



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

BULLETIN

505 March 16th – 31st, 2014

*We welcome you, Spring.
~ A season of change and
new beginnings. ~*

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/>



Save The Date

Upcoming Events

Wednesday, April 9th, 2014 from 2:00 pm – 4:00 pm. Progress Place 5th Annual Health and Wellness Fair, "Healthy Body, Healthy Mind, Healthy Choices, Healthy You!" 576 Church St (intersection of Church and Wellesley) 416 323-0223. Come out and visit booths from over 15 various agencies featuring topics relating to health promotion and prevention, nutrition and physical activity. We welcome all consumers and service providers!

Friday, June 13th, 2014 from 9:00 am – 4:30 pm (registration begins at 8:00 am). 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 ext. 227 bmckinnon@alternativestoronto.org. Hart House, 1 Hart House Circle.

Research • Innovation • Professional Development • Networking



National Conference
on Peer Support

PSACC|ACSPC

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

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

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Community Announcements

Aboriginal Culture Of Safety Presentation

Wednesday, March 26th, 2014 from 1:00 pm – 2:30 pm

What: A special educational series that is happening on the last Wednesday of every month.

Where: 100 Stokes Street, Bell Gateway Building, Spiritual Care Space 2nd Floor

Who: This is for all CAMH Staff and Clients who wish to learn more about 'wise' practice when working with Aboriginal clients and their communities. Topics addressed are as follows:

- Competence, Awareness, Sensitivity
- Historical Trauma Transmission
- What is Aboriginal 'Wholistic' health?
- How we practice it here at CAMH
- Resources, References, and Certifications

For more info contact Walter Lindstone – Cultural Resource @ the Aboriginal Service: 416 535-8501 ext. 37019 or by email: walter.lindstone@camh.ca

2014 Low Income Energy Network (LIEN) Annual Conference

Register Now for the Conference taking place on Tuesday, March 25th, 2014

Registration is now open for the LIEN annual conference, "Celebrating a Decade of Low-Income Energy Advocacy".

Date: Tuesday, March 25th, 2014

Time: 9:00 am – 4:00 pm

Location: Harbourfront Community Centre, Dance Studio, 627 Queens Quay West (corner of Bathurst Street).

Issues addressed at the gathering are:

- Rising electricity prices and the establishment of a low-income rate affordability program
- Evaluating and improving the Ontario Energy Board's Low-Income Energy Assistance Program
- Reducing bills and pollution through energy conservation programs for low-income consumers

There is no registration fee and lunch will be provided. Preference will be given to those who register by:

Tuesday, March 18th, 2014. A draft agenda will be posted on the website soon.

To register, visit: <http://www.lowincomeenergy.ca/2014/02/register-now-for-the-2014-lien-annual-conference/>.

Toronto Police Services News Release

Missing Man: Antony Kuliszewski, 51



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 20th, 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.

Anthony is still missing.

Harm Reduction 101

Understanding a harm reduction perspective

Facilitated by Toronto Public Health staff, this intensive two day overview of harm reduction practice features presentations by community speakers who offer innovative harm and risk reduction programming across the City. Focusing on basic concepts, the workshop covers how to meet people where they are at, stigma and discrimination, safer smoking & injection, housing, hepatitis C, impacts of trauma.

"I learned so much that I can apply to the work I do."

"The facilitators have a nuanced understanding and are sensitive to the issues."

"Transformative knowledge ... passion breeds passion." "Powerful and real!"

"Excellent resources and networking opportunity!" "I feel refreshed."

What you will take away from the two days: An understanding of the challenges facing people using drugs and the need for compassionate responsive services.

Date	Place
March 26 & 27, 2014	519 Community Centre Ballroom
April 9 and 10, 2014	Metro Hall, Room 302
May 15 & 16, 2014	Metro Hall, Room 303
June 11 & 12, 2014	Metro Hall, Room 314

Location: Metro Hall is at 55 John St. (King St and University Ave)
The 519 is at 519 Church St. (North of Wellesley St.)

Fee: This workshop is free. Food and drinks are not provided.

