



BULLETIN

503 February 16 – 28, 2014

“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

~ Maya Angelou

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto 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/>

Community Announcements

C/S Info Session

This month we'll be holding our second Legal Clinic instead of an info session. Come to see one of the experts from Parkdale Community Legal Services. Call us for an appointment. Monday, February 24th, 2014 from 12:00 noon to 2:00 pm. We'll be in the Doctors Association Building at 101 Stokes Street. Call 416 595-2882 for a free appointment.

Save the Date for These Upcoming Events

Saturday, **March 8** for the PREFER Summit. (Peer Recovery Education for Employment & Resilience). Call [905 780-0491 x 125](tel:9057800491x125) or www.cultureofrecovery.org for more information about this day of workshops and information about peer support and education. FREE.

Tuesday, **March 25** for the LIEN Conference (Low Income Energy Network) Celebrating a Decade of Low-Income Energy Advocacy. No fee and lunch is provided but you must register as soon as possible and preference will be given to those who register by March 18. www.lowincomeenergy.ca. 9 am to 4 pm at the Harbourfront Community Centre Dance Studio, 627 Queens Quay West (at Bathurst).

Friday, **June 13** from The Leadership Project - Psychosis 2.0: New Understandings and Effective Ways of Working With and Healing From Psychosis. www.psychosis2.net or Brian at 416 285-7996 x 227 bmckinnon@alternativestoronto.org. Hart House, 1 Hart House Circle.

If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built Wall Watch It Online

In January, the C/S Info Centre held a film screening of the movie, *If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built Wall*. If you came to the screening and wanted to watch the film again, or if you were unable to make it, we have good news. You can watch the film online, on Youtube for free. To watch the film go here: <http://www.youtube.com/watch?v=tEiq0irt370>.

We would like to say a big thank you again to the filmmakers, Naomi Berlyne and Sibyl Likely, for coming in to show their film and sparking a lively conversation.

If you would like Naomi and Sibyl to show their film at a group near you, you can contact Naomi at: naomib@interlog.com. Also, PARC will be showing If These Walls Could Talk on Monday, March 10 at 6:30 pm at the Parkdale Activity-Recreation Centre, 1499 Queen Street West.

Ontario Increasing Minimum Wage

A news release from the Government of Ontario: New Legislation Would Tie Minimum Wage to Consumer Price Index January 30, 2014 10:15 am. Office of the Premier

Ontario is increasing the minimum wage from \$10.25 to \$11 per hour on June 1, 2014. This new rate reflects the rise in the Consumer Price Index (CPI) since the last minimum wage increase in 2010 and is part of the provincial government's commitment to fairness.

The government will also introduce legislation that would tie future minimum wage increases to the CPI. This will ensure the minimum wage keeps up with the cost of living, and that increases are predictable for businesses and families. Under the proposed legislation, increases would be announced by April 1st and come into effect on October 1st. The proposed legislation would act on the recommendations of Ontario's Minimum Wage Advisory Panel, which included business, labour, youth and anti-poverty representatives.

Ensuring the minimum wage is fair and predictable for both workers and business is part of the Ontario government's economic plan to invest in people, build modern infrastructure and support a dynamic and innovative business climate.

Article Source: Government of Ontario

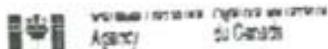
For another perspective, read the article by Carol Goar in the Toronto Star at the link below:

http://www.thestar.com/opinion/commentary/2014/02/04/ontarios_minimum_wage_plan_locks_many_into_poverty_goar.html

CAMH Client Library – New Schedule CAMH – 1001 Queen Street West

The CAMH Client Library is now open Saturdays. The Library (located at 1001 Queen Street West) is now open Saturdays from 1:00 pm to 3:30 pm from now until March, 2014. Library visitors are free to browse the library collection, hang out or participate in organized activities including: Movies! Games! Yoga! If you have any questions about the Client Library please contact Andrea Reynolds at 416 535-8501 x 33074 or by email: Andrea.Reynolds@camh.ca

Residents Report Fake CRA Notices



Canada

Canada Revenue Agency
www.cra.gc.ca

Dear Mr.

} FAKE }

Our records indicate insufficient information for your income tax return. As a result, you have been exempt from the Canadian Tax reporting and withholdings on claims to be paid to you. To apply for your claims We have been required by law to update our records in order to rectify your exemption status.

