



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

BULLETIN

August 16 - 31 2011

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 csinfo@camh.net <http://www.csinfo.ca/>

Good News!

In response to the outcry generated by news of its plan to divest the Psychiatric Patient Advocacy Office to the Canadian Mental Health Association, Ontario, the Ministry of Health and Long Term Care will not proceed with the plan at this time and has promised consultations with stakeholders in the fall.

In a July 29, 2011 letter, Minister Deb Matthews wrote:

“I now realize that implementing this change requires greater conversation and consultation, and, as a result, we will not move forward at this time with the current plan. My priority is to make sure that we get this right.

In light of this, in the coming months, we will engage our partners across the sector, including patients and their advocates to determine the best way to achieve our shared goals of increased independence for the PPAO. Through the fall we will consult, and make a decision based on your best advice, moving forward with a finalized plan in the winter.”

Congratulations to the Coalition for an Independent Psychiatric Patient Advocacy Office, endorsers, supporters, Facebook group members and everyone else who stood up to be counted on this issue. It isn't over yet but the first battle has been won. www.cippao.com

The Ontario Association of Chiefs of Police has announced new guidelines for disclosing mental health information to agencies requesting a police information check on prospective employees or volunteers. Police information checks are not criminal background checks. They reveal information recorded in police data banks concerning any kind of contact a person may have had with the police, including mental health crisis related contact. Many people have been denied employment and volunteer opportunities when a police information check revealed non-criminal contact related to a mental health crisis. Under the newly announced guidelines the checks will no longer mention non-criminal contact with the police and will not disclose mental health information. The new guidelines are not binding but many forces are adopting them. Read Carol Goar's article in the Star, July 26, 2011.

<http://www.thestar.com/opinion/editorialopinion/article/1030942--goar-rare-breakthrough-on-mental-health>

Tu Thanh Ha's article in the Globe and Mail, July 25, 2011.

<http://www.theglobeandmail.com/news/national/ontario/ontario-police-to-seal-non-criminal-mental-health-records/article2108349/>

Report offers Psychological and Recovery-focused Approach to Understanding Bipolar Disorder

[AlphaGalileo Foundation](#)

Excerpted from: Report That Gives Hope To People Diagnosed With Bipolar Disorder Available Free Of Charge

Article Date: 12 Jul 2011 - 0:00 PDT

Source: British Psychological Society (BPS)

Mood swings are not always best understood as an illness called '[bipolar disorder](#)', and medication is not the only way to cope with them, says a British Psychological Society report. The report, Understanding Bipolar Disorder, which the Society has made available as a free download throughout the month of July [until August 12], gives new hope to people diagnosed with bipolar disorder (about 1-2 per cent of the population).

...

The report also suggests that these mood swings are more extreme forms of the variations we all experience and can result from life events rather than just brain chemistry. It is not always helpful to think of this as an 'illness', and doctors and other health workers may sometimes give unhelpfully negative messages about what the diagnosis means, for example encouraging people to lower their expectations of what they can achieve in life.

The report also suggests that although medication can be helpful for some people, it does not help everyone. Some people prefer instead to think of themselves simply as someone who tends to experience more extreme lows and highs than others, and to manage this by adapting their lifestyle or using psychological therapy.

...

"The report offers a clear and accessible account of the psychological perspective and we would recommend anyone interested in gaining a more comprehensive understanding of the condition to read it."



cat-653.pdf

ACCENT ON ABILITY AGM – SEPTEMBER 21, 2011

Accent on Ability is holding its Annual General Meeting in the Mennonite Church, 2174 Danforth Avenue (a couple of doors east of A-WAY Express) on Wednesday, September 21st, from 6 pm to 7:30 pm. We are hoping to attract people to the meeting who are interested in becoming active in this non-profit, charitable organization, either as members of the Board of Directors or as supporters. Refreshments will be provided.

Accent on Ability started out in 1997 with the goal of improving the quality of life for members of Toronto's mental health consumer/survivor community. Over the past 14 years Accent on Ability has raised funds to develop training workshops, to fund educational, employment and recreational activities, and to build a stronger sense of community among Toronto's consumer/survivors.

