



"It is the month of June,
the month of leaves and roses,
when pleasant sights salute the
eyes, and pleasant scents the
noses." ~**Nathaniel Parker Willis**

BULLETIN

510 June 1st – 15th, 2014

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

Sunday, June 22nd, 2014 Please join the Canadian Mental Health Association (CMHA) York and Toronto regions for Ride Don't Hide. The ride is family-friendly 5 km, 10 km, and 20 km routes and a 60 km challenge route. It will start and end at Upper Canada Mall in Newmarket. Proceeds from the ride will continue to support and expand youth programming as well as fund housing supports, education and the Holiday Gift Program for those in recovery from mental illness. You can sign up to be a rider (\$35 registration fee), a virtual rider (unable to ride but want to fund raise), create a team, sponsor a rider or team, make a direct donation and volunteer. All help is welcome and appreciated. Please go to the ride website at: <http://www.ridedonthide.com/> and select Greater Toronto from the list of Ontario rides. For more information please contact Ellen Reeves at CMHA York Region by email: ereeves@cmha-yr.on.ca or by phone: 1 866-208-5509 ext. 2214.

Monday, July 7th, 2014 from 10:00 am - 4:00 pm. Our Community Our Future: Our Health. Our Housing. Our Rights. The Toronto CSI Network invites consumer/survivors to have their voices heard and learn about what's happening with health care, housing and rights (see poster on page 3). TTC tokens and lunch provided. Registration is required. To register, please contact: C/S Info Centre at: 416 595-2882 or email us at: csinfo@camh.ca. *Please let us know by Friday, June 27th if you have accommodation needs.*

Saturday, July 12th, 2014 from Noon - 5:00 pm. THE MAD MARKET - The Mad Pride Toronto 2014 Organizing Committee is pleased to announce the return of the Mad Market and invites submissions that are consumer/survivor driven. If you would like to display/sell your art, crafts, buttons, t-shirts, knitting, zines, books, music, baked goods or promote your blog, website, group, network, idea, consider requesting a table at the Mad Market. Space is \$40 regular price, and \$20 subsidized. *New location announced* It will be at 246 Sackville Street, main floor. Set up will be at 11.30 am and take down at 5:00 pm. Stick around for the art show party at 5:30 pm.

****Stay tuned for our upcoming July 1st – 15th issue of The Bulletin: The Mad Pride Program! ****



Community Announcements

The Empowerment Council (EC) is a voice for clients at the Centre for Addiction and Mental Health. Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with substance use issues. We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to the EC's Annual General Meeting. Give the Empowerment Council direction and elect a community representative to the Board of Directors, or run to be the representative yourself.

**Wednesday, June 11th, 2014 at 5:00 pm
1001 Queen St. West, Training Room A&B**

Dinner and transportation subsidy will be provided.

For more information or to RSVP please contact Beth Jacob at 416 535-8501, ext. 36837
beth.jacob@camh.ca

Mental Health Advocacy For Change: A Resident Survivor Meeting and Discussion

Thursday, June 5th from 6:00 pm - 8:00 pm. Advocacy for change is a project aiming to support residents with direct experience of self-identified madness/consumer survivor/mental illness and their allies, to hold our agencies and institutions accountable for their work in mental health, to strengthen the voice of residents, and our own understanding of mental health – inside the community and out. This is our first resident meeting to discuss mental health advocacy in the North West of Toronto. Food, TTC tokens and childcare will be provided. Please contact Christine for more information at 416 570-4701, or just show up. The meeting will be in English, but translation may be provided if arranged in advance. 2999 Jane Street, Office for Green, corner of Jane and Yewtree. Entrance at rear of building. Accessible entrance at side.

Apathy and Overdose A Public forum on Accidental Drug Overdose, a major health crisis

To increase awareness about this situation, the Canadian Harm Reduction Network and several national and local organizations are presenting:

**A free public forum on accidental drug overdose
Wednesday, June 18th at 7:00 pm
College Street United Church
Northwest corner of College and Bathurst Streets**

Everyone is welcome. Light refreshments and networking will follow the forum.
For more info visit: canadianharmreduction.com or call: 416 928-0279.



Our Community Our Future

Our Health Our Housing Our Rights

The Toronto CSI Network invites consumer/survivors to have their voices heard and learn about what's happening with health care, housing and rights.

