



~First Day of Autumn~



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

# BULLETIN

# 517 September 16<sup>th</sup> – 30<sup>th</sup>, 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](mailto:csinfo@camh.ca) <http://www.csinfo.ca/>

## Community Announcements

**In anticipation of the upcoming Municipal Election on October 27<sup>th</sup>**  
Houselink and The Dream Team are presenting a two-part workshop on:

### **Everything you need to know about Municipal Politics and the Municipal Election**

Including:

- How are decisions made at City Hall?
- What are the functions of city government?
- How to vote/why to vote?
- How to have your voice heard at City Hall?
- And much more!!

**Wednesday September 24<sup>th</sup>, 1:00 pm - 4:30 pm (part 1)**

**Monday, September 29<sup>th</sup>, 1:00 pm - 4:30 pm (part 2)**

We strongly encourage people to attend both sessions

**Houselink office, 1678 Bloor Street West, 2nd floor, board room**

Lunch will be served and ttc provided. For more info, or to register, contact: Naomi at: 416 516-1422 x 250

## Our Annual General Meeting

The C/S Info 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. **Please RSVP to: 416 595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca)** as we need to know numbers for ordering the food being served.



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## **PROPOSED BY-LAW CHANGES FOR CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO (CSIRC)** **By The BOARD OF DIRECTORS**

Over the last six months our board's governance committee has been getting together to review our by-laws and make suggestions for amendments to better reflect the mission, values and goals of CSIRC. This endeavor was the result of a motion passed by our board in the fall of 2013. The following is a list and explanation of suggested amendments that members of CSIRC will be asked to vote on at our upcoming AGM in October, 2014. If you plan on attending CSIRC's upcoming AGM as a voting member, please review the following amendments so that you'll be able to make an informed decision when you're asked to vote.

### **Board officer titles**

Documents and meeting minutes will now refer to the board co-presidents as co-chairs and vice president as vice chair.

### **Article 2, General Membership**

Due to proposed changes in upcoming legislation, the Ontario Not for Profit Corporations Act, we will no longer have more than one classification for membership. In the past non-consumer survivors were able to be associate members without voting privilege. Since we will no longer have an associate membership category, the board is recommending that we now base voting membership on the following criteria:

- I. Understands and adheres to the mission and values of CSIRC
- II. Resides within the Greater Toronto Area
- III. Willing and committed to attending the AGM
- IV. Has a current membership form on file and
- V. Is a general member in good standing

This would allow us to continue to include non-consumer survivor allies in our membership while ensuring that those involved are committed to the unique role of CSIRC in the mental health community.

### **Article 3, Board Membership**

#### Section 1

We are recommending that the size of board be reduced from 12 voting directors to 10 voting directors given that we are a smaller organization. This will save costs while still allowing us to fulfill our board obligations and reach organization goals.

#### Section 1, III

We are recommending that all Board members must have an email account that they check regularly so that the board is able to communicate more efficiently and operate more effectively.

#### Section 2

The governance committee is recommending that new board members can only be elected onto the board after they have been interviewed, attended a board orientation, and received a majority vote by the membership at an AGM. New board members can start attending board meetings after the interview and orientation phase, but must still be voted in by the membership at the proceeding AGM. If voted in, their board term would be retroactive to the first board meeting they attended.

### **Article 4, Procedures and reasons for the discipline or removal of Directors/Officers**

#### Section 1

In the past few years the CSIRC board has been having some challenges around attendance, on occasion not reaching quorum and thus not being able to fulfill our function as a board. (*Quorum is the minimum number of board members that must be present in order for motion to be passed, which is how important decisions are made*).

While the CSIRC board is comprised of consumer survivors and we want to be understanding and accommodating to the unique needs of our community, we also recognize that in order for our organization to run smoothly and be

sustainable, we need to make some changes to the expectations around meeting attendance. The governance committee therefore recommends that Article 4, section 1 be amended as such;

- I. Failing to attend a meeting more than three (3) times for any reason, exceptions may be made and voted on by the board,
- II. Failing to send regrets for a board meeting two (2) times,
- III. Failing to arrive on time (more than half (0.5) hour late or leaving half (0.5) hour early) more than once (1) with or without notice, weather permitting,

The board meets 9-10 times a year, and the very basic requirement and expectation of our board members is that they are able to attend and participate fully in at least 7 of these meetings so that quorum can be consistently achieved and important matters voted on. If a board member is experiencing challenges with their mental health or any other life challenge, we ask that they step down from the board until they are able to attend regularly once again. All former board members are welcome to re-apply to the board, wherein their prior circumstances will be given due consideration.

