



BULLETIN

504 March 1 – 15, 2014

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/>

Community Announcements

Do you live in supportive housing?

**Are you passionate about improving the supportive housing experience?
Are you willing to share your story?**

The Dream Team is looking for supportive housing tenants who are willing to be interviewed by Peer Researchers about their experiences in supportive housing. Each interview will take place at a location of your choice and will last approximately 1 hour.

Remuneration

Tokens as well as a \$20 honorarium will be provided.

Privacy Considerations

All interviews will be anonymous, although we will ask you to provide some information for statistical purposes.

How will the information be used?

All information will be compiled and analyzed in order to draft a *Supportive Housing Tenants Bill of Rights*. We hope that this document will eventually be endorsed and adopted by all the supportive housing providers in Toronto in order to improve the overall quality of services in this sector.

For more information contact Joanna at: 416 516-1422 ext 262 or email: coordinator@thedreamteam.ca.



Advocating for Safe,
Secure, Affordable
Supportive Housing

Toronto Police Services News Release

Missing Man, Antony Kuliszewski, 51



Broadcast time: 09:30
Friday, January 24, 2014
11 Division
416 808-1100

The Toronto Police Service is requesting the public's assistance locating a missing man.

Antony Kuliszewski, 51, was last seen on Monday, January 20, 2014, at approximately 10:30 a.m., in the The Queensway and Roncesvalles Avenue area.

He is described as white, 5'11", 220 lbs., with short brown hair and glasses. He was last seen wearing a black nylon jacket.

Anyone with information is asked to contact police at 416 808-1100, Crime Stoppers anonymously at 416 222-TIPS (8477), online at www.222tips.com, text TOR and your message to CRIMES (274637), or Leave a Tip on Facebook.

Constable Wendy Drummond, Corporate Communications, for Detective Stella Karras, 11 Division:

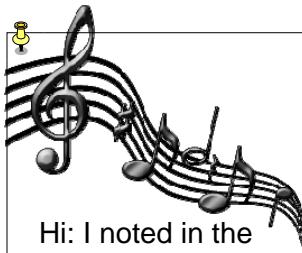
Tony was due to report for work Monday but never showed up nor on Tuesday and so when he didn't show up on Wednesday nor answer any of the phone calls, his boss got word to us by physically going to his previous home address and knocking on neighbours' doors. We confirmed that he missed all his other appointments that week. When we arrived at his place, we found his wallet with money and credit cards still inside, his lap top and his cell phone were still there, as well as the lights had been left on and his jazz music playing in the background.

Toronto Police conducted several extensive searches although their valiant efforts were prevented by the extreme cold weather as well as the treacherous conditions of the terrain to allow them to use the mounted unit or canine unit to search nearby High Park.

We are in constant contact with 11th Division who have been a tremendous support during this difficult time. Detective Sargent Divesti is in charge of the investigation but to date no leads have been identified and the search did not yield any evidence of foul play or misadventure to date. We are asking the public to contact 11th division or Crime Stoppers for any information that will assist in our search.

Download the free Crime Stoppers Mobile App on iTunes, Google Play or Blackberry App World.

Anthony is still missing.



Reader Submissions: Stress Busters!

A Chance to Sing!!!

Hi: I noted in the Readers' Submission for stress busters that the response was about singing. I organize and conduct the Come/Unity singers for Big on Bloor in the summer. I'm hoping to do so again this year.

I'm offering an opportunity to sing wonderful songs with energetic, creative people. I agree with the readers, singing helps bust stress and makes people feel great. If interested please contact: creativevocalizationstudio@hotmail.com.

