



BULLETIN

515 August 16 – 31, 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



Peer Support for Youth with Mood Disorders A new recovery group for those aged 18 to 28

This group is for you if:

- You want to talk to others that have been there
- You want to learn creative strategies to help you in your recovery
- You are open to exploring how creative self-expression through art and music can help you manage stress

In this group you will have the chance to:

- Talk to others that have been there
- Learn creative strategies to help you in your recovery
- Explore how creative self-expression through art and music can help you manage stress

The program will be held at the Mood Disorders Association of Ontario (MDAO) Toronto office:

36 Eglinton Avenue West, Suite 602

Registration is required, please call or email by: Friday, September 5th, 2014 to
Leanne Needham, Family and Youth Coordinator, 416 486-8046 x 231 or leannen@mooddisorders.ca

For more information, visit: www.mooddisorders.ca or email: info@mooddisorders.ca

TIPS line: 1 866-363-MOOD (6663)
www.mooddisorders.ca



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C/S Info Centre - We are Recruiting for Our Board

The Consumer/Survivor Information Resource Centre of Toronto is looking for people to join our Board of Directors. We're looking for people with some experience being on a board or some experience with committee work. You must have lived experience of a mental health or addictions issue and be and comfortable identifying as such as well as a desire to help the consumer/survivor community. We want to reflect the diversity of our community. Our expectations are that you will attend board meetings once per month and be on one committee. We are a governance board that does not get involved with the day-to-day running of the Centre.

If you are interested in this opportunity, then, no later than **August 29th, 2014**:

Please send or bring your resume, &/or a letter saying why you would like to be considered for a position on our board to the:

Consumer/Survivor Info Centre
c/o CAMH, The Mall
1001 Queen Street West
Toronto ON M6J 1H4
or to: csinfo@camh.ca

The Consumer/Survivor Information Resource Centre of Toronto is a small non-profit organization that is funded by the Ministry of Health and Long-Term Care through the Toronto Central LHIN (Local Health Integration Network). We have been in operation since 1992. We are located at the Queen Street site of the Centre for Addiction and Mental Health and we thank them for their generous support in providing us with rent-free premises and for paying for the postage to mail our newsletter, The Bulletin. We have our own funding and our own Board of Directors and we are an independent organization.

Our main services are to provide information on a wide variety of topics to people who call or drop-in to our premises; to maintain a diverse collection of materials on topics of interest to consumer/survivors; to publish a twice-monthly newsletter called The Bulletin; to provide a year-round tax clinic for low-income consumer/survivors to have their taxes prepared for free; and to host a series of information workshops on topics of interest to the c/s/x community.

Interviews will be held Monday, August 25th and Monday, September 22nd, 2014.

New Board Candidate Orientation will be held in September 2014.

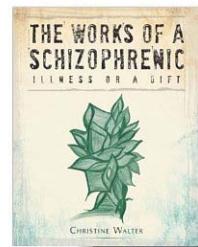
Our Annual General Meeting will be held Wednesday, October 22nd, 2014 at 6:00 pm at the Friends House, 60 Lowther Avenue.

Please join us for the meeting, and/or for food, music, fun and friendship.

Calling All Book Lovers

The C/S Info Centre is looking for a couple of fellow consumer/survivors to volunteer to write a brief book review for The Bulletin. It's Christine Walter's new book, The Works of a Schizophrenic: Illness or a Gift. It can be read as an eBook or as a soft cover copy. Please send an email to: csinfo@camh.ca or write us a letter to: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen St West, Toronto ON M6J 1H4 and let us know why you'd be interested and which format you'd prefer – paperback or e-reader. Two people will be chosen by September 16th, 2014 and will receive the book in exchange for reviewing it.

Thanks in advance to all of those who respond!





Have a mental health dilemma? Want to be heard? We've got the perfect space to do it – right here in The Bulletin. You can remain anonymous if you wish, or you can use a pseudonym or your real name when we post your reply – please let us know what your preference is.

This week's question comes to us from Vanessa. She asks,

**"My mom is worried about the side effects from my meds and says I should stop everything right now. How can I ease her concerns??
What should I do??"**

If you'd like to reply or you have a question for others, write us at: csinfo@camh.ca or mail your response to: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto ON M6J 1H4 and we'll publish it in The Bulletin. *Due to space constraints, we may edit the length of your response.*



Employment and Training Matters

Learn 4 Life – Fall Catalogue Available



Thinking about upgrading your skills? Want to start a new hobby? The Toronto District School Board's Learn 4 Life catalogue for fall 2014 has arrived at a local Toronto Public Library near you. It was also mailed to many residential addresses across Toronto.

