



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

BULLETIN

October 1 – 15, 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/

Connections **14th Annual Mental Health InfoFair: Theme: Connections**

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

**Wednesday, October 12, 2011 from 12:00 – 4:30 pm
East York Civic Centre, 850 Coxwell Avenue**

- ✓ 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, COTA Health

Mad Students Society (MSS)

The MAD Students Society is meeting on Saturday, October 8 from 3:30 pm to 5:30 pm in downtown Toronto.

MSS is a group of students who are attending institutions of post-secondary or adult education and have past and/or present experiences with the psychiatric and/or mental health systems. We meet monthly to support each other and talk about concerns we share. We also communicate with each other through an email list. New members are always welcome.

For more information on meeting location, joining the discussion email listserv, requesting a brochure, or about the group, please email Elizabeth at outreach@madstudentsociety.com. Our website is being updated but can be found at www.madstudentsociety.com.

Registered Disability Savings Plan Overview:

You should consider opening a Registered Disability Savings Plan (RDSP) if you have a long-term disability and are

- ✓ under age 60,
- ✓ a Canadian resident with a [Social Insurance Number \(SIN\)](#),
- ✓ eligible for the Disability Tax Credit ([Disability Amount](#)) and
- ✓ looking for a long-term savings plan.

For more information on who can open a plan, visit

http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/open_rdsp.shtml

RDSP at a glance

- The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future.
- The "beneficiary" of the RDSP is the person who will receive the money in the future.
- Anyone can contribute to an RDSP if they get the written permission of the RDSP holder (the person or organization that opens and manages the RDSP).
- There is no annual contribution limit to the RDSP, but there is a lifetime contribution limit of \$200,000.
- The deadline for contributions each year to an RDSP is December 31 of that year.
- To help you save, the Government pays a matching grant of up to \$3,500, depending on the amount contributed and your family income.
- The Government also pays a bond of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians.
- Grants and bonds are paid until the year the beneficiary turns 49.
- As of January 2011, you are allowed to carry forward unused grant and bond entitlements for a 10-year period preceding the opening of the plan (starting from 2008, the year RDSPs became available).
- As of July 2011, the proceeds from a deceased parent's or grandparent's Registered Retirement Savings Plan, Registered Retirement Income Fund and Registered Pension Plan can be rolled over into the RDSP of a financially dependent child or grandchild with a disability.
- Earnings accumulate tax-free, until money is taken out of the RDSP.
- To encourage savings, grants and bonds must remain in the RDSP for at least 10 years.
- There is no impact on federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax Credit, Old Age Security, and Employment Insurance.
- In all provinces and territories, RDSPs will have little or no impact on social assistance payments. Visit http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_ptb.shtml
- To open an RDSP and apply for the grant and bond, contact one of the participating [Financial Organizations](#).

Canada Disability Savings Grant

Through the Canada Disability Savings Grant, the Government deposits money into your RDSP to help you save. The Government provides matching grants of up to 300%, depending on the amount contributed and the [Beneficiary's Family Income](#). The maximum is \$3,500 each year, with a limit of \$70,000 over your lifetime.

Canada Disability Savings Bond

Through the Canada Disability Savings Bond, the Government deposits money into the RDSPs of low-income and modest-income Canadians. If you qualify for the bond, you could receive up to \$1,000 a year from the Government, with a limit of \$20,000 over your lifetime. Contributions do not need to be made to the RDSP in order to receive the bond.

For more information and if you have questions about the Canadian Disability Savings Program call 1-866-204-0357 or visit www.disabilitysavings.gc.ca www.rdsp.com (for an online tutorial) or attend one of the following public information sessions, webinars or telephone consultations.

RDSP Ontario FREE Public Information Sessions

The Ontario Government is providing free information sessions, webinars and telephone consultations on the Canadian Disability Savings Program to the general public.

Information Sessions: I suggest you call the number first to make sure there has been no scheduling change for the session you wish to attend.