We currently see a high level of need for organizations to work towards the improvement of life quality for Toronto's consumer/survivors and we see the AGM as an opportunity to inject new life and enthusiasm into the organization.

If you are interested in attending the AGM please RSVP by calling Jim Ward at 416-463-1661 or Stephanie Lafratta at 416-424-2266. <http://www.accentonability.org/index.htm>

Adding Voices to the Mental Health Conversation

from the Ontario Human Rights Commission's Annual Report for 2010-11. "Looking back, moving forward - Adding voices to the mental health conversation". (Read the full report at <http://www.ohrc.on.ca/en/resources/annualreports/1011/pdf>)

Since disability was added to the Human Rights Code in 1981, it has become the ground most often cited in human rights complaints in Ontario. The OHRC has done much work in this area, but primarily on physical disability. In the past, there were few official complaints based on mental health, but we knew that they were out there. Now, as mental health issues emerge from the shadows and people feel more empowered to tell their stories, we've worked to better understand the discrimination that mental illness creates. The first step has been consultation – the largest in our history.

The consultation encouraged people with mental health disabilities and addictions, their families and friends, employers, service providers and housing providers in communities across Ontario to tell their stories. It included an online survey in English, French, American Sign Language (ASL) and Langue des signes québécois (LSQ). More than 1,000 people responded and provided a wealth of personal stories and insights.

We wanted to understand how discrimination because of a person's mental health issue or addiction affects their day-to-day lives – their ability to find and keep a job, get an apartment or connect with education and health-related services.

We also wanted to learn:

- The kind of information housing, service providers and employers need to help protect the human rights of people with mental health disabilities and/or addictions
- The types of discrimination that happen based on mental health disabilities and/or addictions in the areas of housing, services and employment
- If there are laws, policies, procedures or systemic practices that disproportionately disadvantage people with mental health issues and/or addictions
- What the OHRC and other bodies can do to raise public awareness, prevent and address these human rights issues.

The OHRC also led focus groups with patients in psychiatric facilities, and with many organizations that provided mental health and addictions services.

As well, hundreds of people attended both public and private sessions for persons with mental illness, employers, service and housing providers in North Bay, Ottawa, Windsor and Toronto.

We also invited individuals and organizations to make written submissions.

Taking action

Talking about mental health is not nearly enough. Even as our consultation got underway we began to take action to educate and to reach out. We added a new section on our website that brings together information on human rights and mental health in Ontario. This resource outlines the OHRC's mental health plan, explains the rights of persons with mental health disabilities and addictions, and includes tips on how employers, housing and service providers can meet their responsibilities under the Code, including the duty to accommodate.

We have also made submissions to the Ministry of Health and Long Term Care on their 10-year mental health strategy, and we are building a partnership with the Mental Health Commission of Canada. We have litigated cases at the Human Rights Tribunal of Ontario to protect the rights of people with mental health disabilities and addictions, and worked with community groups and police on the issue of police record checks that can result in discrimination against people apprehended under the Mental Health Act.

We will publish a consultation report with recommendations based on what we learned from the round table sessions, focus groups and surveys.

The next step will be a responsive policy that clearly explains human rights protections for people with mental health disabilities. The policy will also support employers, housing and service providers in their efforts to eliminate barriers and help people living with mental health disabilities and addictions get the tools they need to contribute and to thrive.

DBT Pioneer Shares Personal Journal of Recovery

Dr. Marsha Linehan went public this June about her personal experience with intense and troubling emotional states and being locked up on a psych ward. Dr. Linehan is the pioneer of dialectical behaviour therapy (DBT) which combines radical acceptance and a commitment to change, mindfulness meditation and CBT (cognitive behaviour therapy). It is used to treat people with diagnoses of borderline personality disorder (BPD), among others. The article appeared in the New York Times on June 23, 2011 ("Expert on Mental Illness Reveals Her Own Fight") <http://www.nytimes.com/2011/06/23/health/23lives.html> <http://depts.washington.edu/brtc/>

Ontario Mental Health and Addictions Alliance Election Update

Less than 2 months until the Provincial Election!

Sign a letter that goes to all the party leaders, and sends a message that we are expecting them to commit to improving the lives of people who live with mental illness and addictions.