It's chock full with offerings as varied as Chinese Brush Painting to Bank Teller Training, from Event Planning to Microsoft Office. If you are on ODSP or OW and can show your most recent stub, you can take a maximum of (1) Learn 4 Life course at a reduced rate of \$10, with the exception of computer courses, they are offered at a reduced rate of \$20. Fall registration opened Aug 13th, 2014.

To look at courses, visit the C/S Info Centre. We currently have (1) reference copy available for you to view in our centre and are waiting on more to give away via our brochure rack.

If you have access to the web and want to view the catalogue online visit: www.learn4life.ca or download the catalogue here: [http://www.tdsb.on.ca/Portals/0/AdultLearners/docs/FALLbrochureL4L\(1\).pdf](http://www.tdsb.on.ca/Portals/0/AdultLearners/docs/FALLbrochureL4L(1).pdf) For more info by phone call Learn 4 Life at: 416 338-4111.



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

Accounting Clerk Accounts Payable

1 year contract from October 1, 2014

This position requires understanding and working knowledge of accounting principles and ACCPAC ERP.

Responsibilities

The Accounting Clerk: Accounts Payable is responsible for carrying out assigned aspects of accounts payable including coding of invoices, data entry and filing along with various tasks in the accounting department according to the division of work and back up on the team.

Skills, Knowledge and Experience Required

- working knowledge of bookkeeping and accounting principles as applied to the non-profit sector
- ability to work and communicate with staff and members from diverse backgrounds
- ability to learn & implement procedures and guidelines
- ability to work as a member of a team
- knowledge of and ability to work with ACCPAC ERP or similar programs
- knowledge and experience with spread sheet, word processing and data base programs

Step One Salary is \$37,867.

For more information about this position, see the complete job description at: <http://www.houselink.on.ca/how-you-can-help/careers-at-houselink/>

Apply in writing, Quoting File AC223 by August 20, 2014 to Hiring Committee c/o HR Manager.

Hiring Committee c/o HR Manager
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

OR email: info@houselink.on.ca

Houselink has an equity hiring policy, is committed providing an inclusive selection process. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups. Houselink will provide accommodation, upon request, to ensure a fair and equitable process.

Computer Column

So you want to buy a computer...

Is it your first computer? What will you be using it for? Most people want to have their own email account, be able to go to Facebook and YouTube, and maybe do some shopping on eBay.

Laptop or desktop? Desktop computers are getting cheaper, because most people want a laptop now. You can get a good desktop system (tower, monitor, keyboard and mouse) for under \$200 if you buy used/ refurbished. Once you know exactly what you want, why not try eBay or Cassandra at C/S Info suggests trying Free Geek Toronto. Visit ebay.com or freegeektoronto.org for more info. (Keep your eyes open for more info on Free Geek in the next Bulletin.)

Laptops are a bit more expensive, but as long as you don't need a lot of 'bells and whistles', you should be able to find one for slightly over \$200. Now to figure out just what you need.

Don't give in to the snappy sales talk you'll hear, you probably don't need anything too fancy. If you plan to go on the internet and use a free email program like Hotmail or Gmail, watch YouTube videos and have your own Facebook page, you will need very little memory or hard drive space. Once you have Adobe Flash and an internet connection of 1 Mbps, you're good to go. You're not using your own resources, but connecting to their 'server'. This also means that you won't lose all your emails and Facebook settings if your computer crashes, because the data is saved on their hard drive, not yours.

If you're going to be using Skype, check that the webcam is working. Here's a neat website to use, to check your webcam and microphone: <http://mailvu.com/testCamera/TestYourWebCam.html>.

The minimum system requirements to launch Firefox browser is: a Pentium 4 computer with 512 MB RAM and 200 MB free space on your hard drive. You probably can't even find a computer that light-weight anymore. On the other hand, if you want to run Microsoft Office, you need 1 GB RAM and 30 GB free space on your hard drive. For a heavy duty graphics program like Photoshop, you need 2 GB RAM and 4 GB free space on your hard drive, and a graphics capability that gives 1024x768 display.

If you have average needs, look for a desktop computer with at least 1 GHz processor, 2 GB RAM and a 160 GB hard drive. You'll also need a monitor, mouse and keyboard. Usually the mouse and keyboard come with the tower, and you can pick out a monitor that suits you. A DVD burner is also usually part of the main tower.