The Toronto CSI Network is made up of consumer/survivor initiatives that receive funding from the Toronto Central LHIN (Local Health Integration Network)

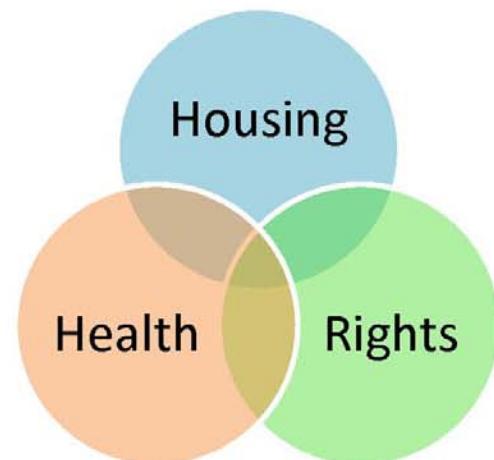
July 7, 2014, 10 am – 4 pm

Friends House, 60 Lowther Avenue, Toronto

TTC tokens and lunch provided

Registration required. Please contact:

Consumer/Survivor Information Resource Centre
416-595-2882
csinfo@camh.ca



Funded by Toronto Central Local Health Integration Network (LHIN)



Co-sponsored by:



SOUND TIMES

**WORKING FOR
CHANGE**

A mad get together for Mad Pride Week, July 5-13, 2014, in Toronto



KEEPING YOU INFORMED

A provincial general election has been called for June 12, 2014. This edition of Election Connection provides important information to help all voters cast their ballot with ease and independence. We encourage you to share the following information with your contacts and clients.

THERE ARE THREE EASY STEPS TO GET READY TO VOTE:

Easy Step 1: Make sure you are on Elections Ontario's Voters List and that your information is up-to-date.

If your information is on the Voters List, you will get a Notice of Registration Card in the mail. The Notice of Registration Card contains details about voting dates and times, and where to vote. Being on the Voters List saves you time when you go to vote.

- [Click here](#) to find out if you're on the Voters List.
- [Click here](#) to update your information on the Voters List.
- [Click here](#) to be added to the Voters List.

We can send you an application by mail; please call us at 1-888-668-8683 or TTY 1-888-292-2312.

Easy Step 2: You decide how and when to vote.

There are many ways to vote over 29 days.

You can vote:

- In person at your [returning office](#)
- By mail
- At an advance poll
- On election day

If you need help voting, you can:

- Use our assistive voting technology at your [local returning office](#) during advance polls
- Bring a friend or have one of our polling officials help you
- Request a home visit ([click here](#) to see if you qualify for this option)

Easy Step 3: Have your identification ready.

To vote you need to have acceptable identification (ID) that shows your correct name and current residential address (not a PO Box). If you have received your Notice of Registration Card, please bring it with you.

Some examples of acceptable ID include:

- Driver's licence
- Bank statement
- Paycheque stub
- [Click here](#) for more examples of acceptable ID.

ACCESSIBILITY

Elections Ontario commits to uphold the integrity and accessibility of the provincial electoral process. We make voting easy and offer accessible voting formats and communication supports for persons with disabilities upon request, including: large font, Braille, electronic files, reading information out loud and ASL interpretation.

For more information about Ontario provincial elections, please contact Elections Ontario:

Toll Free: 1-888-668-8683

Hours of operation: 9:00 am - 9:00 pm Monday to Saturday,

TTY: 1-888-292-2312

11:00 pm - 6:00 pm Sunday, from now until election day. More information

Email: info@elections.on.ca

is also available on the Elections Ontario website at: wemakevotingeasy.ca.

Psychiatric Survivor Archives of Toronto

Eighth Annual General Meeting

Saturday, June 7th, 2014 from 1:00 pm - 4:00 pm. Psychiatric Survivor Archives, Toronto, Eighth Annual General Meeting. Psychiatric survivors/consumers/Mad people/current/former patients and allies are welcome to attend. Hear/read a report on past activities. Discuss future directions. Elect board members for the year ahead. This meeting is wheelchair accessible. Refreshments will be available. The 519 Church Street Community Centre, Room 106 (just north of the corner of Church and Wellesley Streets).