Appreciatively,
Honey Novick

C/S Info Tax Clinic **2014 Tax Season**

Tax season is upon us! Your 2013 Income Tax Return should be filed by Wednesday, April 30th, 2014 to prevent a break in receiving your Ontario Trillium Benefit or your HST refund. If you owe money, it's even more important to do your taxes before April 30th to prevent penalties and interest from adding up. Here at C/S Info, we have a Community Volunteer Income Tax Clinic. What does that mean? We have wonderful volunteers here on Tuesdays and Thursdays that can file your taxes, free of charge. We do simple returns and we have some criteria. You:

- are a consumer/survivor (identify as having a psychiatric or addictions history)
- have income under \$30,000 for the year
- don't have self-employment income or expenses
- don't have rental income
- don't have capital gains (aren't selling stocks, bonds, second properties)
- didn't declare bankruptcy in the year(s) that we're filing your taxes for
- weren't widowed in the year(s) we're doing your taxes for

From now until May, we file 2013 returns only. Once the current tax season is over, we go back to filing past and current tax years (10 years back is the maximum Canada Revenue will allow).

To make an appointment, please give us a call at: 416 595-2882.

Clara's Big Ride **The Documentary**

Beginning March 14, 2014, and spanning 110 days until July 1, 2014, Canadian Olympic hero, Clara Hughes, will undertake an incredible bike journey throughout all the regions of Canada. For the six-time Olympic medal winner, it will be her latest and most ambitious odyssey in her on-going Bell Let's Talk campaign, aimed at raising the awareness of Canadians to the impact of the stigma associated with mental illness.

Documentary crews will be with Clara for this amazing journey, chronicling the drama and the challenges of one of the most unique athletic feats every undertaken in our country. As she travels across the nation, Clara will meet and spend time with people who have also experienced discrimination because of their illness, or who are afraid to seek out help because of the shame associated with doing so. Our hope, and Clara's, is to help put an end to the suffering experienced by millions of young Canadians due to the powerful stigmas that surround mental health.

For more info visit: <http://clarasbigride.bell.ca/en/>. Brought to you by the Bell Let's Talk campaign.

Resource Launch from Mobilizing Minds Research Team

Are you interested in mental health services for young adults?

- Depression is one of the most common and disabling mental health problems experienced by young adults.
- Young adults have many questions about treatments for depression that are not addressed in current resources.
- Some young adults do not seek help or use poor coping methods because they do not have good information about treatment choices.
- The Mobilizing Minds Research Team has developed new user-friendly resources that answer young adults' questions about treatment choices for depression.

These resources have been informed by years of never-done-before research on the information preferences of young adults experiencing mental health problems and young adults have been involved in every phase of their development. They will be of interest to young adults, their family members, and people who provide support or professional services to young adults.

Fact sheets on a wide variety of issues related to help for depression may be freely used by organizations providing services to young adults and may be posted on organization websites.

Join us for one of two free events to check out new resources and hear how we developed them (available at: <http://depression.informedchoices.ca/>)

Please help us to make these resources widely available to young adults.

The Launch Events:

- Monday, March 10th from 11:00 am - 1:00 pm at York University, Keele Campus (Kaneff Tower, 5th floor, room 519, 74 York Boulevard)
- Monday, March 17th from 1:30 pm - 3:30 pm at the Centre for Social Innovation, Annex Site (720 Bathurst Street)

Refreshments will be provided. Please RSVP to: efirsten@yorku.ca, specifying which date you will be attending. **Space is limited.**

Calling all choosy foodies!

Does healthy food have to be expensive? What exactly is apitherapy? Is organic food really better for you? Want to learn how to make a meal from the stuff that we normally throw away? Why do gardens make you smile? How is Canadian history contained in a bottle of maple syrup?

Answers to these questions will be on the table at **Thought for Food**, a new course sponsored by CAMH and University in the Community. Join us for a 9-week conversation about choices of food and foods of choice. Every Tuesday afternoon (2:00 pm - 3:30 pm) from Tuesday, March 25th to Tuesday, May 20th, local experts and entrepreneurs will introduce you to the world of urban agriculture: Toronto's growth industry!

Free for CAMH clients, family members, staff, volunteers and neighbourhood residents.