Visit www.vote4mha.ca or click on [Write to Party Leaders](#) or call 416-449-6830 x 253 to get involved by signing a letter, joining the Network or learning about other ways to contribute to putting mental health on the election agenda.

Volunteer to Edit Video Needed

A subscriber has video clips of "The Walls are Alive with Mad People," the Friendly Spike Theatre Band's theatrical tour of the Patient-Built Wall at the Centre for Addiction and Mental Health (Queen St. site), performed during MAD Pride this year. He is looking for someone to work with him on editing the pieces together into a video presentation suitable for posting on YouTube. will.p.stevenson@hotmail.ca

Meeting to discuss Proposed Cuts to Women's Services

The Barbra Schlifer Commemorative Clinic will be hosting a meeting to discuss the impact of the City of Toronto's proposed cuts to women's services and community mobilization:

Monday, August 22, 2011
2:00 - 4:00 pm
489 College Street, Suite 302

We would appreciate greatly your insight, ideas and collective concrete next steps for the upcoming September 19, 2011 Toronto City Council Executive Committee.

Please RSVP f.khan@schliferclinic.com or 416-323-9149 ext 243

Street to Trail Hike-a-Thon

You are invited to take part in our fourth annual Hike-a-thon to provide help and give endorsement to Street to Trail. Our goal is to help individuals living on the streets to enjoy the healing experience in the hikes and canoe trips scheduled for this year. Attached is a flyer and pledge sheet. Date Saturday, August 20, 2011 at Taylor Creek Park. We do need your help. Vital supporting roles are required:

- ✓ Available to commit to hike and fill in pledge sheet.
- ✓ Volunteer at the event.
- ✓ Sponsor someone else to walk.

For more information contact: paulmackle@yahoo.com or 416-532-0983. Please look at our blog to know what we are doing over this: www.paulmackle.blogspot.com www.street-to-trail.org. Thanks for your support!



Hearing Voices Group

Meets on the Third Thursday each month

Info night will be held on August 18, 2011 from 6:30 pm to 8:30 pm.

We are a self-help support group for people who hear voices:

- ✓ a safe space where you can talk about your own experience.
- ✓ learn with and from others – some ways they have learned to make living with their voices easier, even positive.
- ✓ facilitated by people who themselves hear voices.

For information on when we meet & where, contact us at voicestoronto@hotmail.com.

<http://hvntoronto.wordpress.com/2011/08/07/hearing-voices-group/>

Poster pdf version: poster #2 – Hearing Voices Group 4 Aug 2011

Recovery Network Toronto

A community of learning in Toronto.

We aim to bring you interesting and useful insights and information from around the world, and local information about stuff you can access in Toronto.

<http://recoverynetworktoronto.wordpress.com/> recoverynetworktoronto@hotmail.com

second wednesday

second wednesday emerged from a WRAP group and has run continuously for three years.

We meet the second Wednesday of each month, hence the name – but not in August.

We are run by peers for peers and have a very informal process.

Mostly we just meet, make and share a simple meal, and relax in each others' company, talk and listen.

If you have made a commitment to yourself to live in wellness and believe in mutual support and self-help then you are welcome.

Next meeting: Wednesday, September 14th

site: <http://2ndwed.wordpress.com/meet-with-us/>

Social Assistance Review Commission is coming to CAMH

The Commission is doing a review of social assistance (ODSP and OW) supports in Ontario.

If you are a CAMH client (current or former) on OW or ODSP we want to hear your feedback on a few questions!

Empowerment Council, 1001 Queen St. West, Training Room A (near the community open area)

Wednesday, August 24, 2011 from 11:30 - 2:30 PM

Clients must register by calling the Empowerment Council: 416-535-8501 x 3013

TTC tokens and food will be provided

The Krasman Centre is hosting discussions of Ontario's Social Assistance Review

If you are on OW or ODSP please come out and share your views on how these programs should be improved. We'll talk about the Review of Social Assistance in Ontario and how to do effective advocacy. Your input will go into a report that we'll send to the Review Commission. Two dates and locations:

- ✓ The Krasman Centre, Alliston, on Friday, August 19, 2011 from 1 pm - 3 pm
- ✓ The Krasman Centre, 10121 Yonge St. on Thursday, August 25, 2011 from 6:30 pm - 8:30 pm