The Leadership Project - Psychosis 2.0 Conference:

New Understandings and Effective Ways of Working With and Healing From Psychosis

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. Registration is required visit: www.psychosis2.net or phone Brian at: 416 285-7996 ext. 227 or email him: bmckinnon@alternativestoronto.org. University of Toronto, Hart House, 1 Hart House Circle.

The Psychosium - a Free Presentation

Psychosis and Recovery: An Exploration Through Conversation

The Leadership Project invites all (especially Consumers and Survivors) to

The Psychosium - a FREE Presentation

PSYCHOSIS and RECOVERY

An Exploration Through Conversation With Presentations By



Michael Cornwall



Keris Myrick



Will Hall



John Read



Rufus May

Thursday, June 12th, 2014

5:30 pm - 8:00 pm

Friends House - Quaker Meeting House - 60 Lowther Avenue, Toronto
(St. George Subway Station – go 2 blocks north on St. George, turn right on Lowther, go to 60 Lowther/Friends House)

To register, send an e-mail to: heinzelein@gmail.com

For more info, contact: [416 285-7996](tel:4162857996), ext. 227

Light refreshments will be provided. The venue is wheelchair accessible.

Limited Space - please register by email: heinzelein@gmail.com

Resources/ Reports

Saying Yes: Effective Practices for Sheltering Abused Women with Mental Health and Addiction Issues

A Report from YWCA Canada

This report shows how policy and practice innovations are opening shelter doors for abused women with mental health and addiction challenges. The study documents research by YWCA Canada into changes adopted by violence against women shelters and transition houses to provide wider access for this population of abused women, and reduce their risk of homelessness.

The study was carried out in two phases. The first involved site visits and extensive interviews with shelter directors, program managers and frontline staff of seven shelters. Phase Two engaged an additional eleven shelters from across Canada in a conversation about their own experience and what they would add to the phase one dialogue. This study aims to not only address a gap in services but also disseminate this information widely for the consideration of shelters across Canada.

Click here to read the full report: <http://www.homelesshub.ca/resource/saying-yes-effective-practices-sheltering-abused-women-mental-health-and-addiction-issues>

Employment & Training Matters

ELECTION JOBS

On election day, Elections Ontario becomes one of the largest, single employers in the province. Thousands of individuals are hired to deliver a provincial general election. Returning Officers are looking for people to fill election jobs, including those with previous election or customer service experience and fluency in other languages.

If you would like to apply to work on election day:

- Apply online at wemakevotingeasy.ca using the interactive tool
- Apply by phone at 1.888.ONT.VOTE(668-8683)
- Apply in person at your local returning office

Things To Do...

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



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

50+ Events

Sunday, June 1st from 1:00 pm - 5:30 pm. **The 50+ Festival** presents energizing sessions on topics that redefine aging. The festival engages older adults interested in personal growth and continued learning. For more info email: fiftyplus@ryerson.ca. Ryerson University, 350 Victoria St. 50+. **Free**



Tuesday, June 3rd from 2:00 pm - 4:00 pm. **What is Alzheimer's?** A representative from the Alzheimer's Society will present a 2-hour informational session on Alzheimer's and other dementia types, what we can do about it, risk factors, treatment and research. Registration is required! For more information and to register, visit in person or call: 416 396-8890. Toronto Public Library, Albert Campbell District Branch, 496 Birchmount Road. Seniors. **Free**

Thursday, June 5th from 1:00 pm - 3:00 pm. **Making Sense about Healthy Eating.** Elaine Frost, presenter from Canadian Diabetes Association, West Toronto Diabetes Education Program Volunteer, will discuss the impacts of healthy eating on seniors with diabetes. For more info and to register phone: 416 394-5120. Please register by: Wednesday, June 4th. Toronto Public Library, Richview Branch, 1806 Islington Avenue. Seniors. **Free**

Wednesday, June 11th from 2:00 pm - 4:00 pm. **Seniors' Discovery Fair** at the North York Central Library. This free event is a great chance to talk to representatives from local organizations and learn more about the services that are offered for older adults and seniors in North York. No registration is needed. Everyone is welcome. For more info call: 416 395-5672 or contact Kelli by email: kcornforth@torontopubliclibrary.ca. Toronto Public Library, North York Central Branch, Auditorium, 5120 Yonge Street. Seniors. **Free**