Dates: Tuesdays, March 25th to May 20th Time: 2:00 pm - 3:30 pm

Location: CAMH Client Library, 1001 Queen Street West (between Unit 4 and the Community Centre/The Mall)

For information or to register please contact:

CAMH Contact, Andrea Reynolds: andrea.reynolds@camh.ca

Community Contact, Joanne Mackay-Bennett: universityinthecommunity@gmail.com

TTC tokens available to those in need. Light refreshments served. Notebooks and pens provided.

Registration is on a first come basis, so get in touch early to avoid disappointment.



CANADA READS 2014

Join us for
Canada Reads: One Novel to Change Our Nation
Hosted by Jian Ghomeshi

The Canada Reads debates are taped in front of a live studio audience!

Jian Ghomeshi will be joined by five celebrity panelists:
Olympian **Donovan Bailey**
Comedian **Samantha Bee**
Actor **Sarah Gadon**
Journalist **Wab Kinew**
Humanitarian **Stephen Lewis**

RSVP to get your tickets now!

MARCH 3-6 at 10 a.m.
CBC Broadcast Centre Toronto

RSVP: canadareads@cbc.ca

The debates will air on all CBC platforms.
Live streaming and broadcast times can be found at
cbcbooks.ca



For **FREE** tickets email: **canadareads@cbc.ca**
(Please specify which date(s) you'd like to attend)

WHERE: CBC Broadcast Centre
205 Wellington Street West, Toronto

<https://www.facebook.com/canadareads>

<https://twitter.com/cbcbooks>

<http://www.cbc.ca/books/>

Accessibility Announcement

Hello Everyone,

We would like to inform you that City Council adopted item CC48.4, Internet Voting Service for Persons with Disabilities. Over the next few months we will be looking for your support and feedback as we implement internet and telephone voting for the 2014 municipal election. The following links will provide you with more detail on this initiative:

Staff report on Internet Voting Service for Persons with Disabilities:

<http://www.toronto.ca/legdocs/mmis/2014/cc/bgrd/backgroundfile-66912.pdf>

Meeting agenda: <http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2014.CC48.4>

Election Services internet voting page:

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=67787903a36c1410VgnVCM10000071d60f89RCRD>

Kind Regards,

City of Toronto, Elections Services

416-338-1111 (press 6)

AccessibleElections@toronto.ca

Online Resources of Interest

Elder Abuse: The Hidden Crime (November 2013), 13 Pages

A new edition of **Elder Abuse: The Hidden Crime** is now available that includes information about the duty to report abuse or suspected abuse in retirement homes or while in the care of family members or friends. It outlines what must be reported, who has a duty to report, and how to report.

The free PDF or online document can be found here: <http://www.cleo.on.ca/en/publications/elderab>

This resource has been brought to you by: CLEO, www.cleo.on.ca.

Research • Innovation • Professional Development • Networking



April 30-May 2, 2014 • Halifax, Nova Scotia, Canada

Have you registered yet? www.psac-canada.com/NCPS

International Women's Day 2014 **Women Taking Power - Saturday, March 8th, 2014**

International Women's Day has been observed since in the early 1900's, a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies.

Excerpt taken from: <http://www.internationalwomensday.com/about.asp#.UwzR-M55Fbw>.

To discover more about International Women's Day visit: <http://www.internationalwomensday.com>

List of Events for Saturday, March 8th, 2014:

Start: OISE, 252 Bloor Street West

Rally: 11:00 am

March: 1:00 pm

Fair: 1:30 pm at Ryerson University, 55 Gould Street

For more info about the above list of International Women's Day Toronto events visit: www.IWDToronto.ca.

BackWards Productions Presents... **A documentary film screening:**

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

Toronto's Centre for Addiction and Mental Health was first built in 1850, and was then known as The Provincial Lunatic Asylum. This film traces the history of the institution, and tells the stories of some of the patients, whom despite degrading treatment, managed to escape or rebel. It also explores contemporary narratives of mad people, as they cope in today's world.

Date: Monday, March 10th, 2013

Time: 6:30 pm - 8:30 pm, in the PARC Drop-in

Place: Parkdale Activity-Recreation Centre, 1499 Queen Street West

For More Information: Contact: brose@parc.on.ca

This is a free event.

