

BULLETIN

479 January 16 - 31, 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/>

C/S Info Updates

Please welcome Doug McLeod, our new tax volunteer. Doug has stepped up to the plate to do the Income Tax Clinic for the clients of the C/S Info Centre. He's a long time subscriber to The Bulletin and a graduate of the Centennial College Accounting Program.

We will be receiving the tax software from the Canada Revenue Agency in late February and we will start making appointments then. Please call, starting in mid to late February, for an appointment with Doug.

Helen

Reminder of our next B-40 Event: The Film - So You're Going Crazy...

A Documentary by Hilary Dean

Monday January 28th from 1:30 pm to 3:30

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 Rendezvous 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.

A New Column by our Volunteer, Martha The Computer Gal

Computer Maintenance

Part 1..... Cleaning the hardware

PC's...

Dust, cigarette smoke residue, cat hair and dander, can accumulate in your PC and cause it to slow down. Use a weak solution of detergent and water to clean your monitor (both CRT and LCD) and the outside of your computer. Turn off the computer and unplug it before taking the cover off. Use a soft brush, like a paint brush, to very gently clean any dust bunnies you can see. Keep one hand on the metal frame to ground yourself when you work inside your computer, so you won't cause any damage to the memory. Use a makeup brush, or small paint brush, to clean the fans. There is a space between the motherboard and the computer frame where dust can accumulate. You can use compressed air to blow it out.

Don't try to use a vacuum cleaner on your keyboard. Unplug it from the computer, turn it upside down and shake. If you can see dust under the keys, blow on them to see if you can shift it. Compressed air can be used too, if you're careful. If the keys are sticky and you can't clean them...keyboards are relatively cheap, invest in a new one.

Laptops...

If you spill liquids on your keyboard, turn off the laptop and take the battery out immediately. Tilt the laptop to drain any excess liquid, then let it sit and completely dry out. This will take a few days. Don't try to use a hair dryer. There is a plastic film between your laptop keyboard and the internal structure, so as long as you allow the liquid to dry your laptop will be safe. If the keys are sticky, carefully clean around each one with a q-tip dipped in mild detergent solution, or special electronic component cleaner. If a key comes off, you can usually snap it back on.

Laptop LCD screens are best cleaned with cleaners specific to that purpose. You can use mild detergent/water solution too.

Mice: The roller ball type mouse can be cleaned by taking the little ball out and removing any dirt, and using a q-tip dipped in vinegar and water to gently wipe around the little wheels inside the mouse.

Optical mice just need the underside to be kept clear of any material that might block the little red light. **MTCCG**.

Stay tuned for Part 2..... Cleaning the software

Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, PhotoShop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

Announcements



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*

Fitness and WRAP (Wellness Recovery Action Plan)

Join the Gerstein Centre for an innovative Wellness and Recovery Action Plan group being held at the Central YMCA

Is physical activity and fitness part of what wellness looks like for you?

Do you want to try working out with other people in recovery in a welcoming, supportive space?

Did you used to be physically active or want to try working out for the first time and want to build new routines with supports from your peers?

Join us for a 9 week group every Friday starting February 8th from 10:00 am – 3:00 pm at the Central YMCA, 20 Grosvenor Street.

Orientation Meeting: Friday, February 1st, 1:00 pm at the Central YMCA, 20 Grosvenor Street. To register please contact Nicki at the Gerstein Centre 416 929-0149.

Peer Support and WRAP Announcement

Do you live in a Toronto Community Housing (TCHC) Building?

Did you know that there are peer support drop-ins in some of the TCHC buildings? Drop-ins are open for two hours a week.

Wellness Recovery Action Plan (WRAP) groups will be starting soon in some of the drop-ins. Drop-in to find out more!

61 Pelham Park Gardens -- drop-in Fridays 3:00 pm - 5:00 pm

WRAP Mondays 5:30 pm - 7:30 pm (group starts January 7, 2012)

220 Oak St -- drop-in Wednesdays 12:00 pm - 2:00 pm

New *WRAP* and *Pathways to Recovery* groups starting soon! Drop-in for info or call.

200 Wellesley St. East Community Corner

New WRAP group starts Mondays 4:00 - 6:00 pm

Monday January 21st 4:00 pm - 5:00 pm Orientation

Need more information? Have questions? Call the Centre for Building a Culture of Recovery at [905 780-0491 x 125](tel:9057800491) or email: admin@cultureofrecovery.org

Save the Date: George Brown College Mental Health Conference

The 14th Annual George Brown College Mental Health Conference shifts its focus this year to 'Humanizing the Workplace — Approaches to Mental Health Literacy and Psychological Well-being.' This one-day conference will address the workplace environment, specifically, how employers and employees can contribute to a healthy work life.