## Section 2

We included the board Comfort Agreement as a reference point for appropriate conduct

## **Article 6, Annual General Meetings**

### Section 2

It is recommended that members of CSIRC can be nominated only at the AGM, and not elected. It is only fair that all board candidates be required to pass through an interview process and participate in a board orientation, as stipulated in Article 3, section 2.

## **Article 7, Committees**

### Section 3

We are recommending that every voting board member must be on a committee (i.e. Human Resources Committee, Governance Committee, or any Ad Hoc Committee).

## **By-Law Number 2, Directors/Officers**

### **Article 1**

#### Section 2, Treasurer

The role and responsibilities of the treasurer were modified to reflect the current daily operations of the CSIRC. Please see by-laws for a more detailed description.

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## **O.C.A. (Obsessive Compulsive Anonymous) 12 Step O.C.D. Recovery Group (Queen West & Ossington)**

The group meets Fridays from 4:00 pm - 5:30 pm at CAMH (Centre for Addiction and Mental Health) on Stokes just south of Queen Street West & Ossington Avenue. 100 Stokes Street - the group meets in the Bell Gateway Building in the Sacred Space room on the 2nd floor.

Our meeting is a friendly, free, self-help, fellowship group where we can get together to share our hope, strength and experience with one another! We look upon the idea of recovery as continually trying together to diminish our symptoms so that we may get on with life as it may be lived. Together we can do, what we can't do alone, help each other get well.

## Call for Participants: What does community look like for LGBTQ people with a diagnosis of schizophrenia or other psychoses?

A team of researchers at the Centre for Addiction and Mental Health is doing a study in Toronto that may be of interest to you. We are interested in what community participation looks like for lesbian, gay, bisexual, trans and queer (LGBTQ) people with a diagnosis of schizophrenia. Your participation in the study would involve meeting with a member of the research team three times throughout the course of 8 months to do an interview, a survey and going on a walking tour of your neighbourhood/community, and if you feel comfortable, having a research team member talk to some people who make up your community. Participants will be compensated for their participation (\$450 total). If you live in Toronto and participating in this study is of interest to you or may be of interest to someone you know, please contact Meg or Merrick at: 416 535-8501 ext. 37617 or [integrationstudy@gmail.com](mailto:integrationstudy@gmail.com). This study has received approval from the Centre for Addiction and Mental Health Research Ethics Board.

(As always, C/S Info places study announcements in for your interest, and does not endorse any group or study).

## My Trip To... VanDuzer Art Studio By: Lloyd

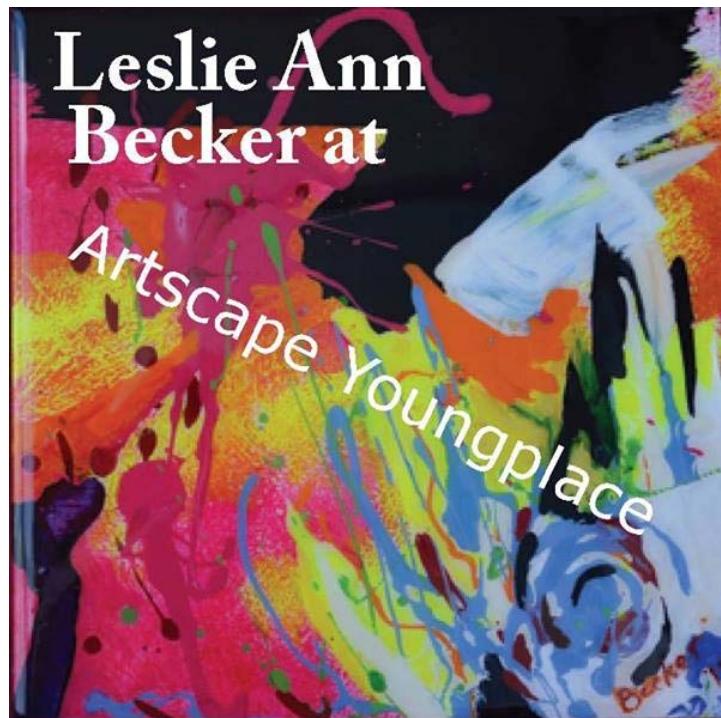
The VanDuzer studio is a converted Coach House that promotes artists – painters, poets, musicians – and other creative activities.

