINDFUL CONNECTIONS | THIRD WEDNESDAYS MONTHLY | 6:00 PM – 7:00 PM | *Virtual – Drop-In. Registration is required.*

This group offers an opportunity to pause, connect with others, and explore mindfulness in a supportive environment. Together, we will participate in guided meditation, gentle grounding practices, personal reflection, check-ins, and open conversation about wellness and recovery. No previous mindfulness or meditation experience is needed.

Contact | Email: s.ernewein@krasmancentre.com | Phone: (647)-649-9042

COPING WITH GRIEF: |WEDNESDAYS NOVEMBER 04TH – DECEMBER 09TH | 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 Marenger, South Simcoe Outreach Peer Supporter | Phone: (416) 562-8824 | Email: c.marengeur@krasmancentre.com

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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 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

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

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