Transportation (VIVA tickets) and snacks available. Call for more info including other ways to get involved and meeting opportunities throughout the GTA. 905-780-0491 x125 Toll Free: 1-888-780-0724 ODSPforum@gmail.com



Challenging Our Understanding of Psychosis and Exploring Alternatives for Recovery

This conference offers a unique opportunity to hear from a distinguished group of writers, clinical practitioners, researchers, advocates and activists who are foremost in their fields of critical psychiatry, psychology, education, journalism, community development and activism. Their inspiring work on psychosis, depression and recovery puts them in the vanguard of the push to transform mental health care. Join them as they present the case for a new perspective on psychosis, and humanistic, community-based alternatives for recovery.

Guests include: **Robert Whitaker** "Anatomy of an Epidemic", **Dr. Richard Bentall** Deconstructing Schizophrenia, **Dr. Sandra Escher** Hearing Voices, **Dr. Philip Thomas** Critical Psychiatry, **Rufus May** Unusual Beliefs, **Dr. Joanna Moncrieff** Psycho-Pharmaceutical Complex, **Dr. Alisha Ali** Oppression/Depression, **Dr. Michaela Amering** Trialogue, **Joe Goodbread** Process Psychology, **Dr. Julie Repper** Social Inclusion, **Will Hall** Psychiatric Drugs/ Harm Reduction, **Maria Haarmans** CBT for Psychosis, **Dr. Peter Stastny** "Crisis or Opportunity", **Dr. Ron Bassman** "Inspiration, Hope and Possibility", and others.

You can visit the website at www.intar.org for the full registration package online. More information: info@alternativestoronto.org. Please note that Intar will mail out registration packages to people who don't use computers. Contact Brian McKinnon at 416-285-7996 ext 227.

EMPLOYMENT

TTYL is a youth group for people aged 16-30 with lived experience of mental health issues. We learn new skills including basic acrobatics, yoga, juggling, dance, character development, and sound and lighting with the goal of building mental health awareness and anti-discrimination shows for youth. We are currently seeking 1 new tech person and 2 new actors. These are paid positions. Training is provided for all positions.

Our group meets once weekly in the evenings with occasional gigs during the day. Honorarium, light dinner and TTC are provided. Emily Collette: 416-535-8501 x7853 or emily_collette@familymentalhealthrecovery.org

Places to go... People to see...

Free and Low-Cost Events for August 16 - 31, 2011

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

ART

Until October 2. Noon – 5 pm daily. Workman Arts presents **Being Scene 11th Annual Juried Exhibition**. The exhibit moves from Hart House to the Gladstone Hotel. 1214 Queen St. West www.workmanarts.com 416-583-4339 FREE

DANCE

Thursdays from 7 – 9 pm. **Dancing on the Pier**. Live bands, social dance clubs and DJs will have you discovering smoldering dance trends and movements from around the world. Open to all ages. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West) 416-973-4000 info@harbourfrontcentre.com <http://www.harbourfrontcentre.com/summer/index.cfm> FREE

- ✓ Thurs 11. **Urbanesque Dance**. Modern Burlesque, Community Tent #1
- ✓ Thurs 18. **DIYAS Bollywood Fusion**
- ✓ Sept 1. **Gadfly**. Canadian Contemporary urban dance ensemble. www.gadfly.ca

FILM

Wed 17 from 6 – 7:30 pm and 8 – 9:30 pm. **A World of Shorts: Fairy Tale Redux**. Presented by Mediatheque and the Canadian Film Centre's Short Film Festival. A collection of sinister and funny tales. NFB Mediatheque, 150 John St. 416-973-3012 www.nfb.ca/mediatheque Adults \$6, Students and Seniors \$4

FITNESS & WELLNESS

Ongoing. Various times and dates. **Mind, Body and Soul – Self Help Support Centre Inc – Living a Life of Excellence**. Community based organization offers programs for mental health and overall well being. Our organization is committed to providing a safe, friendly non-judgmental environment for everyone looking for support throughout various aspects and stages of our lives. Meaningful volunteer opportunities also available. Mind Body and Soul programs include:

Tai Chi *Meditation * Fitness * Ladies Sculpting and Shaping Exercise Class * Family Nutrition * Personal Training * Latin Dance * Guest Speakers * Women's Support Groups * Yoga * Art Therapy * Journaling * Drumming * Relationship Workshops * Male Support Groups *Breaking Bread: Male Survivors of Sexual Abuse * Chronic Pain Support Group * Inspirational Movie Night, and more.