It is a facility that has a welcoming atmosphere. There are art pieces prominently displayed on the walls depicting a variety of subjects that germinate in the artists' imagination. For the most part, these pieces range from excellent to very good. Maybe it's the close proximity to the Art gallery of Ontario (AGO) that has wielded its influence, but the studio is worthwhile visiting even for its ambiance.

The work tables are paint-spattered and provide enough impetus to get involved. There is a kitchenette, a bar fridge and a washroom. These facilities are an added incentive for artists.

In the warmer months, the studio holds Open Mic sessions (usually the last Saturday of the month). Here poets and musicians and comedians can do their stuff and enjoy a night of amateur talent. There is usually some food provided but more so it's an affinity for kindred spirits to have a good time.

For a complete VanDuzer monthly schedule come into C/S Info or email us: [csinfo@camh.ca](mailto:csinfo@camh.ca). You can also get in touch directly with VanDuzer by calling Tamara at 647 280-4931 Studio Coordinator, VanDuzer Art Studio, 196 Beverly Street.



Artscape tenant, owner and member group exhibition

September 16 – September 28

180 Shaw Street (near Queen and Ossington)

Opening reception:

Tuesday, September 16, 2014 at 7:00 pm

[artscapeyoungplace.ca](http://artscapeyoungplace.ca)

[lbeckart.wix.com/arcticstar-2](http://lbeckart.wix.com/arcticstar-2)

Posted September 8<sup>th</sup>, 2014

Article Source: [Government of Ontario](#) via CLEO's Newsletter

**A message from the Government of Ontario:** Starting **September 1, 2014**, rates for all people with disabilities on the Ontario Disability Support Program (ODSP) are **increasing by 1%**.

This means that you and your spouse – if they are also a person with a disability – will see an increase in the amounts you receive each month for:

- basic needs allowance (if you own or rent your home);
- board and lodging.

In addition, the monthly amount for all family members will **increase by 1%** for:

- the personal needs allowance for people in facilities such as homes for special care, hospitals or women's shelters; and
- the guide dog benefit.

The rates will remain the same for:

- your shelter allowance (if you own or rent your home; and
- amounts you receive on behalf of your children or a non-disabled spouse.

You will see this change reflected in your September 30, 2014, social assistance payment.

[Click here to read more: Ontario Disability Support Program Rate Increase](#)

## Employment and Training Matters

George Brown College will be hosting an Information Session for each of their programs:

### [ASSISTANT COOK EXTENDED TRAINING \(ACET\)](#)

**Date 1: Monday, September 15, 2014**

**Date 2: Monday, September 29, 2014**

**Date 3: Monday, October 13, 2014**

**All of these sessions are in:**

**Room: 536E**

**Time: 3:30 pm**

**At: St James Campus, 200 King St E**

[Application Deadline is October 17, 2014](#)

### **Construction Craft Worker EXTENDED TRAINING (CCWET)**

**Date 1: Tuesday, September 23, 2014**

**Date 2: Tuesday, October 21, 2014**

**Date 3: Tuesday, November 18, 2014**

**Date 4: Tuesday, December 16, 2014**

**All of these sessions at:**

**Room: E072**

**Time: 3:30 pm**

**At: Casa Loma Campus, 146 Kendal Ave**

***Application Deadline is February 6, 2015***

Please RSVP at [auged@georgebrown.ca](mailto:auged@georgebrown.ca)

or call: 416 415-5000 x 6790

# Computer Column

By: **Martha Gandier**

## Computer Problems I Keep Hearing About

My little laptop refurbishing business keeps me going, but having regular contact with 'real' folks keeps me in touch with issues that everybody seems to be having. Here are some problems I've encountered in the last 6 months...

### Driverdownload.net popup

This is a fairly new 'pop up', an ad that just announces itself on your screen without you asking to see it. It will offer some new software that you don't need, maybe tell you that you have dozens of things on your computer that are causing damage. Maybe it will tell you that you need a bunch of drivers, and how to get them. Don't fall for any of that, it's a virus, plain and simple. You'll be safe if you don't click on anything, but the popup will continue unless you clean the little triggering device (spyware) that's gotten into your system via the internet. Scan your computer with a good antispyware program, AVG seems to be the best free one these days. However, if you can afford it, get ESET antivirus and Malwarebytes or Superantispyware. Or email me and I'll send them to you. It pays, big time, to have good protection. And be aware...like contraceptives of all kinds, nothing is 100% effective. But ESET is close.