Bird Walk

Sunday, June 1st and Sunday, June 8th at 8:00 am. **Bird Walk - Guided Bird Hike.** For more info call: 416 661-6600 ext. 5770. Tommy Thompson Park (TTP) is located at the base or foot of Leslie Street where it meets Unwin Avenue, south of Lakeshore Boulevard East. **Free**

Book Discussion

Wednesday, June 4th from 1:30 pm - 3:30 pm (this event repeats). **Feminist Book Discussion Group.** The book discussion group meets at the North York Central Library on the first Wednesday of each month. On Wednesday June 4th we will discuss, "A Laughing One: A Journey to Emily Carr." The books are available at public libraries. Co-sponsored by the Older Women's Network, and open to all women, even if you haven't read the book. Refreshments are served at the meetings. For more info contact Diane Meaghan by email: diane.meaghan@utoronto.ca or by phone: 416 509-5508. Toronto Public Library, North York Central Branch, 5120 Yonge Street. Adult Women. **Free**

Comedy

Wednesday, June 4th from 8:00 pm - 10:00 pm (this event is repeats). **Comedy at Magic Oven on Keele.** Weekly Comedy Show At Magic Oven on Keele Hosted by Shannon McIntyre, features 7-10 Comics every week. Lots of great specials too. For more info contact Raj by email: keelemagic@gmail.com or by phone: 416 604-0202. Magic Oven, 347 Keele Street. Adults. **Free Admission**



Computer Class – For Immigrants

Friday, June 6th from 10:30 am - 12:30 pm. **Computer Class for Immigrants – Web Photo Album.** Downloading photos from a camera & creating a web album. For more info contact Zarmeena Khan by phone: 416 707-8259 or by email: zarmeena.khan@cicscanada.com. Immigrant Resource Centre-IRC, 2330 Midland Avenue. All Ages. **Free**

Concerts

Sunday, June 1st from 2:00 pm - 4:00 pm. **The Juan Tomas Band.** A two hour concert. The Juan Tomas Band features jazz vocalist, Marylou Malicdem. Tribute to the music of: John Kander (Cabaret), Stevie Wonder, Glen Miller, Antonio Carlos Jobin, Lili'uokalani (last queen of Hawaii) and more. For more info phone: 416 485-2056. Scarborough Civic Centre Rotunda Area, 150 Borough Drive. All Ages. **Free**

Concerts

Tuesday, June 3rd and Wednesday, June 4th from Noon - 1:00 pm (see below for the final dates of the season). **Canadian Opera Company – Free Concert Series in the Richard Bradshaw Amphitheatre.** This Free Concert Series is a unique opportunity to experience diverse artistic programming in what has become one of Toronto's most exciting cultural hubs. All performances are free to the public, with admittance on a first-come, first-served basis. For more information please visit the COC website: www.coc.ca or call: 416 363-8231. All performances take place in the Richard Bradshaw Amphitheatre in the Four Seasons Centre For The Performing Arts, 145 Queen Street West. All Ages. **Free**

- Tuesday, June 3rd Noon - 1:00 pm. **World Music Series.** Iraida Erokhina, domra and Alexander Sevastian, bayan: The Art of the Domra and Bayan. **Free**
- Wednesday, June 4th from Noon - 1:00 pm. **Chamber Music Series.** Artists of the COC Orchestra: Johannes Debus, pianist/conductor. Brass Blowout. **Free**

Dance

Saturday, June 7th from 7:00 pm - 11:00 pm (this event repeats). **Saturday Night Dance.** Everyone is welcome. For more info phone: 416 267-6621. Birkdale Community Centre 1299 Ellesmere Road, All Ages. **\$6**

Disability Exhibition

Friday, June 6th and Saturday, June 7th from 10:00 am - 5:00 pm. **People in Motion Show - Canada's Largest Disability Exhibition.** For more info visit the website: www.people-in-motion.com, Facebook page: <https://www.facebook.com/pplinmotion> or Twitter account: @PIM_Toronto #PIM14. Queen Elizabeth Building at Exhibition Place. **Free Admission**