Therefore, you are to use this form to claim your benefit or SR&ED carried out in Canada during this year. authenticate the following by completing form Schedule T2, and return to us as soon as possible through the fax number: 1 or send through attachment to the E-mail:

When completing form T2, please follow the steps below

Brampton residents are being warned of a scam making the rounds right now that tries to fool victims into thinking they are either getting a refund from Canada Revenue Agency (CRA) or they owe back taxes.

BRAMPTON—Brampton and Mississauga residents are being warned of a scam making the rounds right now that tries to fool victims into thinking they are either getting a refund from Canada Revenue Agency (CRA) or they owe back taxes.

Peel Regional Police Fraud Bureau investigators say there have been “numerous” reports from residents who say they have received phone, mail or email messages purporting to be from the CRA. The recipient is instructed to provide personal information so they can either receive a tax refund or pay the outstanding taxes.

The CRA warns residents on its website that it will not request personal information from a taxpayer by email. If you receive this kind of phone call, email or letter, police recommend:

- do not take immediate action. Verify that what you are being told is the truth;
- ask yourself why the CRA would be asking for personal information over the phone or by email that they likely already have on file for you as a taxpayer;
- contact the CRA to confirm that you do owe back taxes, or are entitled to a refund, before providing any personal or banking information.

For more about scams involving the CRA, visit the website at www.cra-arc.gc.ca/ntcs/bwr-eng.html.

For more about current frauds targeting Canadians right now, visit the Canadian Anti-fraud centre website at: www.antifraudcentre.ca.

Keep your information as safe as you'd keep your cash. Don't fall for a scam. Helen

LAUGHING LIKE CRAZY - Comedy Showcase

Thursday, February 27th, 2014 from 7:00 pm to 9:00 pm, Doors open at 6:30 pm

Featuring stand-up-comedy performances by the newest graduates of the Laughing Like Crazy Program. Thursday February 27th, 7:00 pm to 9:00 pm, Doors open at 6:30 at the Central YMCA Auditorium, 2nd Floor, 20 Grosvenor Street, Toronto (closest subway stations: College or Wellesley), wheelchair accessible. Seating is limited; reserve your spot by visiting: www.mooddisorders.ca. If the room has not reached capacity, rush seating will be available after ticket holders have been admitted.

Unraveling the Mysteries of Eating Disorders

When: February 18, 2014, 7:00 pm to 9:00 pm

Where: Best Western Roehampton Hotel & Suites, 808 Mount Pleasant Road, Toronto

What: Join us for this educational evening and learn about eating disorders, recovery, and treatment options. This presentation will be of interest and practical help to those affected by an eating disorder (anorexia, bulimia, or compulsive overeating), families & friends, educators, the general public, and anyone working with individuals struggling with an eating disorder.

Website: <http://www.bellwood.ca/education-events-details.php?id=57>

Online Registration is available! Registration is FREE.

You may also call: 416 495-0926 for more details.

An Independent Review of Toronto Police Services Board

Following the shooting of Sammy Yatim in the summer of 2013, Chief of Police Bill Blair announced that the Honourable Frank Iacobucci would be carrying out an independent review of the use of lethal force by the Toronto Police Service, with a focus on police encounters with persons who are or may be emotionally disturbed. Mr. Iacobucci will be investigating and reviewing the following topics:

- Toronto Police Service (TPS) policies, procedures and practices
- TPS training, and training at the Ontario Police College
- Equipment used by TPS
- Psychological assessments and other evaluation of TPS police officers and officer candidates
- Supervision and oversight
- The role of the Mobile Crisis Intervention Teams (MCIT) currently employed by the TPS
- The role of the TPS Emergency Task Force
- Best practices and precedents from major police forces internationally (in Canada, the United States, the United Kingdom, Australia and other jurisdictions)
- Available studies, data and research
- Such other related matters as may reasonably be determined to fall within the scope of the independent review.

The Empowerment Council is working towards organizing a focus group in late Feb or early March for people who want to speak directly to Mr. Iacobucci about your experiences with the police. IF YOU WANT TO REGISTER for such a session please call us ASAP: Lucy Costa 416 535-8501 Ext. 33013.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Dear Colleagues:

I would like to draw your attention to an upcoming event, *Balancing Individual Safety, Community Safety and Quality of Life: a conference to improve interactions with people with mental illness*, March 24-26, 2014 in Toronto. This is an important opportunity to foster positive dialogue about policing and mental health issues, by sharing perspectives and information regarding good practices. The Mental Health Commission of Canada (MHCC) has been working with the Canadian Association of Chiefs of Police (CACP) to plan this event with the input from a range of policing and mental health stakeholders.

The program is structured around six themes with a concluding session to consolidate the exchanges. Themes include:

- police mental health training
- emerging models of community safety;
- crisis intervention models;
- confronting stigma;
- recovery and quality of life, and;
- measuring success and outcomes.

Please note that some funds are available, in part or in whole, to subsidize the participation in the conference by people with lived experience, family members and their advocates. These funds are limited, so if you are interested, please fill in the subsidy application, as soon as possible. The subsidy application including agenda, with confirmed speakers can be found on the [registration page](#).

For more information and to access the registration page, please visit the MHCC [website](#).

Please do not hesitate to contact Pam Foster, MHCC Public Affairs, pfoster@mentalhealthcommission.ca, if you would like more information.

I look forward to a strong and diverse mental health community presence and I hope to have the chance to personally connect with many of you at the conference.

Warm regards,
Louise Bradley
President and CEO

Abuse of People with Disabilities

Online Resource

This booklet is for people with disabilities. It explains abuse and violence. It also offers tips on what you can do if you are being abused. Anyone can experience abuse. If you understand abuse and know what is happening to you, you are in a better position to speak up and stay safe. View the booklet here:
<http://www.crimepreventionottawa.ca/en/initiatives/coda-booklet-on-disability-abuse>

Produced by: Crime Prevention Ottawa/Prevention du crime Ottawa

-A Benefit Concert For PARC

Thursday, February 20th, 2014

at Revival, 783 College Street, Doors at 7:00 pm. Opening set: The PARC Beats



Tickets are on sale now!



Tickets are \$20 in advance and \$25 at the door. Purchase online www.parc.on.ca To Reserve your tickets email: dlewis@parc.on.ca or call PARC's Resource Development office: 416 537-2262 x 244. PARC works with members on issues of poverty and mental health. The simple act of walking through our doors is what makes a person a PARC member. We've been at the heart of Parkdale for over thirty years.

Parkdale Project Read – Now Accepting Applications For Volunteer Tutors

Tutor Training Begins Thursday, February 20th, 2014 at 1209 King Street West

Parkdale Project Read is now accepting applications for volunteer tutors at their adult literacy centre at King and Dufferin. Their next tutor training starts February 20th. Many people in Parkdale have trouble with everyday reading and writing. Volunteers tell us that helping people improve their literacy skills is a great way to give something back to their community and to meet a variety of interesting people. Even though they are the tutors, they say that they are always learning from their students. Please visit:

<http://www.parkdaleprojectread.org/volunteers/volunteer-tutor-application-word/> and tell us about your interest in their program. For more information contact: Jody Smith by email: jody.frances@gmail.com, visit the website: <http://parkdaleprojectread.org/>, or phone: 416 531-6308.



Tortoise & Rabbit Reading Society

Hey do you love reading?

Yeah – I'm tired of sitting in front of the TV

Starting: Feb. 20th 2014

Be awesome! Be a book nut!" — Dr. Seuss

Tortoise and Rabbit Reading Society
is a relaxed, thoughtful reading & discussion group for consumer/survivors who want to read articles written by the consumer/survivor community.

Why? Because there is a lot of excellent writing out there and it's good to know more about the great work people with mental health issues are doing **themselves** in Toronto and internationally.

Cool eh?

We will meet weekly

Support each other with learning

People inside & outside hospital welcome

c/s students, peer workers, welcome

Learn more - Expand your knowledge!

Impress your colleagues at work with your smarts. Amaze your friends at parties

Register with the Empowerment Council
416 535-8501 Ext. 33013

"We read to know that we are not alone." — C.S. Lewis

"A word after a word after a word is power." - Margaret Atwood

Register 416 535-8501 Ext. 33013

Employment & Training Matters

Working for Change is seeking a **Manager** to lead the operations of the College and Russell Street food services, psychiatric consumer/survivor businesses located within the Centre for Addiction and Mental Health (CAMH) at the College and Russell Street locations. The job will involve:

- Designing menus and standard recipes for the retail food service and catering operations;
- Setting up and operating a kitchen on the 12th floor of 250 College Street;
- Overseeing and participating in the preparation of food for the Café at College Street and the Cafeteria at Russell Street;
- Hiring, training and scheduling staff for all operations;
- Developing and maintaining a balanced budget;
- Ensuring compliance with municipal health and safety codes;
- Overseeing the operations of a coffee and food cart; and
- Working with the Director of WFC Food Services to develop a catering business which will operate from the 12th floor of 250 College Street.

