



'Tis the season for pumpkin-flavoured -- everything!

BULLETIN

519 October 16th – 31st, 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/>

Our Annual General Meeting – Last Chance to RSVP!!

We invite you to attend our Annual General Meeting.

When and where will it be you ask?

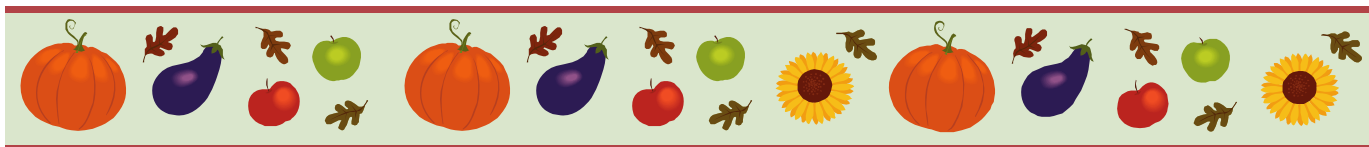
The C/S Info Annual General Meeting will be held next week on
Wednesday, October 22nd, 2014 at 6:00 pm
at the Friends House, 60 Lowther Avenue.

Please join us for the meeting, and/or for food, music, fun and friendship -
- You bet there will be food and fun!

Guests are welcome too. Please let us know if you are bringing someone.

If you would like to attend, please let us know by calling us at:
416 595-2882 or drop us a line at: csinfo@camh.ca
as we need to know numbers for ordering the food that will be served.

We hope to see you there!





Save The Date

For these upcoming events

- **Monday, November 10th to Friday, November 14th, from 10:00 am – 5:00 pm each day.** The **'Stitching Our Own Social Safety Net' campaign** is inviting advocacy groups to participate in a **'Social Safety Net Fair'** The Stitching Our Own Social Safety Net campaign is comprised of low income consumer survivors and their allies. We are using art to advocate for a stronger social safety net in Ontario, and for more funding for social programs. For more info on the campaign, and to view pictures of our 'social safety net quilt' (to which 600 people from around the province have contributed) go here: <http://stitchingoursocialsafetynet.webs.com/>

We are organizing a 'Social Safety Net Fair' in the **rotunda at Metro Hall** this coming November. We would like to invite groups who are advocating for a stronger social safety net, to participate in our event, by staffing an information table about their group and their work. Groups are not obligated to be there all five days, (being present one or two days is fine...). If your group is interested in having a table, or for more info, please contact Naomi at: 416 516 1422 ext 250 or naomibe@houseslink.on.ca

- **Friday, November 21st, 2014 from 9:00 am - 4:30 pm.** Friends House, 60 Lowther Avenue. **Worker Training: Workshop #1 Accepting Voices.** If in your work you encounter people who hear voices, or have other difficult experiences, then this workshop is designed for you. This workshop is designed to enable you to improve your own ability to find common ground between whatever you may experience and the kind of experiences that get labelled as "psychosis", "delusion", "losing touch with reality", offers a one person safe space for people to talk about and explore their own difficult experiences, emancipate yourself - even working in a system that puts pressure on you to do otherwise. You can practice being human first. For a full description of this event visit: <http://recoverynetworktoronto.wordpress.com/2014/09/06/worker-training-workshop1-accepting-voices-fri-21-nov-2014/>
- **Friday, November 21st, 2014** (see itinerary below for locations and times). Join The Advocacy Centre for Tenants Ontario (ACTO) for a **National Housing Day Rally and Forum**. Communities across Canada will be marking National Housing Day with events to promote and raise awareness on the right to housing.

Rally and Forum Schedule:

12:00 pm - 1:00 pm: Rally at Yonge-Dundas Square: Housing is a human right!

1:00 pm - 2:00 pm: Lunch then forum at Church of the Holy Trinity (behind Eaton Centre)

2:00 pm - 5:00 pm: Housing Forum - moderated by: Angela Robertson, Executive Director, Central Toronto Community Health Centres

Panel 1(2:00 pm - 3:00 pm): Is Housing First the solution to homelessness in Canada?