- October 15, 2011 at 10 am. Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Road 416-425-6220
- November 8, 2011 at 1:30 pm. HIV & AIDS Legal Clinic, Ontario, 65 Wellesley St. E., Suite 400 Jill McNall 416-340-7790 mcnallj@lao.on.ca
- November 14, 2011 at 7 pm. Community Living Toronto (North York), 1122 Finch Ave. West, Unit 16, North York 416-225-7166 x 249 wdyke@cltoronto.ca
- January 31, 2012 at 6:30 pm. Community Living Toronto (Central), 20 Spadina Road 416-968-0650 x 2339 chackbarth@cltoronto.ca
- January 31, 2012 at 2 pm. Community Living Toronto (Central), Professionals & Staff , 20 Spadina Road 416-968-0650 x 2339 chackbarth@cltoronto.ca

Webinars

There are 14 free information **webinars** scheduled starting at the end of September 2011 and into February 2012. Register online at http://www.rdspontario.ca/RDSP_Webinars_Schedule.html.

Telephone Consultations

Free 30 minute telephone consultations are scheduled starting October 6 and into early December of this year. Register online at <http://www.rdspontario.ca/>. Or leave a message at 647-280-1050 and a representative will call you to make your appointment.

One of the criteria for applying for an RDSP is that you must be eligible for the disability tax credit.

[Are you eligible for the disability tax credit \(DTC\)?](#)

Find out the conditions you must meet to be considered eligible by the Canada Revenue Agency.

From Housing Workers' News

Helping Homeless Ontarians Vote

Sep 16, 2011

News source: Chief Electoral Officer of Ontario

Staff at shelters, drop-ins and/or community health centres can act as a representative of their facility and sign Certificates of Identity and Residence allowing residents and/or program participants who do not have required identification to vote.

Please visit the website below for more information and to download the "Authorization for Administrators Form" that must be completed by authorized staff. This form must then be faxed to Elections Ontario who will then send out the "Certificate of Identity and Residence Forms" to be completed by authorized staff and each resident who needs one. To download the form: http://www.findhousinghelp.ca/news_res/show_news.cfm?id=5656

For more information contact info@elections.on.ca or call 1-888-668-8683.

The following tip sheet is published by the **Financial Consumer Agency of Canada**. For more information on banking, savings, budgeting, and money management, visit the Financial Consumer Agency of Canada: <http://www.fcac-acfc.gc.ca>.

What is a Low-Cost Bank Account?

A low-cost account is a bank account that costs a maximum of \$4.00 per month and includes the following features:

- no charge for deposits
- the use of a debit card
- the ability to write cheques (some banks may charge additional fees for cheques)
- 8 to 15 free debit transactions per month, at least two of which can be made in the branch.

Debit transactions can include:

- writing cheques
- paying bills
- taking money out of an automated bank machine (ABM) or with the help of a bank teller
- transferring money between accounts
- buying something at a store with your debit card
- free monthly statements or a bank book showing you all the money that came out of and went into your bank account during the month.

Tips About Low-cost Bank Accounts

Where can you open a low-cost bank account?

To find out which banks offer low-cost accounts, visit our interactive tool <http://www.fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/bankingPackage/BanStep2-eng.asp?province=ON&bLang=True>. The site identifies banks that offer low-cost accounts based on your banking needs and profile. This includes specific packages for seniors. It also provides a chart that breaks down the details of the account.

Who can open a low-cost account?

Under Canadian law, everyone has the right to open a bank account. You can open an account with a bank even if:

- you don't have a job
- you don't have money to put in the account right away
- you have been bankrupt.

To open an account with a bank, you have to:

- go to the bank in person, and
- show the bank original identification (ID) – not photocopies.

Note: Responsibility for regulating other deposit-taking institutions, such as credit unions and caisses populaires, is with the provinces or territories, which may have different requirements. For more information on the types of ID you must show, contact us at 1-866-461-3222.

Things to consider when shopping around

- Are there branches and ABMs of the bank close to your home, place of work or school?
- How much extra will you have to pay if you use ABMs of other financial institutions?
- How many transactions are allowed in the monthly fee? Are there any restrictions by type?
- What are the fees you must pay if you go over this limit?
- Can you order cheques free of charge, or do they cost extra?
- Do you prefer a bank book or a monthly statement?
- What kind of ID will you need to open a low-cost account?

Invitation to ARCH Disability Law Centre's Annual General Meeting

Thursday, October 13, 2011

Registration begins at 5:30 p.m. Meeting begins at 6:00 p.m. Refreshments at 6:45 pm.

