

BULLETIN



C/S Info Centre exists to meet the information needs of
Consumer/Survivors in the Toronto Area

Bulletin 426 September 16 - 30, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON
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What's Up with the GST, the HST and My Refunds?

(An Info Sheet Prepared by the Consumer/Survivor Information Resource Centre of Toronto)

- 1) If you did your 2009 Income Tax Return you are entitled to a **GST refund**. It will be sent out in 4 installments: July 2010, October 2010, January 2011 and April 2011. If you filed later than April 30, 2010, you will receive your refund late.
- 2) For the 2009 tax year only, there is a **Transitional Tax Benefit (TTB) refund**. You qualify for the TTB if you are single with an income under \$80,000 or a family with an income under \$160,000. The maximum refund is \$300 for a single person and \$1,000 for a family. The amount will be divided into three cheques and sent out in 3 installments: June 2010, December 2010 and June 2011. If you filed your taxes later than April 30, 2010, your TTB refund will arrive late. If you don't file your 2009 income tax, you won't receive the refund.
- 3) If you are a single person with an income under \$20,000 or a family with an income under \$25,000, then you will receive an **Ontario Sales Tax Credit (OSTC) refund**. You will receive a cheque for \$65 in August 2010, November 2010, February 2011 and May 2011. If you filed your taxes later than April 30, 2010, you will receive your refund late.

Everyone who receives social assistance will receive all 3 types of refunds: GST, TTB, and OSTC.

You *must* file your tax return to receive these refunds.

If you are a consumer/survivor with an income under \$25,000 and a simple tax return, the C/S Info Centre will do your taxes for free. A simple return means that you have no self-employment income, no rental income, no bankruptcy, no deceased spouse whose taxes need to be done, and no capital gains for the 2009 tax year. We aren't accountants and can only do simple, straightforward returns.

Call Revenue Canada at 1-800-959-8281 to get your T4's and T5's. Get your rent receipts or a letter from your landlord stating how much rent you paid. Then call us at 416-595-2882 to make an appointment.

NEWSBYTES

New Narcotics Strategy proposed for Ontario. McGuinty will introduce Narcotics Strategy legislation this fall that will track prescriptions through a database and flag unusual prescribing and dispensing patterns. If it passes, Ontario will join the six other provinces and 33 US states that have similar prescription drug monitoring programs. The Narcotics Strategy is intended to curb abuse of prescription narcotics, including products containing oxycodone. Prescriptions for these drugs have increased 900 percent since 1991 and related deaths in Ontario have doubled since 2004. The abuse of prescription narcotics has been declared a state of emergency by some First Nations communities. <http://www.news.ontario.ca/mohltc/en/2010/08/ontario-moving-to-reduce-abuse-of-prescription-narcotics.html>

'Ecstasy' to be imported to Canada. Canadian researchers are waiting for Health Canada to give the okay for the drug 'ecstasy' (methylenedioxymethamphetamine) to be imported to Canada. It will be used for research. The pharmaceutical grade MDMA will be imported from Switzerland. The research study examines the effectiveness of the drug for treating post-traumatic stress disorder. The US Food and Drug Administration approved testing MDMA on war vets last month in response to recent research showing its effectiveness. The Canadian Forces Surgeon General has dismissed the research as "hype".

<http://www.nationalpost.com/Research+awaits+Ecstasy+approval/3420323/story.html#ixzz0yD9DBczf>

Ketamine as possible new anti-depressant. Researchers from Yale University have discovered that the anaesthetic ketamine (also used as a recreational street drug: "Special K", "K"), improves depression by encouraging the formation of new synaptic links between neurons. Studies over the past 10 years have shown that patients with depression who have not been helped by other antidepressants experience relief within hours from a small dose of the drug. The relief can last up to 10 days. Now researchers have identified the pathway of ketamine's efficacy and believe this may lead to new treatments for depression.