Details: Monday, February 25, 2013, George Brown College, 290 Adelaide Street East, Toronto.

Watch for more info about the conference and registration details in the coming weeks or call 416 415-2000.

Book With Us

For a reading adventure celebrating the richness and diversity of our neighbourhood with the Author, Andrew J. Borkowski, Winner of the 2012 Toronto Book Award for Copernicus Avenue, his debut collection of short stories. **Monday, January 21. Doors open at 7:00 pm.** PARC (Parkdale Activity-Recreation Centre) 1499 Queen Street West @ Sorauren. PWYC: \$10.00 Suggested There will be snacks for sale.

C/S Timebank Information Sessions

Do you have a skill or talent you would like to share?
Are you looking for a creative and free way to get support and learn new things without having to access social services?
Have you ever had experience with mental health services/the mental health system?
Do you identify as mad, consumer, psychiatric survivor, person with a mental illness?

If yes, then **The Consumer/Survivor Timebank of Toronto (CSTB)** is looking for you. We are establishing an alternative currency system. Members list the things they would like to do, and the things they need help with. People earn time dollars by helping each other out, and can spend them by "purchasing" help from the Timebank. No goods or money is exchanged. Everyone is equal. Timebanks have been shown to reduce isolation and improve quality of life.

We will be holding information sessions on the following dates:

Jan 19th and Jan 26th and Jan 29th from 1 – 3 pm
Jan 22nd from 7 – 9 pm

Registration is REQUIRED due to limited space. The location will be accessible. Refreshments will be provided by The Raging Spoon. We ask that you refrain from using scented products. To register, please email us at: c.s.timebanking@gmail.com

Funding for this project is provided by the Reva Gerstein Legacy Fund.

More about the cuts to the Community Start-Up and Maintenance Benefit on January 1, 2013
From the Wellesley Institute, sent out by the ODSP Action Coalition:

FYI: some more funding (though not all) to compensate for part of cut to **CSUMB**
<http://www.wellesleyinstitute.com/news/great-holiday-news-as-ontario-steps-up-with-transitional-funding-for-housing-and-homelessness-supports/>

Great holiday news as Ontario steps up with transitional funding for housing and homelessness supports
December 27, 2012 by Steve Barnes

The Ontario government announced today that it would provide transitional funding of \$42 million in 2013-14 for municipalities to develop and implement their consolidated housing and homelessness plans, which will set out how each municipality addresses their local housing needs.

This is outstanding news. The Wellesley Institute and community groups from across the province have been calling on the government to reconsider its decision to eliminate the Community Start-Up and Maintenance Benefit (CSUMB). The CSUMB helps people receiving social assistance to pay for large or unexpected housing-related costs, supporting them to become and remain housed. As of January 1st, this benefit was to be terminated (editor's note – this cut has taken effect-Helen) and 50 percent of its funding was going to be passed to municipalities to run their own housing and homelessness programs.

Today's announcement does not restore the CSUMB, but it ensures that municipalities will be supported in 2013 to provide housing and homelessness services to people on social assistance and other low income Ontarians. Municipalities will be developing their own housing and homelessness plans in 2013, so today's announcement provides a critical buffer for municipalities to plan for their longer-term housing needs.

We congratulate the Ontario government for stepping up to the plate with today's announcement.

Hey Bulletin Readers, Every now and then, we put in announcements of research studies for the information of our subscribers. **We aren't endorsing these studies; we are providing the announcements so you can choose whether or not to participate.** When we did a survey of our readers few years ago, the majority of responders said you wanted to hear about research going on and decide for yourselves about participating. So, here's one about the **possibility of reducing medication.** [Helen](#)



Are you 50 years or older and have a diagnosis of schizophrenia or schizoaffective disorder? If yes, you may be eligible for a research study that involves dose reduction of your antipsychotic medication with careful monitoring. This study will also involve brain imaging procedures. We are looking for individuals who: 1) are taking Olanzapine or Risperidone; 2) are age 50 or older; 3) are not using any street drugs; and 4) have been well for at least 12 months. For more information, or to find out if you are eligible, please call us at 416 535-8501 x 7392. Compensation will be provided

CAMH provides other treatment options for mental illness or addiction. For more information, visit www.camh.net or call CAMH at 416 535-8501.