Metro Hall, 55 John Street, Room 308, Toronto, Ontario (King and John Street)

Speakers:

Lenny Abramowicz, Executive Director, Association of Community Legal Clinics of Ontario and Marianne Park, Board Member, ARCH Disability Law Centre

RSVP to Theresa Sciberras: scibert@lao.on.ca

Tel.: 416-482-8255 or 1-866-482-2724 Fax: 416-482-2981 or 1-866-482-2728 TTY: 416-482-1254 or 1-866-482-2723

Please Note: Sign language interpreters, real-time captioning and attendant services will be provided. If you require accommodations other than these, or have specific dietary needs, please contact Theresa Sciberras at ARCH by phone or e-mail at scibert@lao.on.ca by October 4, 2011.

Metro Hall is a physically accessible building.

All ARCH activities are scent free.

The Empowerment Council & Parkdale Community Legal Services Presents:

Community Legal Services – Information Session

Monday October 3, 2011

2:00- 3:00 pm

Empowerment Council Office, Room 160, 1001 Queen Street West

Find out about how to access the legal clinic in your area, what they can and can't help you with. Receive information about the Parkdale Community Legal Services, Legal Aid Certificates, Community Projects and Coalitions you can get involved with.

Call Lucy Costa 416-535-8501 x 3013 if you have any questions.

Living Your Rights Lecture Series: Treatment, Informed Consent and Your Rights

Presented by Central LHIN Consumer/Survivor Network & the Psychiatric Patient Advocate Office

North York General Hospital Branson Site – Auditorium, 555 Finch Avenue West

Thursday, October 6 from 2 pm – 3:30 pm

Wheelchair Accessible Light Refreshments Tokens available for unwaged attendees Free parking at 580 Finch West

Speakers: Stanley Stylianatos and Ryan Fritsch, Legal Counsel from the Psychiatric Patient Advocate Office

For more info and to register: Theresa at Central LHIN C/S Network: clhincsnetwork@gmail.com 647-203-3726

Living Your Rights is a FREE monthly education series to introduce and inform consumer/survivors about their rights, core principles of mental health and allied legislation, strategies for handling mental health law issues and opportunities to network with leaders and peers.

Laughing Like Crazy New Young Adult Program

For Ages 19-24

Thursday Evenings from 7:00 to 9:45 p.m.

November 10, 2011 to February 23, 2012

Mood Disorders Association of Ontario, 36 Eglinton Avenue W Suite 602 (One block west of Yonge and Eglinton)

Building is wheelchair accessible.

To apply: Email your contact information (telephone and email), age, and why you are interested to:

laughinglikecrazy@gmail.com.

Applicants will be asked to participate in a short telephone interview. The program is limited to 15 participants.

Comedy or acting experience is not required.

Applications must be received by **Wednesday, October 26, 2011** to be considered for the program.

Mental Health in the Workplace Forum @ Rotman

“Practically Speaking: What’s Worked and Hasn’t Worked in Addressing Workplace Mental Health”

Wednesday, October 19, 2011 5 pm sharp - 6:15 pm

Rotman School of Management, U of T

105 St. George St, MBA Classroom 134

Moderator: Dr. Melanie Carr, Assistant Professor, Department of Psychiatry and Adjunct Professor, Rotman School of Management, University of Toronto

MBA Classroom 134 (ground floor), Rotman School of Management, University of Toronto, 105 St. George St.

\$20 plus HST per person

events@rotman.utoronto.ca 416-978-4193

EMPLOYMENT MATTERS

George Brown College Info Sessions

George Brown College will be hosting an Information Session for the Assistant Cook Extended Training (ACET) program on Friday, October 7 at 2:30 pm at St. James Campus, 200 King St. East in room 358E and Thursday October 20 at 12:30 pm at St. James Campus, 200 King St. East in Room 390F. Upcoming Application Deadline for ACET is October 21, 2011

George Brown College will be hosting an Information Session for the Construction Craft Worker Extended Training (CCWET) on Tuesday, October 18, 2011, Tuesday, November 22, 2011, and Tuesday, December 13, 2011 at 10:30 am at Casa Loma Campus, 146 Kendal Ave in Room C536. Application deadline for the program is February 17, 2012.

Please RSVP at auged@georgebrown.ca or (416) 415-5000 x 6790.

