

BULLETIN

Meeting the information needs of Consumer/Survivors in the Toronto Area

October 1 – 15, 2010

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto
 Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4
 Tel: 416-595-2882 Fax: 416-595-0291 csinfo@camh.net <http://www.csinfo.ca/>

Memorial Plaques Honour the Labour of Patients-Past



Bagpipes opened the ceremony.

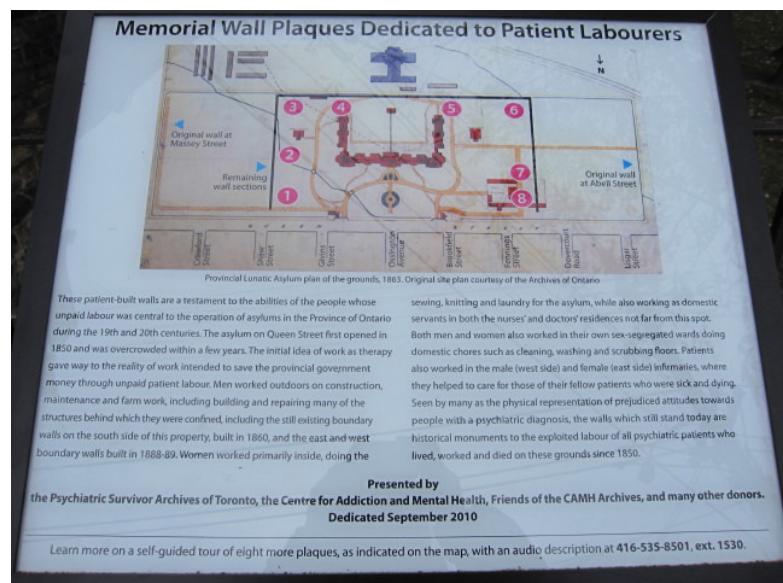
This year marks the 150th anniversary of the oldest part of the patient-built boundary wall, constructed in 1860, which stands on the south side of the Centre for Addiction and Mental Health (CAMH) at 1001 Queen Street West. These patient-built walls, along with the 1888–89 walls on the east and west sides of CAMH, are a testament to the abilities of people whose unpaid labour was central to the operation of asylums in the Province of Ontario during the 19th and 20th centuries.

A series of nine memorial plaques in remembrance were unveiled at the corner of Queen Street West and Shaw Street at 1:00 pm on Saturday, September 25, 2010.

The remembrance ceremony was sponsored by Psychiatric Survivor Archives, Toronto (PSAT), CAMH, and the generous support of many community donors.



Plaque at corner of Queen St. & Shaw St.



Memorial Wall Plaques tell the story of 19th Century Patient Labourers in the Toronto Hospital for the Insane

NEWSBYTES

Anti-anxiety medication affects mortality. A Canadian study suggests a one-third higher risk (36 %) of mortality for people taking mild tranquilizers. The medications may increase mortality risk by affecting cognition, alertness, respiration and judgment. Combining the tranquilizers with alcohol or other drugs may aggravate these factors. The research is based on a Canadian National Population Health Survey that followed 14,000 adults for 12 years. It is published in the September issue of the *Canadian Journal of Psychiatry*.

http://www.womenshealthmatters.ca/news/news_show.cfm?number=990461185&theyear=2010

Intensive dietary intervention helps manage Type 2 diabetes. A new study has found that a combination of individual sessions with a dietitian and the creation of recipes and meal plans based on the patient's preferences, budget, and taking into account sociocultural factors, resulted in significant improvement after 6 months. Researchers note that despite the widespread use of medications for controlling diabetes and managing associated conditions such as cardiovascular disease; high blood sugar and related health problems continue for many diabetes patients. The study is published in the July 31 issue of *BMJ*.

http://www.womenshealthmatters.ca/news/news_show.cfm?number=990461173&theyear=2010