<http://www.nytimes.com/2010/08/10/health/10depress.html?scp=9&sq=mental%20health%20August%202010&st=cse>

Sleep loss detrimental to well-being in youth. Researchers have discovered a connection between psychological distress (anxiety and depression) and sleep duration in young adults between 17 and 24 years of age. Less than eight hours of sleep increases the risk of experiencing distress by 14 percent for each hour of sleep lost. Sleep durations of more than nine hours were not associated with distress. The study is reported in the journal *SLEEP*. <http://psychcentral.com/news/2010/09/02/short-sleep-ups-risk-of-mental-distress/17611.html>

Cortisol regulation and stress. A new study suggests that a person's ability to cope with stress is reduced by alterations in the body's release of cortisol. Cortisol is produced by the adrenal gland once an hour. While small increases in cortisol may produce bursts of energy, better memory and improved immune system; high levels of cortisol resulting from chronic stress have a negative impact, including blood sugar imbalance, higher blood pressure, lowered thyroid function and lowered immunity.

<http://psychcentral.com/news/2010/09/01/regulated-cortisol-release-linked-to-improved-stress/17529.html>

Research on youth and bipolar disorder. Research presented at the 23rd European College of Neuropsychopharmacology Congress says that youth (6 – 17 years old) diagnosed with Bipolar 1 disorder continue to experience the disorder as they mature. 73% of the 105 youths studied continued to meet the criteria for a BP1 diagnosis four years later. A second study observed that 18 % of youth with a diagnosis of Bipolar1 had a first-degree relative with a BP1 diagnosis. Researcher Janet Wozniak, author of *Is Your Child Bipolar?* has "been an advisor for Pfizer and Shire; and has received research support from McNeil, Shire, and Lilly. Co-author of the study, Dr. Biederman, reports receiving research support from Alza, AstraZeneca, Bristol-Myers Squibb, Eli Lilly, Janssen Pharmaceuticals, McNeil, Merck, Organon, Otsuka, and Shire; and receiving speakers' fees from Fundacion Areces, AstraZeneca, Celltech, Cephalon, Lilly, Esai, Forest, Glaxo, Gilatech,

Janssen, McNeil, New River, Novartis, Noven, Neurosearch, Pfizer, Pharmacia, Shire, and Wyeth.”
<http://www.medscape.com/viewarticle/727940>

Teenagers and mindfulness meditation. A University of Cambridge study looked at the impact of a four-week mindfulness meditation course on a group of 155 teenage boys. They found that the boys felt better after the training. The boys' improvement in well-being was in proportion to how often they practiced the mindfulness techniques. The teenagers who had a high degree of anxiety benefitted the most.
<http://escienccenews.com/articles/2010/09/01/mindfulness.meditation.increases.well.being.adolescent.boys>

Marijuana 'gateway' effect overestimated. University of New Hampshire research shows that employment status, stress, and race/ethnicity play a much greater role than marijuana use in whether teens go on to use harder drugs. The marijuana 'gateway' effect disappears altogether by age 21. The research is published in the *Journal of Health and Social Behavior*. <http://www.sciencedaily.com/releases/2010/09/100902073507.htm>

COMMUNITY ANNOUNCEMENTS

(Inclusion of an announcement is not an endorsement of the views of any organization or individual.)

C/S INFO Centre's AGM



Our Annual General Meeting is a time for us to connect with the people who care about the Consumer/Survivor Information Resource Centre, and report to the community on our activities of the previous year. We also report on our finances and how we've spent the money that you, the taxpayers, have given us to operate on. We also have some entertainment or a thoughtful presentation and some food to enjoy.

Everyone is allowed and welcome to attend our Annual General Meeting: members, associate members and non-members. There is no cost and no hat is passed for donations. If you wish to become a member of the Centre, you simply fill out the form on page 10. This allows you to vote at the Annual General Meeting and to stand for election to the board. The form should get to us no later than 48 hours before the AGM.

Please note that you do not have to be a member to continue to receive the *Bulletin*. As we said when you became a subscriber – the *Bulletin* is free and we will keep sending it to you until you tell us to stop.

Parkdale Activity-Recreation Centre (PARC)
1499 Queen Street West (one stop west of Lansdowne)
Monday, October 18, 2010
6 pm – 8 pm

For the entertainment and enlightenment portion of the meeting this year we are planning an open jam. Bring your instruments if you have them, we will gather what we can, and let's make music. If you are interested and performing a solo please call us at 416-595-2882.

Change of Venue for Mayoral Debate on Disability Issues

Please note that the location of the debate has changed from Scadding Court Community Centre to Trinity St. Paul's Church at Spadina and Bloor. The Mayoral Debate on Disability Issues will be held on September 22.

The time remains the same from 1 - 3 pm. For more info contact Alina Chatterjee at alina@scaddingcourt.org or 416-392-0335 ext. 230.

The Friendly Spike Theatre Band
invites you to attend a workshop production of our new play:
The Dega and the Delbasid



Friday, September 24, 2010
at 7 pm

20 Westlodge Ave. (one block east of
Lansdowne, North of Queen)

Call 416 516 4740 for details.

FREE



Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Did you take: Olanzapine (Zyprexa) on or before June 6, 2007? If so, you may be owed money from a class action lawsuit.

If you developed any of the following conditions during or after taking olanzapine for at least 90 days:

1. Diabetes or hyperglycemia (while taking olanzapine or within one year afterwards)
2. Worsening of your existing diabetes
3. Diabetic ketoacidosis or pancreatitis (while taking olanzapine or within one year after taking it)

If you had any secondary problems that came from getting diabetes (stroke, heart attack, blindness, amputation, kidney failure, coma) that is also important.

We can help you find out if you are eligible for this money. We can help you start your claim.

This free event is sponsored by Sound Times Support Services and CLASP, Osgoode Hall Legal Clinic.

Join us on Thursday, September 23, 2010 at 1:00 pm at the Native Canadian Centre of Toronto, 16 Spadina Rd. Call 416-979-1700 for more information.

*Don't delay. The deadline for claims is October 28, 2010.

13th Annual Mental Health Info Fair Our Health – Our Voice

Wednesday, September 29 from noon – 4:30 pm
East York Civic Centre
850 Coxwell Avenue

Do you need information for yourself, a family member, friend or neighbour about Mental Health and Addiction Services in East Toronto?

- Information and resources available at attended displays
- Your questions answered
- Videos about important mental health issues
- Free admission - Light refreshments - Raffle

Sponsored by Toronto East General Hospital, Centre for Addiction and Mental Health (CAMH), St. Michael's Hospital, VHA Home Healthcare, St. Clair O'Connor Community Centre, COTA Health. The C/S Info Centre will have a booth.

If you need more information call 461-2000, extension 221.

August 31 was **International Overdose Awareness Day**. The following site contains an on-line workshop with questionnaires to determine how much you know about overdosing and facts that can help to prevent overdosing. The site is for needle exchange workers and injectors and contains a variety of useful information and news.

<http://www.injectingadvice.com/downloads-mainmenu-31/workshop/154-odworkshop>

JUST SAY NO
TO BAD DRUG
POLICY!



'Daring to be Sensible'

Hosted by the University of Toronto CSSDP chapter.
November 5th - 7th, 2010

JOIN US at Canada's only youth led drug policy reform conference! Join students, young people, researchers, social workers, policy makers, activists, academics, curious onlookers, and more for an exciting weekend! The conference will feature panel discussions on pressing topics in drug policy, interactive workshops, student poster presentations, social events and more. We are bringing together inspiring people to ask "what are 'sensible' approaches to drug use"? Why is it so daring to be sensible about drugs?

Registration Fees:

Student / Youth (25 and under) \$20 before October 10 / \$25 after October 10 / Regular: \$50 / One-day student/youth (Sat or Sun): \$15 / One-day regular (Sat or Sun): \$30
613-729-5505 caleb@cssdp.org <http://www.cssdp.org/>

'Third Eye Looming'

Workman Arts' production of *Third Eye Looming* has been accepted into the International Madness and Arts Festival in Haarlem, Netherlands to be premiered on September 30th 2010. Workman Arts is the founder of the International Madness and Arts Festival in 2003 which is an international and multidisciplinary festival bringing together madness and arts. *Third Eye Looming* is multi-disciplinary movement/theatre piece devised and directed by Ed Roy in collaboration with the Workman Arts members. Combining imagistic theatre, movement, dance, text, and multi-media *Third Eye Looming* delves into the mind of a man struggling to piece together the shards of his fragmented life after the onset of mental illness.

Third Eye Looming will be previewed in Toronto prior to their departure for the Netherlands and we welcome everyone to come and see the performance before it hits the international stage.

