

BULLETIN

January 1 – 15, 2013

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.ca <http://www.csinfo.ca/>

Our Next C/S Info Session is a Movie!

Please Join us for
So You're Going Crazy...
A Documentary by Hilary Dean

Monday January 28th at 1:30 pm

**Room B-40 in Unit 4
CAMH
1001 Queen Street West**

Refreshments

If possible, please RSVP to csinfo@camh.ca or 416-595-2882

In 2010, one of the projects funded by The Reva Gerstein Legacy Fund was a film produced by Hilary Dean. The film has been an Official Selection at The Rendevous With Madness Film Festival, in Toronto, The NYC Mental Health Film Festival in New York, The Awareness Festival in Los Angeles and Doc Utah in Utah.

It's a fantastic film. Please join us.

Community Events

C/S Information Resource Centre of Toronto Data Contest Winners

On behalf of C/S Information Resource Centre of Toronto we would like to congratulate our winners of the Data Contest and to thank you very much for submitting your postal code and age. This information helps us with the data that is required by the Ministry of Health and Long-Term care. All information provided will be kept confidential. Please keep sending your data if you have not yet done so. This will help us to keep accurate statistics for each quarter.

The winners are as follows:

1. Joel W – Walmart Gift Card	2. Steven B - Bulk Barn Gift Card	3. Natalie L – Bulk Barn Gift Card
4. Heather M – Walmart Gift Card	5. Marla N – Tim Horton's Gift Card	6. Patti W- Bulk Barn Gift Card
7. Patricia U – Timmie's Gift Card	8. Johnny F – Walmart Gift Card	9. Rowley F – Tim Horton's Gift Card

Dodem Kanonhsa'

The purpose of Dodem Kanonhsa' is to promote sharing and understanding of Aboriginal Culture and its philosophies. Dodem Kanonhsa' is open to both Aboriginal and Non-Aboriginal people with the hope that it will benefit intercultural relations, cross cultural communication and understanding. The lodge allows us to continue the tradition, started by our Grandmothers and Grandfathers of oral teachings.

January 8th through to 10th, 2013:

Traditional Teacher David Willow – from Rama First Nation, Bear Clan. David is a spiritual/intuitive counselor and teacher. He offers insight and guidance in walking your life-path, through helping you discover your personal story. David addresses emotional healing through homeopathic medicines, and flower remedies. This also helps people to connect with their own spirit helpers and their own inner guide. David is a yoga instructor, a student of Qigong healing and holds a Masters Degree in Leadership and Intercultural Communication. Everyone is welcome to call for an appointment! This event is located at 55 St.Clair Avenue East, 6th Floor in Toronto. If you have any further questions or to make an appointment please do not hesitate to call 416-952-9272. Sorry, no open teachings. This is a free event.

January 22nd through to 24th, 2013:

Elder Janice Longboat - from Mohawk Nation, Turtle Clan. Janice has worked with many Native Communities sharing the traditional teachings that she has gathered across Turtle Island. Janice is a Grandmother who practices the use of herbal medicines. Nurturing her way of life with medicines and healing, she was given the teachings by many Elders and Medicine people. Janice will be at the Dodem Kanonhsa' sharing the Earth teachings in traditional medicine, healing, dreams, ceremony, fasting and earth changes. Open teachings 12:00 pm until 1:00 pm on January 22nd and January 24th. Everyone is welcome! This event is located at 55 St.Clair Avenue East, 6th Floor in Toronto. If you have any further questions or to make an appointment please do not hesitate to call 416-952-9272. This is a free event.



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 spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or please call the C/S Info Centre at 416-595-2882 and we'll put you in touch with Martha.



Does the Justice System Work?

January 18th Time: to be announced

The Empowerment Council and ARCH Disability Law Centre are holding a focus group for the Canadian Bar Association. We need community input on the justice system.