Non-pharmacological therapies effective for Alzheimer's disease. A 5-year, international study by 22 leading scientists has found clear evidence that certain alternatives to pharmacological treatment can improve the lives of people with dementia and their caregivers. The non-pharmacological therapies include cognitive stimulation, physical exercise, and individualised intervention packages for family caregivers. Researchers call on governments to make the treatments widely available. Published in *Dementia and Geriatric Cognitive Disorders*. <http://behavioralhealthcentral.com/>

Megadoses of B vitamins slow brain atrophy in mild cognitive impairment. A controversial new British study shows that large daily doses of B vitamins dramatically slowed the rate of brain shrinkage in people with mild cognitive impairment, a condition that is a precursor of dementia for many people. The long-term effects of taking mega doses of the vitamins are not known. Scientists hope to receive funding to study whether the vitamins can delay or perhaps even prevent the onset of Alzheimer's. The study is published in the online journal *Public Library of Science ONE*.

<http://www.mentalhealth.org.uk/information/news/?EntryId17=81798>

New research targets low levels of vitamin D during fetal development as possible cause of schizophrenia. The study compared blood samples collected during infancy from 424 people who developed schizophrenia to 424 people who did not. Lead researcher, John McGrath, found that a low level of vitamin D during fetal development and infancy was associated with two times the chance of a schizophrenia diagnosis. Other research has shown a higher risk for babies born in winter and in urban areas, as well as dark-skinned people who emigrate to northern countries — three factors associated with lower vitamin D levels.

<http://www.healthzone.ca/health/mindmood/mentalhealth/article/858836--lack-of-vitamin-d-possible-cause-of-schizophrenia-study>

Supervised Injection facilities lead to treatment. A Canadian study shows that supervised injection facilities connect addicts with treatment and increase the likelihood of injection cessation for at least 6 months. The study looked at 902 clients of Insite, a supervised injection facility in Vancouver. The study is led by the BC Centre for Excellence in HIV/AIDS (BC-CfE) at St. Paul's Hospital and the University of British Columbia and is published in the journal *Drug and Alcohol Dependency*. The BC-CfE's Director, Dr. Julio Montaner, states that the study's findings are "yet another reason the Canadian federal government should stop their current efforts to shut down Insite". http://www.eurekalert.org/pub_releases/2010-09/uobc-fss091110.php

Bell donates \$1 million to mental health care. The Canadian communications company, Bell, has donated \$1 million to The Royal Ottawa Foundation for Mental Health's Telepsychiatry Program to promote

accessibility to mental health care in northern Ontario communities like Timmins, Kapuskasing, Iroquois Falls, Kirkland Lake, Sturgeon Falls, as well as in Nunavut and Yukon territories through video conferencing. This donation part of Bell's corporate Mental Health Initiative.

<http://behavioralhealthcentral.com/index.php/20100921237733/Inside-Scoop/royal-ottawa-foundation-for-mental-health-receives-1-million-donation-from-bell.html>

Anti-epileptics increase nicotine metabolism. Researchers at Robert Wood Johnson Medical School have found that carbamazepine, oxcarbazepine and valproic acid, drugs used in the treatment of seizure disorders, schizophrenia and bipolar disorder, increase nicotine metabolism. The result is that nicotine cravings return quicker than for people who are not taking these medications.

<http://behavioralhealthcentral.com/index.php/20100919237636/Pharma-News/drugs-for-neurologic-psychiatric-conditions-up-smokers-nicotine-metabolism.html>

Denying ODSP benefits to addicts a violation of Ontario Human Rights Code. The Ontario Court of Appeal has confirmed that denying ODSP to people who have an addiction but no other debilitating mental health condition violates Ontario's Human Rights Code by discriminating on the basis of disability. The Court dismissed an appeal from ODSP that defended the exclusionary policy as a way of supporting recovery from addiction. The Ministry of Community and Social Services may consider whether to appeal the decision to the Supreme Court of Canada.