This film has been endorsed by:

THE PARC AMBASSADORS
PEERS ABOUT COMMUNITY
THE DREAM TEAM

Things To Do...

Free and Low-Cost Events for March 1st – 15th, 2014

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



Book Sale

March 13th, 14th and 15th **Friends of Toronto Public Library Clearance Book Sale**. Thursday from 10:00 am - 8:00 pm, Friday from 9:30 am - 4:30 pm and Saturday from 9:00 am - 4:00 pm. All items are 10 to 50 cents. All proceeds support Toronto Public Library programs. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. **Free admission**

Finances

Tuesday, March 4th at 2:00 pm. **Ten Healthy Habits of Financial Management**. Get your financial house in order by learning healthy financial management. Toronto Public Library, Beaches Branch, 2161 Queen St E. For more info: 416 393-7703. **Free**

Thursday, March 6th at 6:00 pm. **Fraud Prevention**. An informative session to better identify and understand fraud and how to prevent it. Toronto Public Library, Bridlewood Branch, 2900 Warden Avenue. Please register at: 416 396-8690. **Free**

Gardening

Saturday, March 8th and Sunday, March 9th. **Seedy Saturday and Sunday** at Evergreen Brick Works. Saturday 11:00 am - 4:00 pm and Sunday 11:00 am - 3:00 pm. A good way to plan the gardening season and to celebrate spring. Evergreen Brick Works, 550 Bayview Avenue. **Free admission**

Health

Monday, March 3rd at 6:30 pm. **Healthy Eating Series**. A Toronto Public Health nurse teaches you healthy eating habits: how to read food labels, find best buys in foods, address food insecurities, food safety and prepare healthy meals. Toronto Public Library, York Woods Branch, 1785 Finch Avenue West. Call to register: 416 395-5980. **Free**

Wednesday, March 5th 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. For more info: 416 395-5577. This event was re-scheduled from last month. **Free**

(Thanks to our reader, Bev, who let us know about this second chance to hear about this topic.)

History

Friday, March 7th to March 16th from 11:00 am - 4:00 pm. **March Mania in the Valley**, featuring historic homes and tasty treats prepared on the open hearth. Todmorden Mills Historic Site, 67 Pottery Road near Broadview Avenue. **Adults \$5.31, Seniors \$3, Children \$2**.

Music

Saturday, March 1st at 1:30 pm. Peter Margolian and Friends, **Chamber Music**. Coulthard: Sketches from a Medieval Town for Violin, Viola, Piano. Canadian Music Centre, 20 St. Joseph Street. For more info: 416 250-5475. **Free**



Music

Thursday, March 6th at 12:10 pm. University of Toronto, Faculty of Music. **Opera Spotlight: Fifty Operatic Years in the MacMillan Theatre.** Edward Johnson Building, 80 Queens Park. For more info: 416 408-0208. **Free**

Tuesday, March 11th at 7:00 pm. **Concert: Handel with Flare.** Listen to some delightful music with John Holland, baritone; Jennifer Krabbe, soprano; Duncan Chisholm, musicologist. Toronto Public Library, North York Central Branch, 5120 Yonge Street. For more info: 416 395-5535. **Free**

Tax Talk

Thursday, March 13th from 7:00 pm - 9:00 pm. **Taxing for Fairness and Prosperity.** **David Langille**, Health Studies, University of Toronto and Work & Labour Studies, York University, Treasurer at Canadians for Tax Fairness. Join us for a free public lecture Co-Sponsored by University College Health Studies Programme, Canadian Pugwash Group, Science for Peace and Voice of Women for Peace. David Langille teaches public policy at York University and the University of Toronto. A political economist by training, his research and writing deals with corporate power and the role of social movements in maintaining democracy. Much of his life has been spent in political advocacy, community development and activism at the international, national, provincial and local level. Lecture series links:

For full list of the 2013/2014 Vital Discussions of Human Security lecture series events: <http://www.scienceforpeace.ca/vital-discussions-of-human-security-fall-2013-spring-2014>
Click here for videos from previous lectures: <http://www.youtube.com/user/Science4Peace>
Facebook event page: <https://www.facebook.com/events/1443796569169806>