Time: 9:30 am SHARP to 4:30 pm



For more information and to register, please contact:

Toronto Health Connection at 416-338-7600

Or email: publichealth@toronto.ca

** Please let us know at registration if you require accommodation

** Please avoid wearing scented products to the workshop.

Do you have more than 10 staff at your agency who would like to receive harm reduction training? Inquire about getting a ½ day workshop at your agency tailored to specific training needs. Call 416-338-7600, or email publichealth@toronto.ca with your request.

416.338.7600 toronto.ca/health |  **TORONTO** Public Health

Where To Report Fraud: Spam Usually Means Scam!

An Email from the Canadian Anti-Fraud Centre (CAFC)

As of late, the C/S Info Centre has been receiving fraudulent Canada Revenue Agency emails regarding tax returns. Yes, even we're not exempt from scammers. Our contact at the CRA kindly forwarded this info onto us and thus we thought you might find it helpful too:

(The email below is an example of the real response you may receive after you've reported fraudulent activity to the CAFC.)

Thank you for contacting The Canadian Anti-Fraud Centre (CAFC). Your e-mail has been received. Due to the high volume of e-mails, you will not receive a reply.

If you are a victim of identity fraud, have lost money, not received goods or services, are in the process of sending money or have a question or concern, **please contact our toll free number: 1-888-495-8501** and speak to a representative. Due to high call volume, you may experience an excessive wait time.

Please be aware that the CAFC is a central repository for fraud data. Our Criminal Intelligence Analysis Unit provides support to law enforcement agencies by analyzing fraud data submitted to the CAFC. We strongly recommend that consumers also report all fraud related matters to their local police agency.

Canadian Anti-Fraud Centre advises consumers not to open unsolicited emails or when the sender is unknown. Spam usually means scam. Just delete them!

For more information, please do not hesitate to visit our website: www.antifraudcentre.ca

Workman Arts Exhibit: IT'S ALL ABOUT U, Culture of Convenience

On Now Through Tuesday, April 29th, 2014

Individually these paintings reference expressions of complexity. As a body of work it functions as a flexible system designed to be curated using various forms of code for the purpose of site specific or thematic arrangements within the following structures: International Morse Code, Piano Roll, Fractal or randomly based installations. Each painting is a potential unit of a code; any given installation is the execution of a system of, or reference to, code.

This approach maintains the integrity of a solitary painting while allowing for curatorial flexibility and expanded explorations of ideas through a mutable framework. Historical traditions and systems are combined with contemporary expressions and ideas regarding our relationships to light, surface, colour, pattern, language systems and complexity as a meaningful aesthetic. I have entitled this series and creative approach: Lux Coda.

AT: 24/7 Shopper's Drug Mart / Workman Arts Window Gallery

Lower Ossington and Queen Street West, Toronto

Works are for sale. Visit: www.janswinburne.com or www.workmanarts.com or call: 416 583-4339.



VanDuzer Art Studio

March Schedule – 196 Beverley Street

NEW!

Music & Mental Health Therapy Jam with Eddy
Fridays
Noon – 1:00 pm

NEW STUDIO HOURS

The studio is now open everyday 11:00 am – 5:00 pm.

OPEN MIC NIGHT

Friday, March 21st
7:00 pm – 9:00 pm
Bring your creativity! Sing a song, play an instrument,
read a poem, tell a joke, or even dance!
Snacks & refreshments available.

Wednesdays:

1:00 pm – 3:00pm Open Art

Thursdays:

Noon – 1:30 pm Express Yourself Writing Group with
Katharine
6:00 pm – 9:00 pm RHYTHMS OF RESISTENCE -
PRIVATE WORKSHOP

Fridays:

10:00 am – Noon MUSIC REHEARSAL - PRIVATE
WORKSHOP
Noon – 1:00 pm Music & Mental Health Therapy Jam
1:30 pm – 4:30 pm Art Drop-in with Tess

Saturdays:

11:00 am – 1:00 pm Tai Chi with Eddy
1:00 pm – 5:00 pm Art Drop-in

Sundays:

11:00 am – 5:00 pm Art Drop-in

Tamara

Studio Coordinator, VanDuzer Art Studio
Social Recreation Director & Residential Counsellor,
Eden Community Homes
196 Beverley Street
647 280-4931

Challenging Ableism: Creating a Culture of Accessibility

Students for Barrier-free Access: Upcoming Events

Group: Cooking Discussion Group on Mental Health

When: Wednesday, March 19th, 2014

Location: CWTP

(563 Spadina Ave, North Borden Building)

Time: Noon

Workshop: Learning Disabilities Workshop with Integra

When: Monday, March 24th, 2014

Location: Hart House Room North Dining Hall

(7 Hart House Circle)

Time: 11:30 am

Please register at the link shown for either event; both groups are open to all: <http://goo.gl/Gv400V>

All events will have ASL, Live Captioning, and Care Attendants.