Panel 2 (3:15 pm - 5:30 pm): The Right to Housing in Canada

Community Announcements

2014 Toronto Mayoral Forum on Housing and Homelessness

Friday, October 17th, 2014 from 7:00 pm - 9:00 pm doors open at 6:30 pm

Christ Church Deer Park, 1570 Yonge Street (2 blocks north of St. Clair Avenue at Heath)

2014 Toronto Mayoral Forum on Housing and Homelessness organized by groups including Federation of Metro Tenants Associations, Social Planning Toronto, Advocacy Centre for Tenants Ontario, Centre for Research on Inner City Health, Wellesley Institute, Tenants for Social Housing and Acorn.

2014 Toronto Mayoral Election

October 27th, 2014

Visit the City of Toronto's website for everything you need to know about how to vote, advance poll dates and times, where to vote, etc.: <http://app.toronto.ca/vote/myVote.do>. Or alternatively you can contact City of Toronto Election services at: 416 338-1111 or 100 Queen St. W., 1st Floor N, Toronto, Ontario M5H 2N2.

Cheap + Crazy Symposiums: Mobilizing Strategic Conversations

CALL FOR

PROPOSALS

**BILLS OF CLIENTS' RIGHTS, MADNESS,
ADDICTIONS, LAW AND
THE FUTURE OF ADVOCACY.**

Saturday November, 22nd, 2014

1001 Queen Street West / Toronto, Ontario

The purpose of this symposium is to bring people together who are interested in collaborating and having conversations about needed strategic direction for future human rights organizing in the mental health system. We welcome papers, panels, presentations, performances or project ideas from consumer/survivors, students, peer support workers, teachers, lawyers, clinicians. The goal of this day is not to demonstrate to everyone what a genius you are, but to share ideas in an understandable way. What have you been thinking about, writing, or (maybe) wanting to organize? So no pressure, but do be clear on what you are talking about. You can choose one of these or related topics:

- Bills of Patient Rights
- Academic versus Frontline Work
- Health Equity, Race and Racism
- Peer Support Work and Advocacy
- Addictions, Law & the Medical Model
- Mad Studies & Advocacy
- "Patient as teachers" or "Psychiatrists as bad learners"?
- Stigma Campaigns or Rights Campaigns?
- Patient Porn, Disability Porn, Heroes & Villains and Other Tales
- Refugees, Immigration and Detention Centres
- Words, language and Identity Politics
- CAMH in Transformation: Thoughts?
- Mobilizing Allies, Unions, and Others
- LHINS, Health Links and the future of service delivery for "complex clients"

Please send us your ideas/abstracts of no more than 250 words to:
ec.volunteer@camh.ca or mail to: 1001 Queen Street. Room 160, Toronto,
Ontario M6J 1H4 by: **OCTOBER 31st at Midnight.**

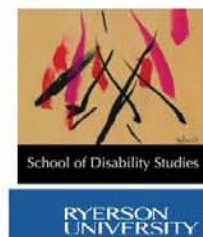
PROPOSALS SHOULD INCLUDE:

The title of your talk, presentation or project ;
Description of what you are doing - 250 words maximum;
Specify Audio Visual Needs: TV/DVD LCD projector & computer, Flip Chart ;
A brief bio of 25 words about yourself or group.