<http://www.thestar.com/news/gta/article/862525--province-discriminates-against-addicts-court-finds>

COMMUNITY ANNOUNCEMENTS

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

C /S Info Centre AGM

Dear Bulletin Subscribers,

Please join us for our Annual General Meeting on Monday, October 18, 2010 from 6 pm – 8 pm at Parkdale Activity-Recreation Centre (PARC), 1499 Queen Street West (one stop west of Lansdowne).

The Business meeting starts at 6 pm and is followed immediately by dinner and music. Bring your voice or musical instrument if you want to perform.

To vote at the AGM you need to be a member. To become a member or renew a lapsed membership please fill out the application form on page 10 and return it to us. We must receive it at least 48 hours before the meeting.

Non-members are also welcome to attend.

Orthomolecular Nutrition

Integrative Medicine for Anxiety – A Teen & Adult Mental Health Event

Speaker: James Greenblatt, MD.

Presented by International Schizophrenia Foundation and Orthomolecular Health.

Medical Sciences Building, U of T, 1 Kings College Circle

Fri 29 at 7:30 pm. \$20

To register: 416-733-2117 centre@ortho.med.org

The Nominations Committee of the Board of A-WAY



is seeking to recruit two new External Community Board members to run for election to the Board of A-WAY. We are looking for people who are not only interested in working with the A-WAY Board and staff but who will bring to the Board one or more of the following:

- a) community social enterprise expertise
- b) organizational management skills
- c) financial and human resources expertise
- d) experience working with diverse communities, including a commitment to community engagement
- e) a background in law

In addition, experience in/with the consumer-survivor community is an asset. Nominations, with cvs, should be sent to the Chair of the Board, Jackie Murphy at jackiemurphyis@rogers.com

Our AGM is set for Wed, October 20th at 6 PM. 416-424-2266 www.awaycourier.ca

Call for Research Participants: “Life after Diagnosis” Study

This study is seeking to deepen our understanding of how people who are diagnosed with schizophrenia make sense of the diagnosis and integrate it into an understanding of themselves. Although the prevailing understanding of schizophrenia is that it is an illness, the study makes no assumptions about whether this is the way that individuals think about the experiences they have had. We are actively seeking to speak to people who have found a range of ways of understanding what it means to get this diagnosis.

There are two phases of the study that people can participate in. The first phase involves filling out questionnaires with the assistance of a research assistant. The questionnaires cover issues like how people understand their diagnosis, how they feel about themselves and the people around them and how they think other people feel about the diagnosis of schizophrenia. The second phase is qualitative, and involves participation in a less-structured conversational interview. The second phase will also include new issues that have come up from talking to people who have participated already. Interviews usually take about an hour and participants receive an honorarium of \$20 and two TTC tokens.

This study is being conducted by Charmaine Williams from the Factor-Inwentash Faculty of Social Work at the University of Toronto and it has been approved by the Health Sciences committee of the University of Toronto Research Ethics Board. Charmaine.williams@utoronto.ca 416-946-8225 Toll-free: 1-888-815-5523

MDAO Distinguished Speaker Series:

Moving Forward - Helping Young Adults with Mood Disorders Get On With Their Lives

North Toronto Memorial Community Centre, 200 Eglinton Avenue West

Wednesday, October 6 at 7:00 - 8:30 pm

featuring Dr. Benjamin Goldstein, Scientist and Academic Lead for the Youth Division of the Department of Psychiatry at the Sunnybrook Health Sciences Centre. Dr. Goldstein will discuss how young adults with mood disorders can get on with their lives.

Joining Dr. Goldstein will be Harmony Brown, a consumer and survivor, and Jackie Beaurivage, a parent. Hear Harmony and Jackie talk about their personal experiences and how they have successfully navigated the challenges.

Admission is free. Everyone is welcome. Please RSVP by October 1 to carlinb@mooddisorders.on.ca or 416-486-8046 x222.

Did you take Olanzapine (Zyprexa) on or before June 6, 2007?

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.

Class Counsel can be reached as follows: Stevensons LLP, 144 Front Street West, Suite 400, Toronto ON M5J 2L7. Daniel McConville at 1-866-940-8329 or at dmccconville@stevensonlaw.net.