- ⌘ **DO YOU FEEL LIKE YOU HAVE LEGAL RIGHTS?**
- ⌘ **DOES THE JUSTICE SYSTEM WORK?**
- ⌘ **WHAT DOES JUSTICE MEAN TO YOU?**

If you have a mental health diagnosis and have had legal issues or used any court or tribunal such as the Landlord and Tenant Board, Criminal Court or Social Benefits Tribunal, etc. We want to talk to **you!** We can only speak to **twelve** individuals and there will be compensation for your time. So please call and let us know **which court system** you have used. To register contact the Empowerment Council at 416-535-8501 x 33013 or email lucy.costa@camh.ca.



How can we make court systems better?

January 22nd at 4:00 pm

Individuals who use mental health services at times also come into contact with different court systems. We want to learn more about how courts treat people with mental health issues. The Empowerment Council is organizing a focus group to discuss this issue. We want to talk to **you.** If you have a mental health diagnosis and have used any of the following:

- ⌘ Mental Health Court 102, Criminal Court, The Social Services Tribunal, The Refugee and Immigration Board, Social Services (ODSP) Tribunal, Housing Tribunal, Drug Treatment Court, Family Court, Small Claims Court.

We want to hear about any positive and negative experiences and how you were treated if you are a mental health service user. This event will take place on Tuesday January 22nd beginning at 4:00 pm. Location to be announced. We are only speaking with **ten** individuals. So please call and let us know **which court system** you have used. There will be compensation for your time. To register contact the Empowerment Council at 416-535-8501 x 33013 or email lucy.costa@camh.ca

- ★ *Are you someone under the Ontario Review Board? Have you been waiting to be transferred to another hospital or least restrictive environment as per a disposition order? Have you been waiting a long time? For more information about an important legal Charter of Rights and Freedoms challenge please call Lucy Costa 416-535-8501 x 33013*



BOOST: IMMUNITY

Boosting immunity with affordable, healthy food is a free 6 week program at The Stop Community Food Centre. Classes are held at 601 Christie, Barn 4 on Fridays starting Jan 11th, and continuing on January 18th, 25th and Feb 1st, 8th, 15th and will run from 3:00 pm until 6:30 pm. Please call Kristyn at 416-651-7867 to register.

Volunteer Opportunities

Income Tax Preparer

The Consumer/Survivor Information Resource Centre is seeking a numbers geek who likes people or a people person who likes numbers. You will be trained to do tax returns for low income consumer/survivors both now and when the tax season for 2012 begins. Tax returns are done using Canada Revenue Agency provided software and are scheduled for one day a week to be negotiated between the volunteer and the Centre. (It's currently Tuesday, but it could be a day that works better for you). Our most recent volunteer, the fabulous Marcia, has moved to BC and so we are interested in replacing her as soon as possible. Our tax clinic runs all year, although it slows down in the late fall. If you are interested in this opportunity please send a letter of interest and/or a resume to Helen Hook at C/S Info, c/o CAMH, The Mall, 1001 Queen Street West Toronto ON M6J 1H4 or email at helen.hook@camh.ca . If you need information or want to talk about this opportunity, call me at 416-595-2882.

Member of the Board of Directors

A-Way Express Courier is a social purpose company providing meaningful and supportive employment to people with direct experience of the mental health system. A-Way's couriers deliver documents and parcels for private and public organizations throughout Toronto, using public transit. For additional information see <http://www.awaycourier.ca/>. A-Way's board focuses on supporting the organization at the policy level. We are seeking a qualified volunteer to provide leadership in the area of business development. The ideal candidate has a strong business background, experience with social purpose enterprise initiatives, and either board or staff experience with a non-profit organization. A commitment to volunteerism, the non-profit mental health sector and A-Way's mission and vision is also critical. A-Way is committed to diversity within its Board of Directors and welcomes applications from all communities including members of visible minority groups, women, Aboriginal persons, persons with disabilities, and members of sexual minority groups. Individuals who have lived experience with mental health/addiction challenges are particularly encouraged to apply. If you are interested in this volunteer opportunity, please forward your résumé, as well as a letter outlining your relevant experience and what you can contribute to A-Way, to the Chair of the Human Resources Committee, Edith Sinclair at edith.sinclair@utoronto.ca by January 7th, 2013.