CAMH is a Pan American Health Organization Collaborating Centre and is affiliated with the University of Toronto.

Employment Matters

[YWCA Toronto](#)

Pre-Apprenticeship Electrician for Women

in partnership with Centennial College

YWCA Toronto is pleased to announce that we have added a new program for women interested in a career as an Electrician. This **Pre-Apprenticeship Electrician** program is being offered in partnership with Centennial College. The program is **free** of cost and will help prepare women for an Electrician-Construction and Maintenance apprenticeship.

This is a Level 1 Training Program for Women. It's 33 weeks long and in addition to the training in general Electrician-Construction & Maintenance, includes academic upgrading, exposure to refrigeration & air conditioning mechanical training, job readiness training and an eight week work placement after the formal training program is completed.

The program will begin **March 18, 2013**. Academic upgrading will also be available through the YWCA Toronto at our 3090 Kingston Road location. For more information, please download flyer [here](#) or contact Tsering or Dongmei at 416 266-0303. Please stay tuned for information about Orientation Sessions that will be taking place throughout the months of January and February 2013.

Disability: My Ethnicity and Job-Market Realities

A panel discussion for understanding employment issues encountered by ethno-racial people with disabilities and strategies to overcome existing barriers.

Panelists:

Yin Brown, Mohamed Azweem, Omayya Rakieh, Ali Mohamed, Judy Phromratsamy, Paul Scotland.

Speakers will share personal stories about the challenges in securing employment and how they succeed in their jobs.

Date: **Wednesday, January 30th 2013 6 pm – 8 pm**

Location: Bloor Street United Church, 300 Bloor St. W. (McClure Hall) (on the NW corner of Huron and Bloor Street West between the St. George and Spadina Subway Stations)

Accessible entrance at rear on Huron St.

Attendant care services will be provided

If you require ASL please notify us by Jan 23rd 2013

Please contact us regarding other required accommodations

Refreshments will be served.

INTERESTED IN ATTENDING? PLEASE CONTACT:

Hyacinth Francis **Phone:** 416 901-5454 **Email:** hyacinth.erdco@gmail.com

ERDCO “Promoting awareness of culture and disability”

Things To Do...

Free and Low-Cost Events for January 16th to 31st 2013

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

Art Lovers

Gallery Hours: Tuesday to Sunday from 10:00 am to 5:00 pm Thursday 10:00 am to 8:00 pm. **Beat Nation: Art, Hip Hop and Aboriginal Culture.** Beat Nation describes a generation of artists who juxtapose urban youth culture with Aboriginal identity to create innovative and unexpected new works – in painting, sculpture, performance and video – that reflect the current realities of Aboriginal peoples today. While this exhibition takes its starting point from hip hop, it branches out to refer to pop culture, graffiti, and other elements of urban life. Artists create cultural hybrids that include graffiti mixed with Haida figures, sculptures carved out of skateboard decks, abstract paintings with form-line designs, live video remixes with Hollywood films, and hip hop performances in Aboriginal dialects to name a few. Beat Nation brings together artists from across the continent – from the West Coast as far north as Alaska and Nunavut, as far east as Labrador and south to New

Mexico – and reveals the shared connections between those working in vastly different places. The exhibit opened Dec 15th and runs until May 5th. The Power Plant Contemporary Art Gallery. 231 Queens Quay West. For further info call 416 973-4949 or www.powerplant.org Free

Book Lovers

Thursday January 17th from 2:00 pm until 3:30 pm. **Deer Park presents: Author Reading: Robert Douglas.** Douglas explores the class, race and gender tensions in late nineteenth century Britain through the Gothic novels - Dracula, The Strange Case of Dr. Jekyll and Mr. Hyde, and The Picture of Dorian Gray. He discusses how these serve as metaphors for the anxieties of late 19th century. He examines the Great War, illuminated through a Gothic lens. Deer Park Library, Program Room, 2nd Floor, 40 St. Clair Ave. E. 416 393-7657. Free

Saturday January 26th from 2:00 pm until 3:00 pm. Toronto Public Library presents: **Family Literacy Day with Patricia Storms.** Celebrate Family Literacy Day at the library! Enjoy the entertaining antics of author/illustrator Patricia Storms, with a play based on 'The Pirate and the Penguin' and a cartooning workshop. Maria A. Shchuka Library, 1745 Eglinton Avenue West. For info call 416 394-1000. Free

Tuesday January 29th from 7:00 pm until 8:15 pm. Toronto Public Library presents: **Locke's Tuesday Book Club.** Join library staff to discuss great books each month! No registration is required and all are welcome. Copies of the books are available at the branch. 3083 Yonge Street. For info call 416 393-7730. Free

Thursday January 31st from 6:30 pm until 8:30 pm. Toronto Public Library presents: **Non-fiction Book Club.** We are a book club for people looking to read thoughtful intelligent books. If you like to read non-fiction this is the place. For more information and this month's book title please visit <http://www.meetup.com/Non-fictionBookclubToronto/>. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. For info call 416 395-5577. Free

Comedy

Monday January 21st and 28th from 8:00 pm to 9:30 pm. Black Swan Comedy presents: **The Monday Night Variety Show**, showcasing new and established talent in a variety of disciplines such as improv comedy, stand up, clown, music, magic, storytelling, author's readings, sketch and much more. Black Swan Tavern, Second Floor, 154 Danforth Ave. 416 903-5388. This event is pay what you can.

Gardening

Monday January 28th from 8:00 pm until 9:00 pm. North York Garden Club presents: **Woodhill Garden Centre Speaker Ian McCallum: Seasonal Indoor Plants.** Knowledgeable advice from Ian who has years of experience. This is your opportunity to ask questions and learn about your indoor house plants. Please come and join us at no cost. There will be refreshments after the presentation. St. Luke's Lutheran Church, 3200 Bayview Avenue. For questions call Pat 416 296-0402. <http://northyorkgardenclub.ca> Free

Healthy Topics

Monday January 21st, 28th, Feb 4th, 11th, 25th and March 4th from 1:00 pm until 3:30 pm. Toronto Public Library presents: **Living a Healthy Life with Diabetes Program.** Getting the most out of life with diabetes means better managing your diabetes, your emotions and your daily activities. You will receive a copy of the book "Living a Healthy Life with Chronic Conditions". Workshop is for adults of all ages. Caregivers welcome. This six-week program is a joint effort by Toronto Public Library and Ontario Central East Local Health Integration Network. This workshop will be offered at Agincourt Branch, Program Room, 155 Bonis Avenue. To register call 416 396-8950. Free

Saturday January 26th from 11:00 am to 12:30 pm. Toronto Public Library presents: **Basic Yoga and Meditation: Secrets to a Healthy Life.** Relax, renew, and reflect. Learn simple yoga and meditation exercises to relieve your stress and anxiety, and restore your sense of well-being and calm. An instructor from Meditation

Toronto will conduct free sessions of yoga and meditation. Bring a yoga mat, towel or blanket and wear loose clothing. Main Street Library, 137 Main Street. To register call 416 393-7700. Free

Wednesday January 30th from 6:30 pm until 8:00 pm. Toronto Public Library presents: **Eat Well, Age Better.** Aileen Burford-Mason (Ph.D) shows you how to improve your lifelong health using diet, vitamins and nutritional supplements. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 416 395-5577. Free

Money Matters

Thursday January 17th from 6:30 pm until 8:00 pm. Toronto Public Library presents: **Meet Ellen Roseman.** This is a chance for you to learn how to financially fight back: 81 Ways to Help You Save Money...and Protect Yourself from Corporate Trickery. With her new book, consumer advocate, Toronto Star columnist and Moneyville blogger, Ellen Roseman helps ordinary people navigate the blind alleys and closed doors of the world of corporate and consumer rip offs. North York Central Library Auditorium, 5120 Yonge Street. To register please call 416 395-5613. Free

Monday January 28th from 6:00 pm until 7:00 pm. Toronto Public Library presents: **Financial Literacy Series.** Learn to take charge of your personal finances with this workshop by Credit Canada Debt Solutions Inc. Topics include: Warning signs of Financial Problems, Spending Plan Basics, Accessing and Using Credit, and Looking at your Credit Report and Credit Score. Malvern Library, 30 Sewells Road. 416 396-8969. Free

Tuesday January 29th from 6:30 pm until 8:00 pm. Toronto Public Library presents: **New Year's Resolution: Exploring Self-Employment.** Danielle Botterell and Amy Ballon, authors of the book "Mom Inc.", discuss how self-employment as an option to the challenge of balancing work and family. They will be on hand to discuss their secrets to success and to address your questions. Maria A. Shchuka Branch, in the Auditorium, 1745 Eglinton Avenue West. For questions or to register call 416 394-1000. Free