10132 Yonge Street, Suite 201 (corner of Yonge and Arnold Crescent), Richmond Hill 905-237-5615 contact@m mindbodyandsoul.ca FREE

Sat 27 from 9 am to 3 pm. **Meditation in the Park**. Annual outdoor Dharma and meditation in the park with Bhante Saranapala, a Buddhist monk and meditation teacher. All are welcome! Westend Buddhist Cultural Centre, 1569 Cormack Crescent, Mississauga 905-891-8412 www.westendbuddhist.com FREE

FESTIVAL & CELEBRATION

Tues 23 from 6:30 – 7:30 pm. **Granny Mob**. Originated as a form of line dance, and inspired by the popularity of flash mobs, Granny Mob dance performance features local seniors. Harbourfront Centre, RedPath Stage, 235 Queens Quay West 416-973-4000 www.harbourfrontcentre.com info@harbourfrontcentre.com FREE

Thurs 25 – Sun 28. **Buskerfest.** Magicians, circus acts, daredevils, slapstick comedy, clowns, puppets – it's all here at this colourful festival of street performers. St. Lawrence Market (Front Street at Jarvis Street). 416-964-9095 www.torontobuskerfest.com Performers pass a hat after their performance for a donation to Epilepsy Toronto.

Fri 26 – Sun 28. **TaiwanFest: Taiwan Rising.** Theatre, music, dance, visual arts and food. Performances by the Techno Prince dance group, the Chairman Band (merging Taiwanese folk music and Rock n' Roll). Harbourfront Centre, 235 Queens Quay West 416-973-4000 www.harbourfrontcentre.com FREE

Fri 26 from 7 – 10 pm BREAKTHROUGH presents: **Masquerade Ball.** A fabulous evening full of masks, dance lessons, and so much more! BREAKTHROUGH creates social and educational events to connect LGBTQ newcomers in Toronto. We hold events the last Friday of every month. The 519 Church Street Community Centre <https://www.facebook.com/pages/Breakthrough-Network/168950229787279> FREE

Sat 27 from 10 am – 3 pm. **Butterfly Festival.** Celebrate the monarch migration. Families and nature lovers learn about the monarch butterfly migration, plant wildflowers, hike and tag butterflies. Tommy Thompson Park (at Leslie Street and Unwin Avenue). 416-661-6600 x5770 <http://www.butterflyfest.ca/> FREE

LEARNING

<http://www.ohrc.on.ca/hr101/index.html> **Welcome to Human Rights 101.** The Ontario Human Rights Commission has created this online course to introduce people to the Ontario Human Rights Code.

www.equalityrights.org Learn how the Ontario Human Rights Code applies to **discrimination in housing.**

www.artreachtoronto.ca/toolkits ArtReach Toronto is proud to announce the official launch of the **Toolkits Microsite!** Contains tons of resources, films and kits developed as part of the Grassroots Organizing and Leadership (GOAL) Youth Capacity Building Workshop Series that has been going strong since 2007. Info on topics from grant-writing to event planning, fundraising and financial management. FREE

Mon – Sun from 9 am – 9 pm. **The Taylor Massey Project.** See in pictures and words what one group of volunteers is doing in Scarborough to rejuvenate a damaged waterway. Ralph Thornton Centre, 765 Queen Street East. 416-392-6810 www.ralphthornton.org FREE

Tues 23 from 9:30 – 11 am. **Sodium and Your Diet.** Too much salt can be too much of a good thing! This workshop will show you alternative ways to keep the flavour in your food. Women's Place, 31 Tapscott Rd, Unit B6, Scarborough 416-293-4664 <http://www.mfrc.org/womensplace/index.html> FREE

Note: **Women's Place** is a program of Malvern Family Resource Centre. It offers a variety of groups and workshops, drop-in and support to women living in the Rouge River riding. Registration required. MFRC also has a **Senior's Centre**, located at 1321 Neilson Road. The Senior's Centre offers arts & crafts, ESL classes, computer classes, settlement services, drop-in programs, recreation and fitness, volunteer opportunities, special trips and community picnics. 416-281-1376 <http://www.mfrc.org/Programs/seniors.html> FREE

Fri 26 from 1 – 3 pm. Monthly Health Talk. **Self-care and Care for Others Series: Hearing Problems.** Toronto Western Hospital, University Health Network, Auditorium, 2WW-401, 399 Bathurst St. 416-603-5800 x 2661 miulin.wong@uhn.on.ca FREE

Wed 31 from 6 - 8 pm. **Local Fruit Preserving Workshop.** Join CHC Nurse Practitioner Shelley Walkerley for a free workshop on canning fruit and making jam. Learn an easy way to get the goodness of local fruit in the cold winter months. Stonegate Community Health Centre, 150 Berry Road, Etobicoke. Register with Julia Graham at 416-231-7070 x237 julia.graham@stonegatehc.org www.stonegatehc.org FREE

LET'S GO TO THE EX!

Fri 19 until September 5 (Labour Day). **Special Deals at the CNE.** Canadian National Exhibition. Exhibition Place, Lake Shore Blvd. West and Princes' Blvd. 416-393-6300 www.theex.com

- ✓ **Early Bird Special:** If you buy your pass before August 18 the regular pass is \$12 and the Ride All Day Pass is \$36. Available now at the Lakeshore and Union Go Stations and Mac's Convenience Stores.
- ✓ **5 and 5 Special:** Mon through Thurs after 5 pm is \$5 admission (this doesn't include rides) and doesn't apply on September 5.
- ✓ **Pizza Nova Kids Toonie Mondays:** August 22 and 29 children 13 and under get in for a Toonie when accompanied by a paying adult. At the Gate all day long. Ride coupon special is 30 coupons for \$22.
- ✓ **Fri 19. Opening Day Special:** \$8 at the Gate. **Opening Day Ride Special:** 10 rides for \$20.
- ✓ **Tues 30 from 10 am – 10 pm. TDSB Day.** Current elementary and secondary students of the Toronto District School Board get in for free. Discounts for the families of students. <http://www.tdsb.on.ca/cne/>

MUSIC

Fri 19 from 1– 2 pm. **Glee Club 50+.** Why does music make us so gleeful? Research shows it helps with pain management, depression, easing muscle tension and increasing alertness, concentration and energy. Let's make some music! A karaoke machine will accompany us. Central Eglinton Community Centre, 160 Eglinton Ave East Registration is required. 416-392-0511 x 228 olderadults@centraleglinton.com FREE

Thurs 18 from 7 – 8:30 pm. **Edwards Summer Music Series: Gardens of Song. Nagata Shachu.** Toronto Botanical Garden, 777 Lawrence Avenue East (Lawrence Avenue and Leslie Street) 416-39-1351 <http://www.torontobotanicalgarden.ca/press/releases.htm> FREE (free parking)

SPORTS FANS

Sat 27 all day and Sun 28 from 11 am. **NBA Jam Session.** Free interactive basketball festival. Participants of all ages will get the chance to meet an NBA legend, see a performance by Buckets Blakes of the Harlem Globetrotters, test their basketball skills and create their own NBA avatar using HP technology. On Sunday watch high energy games in the NBA 3on3 tournament powered by Rogers. Yonge-Dundas Square www.nba.com/jamsession 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 16th 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

Disclaimer: The views expressed in articles, opinions and announcements 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



Follow us for updates on community mental health related events, employment opportunities and great low cost things to do in Toronto. www.twitter.com/CSInfoCentre

The C/S Information Resource Centre of Toronto
Annual General Meeting

PARC (Parkdale Activity-Recreation Centre)
1499 Queen Street West
September 24, 2011
6 pm – 8 pm

The business meeting will begin at 6 pm and our special guests,
The Parkdale Drummers, will perform immediately afterwards.

Please join us. Everyone is welcome.

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. 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.

You do not need to be a member to continue to receive the Bulletin.