Employment & Training Matters



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

Finance & Information Management Lead Contract Position

General Responsibilities

The Finance and Information Management Lead is responsible for Houselink's Information Management (IM) functions and promoting transparency, accountability and collaboration while leading the planning and setting of priorities in this area. The Finance and Information Management Lead helps to provide strategic direction and anticipate emerging issues.

The Finance and Information Management Lead reports to the Executive Director. This interim position is to act in part as a change agent to assist in improving the effectiveness of IM throughout the organization. The Finance and Information Management Lead is a resource to the management team and responsible for leadership in the areas of IM and IT. The position is responsible for supervision of staff.

Skills, Knowledge and Experience Required

- Combination of education and extensive management experience in the area of information management and technology.
- CMA, CGA, designation and/or bachelor degree in Information Management/Business Administration considered an asset.
- Working knowledge of hardware, networks and database technologies.
- Excellent interpersonal and communication skills.
- Excellent organizational capabilities and judgment.
- Ability to work independently on complex and diversified projects.
- Proven ability to effectively direct, motivate and supervise professional staff.
- Demonstrated experience in Project Management, leadership and organizational change.

For more information about this position, see the complete job description at: www.houselink.on.ca/how-you-can-help/careers-at-houselink

Apply in writing, stating salary expectations by January 23, 2013, **Quoting File #223** to:

Hiring Committee
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted.

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.

Backroom Team Member - **Target Canada** - Toronto - Cloverdale Mall

Requisition #	REG6-1768143
Employer	Target Canada
Job Location	Canada-Ontario-Toronto
Additional Location Details	Cloverdale Mall
Job Type	Permanent, Full-Time
Number of Positions Open	10
Start Date of Employment	ASAP
Expiry Date	07-Jan-2013

Creating a great shopping experience for guests begins with creating a great workplace for team members. We offer a friendly, fun, collaborative work environment that rewards people who give their best.

Job Description

- Helps deliver a strong guest focus culture that exceeds guest expectations every time
- Keep merchandise organized and accessible
- Embraces a friendly, positive, helpful and team oriented environment.
- Maintain a clean, clutter-free area
- Quickly responds to all team member requests

Qualifications

- Helps drive sales by pulling merchandise quickly and accurately
- Cross training and working in other areas of store as needed
- Place items on shelves and sales floor
- Train new team members
- Move merchandise using the proper equipment
- Use technology to read instructions and enter information
- Work independently
- Use excellent planning and organizational skills
- Quick and accurate scanning and bagging of all items, and payment collection

Apply to: Regent Park Employment Services
530 Dundas Street East, Toronto, ON, M5A 2B3
Tel: 416-392-3456 or Fax: 416-392-4877

Want to add to your Canadian work experience - Try Connections

Connections is an 18-week training program assisting newcomers in securing employment. There will be 12 weeks of in class training consisting of MS Office 2007, Customer Service Excellence, Business English and Job Search Preparation. Following with 6 weeks of co-op placement with reputable organizations in the financial, hospitality, retail and travel industries. This program can help you find work if you recently immigrated to Canada, are currently receiving assistance from Ontario Works, speak English as a second language at an intermediate level or have a work permit valid for at least one year. Our 2013 session will begin on January 7th and run until May 10th. Contact Stefanos Habtu or Anthony Garcia at 416-531-4631 to learn more about the Connections program or to register.

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

Free and Low-Cost Events for January 1 – 15, 2013

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

ART

January 13th beginning at 2:00 pm. The Power Plant Contemporary Art Gallery presents: **SUNDAY SCENE / Wanda Nanibush**. Wanda Nanibush is an Anishnawbe-kwe curator, writer, consultant, and media artist. Wanda has a Masters of Visual Studies from the University of Toronto. As a curator, her work has largely concentrated on re-contextualizing indigenous time-based media and performance art to examine the underlying philosophical complexity of the work, as well as rethinking how culture and identity are framed by contemporary artistic discourses. 231 Queens Quay W. For further questions please call 416-973-4949. Free