Please email: sba@utoronto.ca or call 416 967-7322 for more information or accommodation need.

Students for Barrier-free Access, University of Toronto

215 Huron Street, Suite 924

Telephone: 416 967-7322

<http://sba.sa.utoronto.ca/>

SBA is a student run organization that advocates for equity, access and the rights of Dis-Abled students at U of T. SBA works towards eliminating physical, informational and attitudinal barriers on campus. The SBA Centre is open Monday to Thursday, from 9:00 am – 5:00 pm.

Ontario's Social Safety Net is Coming to Toronto City Hall!

Monday, March 24th to Friday, March 28th, 2014 from 10:00 am – 6:00 pm, daily

A collective artistic representation of the Social Safety Net that Ontario needs, measuring over 175 feet long. Created by over 500 individuals and groups from around the Province. Ontario's safety net is unravelling, so we decided to make our own to inspire the Government to make needed repairs to social programs!



The safety net will be on display at Toronto City Hall, main floor rotunda:
March 24th to March 28th, from 10:00 am – 6:00 pm each day.

Opening night launch, to include music, spoken word poetry and a hot meal:

Monday, March 24th, 5:00 pm – 7:00 pm (official program begins at 5:30 pm), Toronto City Hall Rotunda.

Presented by: **The Stitching Our Own Social Safety Net Campaign**

For more info, contact Naomi at 416 516-1422 ext 250

Naomibe@houselink.on.ca

<http://stitchingoursocialsafetynet.webs.com/>

Tortoise and Rabbit Reading Society

Thursdays, Beginning March 13th at 3:00 pm at CAMH Queen Street Site Registration Required

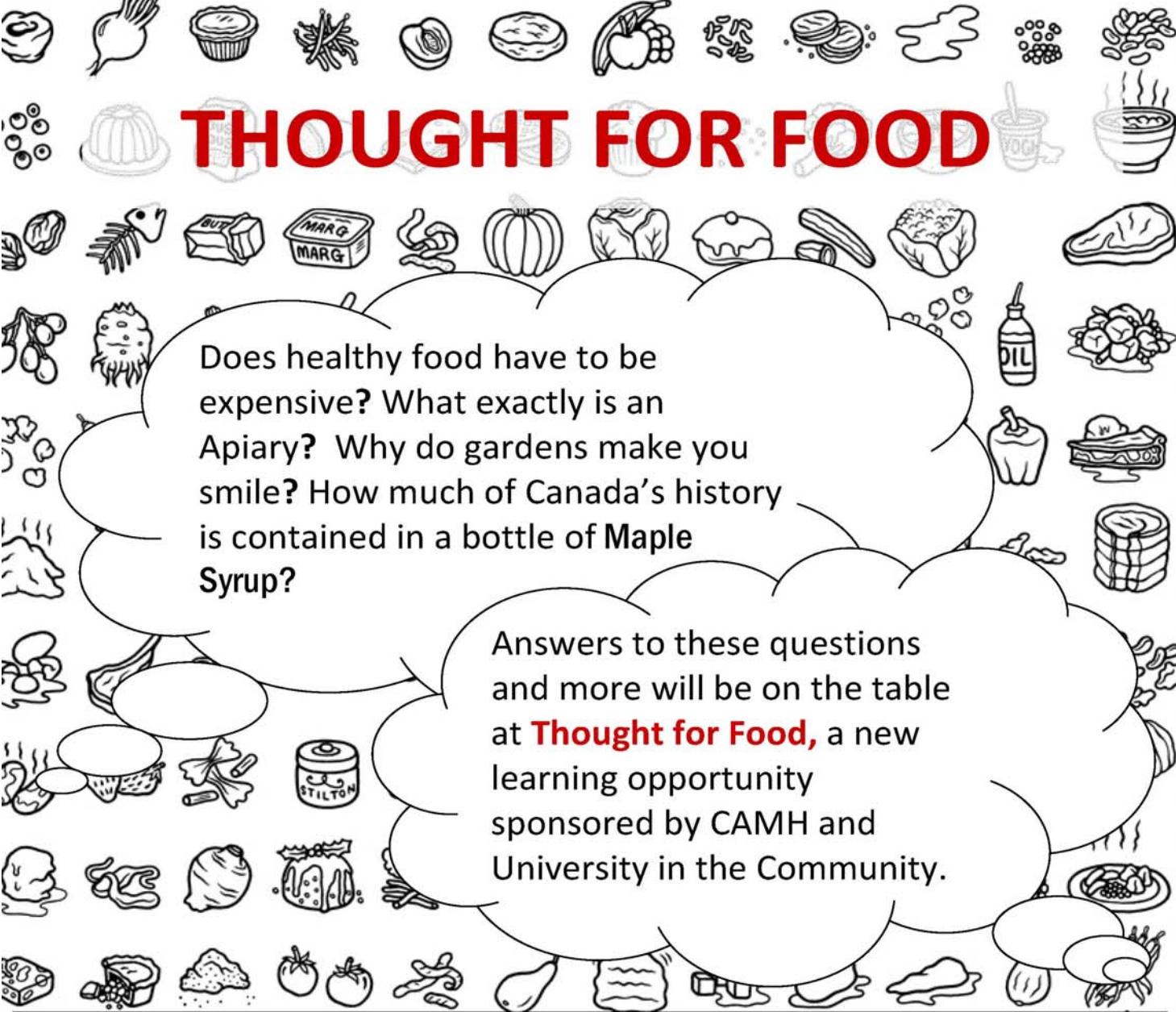
Tortoise and Rabbit Reading Society is a relaxed, thoughtful reading & discussion group for clients/consumer/survivors who want to read university level articles written by the service user/consumer/survivor community.