Qualifications

- Minimum five years experience managing a food service/caf  
- Superior skills in human resource management
- Experience in marketing and product development
- Financial management experience
- Formal culinary training/post-secondary education or equivalent experience
- Excellent communication skills
- Experience cooking in a fast paced kitchen environment
- Ability to manage a diverse staff team
- Time-management, organizational, administrative skills and problem-solving skills
- Lived experience and applied understanding of the psychiatric consumer/survivor community, its challenges and opportunities.

This is a bargaining unit position CUPE Local 4557

Please mail or email resumes no later than February 21, 2014 to:

Director of Food Services
100 Stokes Street, Room 1312
Toronto ON M6J 1H4
college.st.cafe@gmail.com

Things To Do...

Free and Low-Cost Events for February 16th to 28th, 2014

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

Artists

Wednesday, February 26th from noon to 3:00 pm. **Making a Living Making Art: Protecting Your Creative Rights.** A panel discussion on how to protect artistic creative rights. Pinewood Toronto Studios, 225 Commissioners Street. Cindy Rozeboom info@eastendarts.ca **Free**

Black History Month

Thursday, February 20th at 6:30 pm. **The Great Black North Anthology in Concert.** Canadian Poetry with Kevan Anthony Cameron, Andrea Thompson, Ian Keteku and more. Toronto Public Library, Downsview Branch, 2793 Keele Street. For information call 416 395-5720. This program will also be held on **Wednesday, Feb 26th** at 6:30 pm at the Riverdale Branch, 370 Broadview Avenue. For more information call: 416 393-7720. **Free**

Saturday, February 22nd at 2:00 pm. **Kenny Robinson.** Join this comedic legend for sidesplitting fun for the whole family. For more information call: 416 396-8910. Toronto Public Library, Bendale Branch, 1515 Danforth Road. **Free**

Monday, February 24 at 1:00 pm. **Meet Toronto's Poet Laureate – George Elliot Clarke.** Clarke explores and chronicles the experience of the Black Canadian communities of Nova Scotia and New Brunswick – a cultural geography Clarke refers to as "Africadia". For more information call: 416 393-7650. Toronto Public Library, City Hall Branch, 100 Queen Street West. **Free**

Tuesday February 25th at 2:00 pm. **Tsingory Dance Group.** Join us for a terrific program of dances from Madagascar. 416 395-5535. Toronto Public Library, North York Central Branch, 5120 Yonge Street. **Free**

Family Day

Monday, February 17th from 10:00 am to 6:00 pm. **Winter Warm-Up Returns to Family Day on Toronto's Waterfront.** Warm-up with your family during Family Day on Toronto's Waterfront by enjoying a tasty variety of complimentary hot beverages and keep warm from the inside out, all day long on Toronto's waterfront! Bring your own insulated travel mug into the following local businesses for a free hot refill: Indian Roti House, Iron Rose Tea Gallery, Lick It Gelato, Music Garden Cafe, Rabba Fine Foods, RBC Insurance & Sobey's, The Wine Shop, Williams Fresh Café. For more information contact the Waterfront BIA by email: info@waterfrontbia.com or visit the website: <http://www.waterfrontbia.com>, or call: 416 596-9821. Queen's Quay Terminal, 207 Queen's Quay W. All Ages. **Free**

Monday, February 17th from 10:00 am to 6:00 pm. **Family day at the Museum of Inuit Art.** Discover Inuit art on Toronto's Waterfront! Free admission and activities at the Museum of Inuit Art (MIA) during Family Day. Explore one of Canada's national treasures. MIA offers a space where Inuit artistic expressions, both past and present, spark immersive experiences. In honour of Family Day, the museum will be launching their new Adventure Pack program. Families are invited to get up close and personal with the collection through fun-filled activities they can complete at their own pace. Information about culture, history and lifestyle will be revealed as you are sent on an adventure through the museum. Use the Inuktitut words you'll learn while exploring the museum to solve a word puzzle. For more information on Family Day activities at MIA, visit: www.miamuseum.ca or contact Museum of Inuit Art by email: contact@miamuseum.ca or by phone: 416 640-1571. Museum of Inuit Art, 207 Queen's Quay West. All Ages. **Free**

Monday, February 17th from 10:00 am to 5:00 pm. **Family Art Attack!** Celebrate Family Day by competing in family teams to create works of art. For more info contact Cindy Rozeboom info@eastendarts.ca or visit the website: <http://eastendarts.ca/?page=CiviCRM&q=civicrm/event/info&res>. Artisans at Work, 2071 Danforth Ave. **Free**