Please give us your name, phone number, indicate which info session you'll be attending and number of people attending.

Attendance to the information session is NOT mandatory to apply for the program.



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 and bending. Must have a valid SIN card.

If interested, please contact Karen Schwartz at 416-504-4262, #227 or at karen@freshstartclean.com.

*Please note, only qualified applicants will be interviewed.



A-Way Express Courier Service is taking applications for the position of Courier.

A-Way is a non-profit transit based courier service founded and staffed by survivors of mental health challenges. Since 1987, A-Way has served as a model of business acumen and a tribute to the power of community.

We provide meaningful and supportive employment that promotes increased self respect and productivity among our employees.

Once again we are opening our waiting list to applicants, for the position of courier. We are accepting only the first 25 applications starting on Tuesday October 4, 2011. To apply for a courier position, the person looking for work needs to visit our office in person at 2168 Danforth Avenue and fill out an application for employment. No appointment is necessary. Resumes may be attached; however, they are not necessary. Your application will remain on file and will be reviewed when a position becomes available.

Because we are accepting only 25 applications it would be wise to telephone us before visiting our office, as our waiting list fills up quickly. 416-424-2266

Krasman Centre Warm Line Volunteer Opportunity

The Warm Line is a telephone support line for individuals who experience mental health issues. The Warm Line is answered by people with lived experience and provides confidential and anonymous support.

The Warm Line will be expanding in November and will include day and evening shifts. Volunteers receive a small honorarium per shift. Volunteer Requirements:

- ✓ Volunteers must identify as consumers/survivors (individuals who have had personal experience in the mental health system) and willing to work from a recovery perspective.
- ✓ Comfortable with and access to internet and computer
- ✓ Personal experience with homelessness and/or poverty is valued
- ✓ Attend all orientation sessions and participate in monthly meets.
- ✓ Ensure confidentiality of all callers.

To apply please email Amy Thompson explaining why you would like to be a Warm Line volunteer and how it will support you in your recovery. Amy.thompson@krasmancentre.com

Please ensure letters are received by October 7. Interviews and selection process will occur. We thank all peoples for applying.

NEWSBYTES

Cortisol and fibromyalgia. The first study to look at how yoga affects cortisol levels in women with fibromyalgia found that their levels of cortisol increased after doing 75 minutes of hatha yoga twice a week for 8 weeks. This is a significant finding because low levels of cortisol contribute to pain, fatigue and stress sensitivity in women with fibromyalgia. The study was published in the Journal of Pain Research. Cortisol is a hormone produced by the adrenal gland and is important for how the body responds to stress. <http://www.medicalnewstoday.com/releases/231970.php>

Yoga and schizophrenia. A 3-part study of complementary treatments for people diagnosed with schizophrenia, compared exercise, yoga therapy and waiting on a list for treatment. The study found that yoga was the most effective of the three. <http://www.medicalnewstoday.com/releases/233596.php>

ADHD and playing in nature. A study of 400 children diagnosed with Attention Deficit Hyperactivity Disorder has found that those who play outside regularly in places with grass and trees have milder symptoms than kids who play outdoors in places that are not “green”. Authors of the study say that most children with ADHD “would benefit from a low-cost, side-effect-free way of managing their symptoms”. Past research has found that brief exposure to nature improves ADHD symptoms in children and adults who are not diagnosed with ADHD too.

<http://www.medicalnewstoday.com/releases/234526.php>

Belly laughs and endorphin rushes. An international, 10 year study reveals that having a good laugh, a belly laugh, produces endorphins that make you feel good. Apparently, when human beings laugh out loud we breathe out without breathing in. This is unique to human beings. It is exhausting and triggers the release of endorphins (increasing pain tolerance too). Only a good belly laugh shared with others produces the endorphins. We also laugh more with others than when we are alone and researchers speculate that laughter is important for social bonding.