Saturday January 15th to March 9th, Tuesday to Friday 12:00 pm to 5:00 pm, Wednesday 12:00 pm to 8:00 pm and Saturday 12:00 pm to 4:00 pm. The University of Toronto Art Centre presents: **Luminescence The Silver of Peru**. The display traces the history of silver in Peruvian culture and the recurring fascination with the metal's divine qualities today. Most of the 140 national treasures have never been shown outside Peru and it is the largest collection of Peruvian silver to come to Canada. Works include jewelry, utilitarian objects, paintings, crowns, art and masks spanning 2,500 years of Peruvian history. 15 King's College Circle. Free

ARTHUR TALKS

Monday Jan 7th from 6:30 pm until 8:00 pm. Toronto Public Library presents: **"A Dialogue between Science and Religion: Is it Possible? Is it Necessary?"** For many, Science and Religion are poles apart, and their philosophy and their mission in life are utterly irreconcilable. Indeed millions of humanists, secularists and scientists the world over have argued passionately for 'New Atheism'. Join Sehdev Kumar, PH.D, from the School of Continuing Studies, U of T, as he explores these questions from many different perspectives - psychological, philosophical, existential - and argues that in this new millennium both science and religions have to evolve to enrich the life of spirit that is at the core of human existence. This event will be located at the Deer Park Branch in the Program Room - 2nd Floor, 40 St.Clair Avenue East. If you have any further questions please do not hesitate to call 416-393-7657. Only 70 tickets will be handed out at 6 pm. Free

BAZAAR

Saturday January 5th from 11:00 am until 4:00 pm. **Thrift Shop**. Items include gently used: clothes, shoes, dishes, & household items. Great bargains from only \$1.00! Donations welcome! All proceeds go to Outreach meals. This event is located at Emmanuel Howard Park United Church, 214 Wright Avenue. Enter at south door closest to Roncesvalles Ave. If you require any further information please do not hesitate to call Megan Kallin at 416-536-1755. Free

Friday January 11th from 6:00 pm until 10:00 pm. Come to visit the **Malaysian Bazaar 2013**. Malaysia is a multi-cultural country in Southeast Asia. It consists of thirteen states and three federal territories. With many different races living together, its cultures and foods knitted together to create a unique identity. This is our second year organizing this event under Malaysian Students Association in University of Toronto. Last year, we had over 250 attendees and all the foods are sold in less than 2 hours. This year we are expecting more people will come for this event and definitely more food will be waiting for you. This event is located at William Doo Auditorium, 45 Willcocks Street. Free

BOOK CLUB

Friday January 4th from 2:00 pm to 3:00 pm. Toronto Public Library presents: **Afternoon Book Club**. Participants meet monthly to discuss a selection of titles. This book club is limited to 15 participants. Held at the Guildwood Plaza, 123 Guildwood Pkwy. For questions or to register please call 416-296-8872. Free

Tuesday January 8th from 7:00 pm until 9:00 pm. Toronto Public Library presents: **Joy of Writing**. This is a weekly writers' workshop and gathering where we read, write, laugh and inspire each other. This event is located at the Ralph Thornton Centre Mezzanine Level, 765 Queen Street East. If you have any further questions or to register please call Lucille Barker at 416-392-6810 for more information. Free

COMEDY

Monday January 7th and 14th from 8:00 pm to 9:30 pm. Black Swan Comedy presents: **The Monday Night Variety Show**. Black Swan Comedy is Toronto's newest comedy club serving the east end. The Monday Night Variety Show showcases new and established talent in a variety of disciplines such as improv, stand up, clown, music, magic, storytelling, author's readings, sketch and much more. Second Floor of the Black Swan Tavern, 154 Danforth Ave. Any questions please call 416-903-5388. This event is pay what you can.

DANCE

Friday January 4th, 11th, 18th and 25th from 9:00 pm until 10:00 pm. Shall We Dance Studio presents: **Free Social Dance Practices Fridays**. If you love Ballroom, Latin & Argentine Tango dance styles, then join us every Friday. All practices are instructor supervised and include a mini dance lesson, so no matter your dance level, you will have fun and improve your dancing! No partner or experience required! Plus: every practice includes a 50/50 draw. This event will be located at 511 McNicholl Ave, Suite 205. Free

GAMES

Sunday January 13th from 12:00 pm until 6:00 pm. **Agincourt Chess Club**. Come and join our all age's group for some friendly games of chess. We offer casual playing with no tournaments or teaching. Equipment will be provided. This event will be located at L'Amoreaux Community Centre, 200 McNicholl Avenue. Free