Get a laptop with a good size display; it makes watching videos much more enjoyable. And the laptop case doesn't have to be pretty to be functional. An older Lenovo T61 will give years of good service, as long as it gets cleaned now and again. Older Dells are also very functional, and also not at all pretty! If you plan to use the laptop outside of your home, make sure the Wi-Fi works before you buy it. Often with older machines there is an external switch to toggle back and forth between wired and wireless internet setting. Most laptops, excluding the small 'netbooks', have a DVD burner. To watch your own DVD's, download VLC player. It's free: <http://www.videolan.org/vlc/download-windows.html>

Look in the air vents. If you can see dust buildup, it's probably inside too. Sniff the vents. I know that sounds weird, but you're looking for the cleanest machine you can get...clean inside and out. If you can smell stale cigarette smoke, chances are it's beginning to accumulate. If dust, cat dander, or any other airborne dirt gets bad enough around the components, it will slow your machine down.

Turn it on. See how quickly it loads the 'welcome' screen. Listen for any noises beyond the fans and hard drive spinning. Look carefully at the screen, once the desktop is loaded. There shouldn't be any black dots, distortions, wavy lines or blurry spots.

To learn the laptop or desktop's details, you can look up the make and model with Google. If the operating system is already loaded, be sure it's one you like. Most new machines now have Windows 8, and it's very different from earlier Windows versions.

Here are some sites for used computers. I've been suggesting 'Computation' to folks for years, and they seem to give good service.

<http://used-laptops.ca/toronto-used-laptop/used-laptops-notebooks/ibm-used-laptops.html>
<http://www.computation.ca/>

And of course if you can afford a Mac, get it. Macs remain the top of the line for 'user friendliness'. In my 15+ years of computer repair, I've worked on exactly three Macs! There must be a reason....

Now for software. If you are buying a used machine, make sure it has not only the operating system (Windows 7, Vista, XP or even Windows 8) but an antivirus and antispyware program as well. Then you'll likely need the Microsoft Office suite, MSWord at the very least. Brand new systems now have Windows 8 loaded, and all other software will likely be trial versions that you will have to replace after 30 days. Once you start using your new computer, you will find out what additional programs you need. Some, like Adobe Flash, are necessary to watch YouTube videos, and are free. You will be directed to the website, where there are directions on how to download and install the program.

If you see something you like on eBay or Kijiji, etc, and want some input, feel free to email me: Gandier47@hotmail.com



Martha Gandier offers fellow consumer/survivors Free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, Photoshop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

Things To Do...

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

~ Summer's last hurrah!! ~

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

As switcheroos to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend

55+

Wednesday, August 20th from 9:00 am - 4:00 pm (this event repeats). **Exercise & Fall Prevention Classes.** Regular exercise prevents falls from happening & improves overall physical and psychological health. FREE group exercise & fall prevention classes are offered and developed for older adults age 55+. Classes are taught by a registered Kinesiologist. Classes are available from Monday through Friday between 10:00 am & 3:30 pm (class times vary depending on day & location) Classes are offered at Edwards Manor (340 Royal York Road), Lerette Manor (250 Twelfth Street), Downsview Acres (2195 Jane Street), TCHC residence in the gymnasium (100 High Park Avenue), 4 Villages CHC (3446 Dundas Street West), Stonegate CHC (150 Berry Road), Alderwood United Church (44 Delma Drive), Ukrainian Canadian (2445 Bloor Street West). Registration is required, please call 416 243-0127 to register and find out more info about the specific locations. Classes are funded by the Toronto Central LHIN. Contact: Reeses by email: agency@esssupportservices.ca or by phone: 416 243-0127. ESS Support Services Lawrence West, 2245 Lawrence Avenue West. Adults 55+. **Free**

Concerts

Thursday, August 21st at 7:00 pm. **Summer Music in the Garden presents Hanabi: Musical Fireworks in the Garden at Harbourfront Centre.** A display of culturally diverse musical acts that are sure to have you singing and dancing along. A Music Garden favourite, the Nagata Shachu taiko drumming ensemble brings a program inspired by the Japanese word for fireworks: Hanabi, which combines the characters for "Flower" and "Fire". For more info email: info@harbourfrontcentre.com or phone: 416 973-4000. Toronto Music Gardens, 475 Queen's Quay West. All Ages. **Free**

Concerts

Friday, August 29th from Noon - 1:00 pm. **Play the Parks.** Play the Parks is back for its second season! Everyone is invited to come join us at Trinity Square Park for free lunch time concerts featuring upcoming indie artists and different fitness classes that will get you moving! Soak in the summer sun and get re-energized! Noon tunes: grab your lunch from your favourite Downtown Yonge BIA restaurant or food court, lounge on the colourful Adirondack chairs and listen to amazing performers. <http://www.downtownyonge.com/playtheparks> For more info contact: Jessica by email: jhoang@downtownyonge.com or phone: 416 597-0255. Trinity Square Park, 19 Trinity Square All Ages. **Free Admission**