Movies

Tuesdays **Rainbow Cinemas \$5.00 Tuesdays.**

- Rainbow Woodbine Centre, Woodbine Shopping Centre, 500 Rexdale. 416-494-9371 rainbowcinemas.ca
- Rainbow Market Square. 80 Front St. East at Jarvis. 416-494-9371 rainbowcinemas.ca

Music Lovers

Friday January 18th at 1:30 pm. York University Dept of Music presents: **Music at Midday "Aria with Me".** Young singers in the classical voice performance studios of Stephanie Bogle, Norma Burrowes, Michael Donovan, Janet Obermeyer and Karen Rymal; Susan Black, piano. Martin Family Lounge, Room 219, Accolade East Building, 4700 Keele St. 416 736-2100 x 22926. Free

Sunday January 20th at 2:30 pm. University of Toronto Faculty of Music presents. **New Music Festival: Opera Student Composer Collective.** This is a modern adaptation of Sophocles's Antigone, composed by U of T students with libretto by Michael Patrick Albano. Walter Hall, Edward Johnson Building, 20 Queen's Park. 416 408-0208. Free

Sunday January 20th at 3:00 pm. Hart House Music Committee presents: **Sunday Concerts 656th Concert: Sultans of String.** Hart House, Great Hall, 7 Hart House Circle. 416 978-2452. Free

Tuesday January 22nd at 12:30 pm. York University Department of Music presents. **Music at Midday: Student Showcase.** Martin Family Lounge, Room 219, Accolade East Building, 4700 Keele Street. 416 736-2100 x 22926. Free

Tuesday January 22nd at 7:30 pm. University of Toronto Faculty of Music presents: **Small Jazz Ensembles.** Upper Jazz Studio, 90 Wellesley Street West. 416 408-0208. Free

Thursday January 24th at 12:00 pm. Canadian Opera Company presents: **Vocal Series: Journeys of the Soul.** COC Ensemble Studio performs a program of art songs on the theme of travel and homeland. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St W. 416 363-8231. Free

Saturday January 26th at 12:10 pm. U of T Faculty of Music Presents: **New Music Festival:** Chamber Music of Steven Mackey II. Mackey: Jango; Interior Design; Humble River; Deal. Guests: Royal Conservatory New Music Ensemble; U of T Ensemble; and others. Walter Hall, Edward Johnson Building, 80 Queens Park. 416 408-0208. Free

Tuesday January 29th at 12:00 pm. Canadian Opera Company presents: **Piano Virtuoso Series: Meditations and Miniatures.** Vivier: Pianoforte; Liberatore: Nemo Sleeps (world premiere); J. Beck: Stand Still Here (world premiere); De Silva: Drive-Thru Etudes (world premiere) and Ryan Mac Evoy McCullough, piano. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St W. 416 363-8231. Free

SELF CARE

Tuesday January 22nd from 2:00 pm to 3:00 pm. Toronto Public Library presents: **Home Security and Crime Prevention.** Police Constable Hannah from Toronto Police 54 Division presents a program on home security and crime prevention. S. Walter Stewart Branch, 170 Memorial Park Avenue. For info call 416 396-3975. Free

Wednesday January 23rd from 7:00 pm until 8:00 pm. Toronto Public Library presents: **Therapy Dog Program.** The unconditional love of a dog can bring joy and healing! Learn all about the Therapy Dog Program, administered by St. John Ambulance. No registration required. Everyone is welcome. Leaside Branch, Community Room, 165 McRae Drive. 416 396-3835. Free

SENIORS

Friday January 18th and 25th from 2:00 pm until 3:00 pm. **Junction Seniors Gathering.** We meet twice a week at a local coffee shop for conversation, as a social network of neighbours. This gathering is located at Pascal's Baguette & Bagels, 2904 Dundas Street West. We also meet on Tuesdays, the 22nd and 29th from 10:00 am until 11:00 am at Agora Café, 3015 Dundas St West. All welcome. For info call Eleanor at 647 235-0843. Free

Monday January 21st and 28th from 11:15 am until 12:15 pm. **Preventing falls step by step.** Falls are one of the leading causes of hospitalization among older people. The good news is that many falls can be prevented. Community Centre 55, 97 Main Street. For more information call Sharon at 416 778-5805 x 228 or Yvonne at 416 691-1113 x 222. 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.ca.

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Call the C/S Info Centre at 416 595-2882 or email us at csinfo@camh.ca. Your Mother Earth will thank you. Helen