GARDENING

Thursday January 3rd from 6:30 pm until 8:00 pm. Toronto Public Library presents: **Lakeshore Environmental Gardening Society**. Bringing the Outdoors In. Exchange seeds and plants. Meet local gardeners, participate in gardening events. Long Branch Library, 3500 Lake Shore Blvd W. Info: call 416-347-5449. Free

HEALTH

Saturday January 5th from 3:00 pm until 4:45 pm. Toronto Public Library presents: **Prevention with Nutrition**. Learn the facts about our bodies and how the foods we eat—or not, can adversely affect our health. Then learn how to apply that knowledge in everyday health choices for ourselves and our loved ones. Rose Neil-Dumphy, Holistic Nutritionist is currently completing her studies at the Institute of Holistic Nutrition as a Certified Nutritional Practitioner. This event is located at Cedarbrae Library, 545 Markham Road. If you have any further questions or would like to register please do not hesitate to call 416-396-8850. Free

Saturday January 5th, 12th, 19th and 26th from 10:30 am until 11:30 am. Toronto Public Library presents: **Total Fitness Boot Camp**. Have you ever wanted to try a boot camp class but are afraid to pay for something you may not enjoy? Well here's your chance to try a series of boot camp classes. Everyone is welcome! Come to one class or all eight! Bring your own towel and water, browse the display of nutrition and fitness materials available and have fun while getting healthy! This event is located at Mimico Centennial Branch Library, 47 Station Road. If you have any further questions or to register please call 416-394-5330. Free

Thursday January 10th from 2:00 pm until 3:30 pm. Toronto Public Library presents: **Learn about Diabetes**. This event will help you learn about diabetes, pre-diabetes and learn how to eat when you have diabetes. This information session is presented by the Care First Family Health Team. Space is limited. Register in person or by phone. This event is located at Woodside Square in the Program Room, 1571 Sandhurst Circle. If you have any further questions please do not hesitate to call 416-396-8979. Free

Monday January 14th from 7:00 pm until 9:00 pm. **North York Diabetes Group.** This informal group meets monthly to discuss the treatment, control and cure for diabetes. The group arranges regular talks by a variety of health care professionals in respect of diabetes to encourage better prevention and control of diabetes. If you or a family member has diabetes or is pre-diabetic we encourage you to attend. North York Civic Centre, 5100 Yonge Street. For further questions please call Anna Le-quang at 416-221-2841. Free

Wednesday January 16th from 7:00 pm until 8:00 pm. Toronto Public Library presents: **4 Seasons of Wellness: Winter-Cold and Flu.** Come and learn information about health issues to keep you and your family healthy all year long. How to handle cold and flu naturally and effectively! Learn how to address and prevent winter flu. Register in-person or by calling. This event is located at 137 Main Street. If you have any further questions please do not hesitate to call 416-393-7700. Free

MONEY MATTERS

Saturday Jan12th from 10:00 am until 12:00 pm. Small Business Success: **Launching Your Business Online.** Use online resources to develop and launch business websites in a quick, cost-effective manner. Includes a hands-on portion on building a multi-page website for a small business. This event is located at Toronto Reference Library - Learning Centre 1, 789 Yonge St. For questions please call 416-395-5577. Free

Tuesday January 15th from 6:30 pm until 8:00 pm. Toronto Public Library presents: **Income tax and the things you should know.** This fact of life probably won't surprise you: The number one expense for nearly every Canadian is...TAXES! However, it is very possible to legitimately save on taxes now and in the future. Tax credits, tax deductions, tax incentives... What's the best out there for you? Register in person or by phone. This event is located at Woodside Square in the program room, 1571 Sandhurst Circle. If you have any further questions please do not hesitate to call 416-396-8979. Free

MOVIES

Sunday January 13th beginning at 2:00 pm. **Enjoy two 2012 films.** The Short is The Visitor. The Feature is Payback (based upon Margaret Atwood's bestseller Payback: Debt and the Shadow Side of Wealth). Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. For more info please call 416-394-5247. Free