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 the Empowerment Council and CLASP, Osgoode Hall Legal Clinic.

Wednesday, October 6, 2010 from 1:30 - 3pm
CAMH, Queen St. Mall, 1001 Queen Street West.

For more information call 416-535-8501 x3013.

REMINDER: The firm deadline to make your claim is October 28, 2010.

EMPLOYMENT MATTERS



Fresh Start is currently seeking Consumer/ Survivors (Individuals dealing with mental health issues) for Snow Removal Services.

Applicants must be available 7 days a week including holidays for On Call work and be easily reached by phone. Depending on the weather it can be strenuous work, therefore, we are looking for survivors who are capable of working long hours if necessary and who have the physical ability for heavy lifting, bending and repetitive movement.

If interested, please call Karen Schwartz at 416-504-4262, #227 or email me at karen@freshstartclean.com. Come join us for an exciting employment opportunity!

George Brown College Information Sessions

Construction Craft Worker Extended Training (CCWET) Info Session:

No program cost to participants.

Tuesday October 26, 2010 at 10:30 am.

Casa Loma Campus, Building C, 146 Kendal Ave, Room E323

Please register at auged@georgebrown.ca or 416-415-5000 x6790

The goal of the program is to help people with an addiction and/or mental health history take the first steps toward a job in Toronto's construction industry. This program includes classroom and construction lab instruction, work placements and workshops. Class and lab time is approximately 25 hours per week, with support and tutoring available through program coaches.

Assistant Cook Extended Training (ACET) Info Session:

No program cost to participants

October 8, 2010 at 1:30 – 3 pm

St. James campus at 200 King Street East, Room: 556E

October 18, 2010 at 10:30 am - noon

St. James campus at 200 King Street East, Room: Room: 458E

The goal of the program is to help people recovering from addiction and mental health problems take the first steps toward a job in Toronto's food service industry. This program includes classroom and kitchen lab instruction, 150 hours of work placement, and workshops.

Please register at auged@georgebrown.ca or 416-415-5000 x6790

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

Free and Low-Cost Events for **October 1 – October 15, 2010**

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

ADVOCACY

Sun 3 from 11 am – 4 pm. The Urban Worker Forum. Urban workers are contract workers, freelancers, part time workers and the self-employed. What we share in common is we have no pension, no benefits, no fall back. Let's change that. Hosted by Andrew Cash, musician/journalist/urban worker. Gladstone Library, 1101 Bloor St. West. Lunch, coffee and tea provided. Social to follow. Register at cash@cashfortoronto.ca or 416-539-8660. FREE

ART

Sat 2 from sunset to sunrise. Scotiabank NUIT BLANCHE 2010. Toronto's all-night contemporary art event featuring 130 installations by local and international artists. City-wide and mostly outdoors. For one sleepless night experience Toronto transformed by artists. www.scotiabanknuitblanche.ca
www.scotiabanknuitblanche.ca/planahead.shtml FREE

Until Sun 3 from 6:45 – 9 pm. Photo Exhibit: Hyphen Islam-Christianity. Imagine a young country where multiculturalism is part of the mental landscape and where differences are life enriching. Imagine a much older country on the other side of the planet where 19 religious communities are at home on a territory 1/10 the size of Southwest Ontario. Beit Zatoun, 612 Markham Street (by Bathurst subway). info@beitzatoun.org FREE

Fri 8 at 8 pm. Powerplant Opening Reception. Works by visual artists Ian Wallace and Pae White are featured in this fall's exhibit. Harbourfront Centre, 231 Queens Quay West. 416-973-4000
www.harbourfrontcentre.com FREE

CABARET

Fri 1 at 7:30 pm. Re-orientation cabaret: My sex is beautiful. Hosted by the Centre for Women and Trans People (CWTP) at York University. Mc: Dainty Box. Featuring many great acts, followed by a night of dancing with DJ Black Cat. Gladstone Hotel, 1214 Queen St. West. All ages event. Volunteers available to meet folks at York University and Dufferin Station. , and we will provide volunteers and TTC maps to help folks get back to campus at the end of the night. 416-736-2100 x 33484 cwtpyork@gmail.com Sliding scale: \$5 - \$10