Festivals

Sunday, February 16th from Noon to 5:00 pm. **7th Annual Family Sunday in The Beach.** From Woodbine Avenue to Beech Avenue, there is something for everyone throughout The Beach Village and you can get from one end of the street to the other by catching a free ride on a Vintage Trolley. We invite you to come and experience ice sculpture demonstrations, the travelling figure skating show by Glisse on Ice, the West Coast Lumberjack Show, bouncy castles, music, warming stations and more! **Free Admission**

Saturday, February 22nd and Sunday, February 23rd from Noon to 5:00 pm. **Bloor-Yorkville IceFest 2014.** Celebrate winter in the city with the ninth annual Bloor-Yorkville IceFest, featuring an array of spectacular ice sculpture displays, events and demonstrations throughout the neighbourhood for the public to enjoy. See the magic of ice come to life as artists put the finishing touches on this amazing winter scene, crafted from an astounding 35,000 lbs. of ice. Come marvel at our very own "Heat Wave" ice display, bringing the tropics to Toronto, in the winter. Ice sculptures will range from palm trees, tropical flowers, and parrots, to a sail boat and schools of tropical fish. For more information contact: Kelly Newell by email: biamember@bloor-yorkville.com or by phone: 416 928-3553. Village of Yorkville Park, 115 Cumberland Street. All Ages. **Free**

Finance

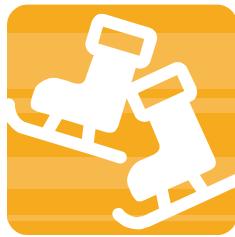
Wednesday, February 19th at 7:00 pm. **Fraud Prevention.** An informative discussion to better identify, understand and prevent fraud. Toronto Public Library, Jane/Dundas Branch, 620 Jane Street. 416 394-1014. **Free**

Thursday, February 20th at 6:30 pm. **81 Ways to Help You Save Money and Protect Yourself from Corporate Trickery.** Toronto Star columnist, consumer advocate and Moneyville blogger Ellen Roseman helps ordinary people navigate the blind alleys and closed doors of the world of corporate and consumer rip-offs. Toronto Public Library, Richview Branch, 1806 Islington Avenue. 416 394-5120. This program will also be held **Wednesday February 26th** at 6:30 pm at the Don Mills Branch, 888 Lawrence Avenue East. 416 395-5710. **Free**

Science

Wednesday, February 19th at 6:45 pm. **Vaccination: Its Development and Importance.** University of Toronto's Department of Immunology presents a seminar on the development of vaccines, how they work and why they are important. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. 416 394-5270. **Free**

Wednesday, February 19th at 7:00 pm. **The Amazing Universe. Finding Your Place in Space and Time.** Ever wonder where you fit in the grand scheme of things? Dr. Roberto Abraham provides a cosmic perspective of life and the universe. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 416 394-5240. **Free**



Skating

Sunday, February 16th from 2:00 pm to 5:00 pm. Skate For Camp! Skating Party. Join Councillors Fletcher and Fragedakis with Eastview Community Centre for a free community Skating Party. All are welcome, and all refreshment proceeds & donations help send kids to summer camp! Contact: Councillor Paula Fletcher Email: councillor_fletcher@toronto.ca Phone: 416 392-4060. Withrow Park, 725 Logan Avenue. All Ages. **Free**

Wellness

Tuesday, February 18th and 25th from 7:00 pm to 9:00 pm. **2-Week Workshop: Dealing With Depression.** This workshop offers an in-depth look at depression: the different types of depression and sadness, the stigma we experience. Learn to work toward long-term solutions in dealing with this important issue. Scarborough Women's Centre, 2100 Ellesmere Rd, Suite 245, Please pre-register by Monday Feb 17th. Please note: you MUST pre-register to attend. Sorry, no walk-ins. Contact outreach@scarboroughwomenscentre.ca or Koreen Thomas at 416 439-7111 **Free** (\$10 suggested, or donate what you can).

Thursday, February 20th at 1:00 pm. **I Didn't Sleep a Wink. Sleep Disorders in Aging.** Dr. Mortimer Mamelak is a medical doctor, a psychiatrist with a 40-year history of sleep research. He discusses the physiology of sleep, followed by a look at its disorders and available treatment options. Toronto Public Library, Toronto Reference Branch, 789 Yonge Street in the Elizabeth Beeton Auditorium. 416 395-5577. **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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