Previews: Friday September 24 at 8pm / Saturday September 25 at 2 pm and 8 pm

Workman Theatre, 651 Dufferin St, Toronto www.workmanarts.com www.maf3.nl

FREE (Donations Welcome)

EMPLOYMENT MATTERS

CMHA is hiring a Public Education Assistant

Permanent, Part-time, 21 hours/week

We are seeking a Public Education Assistant to join our Mental Health Promotion & Fundraising Department.
Application deadline: 09/17/2010

CMHA Toronto is an equal opportunity employer and encourages applications from equity seeking groups, including qualified individuals with personal experience of the mental health system.

For complete post visit <http://www.workinginmentalhealth.ca/forms/frmShowJob.aspx?REC=JOB&ID=2446>

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for September 16 – September 30

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

ART

Ends October 3. 7:30 – 9 pm. Photo Exhibit: Hyphen Islam-Christianity. A multidisciplinary project which voyages into the heart of Lebanon but also into human memory of sharing and diversity. Beit Zatoun, 612 Markham Street (by Bathurst subway). 647-726-9500 info@beitzatoun.org FREE

September 16 - October 9. Burtynsky: OIL. Photographer Edward Burtynsky has explored the theme of oil for more than a decade. Photos from the Alberta oil sands to Baku, Azerbaijan. Nicholas Metivier Gallery, 451 King Street West. 416-205-9000 www.metiviergallery.com FREE

Fri 17 to Sun 19. Queen West Art Crawl. Outdoor art show and sale at Trinity Bellwoods Park (Queen West and Strachan) with 250 artists, music, local food, Kids Zone, exhibits, installations and workshops along Queen West from Bathurst to Roncesvalles. 416-516-8301 www.queenwestartcrawl.com FREE

Sept. 20 – Oct 2. Nuit Blanche 2010 Pre-events. Toronto's All Night Contemporary Art event is on October 2 from sunset to sunrise. But several pre-events are happening starting September 20. These include a Retrospective Exhibition (Sept 20 – Oct 3), profiles of this year's artists, and a series of "Nuit Talks" that explore the boundaries of contemporary art in 5 different venues, on 5 different nights. <http://www.scotiabanknuitblanche.ca/home.shtml> FREE

Thurs 30 at 6:30 pm. Artspin. Guided bicycle tour of art galleries. Enjoy the Queen West art scene. Meet at the gates of Trinity Bellwoods Park (Queen Street West and Strachan). www.artspin.ca FREE

Sat 25 at 2 pm. Culture Days at the Library. Hands on demonstrations by artists. www.culturedays.ca

- **Needlepoint.** Don Mills Branch, 888 Lawrence Avenue East. 416-395-5710 FREE
- **Mask making.** Yorkville Branch, 22 Yorkville Avenue. 416-393-7660 FREE
- **Photography.** Pleasant View Branch, 575 Van Horne Avenue. 416-395-5940 FREE

COMEDY

Wed 22 and 29 at 9 pm. The Carnegie Hall Show. Best improv comedy and variety show in the city. Starring Second City and Mad TV talent. Bread & Circus, 299 Augusta Avenue. 416-336-3399 www.breadandcircus.ca PAY WHAT YOU CAN

FESTIVAL

Fri 17 from 4 pm – 1 am. Sat 18 from 9 am – 1 am. Sun 19 from 11 am – 7 pm. Toronto Ukrainian Festival. Pavilions, midway, parade, street dancing, and music sensation MAD HEADS XL.

Bloor West Village (Jane and Runnymede). 416-410-9965 <http://www.ukrainianfestival.com/eventinfo.htm> FREE

Fri 17 – Sun 19. Vibrant Colombia Diaspora Festival. Showcases variety of Colombian cultural expression including dance, visual arts, film, cartoons, games, dance, historical objects, and lots of music. **Harbourfront Centre**, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

Sat 18 and Sun 19 from 9 am – 10 pm. Korean Harvest Festival. Celebrate traditional Korean harvest season with food and family fun. Hosted by the North Toronto Korean Canadian Association. Mel Lastman Square, 5100 Yonge Street. 647-285-2952 FREE

Sat 25 from 2 – 7 pm. Tet Trung Thu: Mid-Autumn Celebration (Moon Festival or Lantern Festival). The end of the summer harvest is celebrated throughout East Asia. Harbourfront hosts a wide variety of musical performances. **Harbourfront Centre**, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

FILM

Fri 17 at 7:30 pm. Screening of *Waltz with Bashir*. An animation film about the massacre of Palestinian and Lebanese refugees in the Sabra and Shatila camps during the 1982 civil war in Lebanon. Beit Zatoun, 612 Markham Street. 647-726-9500 www.beitzatoun.org Admission by donation

Thurs 16 to Sun 19. tuff: Toronto Urban Film Festival. One-minute silent urban-themed films from across Canada and around the world. Films play every 10 minutes on 270 screens in 50 subway stations across Toronto and continuously at Bloor, St. Andrew, and Dundas stations. Take the TTC and enjoy. 416-646-7867 www.torontourbanfilmfestival.com FREE

Thurs 16 at 6 pm. Brazilian Film Festival 2010 Library Event. Showcasing talented Brazilian filmmakers of previous years. Barbara de la Fuente, BRAFFT Executive Producer, introduces films and leads discussion. Palmerston Branch, 560 Palmerston Avenue. 416-393-7680 FREE

Thurs 30 at 2 pm. Alfred Hitchcock's *North by Northwest* plays at the Elizabeth Beeton Auditorium. Toronto Reference Library, 789 Yonge Street. 416-395-5577 www.torontopubliclibrary.ca FREE

LEARNING

Classes begin September 18. Learn for Life – General Interest Classes for Adults – Fall 2010.

Check out the amazingly diverse array of classes offered by the Toronto District School Board this fall. Learn how to sing, kickbox, speak a language, take photographs, fix cars, maintain your motorcycle, dance salsa, belly, ballroom, Afro Cuban, Argentinean tango, Hip Hop, Bollywood or Latin, start a small business, prepare your income taxes, speak in public, use a computer, garden, cook, play the blues harmonica, assert yourself, and more. You may register online right up until the day and time the course begins. Classes are located in schools and community centres across Toronto. 416-338-4111 www.learn4life.ca Seniors received a substantive discount. OW, ODSP or CPP Disability recipients may take one course per term for only \$10. Computer related courses have a \$10 additional fee.

Thurs 16 at 7 pm. What is Opera? An interactive presentation outlining the basics of opera. Learn its history, key players and how to appreciate the music using Verdi's famous opera *Aida* as an example. North York Central Library, 5120 Yonge Street. 416-395-5535 www.torontopubliclibrary.ca FREE

Tues 21 from 10 am – noon. Food for Thought: Strategies for Mindful Eating. Scotiabank Learning Centre Summer 2010 Education Sessions. "Eating mindfully means having a healthy relationship with food." Providence Healthcare, Room CC301/302, 3276 St. Clair Avenue East (at Warden). Register by September 19. 416-285-3666 x 3810. FREE

Wed 22 at 6:30 pm. Homeopathy Seminar. Learn about this form of alternative medicine that uses naturally occurring substances. Main Street Branch, 137 Main Street. 416-393-7700 www.torontopubliclibrary.ca FREE

Fri 24 from 1 – 3 pm. Understanding Arthritis. Toronto Western Hospital, Auditorium - 2nd Floor - West Wing, 399 Bathurst Street (just north of Dundas). Register at evangeline.roldan@uhn.on.ca or 416-603-5800 x 6475. A scent-free environment. FREE

Wed 29 from noon – 1:30 pm. Social Stock Markets and Impact Investing. LUNCHBOX SPEAKERS' SERIES & WEBCAST. Adam Spence (Social Innovation Generation (SiG) @ MaRS) will discuss an investment approach aiming to solve social or environmental challenges. Annie Malhotra (Social Venture Exchange (SVX)) will discuss the work of ethical stock markets around the globe. Social Economy Centre – University of Toronto. OISE, 252 Bloor St. West, Room 12-199. Bring your lunch and a mug. Water, coffee and tea will be provided. secspeakersseries@gmail.com. FREE and no registration required.

SPEAKERS

Tues 21 at 7 pm. Toronto Divided: Update on the "Three Cities". David Hulchanski from the Centre for Urban and Community Studies speaks as part of the Urban Voter Series. North York Central Library, 5120 Yonge Street. 416-395-5535 www.torontopubliclibrary.ca FREE

Thurs 30 at 8 pm. The Fourth Annual Sybille Pantazzi Memorial Lecture. **Once Upon a Puppet: Pinocchio and Fairy Tales in Contemporary Culture.** Dr. Laura Tosi presents a lively lecture on the

Italian fairy tale tradition. An exhibit: *Pinocchio and the Italian Fairy Tale Tradition* runs until December 13, 2010. Lillian H. Smith Library, 239 College Street. 416-393-7746 FREE

WALKING TOUR

Sun 19 from 1 – 2:30 pm. Fort York and the Garrison Commons: Urban Development,

Battlefields, Graves and Condos. Explore the evolution of Fort York's "Garrison Common," which has witnessed some of Toronto's most dramatic events and changes. Free admission to Historic Fort York and free parking. Meet at Historic Fort York, 100 Garrison Road. 416-338-0684 www.heritagetoronto.org FREE

WRITERS & BOOKS

Thurs 16 - Mon 20. The **International Festival of Poetry of Resistance.** New Horizons Auditorium, 1140 Bloor Street West (at Dufferin). The children's "Festivalito" takes place Fri 17 from 2 - 5:30 pm at the 519 Church Street Community Centre. Visit the festival's [Facebook page](#).

Thurs 16 from 7 – 8:30 pm. The eh List Author Series. Jonathan Schneer reads from his book *The Balfour Declaration: The Origins of the Arab-Israeli Conflict*. Barbara Frum Library, 20 Covington Road. 416-395-5440 www.torontopubliclibrary.ca FREE

Thurs 16 at 8 pm. Hot-Sauced Words Poetry Performance Open-mic. Keith Garebian and Julie Roorda read from their new works. The Black Swan Tavern, 154 Danforth Avenue. 416-469-0537 piquantproductions.ca/hotsaucedwords FREE

Tues 21 from 7 – 8:30 pm. Iris Nowell talks about her book **Painters Eleven: The Wild Ones of Canadian Art** detailing the rise of abstract expressionism in Canada. Type Books, 427 Spadina Road. 416-487-8973 www.typebooks.ca FREE

Sun 26 from 11 am – 6 pm. The Word on the Street Book and Magazine Festival. Browse bookstalls, hear authors read from their latest works, enjoy the children's reading tent and activity centre, and more. Queen's Park, 7 Wellesley Street West. 416-504-7241 www.thewordonthestreet.ca FREE

Mon 27 from 6:30 – 8:30 pm. Globe & Mail columnist Micah Toub launches **Growing Up Jung**, his memoir about the challenges of navigating childhood and adolescence with parents who are Jungian psychologists. The Beaver, 1192 Queen Street West. 416-366-8973 FREE

Tues 28 at 1 pm. Toronto sociologist Lyndsey Green discusses her new book, **You Could Live a Long Time: Are You Ready?** Toronto Reference Library, 789 Yonge Street. 416-395-5577 FREE

Wed 29 at 7 pm. Author Gregory Levey launches his new book, **How to Make Peace in the Middle East in Six Months or Less Without Leaving Your Apartment.** The Garrison, 1197 Dundas Street West. 416-366-8973 FREE

To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

The *Bulletin* is published on the 1st and 15th of every month by C/S Info Centre, a consumer/survivor initiative funded by the Ministry of Health and Long-Term Care. We are governed and staffed by consumer/survivors of the mental health system. The *Bulletin* is free. Due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health we are able to send the *Bulletin* by post if you don't have email. Editors: Helen Hook and Colleen Burns. Affordable recreation researcher: Diana Scattolon. www.csinfo.ca

The *Wellness & Recovery Newsletter* is published quarterly by Community Resource Connections of Toronto (CRCT) and circulated by C/S Info Centre. It is free. You may receive it by post if you don't have email. Editor: Glen Dewar. www.crct.org

Disclaimer: The views expressed in articles, opinions and community events published in the *Bulletin* do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.

The C/S Information Resource Centre of Toronto

Annual General Meeting

Parkdale Activity-Recreation Centre (PARC)
1499 Queen Street West (one stop west of Lansdowne)
Monday, October 18, 2010
6 pm – 8 pm

**The business meeting will begin at 6 pm. Afterwards let's make music.
Join in as a player or sit back and enjoy the music.**



General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre. Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West in The Mall. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member - You must be a consumer/survivor from the Greater Toronto Area.

Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature _____

Date _____

Name (please print) _____

Organization (optional) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Fax _____ Email _____

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote at the meeting. Your membership is good for 2 years. If you did a form last year, you're still an up-to-date member. If you're not sure, call us and we'll check.

You do not need to be a member or to do anything at all to continue to receive *The Bulletin*.