FAMILY FUN

Fri 1, Sat 2, Sun 3, Fri 8, Sat 9, Sun 10 from 11 am – 8 pm. Canoe Rides. Natrel Pond, Harbourfront Centre, 231 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com \$3

Sat 9 – Mon 11 from 11 am to 5 pm. HarbourKids Harvest. A fall festival celebrating the bounty of nature. Live musical performances, a Haitian storyteller, potato sack races and more. Harbourfront Centre, 231 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

Mon 11 from 11 am – 2 pm. Indian Music and Dance Workshop. A parent-child workshop where you will explore vocals, keyboard, harmonium, tabla, sitar, flute and traditional dance. Swar Sadhana Music School, 35 Stoneton Drive. 905-794-4013 www.swarsadhana.ca FREE

FESTIVAL

Fri 1 to Oct. 24. Abilities Arts Festival. A celebration of disability arts and culture. Films, music, family events and more. 1-888-844-9991 www.abilitiesartsfestival.org FREE

Sat 2 from 11 am – 4 pm. Waterfront Kite Festival. Expert demonstrations, kids' activities, kite making, aerial photography and more. Ashbriges Bay, Lakeshore Boulevard East and Coxwell Avenue. <http://www.windfest.to/> FREE

Sat 2 from 12 – 4 pm. Parkdale Food, Earth and Culture Festival, Food, entertainment, bike tune-ups, children's activities and more. HOPE Garden, Masaryk-Cowan Park, 220 Cowan Ave. 647-438-0038 greenestcity.ca FREE

FILM

Fri 1 from 3 – 6 pm. The Elder Project. This film follows seven seniors over two years as they face issues around aging with dignity and maintaining control over their lives. NFB Mediatheque, 150 John Street. 416-973-3012 www.nfb.ca/mediatheque FREE

Tues 5 from 7 - 7:30 pm. Cine Jeudi presents: Ça Tourne Dans Ma Tete (Racing Thoughts). This film features four young people with mental illness and their loved ones who make the courageous decision to open up about their stories. NFB, 150 John St. Subtitled in English. 416-973-3012 t.koivusalo@nfb.ca \$6

Wed 6 at 7 pm. Crapshoot: The Gamble with our Wastes. A film about where the hazardous mix of waste that is flushed into our sewers goes and what it does to us. NFB Mediatheque, 150 John Street. 416-973-3012 www.nfb.ca/mediatheque FREE

LEARNING

Sat 2 from noon – 4 pm. Exploring the New Wellness Frontier. Annual Open House. Canadian College of Naturopathic Medicine. 1255 Sheppard Avenue East. Karamjit Singh at 416-498-1255 ext. 263 or ksingh@ccnm.edu Toll Free: 1-866-241-2266 FREE and no registration required. (free parking)
Our offerings this year include:

- **12:15 - 1:15 pm.** Documentary film, **Feeding the Brain**, explores the urgent need to find treatments for mental illness that do more than merely mask the symptoms. Filmmaker, Renee Rodenkirchen, and expert panelists will be on hand.
- **12:15 - 2:30 pm. Traditional Asian Tongue Diagnosis.** Learn how the tongue's shape, colour and coating reveal the state of the internal organs.
- **1:30 - 2:30 pm. Preventing and Managing Diabetes with Naturopathic Medicine.** Naturopathic modalities are effective in helping those prone to or living with diabetes, and include lifestyle counselling, Asian medicine, clinical nutrition and homeopathy
- **2:45 - 3:45 p.m. Managing Stress and Adrenal Function with Naturopathic Medicine.** In this session, you'll discover how naturopathic medicine can help you reduce and manage the stress in your life.

Also, participate in acupuncture demonstrations, clinic and garden tours and enjoy other information displays!

Tues 5 at 2:30 pm. The Eyjafjallaokull Volcano In Iceland. Learn about this volcano that recently erupted, including how to pronounce its name, with geologist Kristinn Gudjonsson. Innis Town Hall, 2 Sussex Avenue. 416.946.3346 brenda.duchesne@utoronto.ca FREE

Wed 13 at noon. The University of Toronto Concert Orchestra performs Bartók's Rumanian Folk Dances, works by Mozart and more. Main Lobby, Edward Johnson Building, 80 Queen's Park. 416.978.3750 www.music.utoronto.ca FREE

Wed 13 from noon – 1:30 pm. Micro Finance. Social Economy Centre's Lunchbox Speakers' Series (& Webcast) event. Bring your lunch and a mug. Water, coffee and tea will be provided. Ontario Institute for Studies in Education, University of Toronto, 252 Bloor St. West, Room 12-199. 416-978-0022 secspeaker@oise.utoronto.ca FREE (no registration required)

Thurs 14 from 7 – 8:30 pm. P.R.A.M. Trio. This Toronto-based ensemble gives an intimate performance combining traditional and contemporary jazz. Type Books Forest Hill, 427 Spadina Road. 416-487-8973 www.typebooks.ca FREE

October 14 – November 4. History Matters: discover the surprising ways history matters to everyone in our city Presented by Toronto Public Library. History Matters is a public lecture series on the history of the city and its people, showcasing recent research. 416-393-7131 FREE
beta.torontopubliclibrary.ca/search.jsp?Ns=p_pub_date_sort&Nso=0&N=37867&Ntt=history+matters

- **Thurs 14 at 7 pm.** A Public Technology: The Building of Toronto's Yonge Street Subway. [Beaches Branch](#), 2161 Queen St. East. 416-393-7703 FREE
- **Thurs 14 at 7 pm.** Isolating Undesirables: Prisons, Pollution and Homelessness in the Don River Valley, 1860-1932. [Bendale Public Library](#), 1515 Danforth Rd. 416-396-8910 FREE

PETS

Sat 2 & Sun 3 from 12 – 3 pm. Octoberdogfest: Celebrating the German Breeds. Meet and learn about guarding, hunting and special breeds of dogs from Germany. PawsWay, 245 Queens Quay. 416-360-7297
www.pawsway.ca FREE

SPEAKERS

North York Women's Centre, 2446 Dufferin Street. The NYWC runs a variety of programs in various locations around the city. Programs include Healthy Relationships, Assertiveness, Panic to Power, Anger and You, and Women on the Move. Call to find out when the next sessions of these programs start. 416-781-0479
www.nywc.org Currently the following NYWC programs are open for registration:

- **Tuesdays, Oct 5 - Nov 9 from 6 - 8 pm.** Stress to Strength Program: a holistic approach to dealing with stress. Barbara Frum Library, 20 Covington Road. FREE
- **Wednesdays, Oct 6 - Nov 10 from 1 - 3 pm.** Aging and Loneliness: Growing older doesn't have to mean being lonely. Downsview Services to Seniors, 497 Wilson Avenue. FREE

WRITERS & BOOKS

Fri 1 at 6:45 pm. Islam and the Pyramids. Talk by ROM archaeologist Gayle Gibson. North York Central Library, 5120 Yonge Street. 416-395-5660 www.torontopubliclibrary.ca

Thurs 14 from 7:30 – 9:30. Doors open at 7 pm. A multi-media world premiere. Michael Riordon's forthcoming book, *Our Way to Fight*, emerges from encounters with more than sixty grassroots peace and human rights activists in Palestine and Israel. Beit Zatoun, 612 Markham Street. info@beitzatoun.org Tasty refreshments and snacks. FREE

To subscribe 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. It's free. If you don't have email you may receive it through the post due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health. 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 distributed by C/S Info Centre. It's 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.

Mailing Address: C/S INFO, c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4

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 and is immediately followed by dinner and music.
You are warmly invited to participate.**

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. (Please check the appropriate box):

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 to continue to receive *The Bulletin*.