<http://www.medicalnewstoday.com/articles/234434.php>

Social Anxiety and CBM software. A new study found that a computer software program decreased study participants' social anxiety. The software is based on cognitive bias modification, a therapy that helps people to interpret new situations in a neutral way. Study participant's experienced a decrease in anxiety after doing 2 computer exercises twice a week for four weeks. <http://psychcentral.com/news/2011/09/15/computer-program-can-help-relieve-anxiety/29451.html>

Probiotic Bacteria and Anxiety/Depression. New research raises the possibility that certain probiotic bacteria may reduce anxiety and depression via the brain-gut axis. <http://www.sciencedaily.com/releases/2011/08/110829164601.htm>

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

Free and Low-Cost Events for October 1 - 15, 2011

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

ART

Until January 20, 2012. **Who's Drawing the Lines: the Journey of Judith Snow.** This intimate exhibition explores paintings by Snow, a quadriplegic artist and world leader on inclusion issues for people labeled as disabled. Who's Drawing the Lines reveals how, through her unique way of creating art, Snow overcame a lifetime of perceived limitations to express “all that is in [her] heart”. Royal Ontario Museum, 100 Queen's Park. Call 416-586-8000 or visit <http://www.rom.on.ca>.

FESTIVAL

Sat 1 from noon – 7 pm. **Live Local Harvest Festival.** Street food vendors, free food samples, cooking demos, children's play area, bulb planting, composting, nutrition, apple cider pressing demos. Scadding Court Community Centre, 707 Dundas Street West (east of Bathurst & Dundas) FREE

HIKING WEEK 2011

<http://www.torontohiking.com/tohi/> **October 1 – 7 is Hiking Week.** October is a gorgeous month for walking. Fall colours, cool weather, and no mosquitoes. There are dozens of trails within Toronto (and dozens more in the surrounding regions). In Toronto the ravines offer excellent hiking. You can also take advantage of the incredible system of trails and walkways that connect the ravines. Although you may have to take a short detour along a street, you can often plan a route which is almost entirely in a natural setting. You can reach a lot of the trails by bus, subway or even the Go Train.

The Toronto Urban Walk Series presents a group of pleasant walks around Toronto that are mostly on flat terrain and 2 – 3 hours long. All of the walks begin and end at TTC subway stations or bus and streetcar lines.

<http://www.torontohiking.com/tohi/walks/urban-walks.html>

Some popular Metro Toronto Trails: The Waterfront Trail <http://www.waterfronttrail.org/>, Humber River Trail <http://www.out-there.com/ton01hkg.htm>, Don River Trail <http://www.trca.on.ca/protect/watersheds/don-river/walk-the-don.dot>, Rouge River Trail <http://www.out-there.com/ton01hkg.htm>, Tommy Thompson Park www.tommythompsonpark.ca, High Park <http://highparktoronto.com/> FREE

The Bruce Trail Hiking Club Urban Walks. These are walks or hikes generally accessible by TTC. Meeting locations are announced on the Club's Info Line: 416-763-9061. www.torontobrucetrailclub.org Cost: \$1

Sunday 2. Bus departs at noon for the 1:30 pm hike. The Toronto Bruce Trail club is hosting a guided hike in the **Terra Cotta Conservation Area (Halton Hills)** and has arranged a free bus shuttle from Toronto. Celebrate Bruce Trail Day. www.torontobrucetrailclub.org 416-763-9061 Meet at York Mills Subway Station (south entrance)

Month of October. **Toronto Trails 9th Season of Fall Walks** for health, happiness and empowerment. Visit www.torontotrailsfestival.ca for details about the following scheduled walks. Online registration required.

- ✓ Sat 1. **Toronto Islands.** 3 hours. Meet at ferry at 9:30 am. FREE
- ✓ Sun 9 at 10:30 am. **Rouge River Valley Walk.** 85B from Don Mills subway station, 86A from Kennedy subway station, or 85A from Rouge Hill GO station. Get off at the first stop north of Sheppard and walk east. 2 hour walk. FREE
- ✓ Tues 11 at 8:15 pm. **Full Moon Walk.** Gather at Starbucks, 1984 Queen St. East at 8 pm. 2 hour walk on the Beaches Boardwalk. FREE
- ✓ Sat 15. **A Photo Walk.** An all day very low walk for Photography Enthusiasts (all levels welcome) FREE
- ✓ Sat 29. **Central Toronto Ravine - Our Grand Finale** FREE



LEARNING

Thurs 13 from 5:30 – 7:30 pm. **Family caregivers and people with dementia are the true experts.** Come and learn what others found helpful and difficult during their personal journeys. Alzheimer Society of Toronto (Yonge & Eglinton). Registration is required. Call 416-322-6560 contact@alzheimertoronto.org <http://www.dementiatoronto.org/allEvents.htm>

