



Fall has arrived. Behold the changing leaves, and enjoy the crisp breeze. Let your eyes take in the bursts of colour.

Transformation is afoot and hope is in the air.
~unknown author



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

BULLETIN

495 October 1 – 15, 2013

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON M6J 1H4

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/>

Please join us on October 21, 2013 at PARC, the Parkdale Activity-Recreation Centre, at 6:00 pm for the

Celebration of our 21st Anniversary and our Annual General Meeting.

Come on down to 1499 Queen Street West. We'll have the official business part of the meeting at 6:00 pm followed by a delicious Harvest Dinner catered by The Raging Spoon and then we'll be entertained by the wonderful comedy of Laughing Like Crazy. We'll have our traditional thank you prizes and gifts and a wonderful time will be had by all, if we can possibly provide it. Please let us know you'll be coming, so we put on enough food. Contact us at: 416 595-2882 or csinfo@camh.ca.

- The Board, Staff and Volunteers of the Consumer/Survivor Information Resource Centre of Toronto

The Bulletin - Correction

In the last edition we informed you about The Reva Gerstein Legacy Fund (see below). We made an error. The legacy fund was not set up by Reva Gerstein's grandsons; the funds have been graciously provided by her sons. We're sorry for this error.

The Reva Gerstein Legacy Fund

The Reva Gerstein Legacy Fund is seeking submissions for 2013/2014. This is the 7th year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community. The total amount to be distributed is \$10,000. each year for 10 years. This is a gift from Reva Gerstein's sons on the occasion of her 90th Birthday.

Last year we were able to fund People and Pets, PhACS and Mad Pride Toronto. We also helped with seed funding for a timebank project (Psychiatric survivors sharing their skills), helped fund an anxiety recovery workshop and tuition for a psychiatric survivor. We are looking to receive proposals by November 1, 2013 so that we can meet with the groups in early December and distribute the money early in 2014. Proposals should have a budget of no more than \$4,000.00 and should be sent to the Gerstein Centre, 100 Charles Street East, Toronto, M4Y 1V3 or emailed to pquinn@gersteincentre.org.

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Computer Column by Martha

MS Office and Open Office

Cost

Microsoft Office Suite 2013 costs about \$300 from Amazon.ca. It can also be downloaded from the Microsoft site: <http://www.microsoft.com/en-us/default.aspx> for about \$160 a year. OpenOffice can be downloaded free from here: <http://www.openoffice.org/> OpenOffice is just like MSOffice. It's installed on your computer, so your files are as safe as any others saved to your drive, and you can work offline. If you can't afford MSOffice, or your computer doesn't meet the system requirements for MSOffice, OpenOffice is a great alternative.

System Requirements

MSOffice Suite uses about 3GB hard drive space, and 2GB memory (RAM) to operate. OpenOffice requires 650MB space on your hard drive, and 250MB of RAM. This means you can run OpenOffice on a smaller hard drive with less memory.

What's in them

MS Office can be operated in almost any language. Most of us use MSWord, and in English. A feature of all MS applications is the wealth of functions that none of us ever use 'in real life'. (I once took a certification course in Office, and that was the only time I used many of the features.) OpenOffice, on the other hand, has all the components, and all of the features that folks really need. Like...**word processing, spreadsheets, presentations, graphics, databases** and more. There are several languages available. It might be a tad difficult to download and install but...call me if you need help.

Compatibility

Open Office is compatible with MSOffice Suite applications. You can open Word or Excel documents with Open Office, and edit them.



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.

Food for Thought by Catherine Clough

My mom used to tell me that fish was good for the brain. She may have been right. Other dieticians tell us to eat a variety of fruit and vegetables including leafy greens and to get plenty of exercise to keep our bodies in working order. This in part is preventative medicine.

Could the same be true of our brains? Can paying attention to what goes into our brains prevent or alleviate future mental dysfunctions? So how do we feed our brains? How do we know what's healthy and what isn't?

One thing I learned late in life is the importance of making the right kind of friends. It's important to be around people who provide you with positive reinforcement. Teenagers sometimes get into the wrong crowd. They are deficient in the ability to choose people who will give them a sense of self esteem. People with problems tend to hang out with other people with problems. Also, how much television do we watch? What is the effect of cellular devices on our mental health? How much time do we spend texting people rather than talking to them face to face?

Happiness can be elusive but contentment and stability need not be. I just found a volunteer position in a second-hand store and already have received positive reinforcement. It may not work for everyone but it works for me.

The old cliché "think outside the box" translates think outside your perimeters. Take time to nurture your heart and your brain - read, walk, chat, look at the birds, take time to smell the roses.

- Catherine Clough



Fitness & 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 Friday, October 25th, 2013: 10:00 a.m. – 3:00 p.m. at the Central YMCA, 20 Grosvenor Street. We meet at 10:00 a.m. for a workout (at your own level/pace), we break for lunch (please bring your own), and a YMCA membership isn't required to join us.

Orientation Meeting: Friday, October 11, 1:00 pm. at the Central YMCA, 20 Grosvenor Street.

To Register: please contact Nicki at the Gerstein Centre 416 929-0149 x 232.

Peer Support



Join us downtown for a peer support group for people with mental health concerns. We meet at Java Jive on Fridays at 6:30 pm and at another location on Saturdays at 6:30 pm. Please call Jay for more info: 416 962-4649.

ERDCO Ethno-Racial People with Disabilities Coalition of Ontario

Promoting Awareness of Culture and Disability

WE ARE PLEASED TO ANNOUNCE THAT OUR OFFICE HAS BEEN RELOCATED TO:
2 CARLTON ST. SUITE 1001, TORONTO ON M5B 1J3, PHONE: 416 351-0095 X 255

A notice passed on to us from ERDCO: **Upcoming workshops for women with disabilities:**

Hello Everyone!

I hope this email finds you well. I just wanted to take a moment to let you know that we are starting up our workshops for women with disabilities through our Expanding The Reach project and hope you can help spread the word!

Our next two workshops are on the topic of assertiveness and are on Tuesday October 8th and Tuesday October 22nd at East Scarborough Storefront: 4040 Lawrence Avenue East from 1:00 – 4:00 pm. October 8th is titled Assertiveness 101, and October 22nd is titled Stand Your Ground. Both will feature Vivienne Kendry. Light refreshments and attendant care will be provided. TTC tokens upon request.

If you are interested, or know anyone who may be interested in attending, please have them email me at program@scarboroughwomenscentre.ca or give me a call at 416 439-7111 x 3. Please do not hesitate to contact me if you have any questions! These workshops are funded by The Ontario Trillium Foundation and are a collaboration between the Scarborough Women's Centre, Springtide Resources, East Scarborough Storefront and Birchmount Bluffs Neighbourhood Centre.

Melissa Simas

Trouble Getting Your Driver's License Back?

Heads Up: Empowerment Council Session in October

Have you had your driver's license taken away because of a mental health or addiction issue? We would like to hear about your experiences.

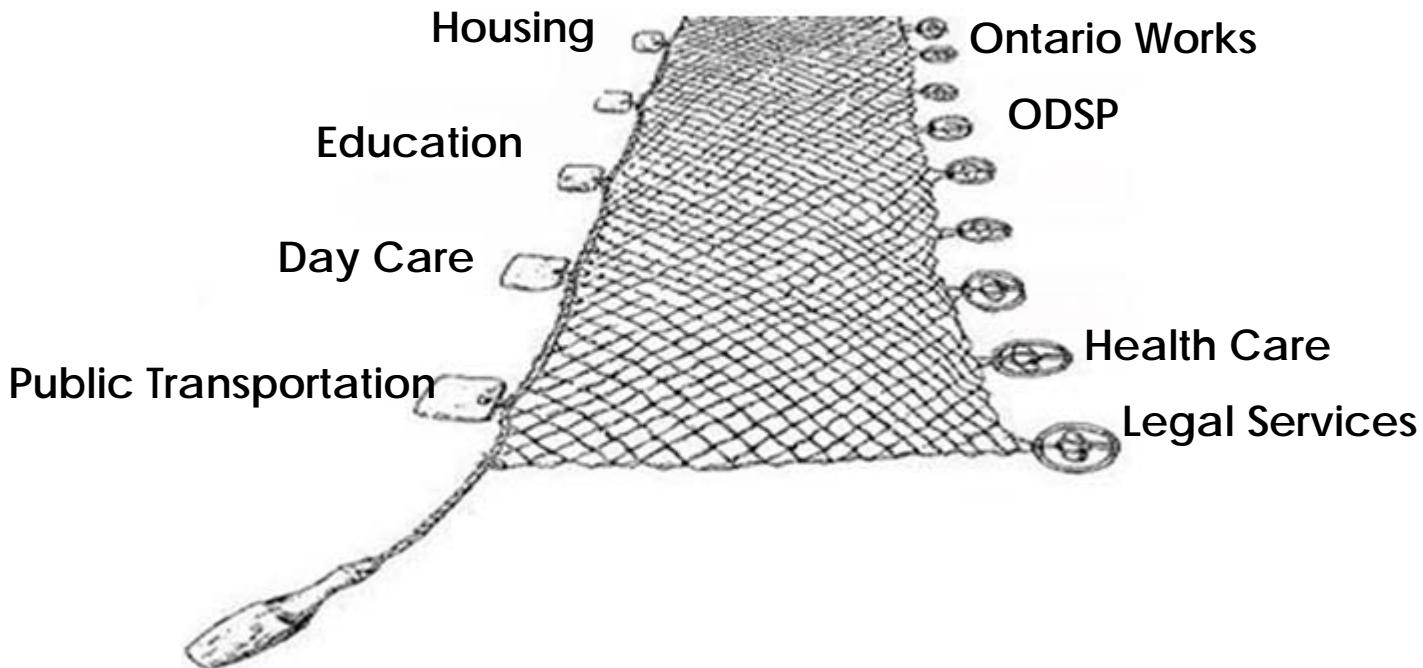


For more info please contact Lucy Tel. 416 535-8501 Ext. 33013

Join Us Thursday, October 17 at 1:00 pm
On the Queen's Park Lawn
on The International Day to Eradicate Poverty

The "Stitching our Own Social Safety Net" campaign will be unveiling our replica of Ontario's Social Safety Net. This is a collective artistic piece which represents people's concerns about the unraveling of Ontario's Social Safety Net. It is 175 feet in length, and was created by over 500 individuals and groups from across the province who share this concern.

Please come out and help us urge the Ontario Government to repair the social safety net and preserve our social programs!



For more info on the campaign visit our website at: <http://stitchingoursocialsafetynet.webs.com/>
Visit our facebook page for this event: <https://www.facebook.com/events/177142882468869/>

We are also in need of volunteers during the event to help hold up the safety net. If anyone is able to do so, please contact Joanna at Joannapa@houselink.on.ca or 416 516-1422 ext. 262.

It's About Your Rights!

For more information about the event, please contact Naomi at Naomibe@Houselink.on.ca or 416 516-1422 ext. 250.

PHOENIX RISING PLACE OF WORSHIP – Spiritual Gathering for Consumer/Survivors

How would you like to participate in creating a place of worship for consumer/survivors of the mental health system? Do you have spiritual practices you would like to share, teach, learn, and participate in with other Mad people?

Such a place of worship would be non-denominational and inter-faith, and would regard the ‘symptoms’ of ‘mental illness’ as altered states of consciousness, experiences with other realities, neurodiversity, and difference that have spiritual dimensions.

We welcome YOUR spiritual interpretations of your experiences!

The first meeting will involve:

- Getting to know each other and what we want from this group
- What we want to contribute/learn
- Spiritual growth themes and practices to explore in future gatherings
- Organizational bits:
 - naming the place of workshop
 - scheduling: locations, preferred dates/times
 - exclusively for consumer/survivors or open to all?
 - meeting structure (similar to traditional religious services with a faith leader or facilitator or like a Quaker’s meeting with no appointed leader, or anything in between...)

The first meeting will be on Sunday, October 6th from 1-3 pm at the Ontario Institute for Studies in Education (OISE) on the fifth floor in room 5230. OISE is located upstairs from the St. George Subway Station at 252 Bloor Street West.

For further information, to join our mailing/telephone list, or to let us know about other welcoming places for consumer/survivors wishing to explore our spirituality, contact Alisa and Marilyn at 647 931-7563 or phoenix.rising.worship@gmail.com.

Light snacks and refreshments will be available.



Touched By Fire

The Art Show You Have To Be Crazy To Enter

Mood Disorders Association of Ontario is once again running Touched by Fire for 2013. Touched by Fire celebrates and supports the work of artists living with depression, anxiety and bipolar disorder. The program includes an inclusive on-line gallery where artists with mood disorders can show and sell their work all year and a juried annual show and exhibition.

Please visit www.touchedbyfire.co for more information.

Call for Submissions

Submissions for the annual art show and sale are now being accepted. **Submissions close October 4th, 2013 at 5:00 pm.**
Submissions to the show are free.

The Show

-November 5th, 2013 at Artscape Wychwood Barns, 76 Wychwood Avenue Toronto
-Tickets are \$15.00 – Purchase tickets today at www.touchedbyfire.co

Employment & Training Matters



OCTOBER 24, 2013 **DIVERSITY** EMPLOYMENT FAIR

Get Noticed. Get Hired.

Meet HR professionals from Toronto's industry leaders in:

- ✓ Media
- ✓ Pharmaceutical
- ✓ Insurance
- ✓ Information Technology
- ✓ Hospitality
- ✓ Academia
- ✓ Non-Profit

Register by emailing your résumé to:

diversityfair@ccrw.org

**EMPLOYMENT
ONTARIO**


CCRW | CCRT
Canadian Council on
Rehabilitation and Work / Le Conseil Canadien de la
Réadaptation et du Travail


WESP

THIS PROJECT IS BROUGHT TO YOU BY THE CANADIAN COUNCIL ON REHABILITATION AND WORK (WWW.CCRW.ORG) AND FUNDED BY EMPLOYMENT ONTARIO

Toronto's leading recruitment event for:

- ✓ Aboriginals
- ✓ Women
- ✓ Persons with Disabilities
- ✓ Visible Minorities

October 24, 2013
11am – 3pm
Downtown Toronto

Professional Attire
Required

Bring Résumés and
Business cards

WORKPLACE ESSENTIAL
SKILLS PARTNERSHIP
(WESP)

416-486-2500 x8272

www.ccrw.org/wesp

Things To Do...

Free and Low-Cost Events

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

Art

Tuesday, October 1 from 10:00 am - 5:00 pm. **Micah Lexier: One, and Two, and More Than Two.** The Power Plant presents a survey of significant work by Toronto-based artist Micah Lexier, bringing together an important selection of recent work that reflects the artist's diverse and dynamic practice. In this exhibit, Lexier works individually, collaboratively, and with more than one hundred artists. For more info visit: <http://www.harbourfrontcentre.com/> or <http://thepowerplant.org/Exhibitions/2013/Fall/Micah-Lexier.aspx> or by calling: 416 973-4000. The Power Plant 231 Queens Quay West. **Free**

Tuesday, October 1 from 12:00 pm - 6:00 pm. Harbourfront Centre brings you the **best in contemporary art** with a lineup of six new exhibitions in visual arts, craft & design, photography and architecture that are sure to pique your curiosity. For more info: <http://www.harbourfrontcentre.com/> or call: 416 973-4000 **Free**



scotiabank
nuit blanche
Produced by the City of Toronto

Saturday, October 5 from 6:51 pm to sunrise **Nuit Blanche**

Experience Toronto at night, transformed by more than 110 contemporary art projects created by almost 500 artists. All project details are available at: www.scotiabanknuitblanche.ca To create your list of must-see projects with the "My Night Planner" go to: <http://www.scotiabanknuitblanche.ca/connect/plan-my-night/login.html> All over downtown Toronto. **Free**

Arts & Crafts

Tuesday, October 1 from 9:00 am to 3:00 pm **Crafting at Franklin Horner**

Drop in from for knitting, crocheting and needlework with the Craft Ladies at Franklin Horner Community Centre. Bring your own project or work on one of our fundraising projects. (Sometimes there's chocolate too!) Contact: Susan or Navina Email: franklinhorner.susan@gmail.com Phone: 416 252-6822

Franklin Horner Community Centre 432 Horner Avenue. Adults. **Free**

Tuesday, October 1 from 9:30 am to 12 pm. **Drop-in Woodcarving Community**

Every Tuesday at 9:30 am the carvers meet in our pool room to make wonderful pieces. They then enjoy a cup of coffee and a chat. Please join us to learn about this fun activity.

For more info call: 416 394-6001 Horner Ave Senior Centre, 320 Horner Avenue. Seniors. **Free**



Book Sale

October 3, 4 and 5 from 10:00 am - 4:00 pm, all 3 days **20th anniversary, 1/2 price book sale at Book Ends.** All books except blue-dot, special-priced books, are 25 cents to 50 cents. Proceeds go toward children's literacy programs at the Toronto Public Library. North York Central Library Concourse, 5120 Yonge Street. For more info email: bookendsnorth@hotmail.ca All Ages. **25 cents to 50 cents**

Brain Games

Tuesday, October 8 from 6:00 pm to 8:00 pm. **Healthy Brain Gym.** Our librarian, aka the brain coach, introduces us to the 5 cognitive functions, mental exercises and other tips to keep the brain in tip top shape. To register, call 416 394-1000. Maria A. Shchuka Library 1745 Eglinton Avenue West. Adults **Free**

Fixin' It!

Thursday, October 10 from 6:30 to 8:30 pm.

Darning Workshop. Do you hate it when you can no longer wear a pair of hand-knit socks, a sweater or other knitted thing because it has a hole from either wear & tear or from moths? Darning is an easy-to-learn technique that will allow you to fix these things. Bring a knitted object with a hole (we will also provide some) and our friends from Repair Café will teach you how to darn in one evening! Maria A. Shchuka Library, 1745 Eglinton Avenue West. To register or for more information, please visit the Branch or call 416 394-1000. Adults. **Free**



Festivals

Sunday, October 6 from noon to 4:00 pm. **Harvest Festival.** Celebrate the harvest season in the valley! Musicians, historic cooking demonstrations and tastings, children's crafts and more! New this year, Words in Motion present Voices in the Valley, a theatrical exploration of Todmorden's history. Todmorden Mills Heritage Site, 67 Pottery Rd. 416 396-2819 for more info: www.toronto.ca/todmorden or email todmorden@toronto.ca **Free**



Halloween Happenings

Thursday, October 10 7:00 - 8:30 pm. **I Ain't Afraid of No Ghosts? Exploring Toronto's Haunted History.** Join us for a ghostly evening just in time for Halloween as we explore some of Toronto's most famous haunted locations. Jason Kucherawy, of Tourguys.ca, will provide a fascinating talk around Toronto's haunted heritage and attempt to explain the phenomena of the supernatural. Come learn about the scarier side of Toronto's history! Seating is Limited. Please register by calling the Society and Recreation Department at 416 395-5660. North York Central Library Concourse, 5120 Yonge Street. Adults. **Free**

Thinking About School?

Thursdays: October 3, 10, 17, 24 from 2:00 pm to 4:00 pm. **Open Doors at George Brown College (St. James Campus).** Thinking about college? Our doors are open! Drop in to learn about George Brown College's programs, find out what it's really like to be a college student, and get advice about paying for school. Get answers to your questions and get to know George Brown College. St. James Campus, 200 King Street East, Main Lobby, Room B175 For more info email: rzhang6@georgebrown.ca. Adults. **Free**

Mindfulness Group

Thursday, October 3 from 6:30 pm - 8:00 pm **Mindfulness as an Approach to Stress.** Join us as guest speaker Janet Murchison, OT Reg. (Ont.) talks about a new approach to stress for families and caregivers. Group Community Day Centre for Seniors at Baycrest. 3560 Bathurst Street. For more info contact: Ella Segal or email: esegal@baycrest.org or phone: 416 785-2500. Adults. **Free**

Music

Thursday October 3 at 12 noon. **Have Harpsichord, Will Travel.** Canadian Opera Company. Piano Virtuoso Series. Music by Byrd, Frescobaldi, Rameau, Geminiani, and Bach. Hank Knox, harpsichord. Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416 363-8231. **Free**

Thursday October 3 at 7:30 pm. **Symphony Orchestra Season Opening Concert.** University of Toronto, Faculty of Music. MacMillan Theatre, Edward Johnston Building, 80 Queen's Park. **Free**

Music Sale Fundraiser

Saturday, October 5 9:00 am - 12:00 pm. **Amazing Music Sale and Fundraiser** Attention: Music Lovers! Browse through years of wonderful sheet music including: Show Tunes, Children's Ditties, Hymns & Holiday Music and Cultural Arrangements. Donate what you feel the music is worth to you. Come browse, donate and take your favourites home! A great opportunity for music teachers, music professionals, choirs and theatre groups. Presteigne-Woodbine United Church, 2538 St. Clair Avenue East. For more info email presteignewoodbineunitedchu@bellnet.ca. Adults. **By donation.**

Walks

Sunday, October 13 from 10:00 am - 12:30 pm. **The Port Lands Sensory Walk.** Walk off your Thanksgiving Dinner with Lisa Binnie. Take the Port Lands Sensory Walk. The Walk starts at the southeast corner of the Cherry Street lift bridge, south of Commissioners Street. It ends at Leslie Street and Unwin Avenue. Toronto's Port Lands is a hot topic as its future is debated. Explore this dramatic landscape and discover the dynamic relationships between industry, recreation and nature. Take the Walk. Voice your opinion. Post comments and photos on Facebook #portlandswalk maps and details on the website <http://portlandswalk.com/> Port Lands - 155 Cherry Street. Contact: Lisa Binnie Email: info@portlandswalk.com **Free**

Workshops

October 15 from 7:00 to 8:00 pm. **Can We Do Conflict Better?** Free Mediation Workshop. Come to this workshop to learn about how a neutral third party, a trained mediator, can assist you and another party to have a difficult conversation, restore a relationship, solve a problem, or come to an agreement. Presented by Mardi Edelstein of Spectra Mediation. Central Eglinton Community Centre, 160 Eglinton Avenue East. Contact: Nancy Lyon: 416 392-0511, Email: programmanager@centraleglinton.com **Free**

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

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN (Local Health Integration Network). It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. www.csinfo.ca

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of our funder, the Toronto Central LHIN, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.



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.ca. Your Mother Earth will thank you. Your Bulletin Team, **Helen, Cassandra and Arlene**.

Please Join us at Our Annual General Meeting – All Welcome

Our AGM will be held on Monday October 21, 2013 at 6:00 pm at PARC, 1499 Queen Street West

Becoming a Regular Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and vote for candidates to our Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

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: C/S Info Centre, c/o CAMH, 1001 Queen Street West, Toronto ON M6J 1H4 or email csinfo@camh.ca 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) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

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