The goal of the reading group is to expose readers to the vast local and international literature that exists written by service users. Readings will focus on historical and current texts by consumer/survivors/persons with psychiatric disabilities; research projects led by service users; reflections on rights and advocacy.

The group will meet weekly and will support each other with learning and working through some of the ideas, frameworks and concepts in the literature.

Please Register with the Empowerment Council to find out the location for this group:

416 535-8501 Ext. 33013



THOUGHT FOR FOOD

Does healthy food have to be expensive? What exactly is an Apiary? Why do gardens make you smile? How much of Canada's history is contained in a bottle of Maple Syrup?

Answers to these questions and more will be on the table at **Thought for Food**, a new learning opportunity sponsored by CAMH and University in the Community.

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

Dates: Tuesdays, March 25 to May 20

Time: 2:00 – 3:30 pm

Location: Client Library, 1001 Queen Street W (between unit 4 & Community Centre)

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. Light refreshments served. Note books and pens provided.**

Employment and Training Matters

Schizophrenia Society of Ontario's Scholarship Program

Currently Accepting Applications for the 2014/2015 School Year

The Schizophrenia Society of Ontario (SSO) is pleased to announce the 12th year of its scholarship program. It is Canada's only bursary program dedicated to funding educational opportunities for individuals affected by schizophrenia or psychosis as well as for youth who champion the cause of mental illness.

The SSO's scholarship program is designed to raise awareness and combat the stigma associated with schizophrenia and psychosis. It is our hope that by featuring the inspirational stories of our recipients through online and print media, we will show a more positive and hopeful side to mental illness.

Application Deadline: Wednesday, April 30th, 2014

For questions or more information please contact the Scholarship Program Coordinator, Kayla Nicholls at: 1-800-449-6830 ext. 229 or email: knicholls@schizophrenia.on.ca.

Please find below, information about the Schizophrenia Society of Ontario's scholarship program. We are currently accepting applications for the 2014/ 2015 school year from both full-time and part-time students.

Our application can be found on our website: www.schizophrenia.on.ca, or can be filled out online via Survey Monkey: <https://www.surveymonkey.com/s/SSOscholarship>.

If you'd like to receive a PDF/Word copy of our application, please feel free to contact Kayla Nicholls at the email and phone number listed above.

Schizophrenia Society of Ontario

130 Spadina Avenue, Suite 302

Toronto, Ontario, M5V 2L4

Tel: 416 449 6830 x 229

Toll-Free: 1 800 449 6367

Things To Do...

Free and Low-Cost Events for March 16th – 31st, 2014



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

Author Reading

Thursday, March 20th at 2:00 pm. **Award-winning author James Fitzgerald reads from his works.** For more info call: 416 396-8910. Toronto Public Library, Bendale Branch, 1515 Danforth Road. **Free**

Employment Support at The Library

Tuesdays, March 18th and 25th at 1:00 pm. **Employment Café.** Community agencies provide information on job search support, job postings and community information. For more info call: 416 395-5490. Toronto Public Library, Centennial Branch, 578 Finch Avenue West. **Free**

Wednesdays, March 19th and 26th at 2:00 pm. **Career Workshops.** On the 19th – Resumes that Get Results, and on the 26th – Social Media Networking. For more info call: 416 396-8890. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. **Free**

Employment Support at The Library

Thursdays in March at 2:00 pm. **Professional Resume Critiquing.** One-on-one resume critiquing and answers to your job search questions. Call: 416 645-6000 ext. 2316 to make a 30-minute appointment. Co-sponsored with Woodgreen Employment Services. For more info call: 416 393-7717. Toronto Public Library, Gerrard/Ashdale Branch, 1432 Gerrard Street East. **Free**

Environmental Film

Thursday, March 27th from 7:00 pm – 9:00 pm. **Seasick: When Oil and Water Don't Mix.** Alanna Mitchell, journalist and author. Vital Discussions of Human Security. Co-sponsored by University College Health Studies Programme, Canadian Pugwash Group. Science for Peace and Voice of Women for Peace. Room 179, University College, 15 Kings College Circle, University of Toronto. All are welcome. **Free**

Health

Tuesday, March 18th from 9:15 am – 3:15 pm. **Brain Wave: Free 50+ Active Living & Info Fair.** A better tomorrow begins today. Neuroplasticity – the power to expand your brain through action. You will learn how you can make changes today that will physically change your brain to achieve successful independent living. Dr. Nicole Anderson from Baycrest's Rotman Research Institute, exciting vendors, free healthy lunch, raffle draws and more. Co-sponsored by Ontario Seniors' Secretariat, in partnership with the Ontario Older Adult Centres' Association of Ontario. For more info contact Sherri Bulmer at: 416 392-0511 or email: olderadults@centraleglinton.com or visit: www.centraleglinton.com. Central Eglinton Community Centre, 160 Eglinton Avenue East. **Free**

Thursday, March 20th at 2:00 pm. **Locating Reliable Health Information on the Internet.** Learn to tell if health information on the Internet is reliable. See which websites our librarians recommend. To register call: 416 393-7209. Toronto Public Library, Toronto Reference Branch, 789 Yonge Street. **Free**

Thursday, March 20th at 6:30 pm. **Herbal Tonics: Nurture Your Vital Force.** A registered clinical herbalist talks about some herbal approaches for wellness. We discuss herbs that generate greater vitality and resilience and help us to cope with life pressures, supporting the mind and body when dealing with the effects of stress. For more info contact: 416 393-7723. Toronto Public Library, Queen /Saulter Branch, 765 Queen Street East. **Free**

History

Tuesday, March 18th at 6:30 pm – 8:00 pm. **Zeppelin Raids on London.** Zeppelin raids on London and other districts in the U. K. during World War 1 caused much panic and confusion among the general public, the Military High Command and the Government. Those giant airships, pioneered by the German Count Ferdinand Von Zeppelin at first flew higher than British fighters at the time and it was not until later in the war that they became vulnerable. Aviation historian Keith Hyde looks at how Zeppelins were designed, constructed, powered and flown over such great distances. For more info call: 416 396-3975. Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Drive. **Free**

Immigrant Experience Series

Monday March 17th and Monday, March 24th at 6:30 pm. **Exile and Belonging: Stories of Immigrant Experience.** Sanja Ivanov, instructor at the University of Waterloo, explores literary portrayals of the immigrant experience in Toronto. For more info call: 416-393-7746. Toronto Public Library, Lillian H. Smith Branch, 239 College Street. **Free**

Iranian Fire Festival

Tuesday, March 18th from 7:00 pm – 10:00 pm. **Chaharshanbe-Suri** is the festival dating back to 170 BCE of the early Zoroastrian era. The Festival of Fire is a prelude to the ancient Nowrouz (Iranian New Year) festival, which marks the arrival of spring and revival of nature. Chaharshanbe-Suri is celebrated on the eve of the last Wednesday of the Iranian year, literally the eve of 'Red Wednesday' or the eve of celebration. Iranian music, dance performance including styles from folkloric to contemporary, Iranian-themed Kids Zone, Iranian food, incredible fireworks and much more. For more info, call: 416 477-1550, email: info@iffcc.ca or visit: <http://iranianfirefestival.com>.

Mel Lastman Square, 5100 Yonge Street. **Free**

Movie

Thursday, March 20th at 2:00 pm. **Philomena (2013).** A world-weary journalist picks up the story of a woman's search for her son, who was taken from her decades ago after she became pregnant and was forced to live in a convent. For info call: 416 395-5440. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. **Free**

Ontario Place Public Consultation

Wednesday, March 19th, 2014 from 6:00 pm - 9:00 pm. **Important Public Consultation Meeting on Urban Park and Waterfront Trail - Ontario Place.** An opportunity to hear/see a presentation and provide feedback on the proposed urban park and waterfront trail for Ontario Place. This will be an important meeting to offer your comments on how to ensure accessibility for people with disabilities are incorporated into the design of this park and trail. If you have questions or would like more info, please email: ontarioplacerevitalization@ontario.ca or call them at: 416 212-2161. Metro Toronto Convention Centre, South Building, 222 Bremner Boulevard, Room 701. **Free**

Privacy Symposium

Thursday, March 20th at 6:30 pm and Friday March 21st from 8:30 am – 5:00 pm. Canadian Civil Liberties Association and its partners present two events. The first is a public panel discussion on surveillance and privacy issues affecting Canadians, on Thursday, March 20th. The second is a full-day research symposium. Helping Canadians Find Pathways to Privacy, funded by the Contributions Grant Program of the Office of the Privacy Commissioner of Canada, on Friday, March 21st. For more info contact Dora Chan by email: dchan@ccla.org or visit: <http://ccla.org/home/pathways2privacy/>. University of Toronto, Faculty Club, 41 Willcocks Avenue. **Free**

Science

Wednesday, March 19th at 7:00 pm. **The Birth, Life and Bizarre Deaths of the Stars.** A non-technical, profusely-illustrated introduction to the origin and state of the sun and stars, including such strange objects as red giants and supergiants, supernovas, white dwarfs, neutron stars and black holes. With Dr. John Percy. For more info contact: 416 393-7703. Toronto Public Library, Beaches Branch, 2161 Queen Street East. **Free**

Stamp Show

Saturday, March 29th from 10:00 am - 3:00 pm. **Annual Stamp Show** (NYPEX 2014, sponsored by the North York Philatelic Society). Door prizes, silent auction, snack bar available, ttc accessible, lots of free parking. For more info please call Mike Turk at: 905 731-8380 or visit the website: <http://sites.google.com/site/northyorkphilatelicsociety>. The show will be in the Skaters Lounge Room of Herbert H. Carnegie Centennial Centre, 580 Finch Avenue West (one and a half blocks west of Bathurst Street). **Free Admission**

St. Patrick's Day Parade

Sunday March 16th at Noon – 4:00 pm. **Toronto St. Patrick's Day Parade.** Everyone is Irish on St. Patrick's Day (& the day before)! On Sunday, March 16th, all eyes will be smiling in downtown Toronto for the St. Patrick's Day Parade. Enjoy a family friendly celebration of Ireland with colourful floats, bands, dancers and marching celebration with Olympic gold medalist Irish Boxer Katie Taylor acting as Grand Marshall. For more info, please visit: www.topatrick.com. The procession starts at noon from St. George and Bloor, heading east before turning south along Yonge to Queen where it makes a final turn to finish at Nathan Phillips Square. All Ages. **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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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.



Toronto Central Local Health Integration Network



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**.