Family Nature Walk

Saturday, June 7th from 1:30 pm - 3:00 pm. **Know Your Nature – Family Nature Walk.** The High Park Rangers youth have been busy planning a hike to show you some of their fascinating finds this spring. Learn about trees, birds, wildflowers, invasive species and more! Event is great for all ages: bring the whole family! No pre-registration necessary. For more info visit the event webpage:

http://www.highparknaturecentre.com/ai1ec_event/know-your-nature-family-nature-walk-3/?instance_id=4591 or contact High Park Nature Centre by email: naturecentre@highpark.org or visit the website: <http://www.highparknaturecentre.com> Phone: 416 392-1748. High Park Nature Centre, 440 Parkside Drive. All Ages. **Free**

Festivals

Saturday, June 7th from 10:00 am - 8:00 pm and Sunday, June 8th from 10:00 am - 4:00 pm. **Toronto Raw/Vegan Festival.** The Toronto Raw/Vegan Festival offers all you need for healthy, cruelty-free, eco-friendly green living. You don't have to be vegan to attend! All day raw/vegan food demos and sampling by Toronto's leading raw/vegan chefs. All day speakers on health and food topics of interest, delicious food vendors, ethical clothing, cruelty-free cosmetics, toiletries and healthcare products and live entertainment. For more info: <http://torontorawveganfestival.com/>. 918 Bathurst Street (north of Bloor Street). **Free Admission**

Saturday, June 7th from 1:00 pm - 6:00 pm. **Eats & Beats in Riverside – a StreetFest.** Come and join us for a street festival showcasing Riverside's family friendly food outlets and unique small town atmosphere. The Riverside District is renowned for its home design shops, heritage architecture, coffee shops, food, and popular contemporary restaurants. Local eateries will be opening their doors serving tasting plates and musical entertainment in the heart of Queen Street East. Entertainment for young and old will be provided. Find out more at: www.riversidedistrict.eventbrite.com and www.riverside-to.com or contact Anjuli Solanki by email: walkon@riverside-to.com. The Riverside District (Located on historic Queen St. East between the DVP and Empire Ave). All Ages. **Free**



Festivals

Sunday, June 8th from 11:00 am - 6:00 pm. **Annex Festival on Bloor**. There's a Street Parade (12:30 pm - 1:10 pm) from both ends of Bloor Street to Spadina Avenue. Live music on the Tranzac Stage, Brunswick/Bloor (1:15 pm - 6:00 pm) which is broadcast LIVE on CIUT 89.5 FM. The Toronto Fringe will have street performances (1:00 pm - 5:30 pm) as well as street performers and buskers along the whole route (1:00 pm - 6:00 pm). This area of Toronto known as 'The Annex' and has a great selection of restaurants, cafes and boutique stores - great time to experience it during their festival! Bloor Street, Bathurst Street to Spadina Road. **Free Admission**

First Nations Storyteller

Tuesday, June 10th at 1:30 pm. **Aaron Bell: Ojibway Storyteller**. This talented First Nations storyteller will share stories and do drumming in a unique storytelling experience. For more info phone: 416 395-5440. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. All Ages. **Free**

Flower Market

Saturday, June 14th from 10:00 am - 3:00 pm. **Toronto Flower Market**. Toronto's first outdoor flower market was created with a mandate towards raising awareness about locally grown flower varieties and greenhouses. Visitors can shop the stalls of high-quality, affordable flowers while interacting directly with local growers and florists. For more info contact Natalie Petozzi by email: npetozzi@gmail.com. Toronto Flower Market takes place the second Saturday of each month, from May until October. 1056 Queen Street West. All Ages. **Free**

Garage Sale

Saturday, June 7th from 8:00 am - 2:00 pm. **DanforthEast Garage Sale**. The Danforth East Community Association (DECA) is holding the 2nd annual community-wide yard sale, the #DanforthEast Garage Sale! The sale rain or shine, from Monarch Park to Main, and from the train tracks to Mortimer/Lumsden. For more info on how to sign up, email: events@DanforthEastCommunityAssociation.com. Charitable pick up of unsold items can be provided. Be sure to tweet the treasures you're buying or selling on June 7th using #DanforthEast. For more info contact Amanda Olson by email: amandajolson@gmail.com. Monarch Park to Main & Mortimer/Lumsden to the tracks. All Ages. **Free**