Bottom line...and I know I'm repeating myself but...***If you get offered something you didn't know you needed, chances are pretty good that you don't need it. If you really need something, a program, or antivirus, email me and I'll send it to you!***

There's a little add-on that will help with popup ads, here is the link:

<https://adblockplus.org/en/firefox>

Some pop-ups will look quite official. If you aren't sure about something that's being offered to you, email me and I can check it out. Or you can do a Google search, just type in the name of the pop up.

### Firefox stopped working

Any web browser can suddenly stop working, or stall and take a few seconds to start again. Usually you get an error message, like 'Shockwave (or JavaScript) has stopped working, do you wish to continue'. Click on continue, and it shouldn't take long. If there is no error message, wait a bit to see if it rights itself. You can try closing the browser, then reopening it. Firefox has been problematic for a few months, the Mozilla site suggests refreshing it, or setting it back to its defaults. <https://support.mozilla.org/en-US/kb/reset-firefox-easily-fix-most-problems>

### Printers on sale, which one to get

A few folks have asked me about what printer to get. Sometimes there are really good deals out there, good printers for good prices. You'll have to pay a bit more for one that will connect to your WiFi network, so if you don't need WiFi capability you can save a few bucks. Canon and Epson continue to give you the most for your dollar. Research how much the ink is before you buy, and ask how long a cartridge lasts. If you just need to print out documents with no colour, you can get a printer for under \$50. Most printers are all-in-one, and the scanner really does come in handy once in a while. Look at laser printers if you plan to do heavy duty printing, or if more than one person will be using the printer.

### Rogers wants to upgrade Internet service

Rogers tech support isn't the greatest...and I'm being nice, here. Sometimes if you phone them for anything, they will suggest you need to buy the more expensive service. This probably means they don't have a clue what's wrong with your internet. Consider the extra cost if you notice your web pages stalling a lot, or not loading at all. There are lots and lots of things that can be slowing down your internet connection, please contact me before you buy more bandwidth. Please.

### All the icons on the desktop disappeared

I'd forgotten about this, then two people contacted me saying they had a totally naked desktop, and where on earth did the icons go! I had to ask Mr. Google, my BFF. Windows 7: Right click on the desktop, go to 'Personalize', then 'Change Desktop Icons'. A window will appear, and you can check the icons you want. There are a number of programs that, when you install them, will change the way your desktop looks. WindowsXP: Right click on the desktop, point to 'arrange icons by', then click on 'show desktop icons'.

## Microsoft no longer supports windows xp

How often have you EVER asked Microsoft for help? And if you did, remember how confusing their answer was? Don't worry that they're abandoning you. You've got me (!)

## Symbols when hit the spacebar, French 'é instead of a space

Okay I've been asked about this only twice in my entire career, so it probably isn't a very prevalent issue. But it is a bit weird when it happens. Something happened, maybe you hit a 'CTRL', or 'ALT' key at the same time you hit the space bar, and your computer thought you wanted to make the space bar into a Hotkey. That's a handy device if you want to use a character a lot and want an easy way to get to it. It's not handy at all if you didn't mean to do it.

Usually it's a confusion between the French and English keyboard. Go to Control Panel, then Region and Language. There's a 'format' tab that lets you set the keyboard layout you want. This might be all you need to fix your keyboard. The other useful tab is 'keyboards and languages'. Occasionally this problem is caused by virus activity. Run a manual scan with your antivirus, or run ESET online scanner: <http://www.eset.com/us/online-scanner/>

## Changing your operating system

It's easy to make the mistake of formatting your computer and installing a different operating system. Usually, these days, people just want to get rid of gosh-darn Windows 8 and replace it with 7, or even XP.

Windows 8 Home Basic, the operating system you are most likely to have on your new machine, is notoriously difficult to change, because it uses a new method of arranging files on your hard drive. It took months for me to figure out how to replace it with Windows 7, and I'm still not really confident about the process. But even with an older system, you need to know about drivers.