University College, 15 King's College Circle, Room 179, ground floor, west end of the building. **Free**

U Can... Program Series

Tuesday, March 11th at 6:30 pm. This **discussion** series is almost over, but it has one more session to go. Designed to provide insights into how to fulfill personal and professional goals while navigating the obstacles and opportunities we encounter in our bustling daily lives, this last session is about mastering your time. Toronto Public Library, Bloor/Gladstone Branch, 1101 Bloor Street West. 416 393-7674. **Free**

Yoga

Thursday, March 6th at 7:00 pm. **Yoga and Meditation.** Stress relieving exercises and management through restorative meditation. Wear loose clothing and bring your own mat or towel. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. 416 395-5440. Saturday, **March 8th** at 10:30 am at Agincourt Branch, 155 Bonis Avenue 416 396-8943. **March 8th** at 2:00 pm at Oakwood Village, 341 Oakwood Ave, 416 394-1040. March 10 at 7:00 pm at Brentwood Branch, 36 Brentwood Road North. 416 394-5240. **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.

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 do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, 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**.

PREFER Summit 2014

A RECOVERY NETWORKING EVENT FOR PEERS AND ALLIES

The Peer Recovery Education for Employment and Resilience (PREFER) program of the Centre for Building a Culture of Recovery is proud to announce that its Summit is to be held in Toronto, Ontario on Saturday March 8th, 2014.

Innovations in Peer Support

The Summit is a rare networking event for members of the Peer Support and Recovery communities throughout Ontario. The Participants of PREFER who have been receiving education and training in Peer Support, leaders in mental health, recovery supporting organizations and agencies, advocates, family members, people in recovery, and members of the wider community should attend to network, share skills, knowledge and discuss opportunities for building a systemic culture that supports Recovery and embraces Peer Support.

People from across the region will gather to share information and stories of innovation in peer support practices. Learn about innovative peer support programs and practices in recovery education, peer support, housing, hospital services, and employment in the mental health system for people with lived experience. The summit promises to be a networking event for peer supporters and future leaders in our local Peer Support movement. Learn how others like you are making a difference and how you can join us in building a culture grounded in Respect, Recovery, and Resilience.

About the Speakers

Speakers, panelists, and presenters include peer supporters, PREFER participants, graduates and community members who will be sharing information about innovative peer support programs in hospitals, housing, and our communities. Learn how you can get involved just as they did and how you can make similar changes happen!

Who Should Attend?

PREFER participants; community members; peer support workers; self-help and mutual support groups, people in recovery, C/S/X groups; family members; mental health program administrators; social service students; mental health community associations; mental health, addictions, and related service agencies; and foundations

Presented by:



Building a Culture of Recovery

►► A comprehensive education strategy

PREFER

Peer Recovery Education for Employment & Resilience

SUMMIT DETAILS

Date: SATURDAY March 8, 2014

10:00 am—5:00pm

Registration starts at 9:15am.

FREE to PREFER Participants & Graduates;
People in Recovery;
People with Lived Experience of Mental
Health or Substance Use Challenges;
Consumers/Survivors;
and Family Members

\$25 donation requested from
Mental Health Professionals and Allies

Location: Branson Site — North York
General Hospital, Auditorium (lower Level)
555 Finch Ave. W. (west of Bathurst St)
Toronto, Ontario M2R 1N5

***FREE parking** available at across the street at
the Carnegie Centennial Arena, 580 Finch Avenue West

REGISTRATION

online at: <http://prefersummit2014.eventbrite.ca/>
fax, email, or mail your registration form and
mail cheque payable to: The Krasman Centre

The Centre for Building a Culture of Recovery
c/o The Krasman Centre
10121 Yonge Street
Richmond Hill, Ontario L4C 1T7

905-780-0491 ph

1-888-780-0724 Toll Free

905-780-1960 fax

www.cultureofrecovery.org