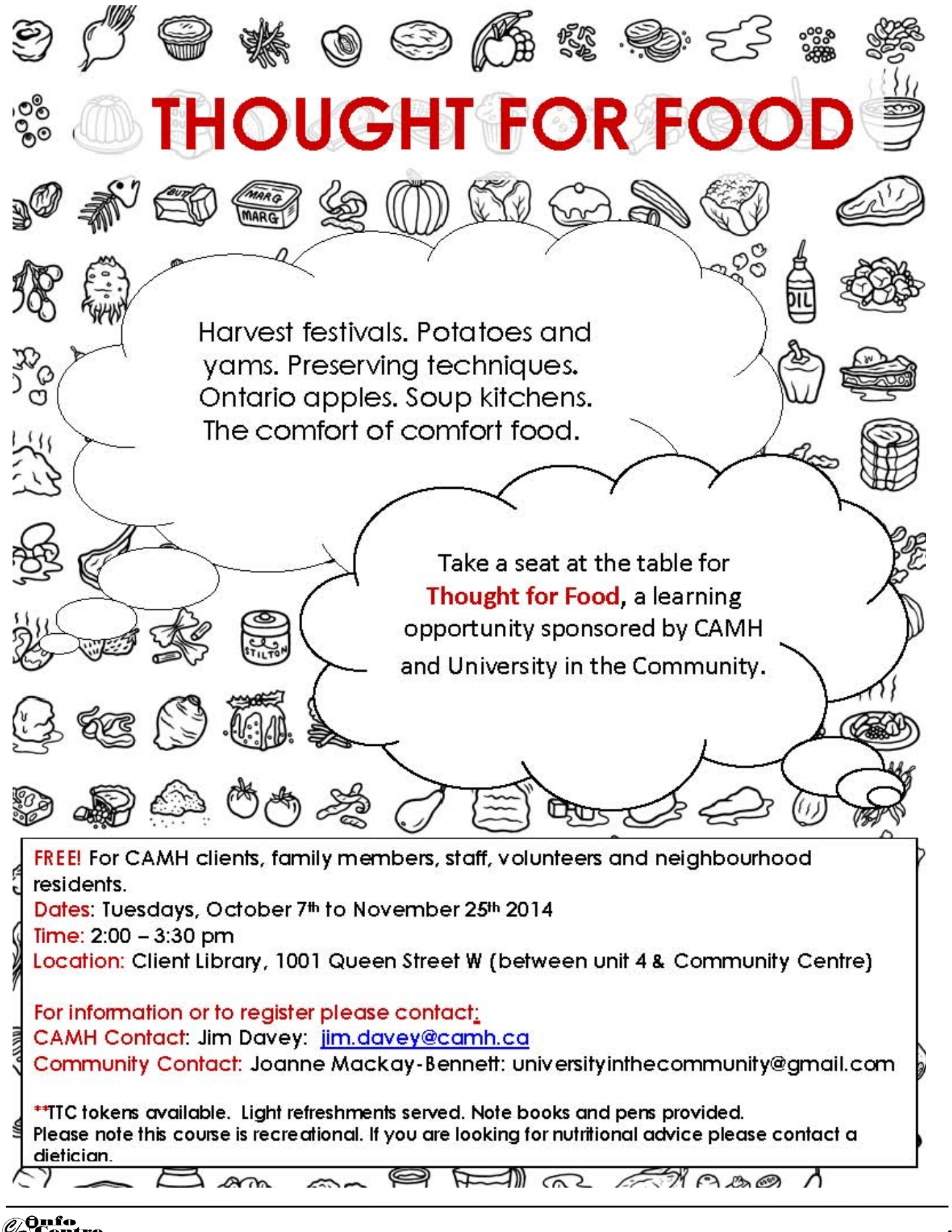
Parkdale
Community Legal Services

STAR LEARNING CENTRE
A Project of the Urban Angel Fund for Homeless People



Everyone Makes a Mark

For more information contact: 416 535-8501 Ext. 33013



THOUGHT FOR FOOD

Harvest festivals. Potatoes and yams. Preserving techniques. Ontario apples. Soup kitchens. The comfort of comfort food.

Take a seat at the table for **Thought for Food**, a learning opportunity sponsored by CAMH and University in the Community.

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

Dates: Tuesdays, October 7th to November 25th 2014

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: Jim Davey: jim.davey@camh.ca

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

****TTC tokens available. Light refreshments served. Note books and pens provided.**

Please note this course is recreational. If you are looking for nutritional advice please contact a dietician.



Community
Resource
Connections
of Toronto

Peer Support Group

Thursdays at 1:00 pm

- ›› Have you participated in WRAP, Pathways to Recovery or CBT Group in the past or are actively using wellness recovery strategies in your life?
- ›› Are you looking for a space to continue to build upon the strategies and skills you developed in those groups?
- ›› Are you interested in giving and getting support from your peers?

Then this is the group for you!

When: Every Thursday

Time: 1:00 pm to 3:30 pm

Where: The Hub, 2660 Eglinton Ave East (Eglinton and Brimley), Room M05.

Cost Free.

This is an open group. Everyone is welcome. To register please contact Deqa Farah at 416-482-4103 ext. 223

Employment Matters

The Raging Spoon.ca

The Raging Spoon Employment Opportunity

Do you enjoy cooking and have experience in a commercial kitchen? Ready to work in a supportive environment that includes ongoing training opportunities? Then The Raging Spoon Catering has a part-time cook position opportunity waiting for you. Please inquire at: 416 504-6128 or email us at: ragingspoon@bellnet.ca for details. This position closes October 31st, 2014.

*****Hello Bulletin Subscribers, we realize the next job fair deadline is tight, but we thought we might include it anyway. The following YWCA caters to all adults and has these types of job fairs from time-to-time so if you can't make this one, contact them for upcoming job fairs.*****

Jobseekers Information Session: Job Fair

Friday, October 17th, 2014 from 1:00 pm - 4:00 pm

Full and part-time positions for Canada's leading hotel management company. A new hotel opening in November 2014. Hiring for: Night Guest Services Manager / Guest Services Manager / Income Auditor / Accounting Coordinator – Accounts Receivable / Lead Hand / House Person / Room Attendant / Signature Club Attendant / Stewarding / Host and Hostess / Prep Cook / Guest Services Agent / Banquet Cook / Banquet Server / Whisky Lounge Server and Bartender / Health Club and Pool Attendant / Esthetician / ...and more. Bring your resume, SIN card, dress for success and be ready for an on-site interview. Please call to register: 416 264-5788. YWCA Employment Centre, 3730 Kingston Road, Second Floor. (When you call please verify if this is the address of the job fair or if there is an alternate location.)

Resume and Cover Letters

Friday, October 24th from 10:00 am - 12:30 pm

Registration by date: Thursday, October 23rd, 2014

Neighbourhood Link Support Services will present a workshop on how to start your job search off right with a job-winning resume. Learn to how to: maximize relevant experience, format professionally, choose the proper resume format and choose the best cover letter structure and style. Registration is required. For more information and to register, visit in person or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. This workshop is for adults and is free.

Computer Column

Martha, 'The Computer Gal' is back with more of your common computer problems...

Cursor jumping around, web redirect

You try to use your cursor and it has a mind of its own. It might quiver, or dart here and there, or you might get it where you want it to go and it darts away. If you're lucky, and you have an old fashioned 'ball' mouse, you

have some dirt around the little ball. Turn the mouse over, remove the little ball and blow out as much dust as you can. Clean the contact points on the sides with a Q-Tip dipped in alcohol.

Unfortunately, though, this is a classic symptom of virus infection. You'll need to make sure your antivirus program is fully updated, then run a manual scan. Also run an online scan with ESET

<http://www.eset.com/us/online-scanner/>

Download and run ComboFix. Before you run it, close all other applications, especially any web browser you have been using.

<http://www.bleepingcomputer.com/download/combfix/>

Web Redirect

Being 'redirected' while you're using the internet is another classic virus symptom. You do a search for, let's say, 'United Church of Canada' and your browser takes you to a porn site. (This actually happened to me, many years ago!) Take the same steps I've mentioned above. If I remember correctly, the virus in question had infected the registry of my computer, and I had to use either rKill

<http://www.bleepingcomputer.com/download/rkill/>

or TDSSkiller

<http://www.bleepingcomputer.com/download/tdsskiller/>

to get rid of it.

BTW there might be times when a utility like ComboFix asks you to restart your computer in Safe Mode. You do this by turning it off, then back on, and lightly but continuously tapping the F8 key at the top of your keyboard while it's booting up. You'll be offered a list of options, choose 'Safe Mode' and let it run. Then follow through with whatever the program wants you to do next.

No images, just a little box

You go to a web page that is supposed to show images, and all you get is little boxes, maybe with an 'x' in them.

Sometimes, if you have a slow or even dial-up internet, the browser will be set to leave out the images in order to save time. It's a bit complicated to reset the browser to allow images to load....call me and I'll walk you through it. Check to see if all the web pages you go to have the same problem, sometimes this happens only on certain sites.

Able to use wired internet, but no Wi-Fi

You're able to go online if your laptop is connected to the modem by a cord, but you can't use its wireless option. First look to see if you actually have a Wi-Fi card in your machine...Right click on 'computer' icon on your desktop, or find 'computer' in the list when you press the 'start' button. Find 'Properties', then 'device manager' in the left side pane. Click on 'network adapters' and there will be a Wi-Fi adapter in the list. If there's a red X over the icon, you will probably need to update a driver. Right click on the icon and choose 'update driver'.

If there's an exclamation point over the Wi-Fi driver icon, your Wi-Fi adapter isn't enabled. With older laptops, there will likely be a little toggle switch on the front or side of the laptop, with the Wi-Fi icon beside it. With newer machines, there'll be a function key on the top of the keyboard, again with the Wi-Fi icon on it. It's usually FN + F12 or FN + F9, depending on the make and model of your laptop.

Computer...Help!



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

Things To Do...

Free and Low-Cost Events for October 16th – 31st, 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 Thank you!

Art

Sunday, October 5th through Thursday, October 30th at 2:00 pm. **Six Degrees of Freedom** represents a group of artists (Gail Backus, Biljana Baker, Barry Coombs, Gary Duncan, Ethel Grossman, Linda Kemp, Mary Lou Hiller, Doug Mays, Tina Price, Doreen Renner and Bill Schwarz) with diverse backgrounds from Northern and Southern Ontario. Love of the natural environment, a desire for broadened horizons and joy in the limitless possibilities of creating with paint has brought them together to celebrate the freedom of interpretation. This juried exhibition of exciting and dramatic original works contains watercolours on paper, as well as acrylics or oils on stretched canvas. For more info call: 416 397-7220. Etobicoke Civic Centre, 399 The West Mall. All Ages. **Free**

Thursday, October 16th from 5:00 pm - 7:00 pm. **2014 Cape Dorset Annual Print Collection Preview Night.** A tradition since 1959, the annual Cape Dorset collection presents the work of Cape Dorset's talented Inuit graphic artists working together in the co-operatively owned Kinngait Studios. This year's collection consists of 38 images by fifteen artists. Get a sneak peek prior to their official release and have the opportunity to ask questions about the works and the artists who made them. For more info contact Ashley Cook by email: shop@miamuseum.ca or visit the website: <http://miamuseum.ca/gift-shop/gift-shop-events/> or phone: 416 603-7591. Museum of Inuit Art, 207 Queen's Quay West Adults. **Free**

Author Talk

Friday, October 17th from 7:30 pm - 10:00 pm. **Sharon A. Crawford featured East York author at Makin a Racket at the Rocket.** Sharon A. Crawford, one of three featured authors, will read from her new mystery novel: *Beyond Blood* (Blue Denim Press, 2014). Sharon is an East York resident who runs the East End Writers' Group. For more info contact: Sharon Crawford by email: words@samcraw.com. Red Rocket Coffee, 1364 Danforth Avenue. Adults. **Free**

Building Connections: Understanding Canada Together

Thursday, October 23rd from 6:30 pm - 8:30 pm (this event repeats). **Building Connections: Understanding Canada Together.** Immigrants in Canada may find hard to understand and navigate the Canadian Systems. It does not matter if you have been here for 30 years or only 1 month; it might be complicated and overwhelming. From October 16th to December 4th, 2014, every Thursday, from 6:30 to 8:30 pm. For more info or to register call 416 781-0479 or email Fabiola: fabiola@nywc.org. North York Women's Centre, 2446 Dufferin Street. Adults. **Free**

Entrepreneurial

Wednesday, October 22nd at 6:30 pm. **Marketing 101 - Marketing Your Business.** Speaker Debbi Arnold will conduct this seminar on marketing. Learn about what marketing is and what it means for your business. Learn how to get the results that you want and how to drive more customers to your business. First come, first seated. Debbi Arnold has been coaching, teaching and consulting small business owners and individuals for close to a decade. Before that, she worked in marketing in the corporate world. All in all, she has been working in the marketing and business world for over two decades. For more info contact Todd Buhrows by email: tbuhrows@torontopubliclibrary.ca or phone: 416 394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Health Seminar

Tuesday, October 21st from 7:00 pm - 8:00 pm - Registration by Date: Friday, October 17th. **Seminar: Change of Season.** A new season brings new surprises! Dr Mai Heath, ND (Naturopathic Doctor), will discuss how to increase your chances of having a healthy stress response to the change of season, as well as cold and flu management and how to cope with less sunlight. For more info contact: Nancy Lyon by email: programmanager@centraleglinton.com or visit the website: <http://www.centraleglinton.com> or phone: 416 392-0511. Central Eglinton Community Centre, 160 Eglinton Avenue East. Adults. **Free**

Heritage Exploration

Thursday, October 16th from 2:00 pm - 4:00 pm. Explore **Your Heritage With Ancestry.ca**. Learn how to research your family history with this instructional course on using Ancestry.ca. Registration is required. For more information or to register please call Evelyn Gregory Staff: 416 394-1006. Evelyn Gregory Library, 120 Trowell Avenue. Adults. **Free**

Nutrition

Monday, October 20th from 11:00 am - 1:00 pm. **Nutritionist in the House**. Community Centre 55 presents: Nutritionist in the House. Sheila Ream offers free private consultations. For more info or to register call: 416 691-1113. Community Centre 55, 97 Main Street. All Ages. **Free**

Pedestrian Sundays at Kensington Market

Sunday, October 26th from 12:00 pm - 7:00 pm (this event repeats). **Pedestrian Sundays at Kensington Market**. Long before streets were used merely to move and store automobiles, streets were for people. Pedestrian Sundays in Kensington Market allows Toronto to join the ranks of thousands of cities around the world in giving us back this precious public space. With food, music, and artful interventions, we make real the dream of a car-free, foot-friendly urban environment. Join in on celebrating Community, Culture and Ecology in our city's most vibrant neighbourhood on the last Sunday of the month, Noon to 7:00 pm from May to October. See you in the streets! For more info phone: 647 444-7426. Kensington Market, 5 Bellevue Avenue. All Ages. **Free**

Rummage/Garage Sale

Saturday, October 18th from 9:00 am - 11:30 am. **GIANT Rummage/Garage Sale**. Bargains & treasures galore! Clothing, shoes, jackets, purses, belts, etc. Linens, towels, house wares, small appliances, home decor, toys, cutlery, tools, sporting goods and more. You never know what you'll find... ever watch Antiques Roadshow? Come early for best selection. Accessible, TTC 86 & 116 pass the door. South-East corner Kingston Road/Scarborough Golf Club Road. Parking lot access at 12 Crestwood. For more info email: scarboroughbluffs@bellnet.ca or phone: 416 267-8265. Scarborough Bluffs United Church, 3739 Kingston Road. All Ages. **Free**

Sports and Memorabilia

Sunday, October 26th from 10:00 am - 4:00 pm. **Toronto Card Show - Sports Card & Memorabilia Show**. For more info contact Frank Williamson by email: Frank@TorontoCardShow.com or visit the website:

<http://www.TorontoCardShow.com>. Leaside Memorial Community Gardens, 1073 Millwood Road. All Ages. All Ages.

Adults \$3

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



Go green; get The Bulletin by email!

→ **Subscribe by email here: csinfo@camh.ca**

Thanks for subscribing! From the C/S Info Bulletin Team: 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. It will be held at the Friends' Centre at 60 Lowther Avenue, just north of the St George subway station on Wednesday, October 22nd at 6:00. We'll have a fantastic turkey dinner, catered by The Raging Spoon and music by Donna Linklater, as well as our usual fun thank-you prizes. **Please RSVP to 416 595-2882 or to 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