October 17, 18, 24, 25, 31 and November 1. **Housing and Human Rights Lunchtime Webinar Series.** Free lunch time webinar series on housing and human rights in Ontario presented by the Centre for Equality Rights in Accommodation (CERA). You need a telephone and a computer connected to the internet. No special software is required. View presentation slides, ask questions via web chat and participate in discussions over the telephone. Register for a webinar Email John at john@equalityrights.org. to register. www.communitylegalcentre.ca/calendar/docs/CERA-HumanRightsWebinarSeries.pdf FREE

Wednesday October 12th. 7 - 9 pm. Act Community Health Forum. **HIV and Healthy Relationships.** Guest Speakers: Jason Brophy, MD, MSc, DTM, FRCPC who will be joined by two community members. Please note the forum is webcast live for those who can't attend. Ramada Plaza Hotel. 300 Jarvis Str. Toronto www.actoronto.org/forum

Wellesley Election Guides 2011: What are you going to ask candidates when they ask you for your vote? The Wellesley Institute has published some guides on important issues for the election. [Housing Election 2011](http://www.wellesleyinstitute.com/elections/2011/election-guides) [Work Election 2011](http://www.wellesleyinstitute.com/elections/2011/election-guides) [Health Equity Election 2011](http://www.wellesleyinstitute.com/elections/2011/election-guides) [Non-Profit Election 2011](http://www.wellesleyinstitute.com/elections/2011/election-guides)



THE NATIVE CANADIAN CENTRE OF TORONTO

Native Canadian Centre of Toronto, 16 Spadina Rd. <http://www.ncct.on.ca/index.php>

- ✓ Sat 1 from 10 am – 4 pm. **Flea Market & Craft Sale.** Interested in buying authentic Aboriginal art and craft items? Featuring free Beading Classes – 50-50 Draw – Fundraising BBQ – Raffle Items. FREE admission
- ✓ October 15th 7 am – 9 pm – **25th Annual Traditional Awareness Gathering.** Adult – \$10.00 Youth & Senior – \$5.00 Children Under 12 – FREE Members get 40% off admission. Volunteers receive free admission. Contact Bonnie at bonnie.matthews@ncct.on.ca. Questions? Call the Cultural Department at 416-964-9087 x 315.

SOUND TIMES FALL LINE-UP

Sound Times is a member-driven consumer/survivor initiative providing mental health support services in downtown. Individuals use the services of Sound Times by joining as a Member. People can come to Sound Times for their first three visits as a guest to decide if they wish to join the Sound Times community. 280 Parliament St. (Entrance is from Poulette St., 1 block west from Dundas St. and Parliament St.) 416-979-1700 Fax: 416-979-8354 www.soundtimes.com

Membership in Sound Times is free and activities are FREE. Here is a sampling of what's on this fall:

- ✓ Fridays from 11 am – 12:45 pm **The Sound Werx.** Advanced music production software for producing/recording music, beat-making, learning to play an instrument. Individual instruction is available upon request.
- ✓ Tuesdays and Fridays from 10 am – 12:45 pm. **Art Studio,** including crafts.
- ✓ Tuesdays at noon. **Beginners Internet Workshop.** Explore World Wide Web and open up an e-mail account. Built a website, get on Facebook and learn out to upload a video to YouTube.
- ✓ Mondays at noon. **Writer's Collective.** New members welcome.
- ✓ Thursdays. **Cookin' It Up.** Learn new cooking skills or brush up on old ones.
- ✓ Events like BBQs, movie nights, singing, food market, birthday celebrations, and more



SHOW

Fri 14 and Sat 15 from noon – 3 pm. **Annual boutique-style sale of fabulous designer fabrics** generously donated by Primavera. Textile Museum of Canada, 55 Centre Avenue 416-599-5321 FREE admission

Fri 14 – Sat 15. **Running Health and Fitness Show.** Plenty to engage both beginners and serious distance runners alike. The expo is in Hall D of the Direct Energy Center, 100 Princes' Blvd. www.marathonexpo.com FREE admission

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.

www.csinfo.ca www.twitter.com/CSInfoCentre

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.

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