Drivers are tiny little programs that allow the parts of your computer to communicate with other parts. Not only are there drivers to connect your printer, or other external device, to your computer...there are drivers that control the WiFi connection, wired internet connection, sound and video...etc. etc. When you remove your operating system, you remove the drivers as well. Luckily some will be included with the new OS, but not all. Sometimes they're very difficult to find, and you need a separate program like Driver Robot, or Driver Genius, to locate and identify the right driver for your machine. Laptops are particularly 'proprietary', so they need to match the exact make and model of your laptop. Before you remove that horrible new Windows 8, make sure you can get all the drivers you need for the replacement operating system. Oh and BTW now that Microsoft has distanced itself from Windows XP, it's getting harder to find XP drivers for new laptops.

## Why can't I use my laptop with Wifi

I get asked this at least twice a month. It's usually because there is a 'toggle' switch between wired and wireless connections. Some laptops have an external switch, on the front or on the side of your laptop. It will have a little icon close to it, that will look something like this:



Other machines have a 'function' key at the top of the keyboard. Usually the toggle key is F5 or F3. You need to hold down the Fn key (usually at the bottom of the keyboard), then strike F5 or F3. And the F3 or F5 key will have some kind of WiFi label on it. Look at the bottom right side of your laptop and, once the WiFi function is enabled, there will be a little icon for Wireless Networks. Click on it and you'll see all the wireless networks in your neighbourhood. If you're at Tim Horton's, I think it's called Tim Horton's Free or something like that.

More next time...



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](mailto: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. And if you have any computer article suggestions for Martha please let us know!



# Things To Do...

Free and Low-Cost Events for September 16<sup>th</sup> – 30<sup>th</sup>, 2014



**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\*

## Art

Monday, September 22<sup>nd</sup> at 6:30 pm. **Art From 1914 to 1919: Not Just Matisse and Picasso.** In this lecture, artist, art historian and writer Suzanne Tevlin will discuss the remarkable variety of work that was created during the war years. We will consider works of art by Matisse, Picasso, Kandinsky, Nolde, Kollwitz, Stanley Spencer, The Blue Rider Group, even the Bloomsbury Group and Canada's own Group of Seven. Drop-in program. First come, first seated. For more info contact Todd Buhrows by email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or call 416 394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

## Book Lovers

Saturday, September 20<sup>th</sup> from 9:00 am - 11:30 am. **GIGANTIC used book sale.** No text books. Hard cover, soft cover, fiction, cookbooks, DIY, etc. DVD'S, LP'S, VHS etc. Accessible Location. TTC 86 & 116 pass the door. Stock up on winter reading at low prices. Dealers welcome. For more info contact the church secretary by phone: 416 267-8265 or email: [scarboroughbluffs@bellnet.ca](mailto:scarboroughbluffs@bellnet.ca). Scarborough Bluffs United Church, 3739 Kingston Road. All ages. **Free admission**

## Farmers' Market

Tuesday, September 16<sup>th</sup> from 4:00 pm - 7:00 pm. **Stonegate Farmers' Market - End of Season Garden Tips.** Wrap up the gardening season by attending our resource and info session with a garden expert. St. James Anglican Church, 194 Parklawn Road. All Ages. **Free**

## Festivals

Saturday, September 20<sup>th</sup> from 11:00 am - 4:00 pm. **Applicious: The Core of the Community.** The 7th annual fall festival of Applegrove Community Complex will offer something for everyone with apple-themed games, face-painting, bouncy castles, contests, entertainment, refreshments, local information and more. New this year, Applicious moves to Jonathan Ashbridge Park, 20 Woodward Avenue, the same location as the Leslieville Market that takes place on Sundays. In addition, Applicious will showcase this neighbourhood's artists, artisans, crafters and makers with an Arts and Crafts Marketplace. Third, Toronto Animal Services will bring its "Chip Truck" to offer micro-chips for our 4-footed friends. Wear red for a free activity ticket. Website: <http://www.Applicious.ca> Phone: 416 461-8143. Jonathan Ashbridge Park, 20 Woodward Avenue. All Ages. **Free**

Sunday, September 21<sup>st</sup> from 9:00 am - 5:00 pm. **Toronto Garlic Festival.** Come for Ontario garlic, stay for delicious garlic-inspired dishes by local chefs! Pair meals with craft beer or wine and engage in talks, demos, film screening and contests. Chefs' dishes, fresh garlic and vendor products are for sale. Evergreen Brick Works in the Don Valley. Take a free shuttle from the parkette beside Broadview Subway Station. Bus leaves every ten minutes. Evergreen Brick Works, 550 Bayview Avenue. All Ages. **\$5 Admission**

## Financial

Wednesday, September 17<sup>th</sup> from 6:00 pm - 7:30 pm. **Government Benefits and Retirement Planning.** Meet financial advisors to develop strategies to planning your retirement. Learn about government benefits including federal tax credits for seniors, Old Age Security Pension (OAS), Guaranteed Income Supplement (GIS), and Canada Pension Plan Retirement Pension (CPP). Representatives will be available to answer all your questions. For more information and to register, visit in person or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. Adults. **Free**

## Housing

Monday, September 29<sup>th</sup> from 10:30 am - 12:00 pm. **Social Housing.** Different types of subsidized housing, eligibility and application, available community resources to assist in affordable housing, getting help from rent bank. Registration is required. For more info phone: 416 707-8259. Morningside Library, 4279 Lawrence Avenue East. All Ages. **Free**



## Music

Sunday, September 28<sup>th</sup> from 7:30 pm - 9:30 pm. **Gathering Sparks Singalong Soiree.** Calling all singers (or would-be singers)! The Singalong Soiree is an evening of music that you can join in on. We combine our most singalongable originals with popular classic tunes, and we love to have the whole room singing with us. Get your "frequent singer" card stamped, too! Hosted by Gathering Sparks (Eve Goldberg, Jane Lewis & Sam Turton). For more info contact: [pr@gatheringssparks.com](mailto:pr@gatheringssparks.com). The Tranzac Club, 292 Brunswick Avenue. All Ages. **PWYC (pay what you can)**

## Seniors

Tuesday, September 23<sup>rd</sup> from 2:00 pm - 3:00 pm. **Sing Along Oldies: Roaring 20's & Fabulous 60's.** Drop in to sing along with Craig Manning, senior's entertainer. Enjoy his performance on the ukulele, banjo and voice covering great oldies from roaring 20's and the fabulous 60's. For more info call: 416 394-5120. Richview Library, 1806 Islington Avenue. Seniors. **Free**

Thursday, September 25<sup>th</sup> from 2:00 - 4:00 pm. **Seniors' Discovery Fair in Scarborough.** This free event is a great chance to learn more about the services that are offered specifically for older adults in your community. Discover programs and opportunities that allow you to enjoy active living, learn about the library's e-resources and how to use them. There will be refreshments and the chance to win great prizes, so come by and find out what is available. No registration necessary. For more information, visit the branch or call 416 396-8850. Exhibitors include: Alzheimer Society Canada, Canadian Hearing Society, Community Care Access Centre, Ontario Ministry of Finance, Ontario Seniors' Secretariat, Scarborough Centre for Healthy Communities, Toronto EMS, Toronto Hydro, and Toronto Public Health. Toronto Public Library. Cedarbrae Library, 545 Markham Road. Seniors. **Free**

## Talks

Thursday, September 18<sup>th</sup> from 2:00 - 4:00 pm. **Panel Discussion: Exploring Immigrants' Professional Identity and their Access to Professions.** The deprofessionalization and labour market integration challenges of immigrant professionals are well known. However, more attention needs to be paid to the impact of these challenges on the professional identity of immigrants. This multi-sectoral panel will explore the ways in which immigrants experience identity growth or identity crisis as they face barriers to professional practice. Policy implications will also be addressed, including the Ontario Human Rights Commission's policy on removing the "Canadian experience" barrier. First-hand experiences of professional immigrants will be shared along with insights from practitioners working with this group. RSVP at the website: <https://cerispaneldiscussion.eventbrite.ca/> or call: 416 736-2100. 519 Community Centre, 519 Church St. Adults. **Free**

## Well Dressed

Tuesday, September 16<sup>th</sup> from 7:00 pm - 8:00 pm. **The Science of personal dress - dress for success.** Join us with Sandi Quigley, stylist and image consultant with ClothesCall, as she helps us to look our best. She will explain how pieces can be added, removed and/or coordinated to look great! For more info phone: 416 395-5440. Barbara Frum Library, 20 Covington Road. Adults. **Free**

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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](mailto: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](http://www.csinfo.ca)

Go green; get The Bulletin by email!



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 22<sup>nd</sup>** 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. **Please RSVP to 416 595-2882 or to [csinfo@camh.ca](mailto:csinfo@camh.ca) so we know how much food to order.**

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**