Health & Beauty

Thursday, June 12th from 10:00 am - 3:00 pm. **Health & Beauty Day at Yonge & Eglinton**. Enjoy exhibits and demonstrations on all facets of health & beauty: skin care, massage therapy, natural products, fitness, aromatherapy, meditation and more. In the Pink Cafe, games and door prizes. Free admission, free gifts (while supplies last). It's your health, it's your beauty! For more info contact Nancy Lyon by email: programmanager@centraleglinton.com, visit the website: <http://www.centraleglinton.com> or phone: 416 392-0511. Central Eglinton Community Centre, 160 Eglinton Avenue East. Adults. **Free Admission**

Knitters & Crocheters



Tuesday, June 3rd from 6:30 pm - 8:00 pm (this event repeats). **Centennial Knitters & Crocheters Charity Group**. All yarn donations are gratefully accepted at the Centennial Library counter. Come join us for free refreshments, needles and yarn provided. For more info contact Honey Coleman by email: honey.coleman@gmail.com or by phone: 416 639-5490. Toronto Public Library, Centennial Branch, 578 Finch Avenue West. All Ages. **Free**

Tuesday, June 10th from 2:00 pm - 3:30 pm (this event repeats). **Knitting and Crocheting at Your Library**. Once a month, drop in to share your interest in knitting and crocheting. Just bring your yarn and needles, patterns and instructions are provided. For more info phone: 416 394-5120. Toronto Public Library, Richview Branch, 1806 Islington Avenue. Adults. **Free**



Lawn Bowling

Sunday, June 1st from 10:00 am - 4:00 pm. **Agincourt Lawn Bowling Club.** The Agincourt Lawn Bowling Club is hosting a free open house. Lawn Bowling is a sport for all ages and has various levels of competition, from casual bowling to international championships. It is a gentle and social sport that allows people with many levels of fitness and health to participate. There is free instruction and bowls are provided for the first year of membership. For further information please call Dudley at: 416 284-3937 or email: nodud@rogers.com. The event is at the club, which is situated at Heather Road, behind the Agincourt Community Centre. 1 Heather Road. All Ages. **Free**

Market

Saturday, June 7th from 10:00 am - 4:00 pm. **Really Really Free Market.** No Money. No Barter. No Trade. Bring what you don't need, take what you need. Please bring items no later than 3 pm, so others can see them. Take whatever you wish until 4pm. Campbell Park, 195 Campbell Avenue, near Lansdowne and Wallace. The market will be partly inside the Campbell Park clubhouse, and partly just outside it, unless the weather is intolerable. **Free**

Shuffleboard

Tuesday, June 3rd at 1:00 pm (this event repeats). **Shuffleboard.** Come out and play a fun and relaxing game of shuffleboard, all levels are welcome. For more info contact Navina or Susan by email: franklinhorner.navina@gmail.com or by phone: 416 252-6822. Franklin Horner Community Centre, 432 Horner Avenue. Adults. **\$2 members/\$3 non-members**

Solar Observing

Saturday, June 14th from 10:00 am - Noon. **Solar Observing.** Safely observe the Sun* with specially filtered telescopes. Learn about our nearest star and try your eye at spotting exotic surface features, including sunspots, spicules and prominences. This program is offered by members of the Royal Astronomical Society of Canada. *Weather permitting: in the event of cloud cover, program will be rescheduled to the following Saturday. For more info contact Andrea Mus by email: andrea.mus@osc.on.ca or by phone: 416 696-3191. TELUSCAPE, outside Main Entrance, Ontario Science Centre, 770 Don Mills Road. All Ages. **Free**

Volleyball

Saturday, June 14th at 9:30 am. **HOPE Volleyball Tournament.** The annual HOPE Charity Volleyball Tournament is a one-of-a-kind fundraiser on Toronto Centre Island. With 40+ courts, 100's of teams and 1000's of participants and spectators, it is the largest 1-day volleyball tournament in the region. It's also a super fun volleyball party on the Island with a DJ, auction, prizes and giveaways! HOPE is fundraising for two local charities: Kids, Cops & Computers and Alzheimer Society of Toronto. For more info contact: info@hopevolleyball.com. Toronto Centre Island. 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.

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 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.



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.**