Diabetes Help

Friday, August 22nd from 10:30 am - Noon. **Healthy Living with Diabetes: Session 2 - Preparing healthy meals & snacks for people with diabetes.** Building good food habits, adapting a sugar free diet and reading nutrition labels will be taught. For more info email: zarmeena.khan@cicscanada.com or phone: 416 707-8259. Immigrant Resource Centre (IRC) at the Centre for Immigrant and Community Services (CICS). 2330 Midland Avenue. All Ages. **Free**

Festivals

Wednesday, August 20th from 9:00 pm - 11:00 pm. **Regent Park Film Festival's, "Under the Stars".** Free outdoor screenings run every Wednesday at 9:00 pm the last one is on Wednesday, August 20th. August 20th will screen "Made in America". Pop and popcorn will be sold at the screening, with all proceeds going to keeping the Regent Park Film Festival free and accessible. We encourage audiences to bring their own blankets and warm clothing, as the screening will take place outside. See you there! For more info visit the website: <https://www.facebook.com/regentparkfilmfestival/events>. Regent Park (the Big Park), 585 Dundas Street East. All Ages. **Free**

Wednesday, August 20th at 2:00 pm. **Space Cowboys (A Celebration of Space Film Festival).** Four top fighter pilots, now retired, are brought back into service to assist NASA during a major satellite crisis. Although their cocky, nonconformist attitudes kept the quartet out of the space program in the 1960s, their specialized knowledge about the workings of a damaged satellite unexpectedly enables them, late in their lives, to get another chance to go into space - if they can pass the same physical and skill tests as the younger astronauts. First Come, First Seated. For more info email Todd Buhrows: tbuhrows@torontopubliclibrary.ca or phone: 416 394-5247. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. The movie is rated PG. Adults. **Free**

Thursday August 21st through to Sunday, August 24th **Scotiabank BuskerFest.** See below for the hours for each day of the event:



| | |
|--------------------|---------------------|
| Thur., August 21st | 12:00 pm - 11:00 pm |
| Fri., August 22nd | 12:00 pm - 11:00 pm |
| Sat., August 23rd | 11:00 am - 11:00 pm |
| Sun., August 24th | 11:00 am - 8:00 pm |



There is no advance performance schedule for the festival; rather spontaneity is the order of the day. You just never know when and where someone is likely to pop-up! But, rest assured, all the performers conduct numerous shows throughout the weekend, so you'll have a lot of opportunities to catch your favourite acts. Look for boards at each of the performance pitches for hourly postings and a master schedule updated regularly at the Epilepsy Toronto Information Booth (located on the west side of Yonge Street, just south of Dundas). Or follow through social media networks, Facebook, Twitter or our Mobile App, where schedules will be posted throughout the festival as they become available. Downtown Yonge Street Neighbourhood on Yonge Street from Queen to College and throughout the neighbourhood including Yonge-Dundas Square, Trinity Square Park and Gould St on the Ryerson Campus

Square. **Festival admission is by voluntary donation to festival organizers, Epilepsy Toronto, collected by volunteers at the main entrances to the festival. Each performer collects their own remunerations by**

passing a hat after their performance, which goes directly to that performer or act.



Friday, August 22nd from 10:00 am - 11:00 pm (this event repeats). **TAIWANfest**. Taiwan is a country built on the legacy of global traditions and cultures that have marked its shores. Wander down the path of music, dance, art and food that invigorates the island nation. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Saturday August 23rd and Sunday August 24th from Noon - 8:00pm. **Scarborough Afro-Caribbean Festival**. This festival includes performances, vendors' market, local businesses, not for profit services, career and info fair with employers and recruiters on-site as well as a youth zone 12 years and under. Presented by: Heritage Skills Development Centre. Albert Campbell Square, Scarborough Civic Centre, 150 Borough Drive. For more info visit scarboroughafrocifest.com or call 416 345-1613 or email info@hsdonline.org
This event is funded by Citizenship and Immigration Canada. All Ages. **Free Admission**

Film

Friday, August 22nd from 6:00 pm - 8:00 pm. **Free Friday Night Movies**. Now showing: the Best Exotic Marigold Hotel. For more info phone: 416 394-1000 or email: lfeesey@torontopubliclibrary.ca. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. All Ages. **Free**