MUSIC

Tuesday January 8th from 12:00 pm until 1:00 pm. Four Seasons Centre for the Performing Arts presents: **Mozart and Salieri.** Join the artists of the Canadian Opera Company Ensemble Studio for this free concert featuring the music of Mozart and Salieri. This event will be located at 145 Queen St. West. If you have any further questions please do not hesitate to call 416-363-8231. Free

Wednesday January 9th from 5:30 pm until 6:30 pm. Four Seasons Centre for the Performing Arts presents: **Broadsway.** Enjoy vocals from Heather Bambrick and Julie Michaels and piano playing from Diane Leah in this free concert from the Canadian Opera Company. This event will be located at 145 Queen St. West. If you have any further questions please do not hesitate to call 416-363-8231. Free

Thursday January 10th from 12:00 pm until 1:00 pm. Four Seasons Centre for the Performing Arts presents: **Poppin', Lockin' and Breakin'.** Take a dance break at lunch with this performance from Jade's Hip Hop Academy presented by the Canadian Opera Company. This event will be located at 145 Queen St. West. If you have any further questions please do not hesitate to call 416-363-8231. Free

Tuesday January 15th from 12:00 pm until 1:00 pm. Four Seasons Centre for the Performing Arts presents: **Salsa Goes With Everything!** Enjoy the sounds of the Humber Latin Jazz Big Band, led by Luis Mario Ochoa. This event will be located at 145 Queen St. West. If you have any further questions please do not hesitate to call 416-363-8231. Free

SELF CARE

Saturday January 5th and 19th from 2:00 pm until 3:00 pm. Toronto Public Library presents: **Meditation Workshops: Stress management through restorative meditation.** Includes 20 minutes of meditation and 40 minutes of stress-relieving exercises. Bring your own mat or towel. Oakwood Village Library and Arts Centre, 341 Oakwood Ave. For further questions please call 416-394-1040. Free

Monday January 7th from 1:00 pm until 2:30 pm. Toronto Public Library presents: **Hoarding: No longer in the Closet!** While the hoarding cases on television are extreme, there are many who suffer alone and with much shame and embarrassment due to this debilitating disorder. Presented in partnership with Baycrest Centre's Anne and Louis Pritzker Wellness Library. Elizabeth Beeton Auditorium, in the Toronto Reference Library, 789 Yonge Street. If you have any further questions please do not hesitate to call 416-395-5577. Free

SENIORS

Monday January 7th and 14th from 3:30 pm until 5:00 pm. **Beginner Computer Classes.** Thorncliffe Community Wellness Centre is offering beginner basic computer classes for seniors. High school students will be teaching seniors basic computer skills. 28 Overlea Blvd. For more information please call Corinne Willis at 416-645-6000. Free

Tuesday January 8th and 15th from 1:00 pm to 3:00 pm. **Cribbage.** Weekly cribbage \$1.50 for non members \$1.00 for members. There will be coffee/tea provided. Drop in and play some cards. Horner Avenue Senior Centre, 320 Horner Ave. For more information please call Penny De Carlo at 416-394-6001. Free

Tuesday January 8th and 22nd beginning at 1:00 pm. Toronto public library presents: **Seniors 101.** Seniors 101 is an information series with guest speakers discussing topics ranging from Arthritis to Vision Care and everything in between. Participants will receive help finding information and resources and will learn about health & wellness, aging well and much more. Light refreshments will be provided. An information and referral booth will be available between 12:00 pm and 1:00 pm for seniors-related inquiries. This event is located at Malvern Library, 30 Sewells Road. If you require any further information please call 416-396-8969. Free

SKATING

City of Toronto Skating Rinks. **The City of Toronto has 50 or so outdoor skating rinks!** Most rinks open between the last week of November and the first week of December weather permitting. In addition to pleasure skating, many rinks host shinny for different age groups, women and girl groups and parent/child groups. For more information please visit <http://cityrinks.ca> for schedules. Free

To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

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If you have access to a computer, how about converting to email and doing a favour for our planet? Call the C/S Info Centre at 416-595-2882 or email us at. csinfo@camh.net Your Mother Earth will thank you.