Markets

Thursday, August 21st from 7:00 pm - 11:00 pm. **Toronto Indie Arts Market - August Sunset Market.** Beat the summer heat at Toronto Indie Art Market's August Sunset Market! Meet creators of art, crafts, food, fashion, small press and more, as they take over the Gladstone Hotel ballroom for an evening of local shopping. Sip a cool drink, enjoy the AC and find a new treasure as you support talented local artisans and makers. For more info visit: <http://www.torontoindieartsmarket.com>. Gladstone Hotel, 1214 Queen Street West. All Ages. **Free Admission**



Spice Up Your Life

Saturday, August 16th from 10:00 am - 11:00 pm (this event repeats). Hot & Spicy Food Festival
This year's festival dips into food and culture rooted in the past and renewed for the future. Enjoy a range of culinary delicacies, as well as hot rhythms and spicy grooves from the past and present. For more info email: media@harbourfrontcentre.com. Harbourfront Centre, 235 Queens Quay West.

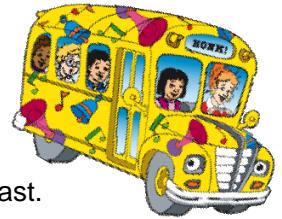
Tai Chi

Tuesday, August 19th and Tuesday, August 26th from 6:00 pm - 7:00 pm this event repeats. **Tai Chi**. Learn the movements of this ancient Chinese martial art. Tai chi cultivates both body and mind to restore and maintain good health. Today, tai chi is one of the world's most popular exercises which is practiced by millions of people of all ages. Tai chi has an extra degree of stretching and turning in each movement, placing the emphasis on health improvement. For more info visit the website: http://www.harbourfrontcentre.com/whatson/today.cfm?id=5921&festival_id=0, email: info@harbourfrontcentre.com, or phone 416 973-4000. Exhibition Common, Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Vehicles

Tuesday, August 19th from 6:00 pm - 7:30 pm. Register by Monday, August 18th.

Buying a Vehicle. The difference between a licensed dealer & private seller, research of a vehicle's history, consumer protection laws for vehicle buying and The Motor Vehicle Dealer's Compensation Fund. For more info email: zarmeena.khan@cicscanada.com or phone: 416 707-8259. Toronto Public Library, Morningside Branch, 4279 Lawrence Avenue East. All Ages. **Free**



Yoga x 3

Saturday, August 16th from 10:00 am - 11:00 am. **Yoga in Riverdale Park.** Classes are located in the south east end of the park off Broadview Ave by the large statue of Dr. Sun Yat Sen. Fees are donation based with a portion of all proceeds going to support Nellie's Shelter - a local non-profit organization that provides shelter and programs for abused women and children in our community. www.nellies.org Classes are weather permitting and the plan is to continue until the Fall Equinox on September 21st. For updates be sure to "LIKE" Park Yoga Toronto on Face Book. Contact: Trixie by email: parkyogatoronto@gmail.com or visit the website: <http://www.theflyingyogi.ca> or phone: 416 466-8152. Riverdale Park East, 550 Broadview Avenue. Adults. **By Donation**

Sunday, August 17th from 9:30 am - 10:30 pm (this event repeats). **Park Yoga - in Jonathan Ashbridge Park.** Summer is on, yoga is out! Join in for a refreshing yoga practice in the park! Enjoy the sun instead of lights, trees instead of walls and birds singing instead of music. Fees are donation based with a portion of all proceeds going to support Nellie's Shelter - a local non-profit organization that provides shelter and programs for abused women and children in our community: www.nellies.org. Classes are weather permitting and the plan is to continue until the Fall Equinox on September 21st. For updates be sure to "LIKE" Park Yoga Toronto on Facebook. For more info contact Trixie by email: parkyogatoronto@gmail.com or phone: 416 466-8152. Jonathan Ashbridge Park, 20 Woodward Avenue, corner of Queen Street East & Woodward just north of the Leslieville Farmer's Market. All Ages. **By Donation**

Saturday & Sunday August 16th and 17th at 9:00 am (this event repeats).

Yogapalooza. A celebration of music, movement and meditation. Enjoy workshops, demonstrations and a wellness-based marketplace. Bring your mats and your friends! For more info visit:

<http://www.harbourfrontcentre.com/summer/onthesquares/index.cfm> or email: info@harbourfrontcentre.com. Harbourfront Centre, Exhibition Common, 235 Queens Quay West. All Ages. **Free Admission.**



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.

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. www.csinfo.ca



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. Helen, Cassandra and Arlene

As the saying goes, membership has its privileges. Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting on October 22nd and vote for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

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

Your subscription to The Bulletin continues without a break whether you are a member, or not.

General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.



Signature _____

Date _____

Name (please print) _____

Organization (if any) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Email: _____

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin