



Lest We Forget



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

BULLETIN

520 November 1st – 15th, 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 – Hurrah!

Thank you to everyone who came to this year's Annual General Meeting. If you did not make it to the AGM this year, perhaps we will see you in 2015. This year's AGM featured good food, interesting conversation, new faces, and fabulous entertainment. It was a memorable evening!



Save The Date For these upcoming events

- **Tuesday, November 25th, 2014 from 10:00 am - 4:00 pm.** 246 Sackville Street, Common Room. Do you have mental health and addiction issues? Are you street involved? Been or are homeless or under-housed? Do you have trouble getting a physician or accessing services equitably? Do you have dental health problems and can't get proper dental care? Then this symposium is for you!!!

The Toronto Central LHIN Consumer/Survivor Initiative Network is hosting a day to get your voice heard, get information...access primary care and information about getting affordable dental care. **Registration required. To register: call the C/S Info Centre at: 416 595-2882 or email us at: csinfo@camh.ca.** Lunch and ttc tokens provided. Stand by for more information in the next Bulletin!!!

- **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 practise 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/>

Community Announcements

Social Safety Net Fair

November 10th – 14th
10:00 am – 5:00 pm each day

Metro Hall Rotunda
(55 John Street)

The Stitching Our Own Social Safety Net quilt is a collective art piece comprised of contributions from over 600 individuals and groups who are concerned about Ontario's disappearing social safety net.

Nov 10th – 11th, other community groups and organizations that are fighting to preserve our collective social safety net will be present.

- Come see all 200 feet of our social safety net quilt
- Create your own square!
- Meet other groups who are fighting to preserve the social safety net!

For more info or if your group would like to participate contact Naomi Berlyne at:
416 516-1422 ext 250 or naomibe@houselink.on.ca

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





**Mood
Disorders
Association
of
Ontario**



LEGAL EDUCATION AND WRAP PLANS — PROTECTING YOUR RIGHTS: CAPACITY, AUTONOMY AND SUBSTITUTE DECISION MAKING

The Mood Disorders Association of Ontario and ARCH Disability Law Centre invite you to a presentation on how a WRAP Crisis Plan can play a role in protecting your legal rights in Ontario. This session will provide you with information and resources to describe the extra steps that you might choose to take to ensure that your rights and wishes will be respected even if you are unable to make decisions for yourself. Presenters include a lawyer and a WRAP Facilitator. This will be video-taped to be broadcast live over the internet for those that cannot make it in person. ASL interpreters will be provided.

Date: Monday, November 17th, 2014

Time: 1:30 pm to 3:30 pm (includes a 90 minute presentation and 30 minutes for questions)

Where: 425 Bloor Street East, 3rd floor (Toronto Room)
(Sherbourne Subway stop, south/east corner of Bloor East and Sherbourne)

Free ticket and live Webcast information is available here:
<http://mdao.eventbrite.ca/>



**Mood
Disorders
Association
of
Ontario**

Announcing an opportunity to take WRAP® Facilitator Training at MDAO

When: Five days, from Monday, Jan. 26th to Friday, Jan. 30th, 2015, 9:00 am to 5:00 pm

Where: 36 Eglinton Ave. West, Suite 602

This training is designed to help people learn to support others in learning how to use WRAP themselves. It is a requirement for Facilitating WRAP groups, such as those offered at MDAO, but is also about working individually with peers, supporting them in finding their own way of using WRAP for themselves.

This program is free of charge. The deadline for applications is December 1st, 2014.

For more information on eligibility and how to apply, Please go to:

<http://www.mooddisorders.ca/event/wrap-facilitator-training-at-mdao>

The Reva Gerstein Legacy Fund

The Reva Gerstein Legacy Fund is seeking submissions for 2014/15. This is the 8th year of the fund and we are looking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community. The total amount to be distributed is \$10 000 each year for 10 years. This is a gift from Reva Gerstein's sons on the occasion of her 90th Birthday.

In the past, we have been able to fund a variety of initiatives from tuition, art and film, educational and small business support to a running group. All proposals must be submitted by November 15th, 2014, so that we can meet with the candidates in early December and distribute the funds in early January. Proposals should have a budget of no more than \$4 000, include contact information and a description of the initiative. All proposals should be sent to Gerstein Crisis Centre, 100 Charles St. E, Toronto, Ontario M4Y 1V3 or e-mailed to: susandavis@gersteincentre.org.

Aileen Meagher Resilience Award 2014

Mental Health and Addictions Community Advisory Panel
St. Michael's

The Award

The Aileen Meagher Resilience Award is an award in memoriam to Aileen Meagher, past Chair of the Mental Health Community Advisory Panel at St. Michael's who made a lasting contribution to mental health care through a lifetime of advocacy. The award is given annually to an individual who has accessed mental health care at St. Michael's and though having faced adversity has the 'resilience' to give back to the community. It will be presented at the December meeting of the Mental Health Community Advisory Panel.

Nominations

A person may be nominated for this award by self-nomination or by another with this form and by providing relevant information about the client's life and activities on an additional sheet of paper. The information below must be completed. The consent for release of personal information must be signed by the client in the space provided on this form. Completed nominations should be left with Debbie Ezard, Administrative Assistant, Mental Health, Rm.17038, 17th Floor, St. Michael's, 30 Bond Street, Toronto, Ontario M5B 1W8 . The deadline for submitting this form is Monday, December 1, 2014.

Nominator's Name, Title and Contact Information:

Name: _____

Tel - _____

Client's Name:

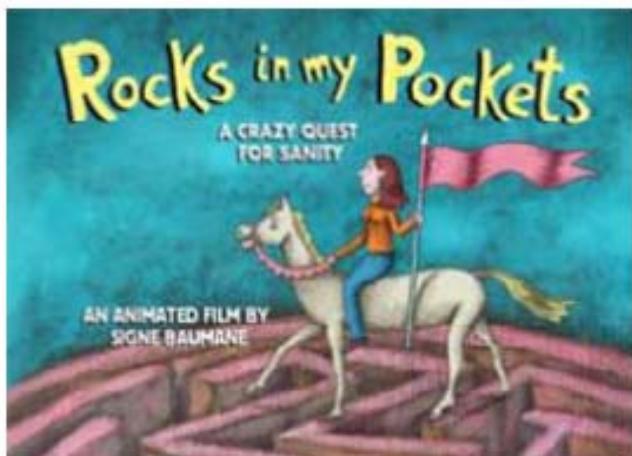
I am the person nominated and I consent to the release of personal information for purposes of nomination for this award.

Name: _____

Signature _____ Date: _____

Telephone: _____ Email: _____

THE EMPOWERMENT COUNCIL PRESENTS
CHEAP AND CRAZY SYMPOSIUMS
SATURDAY NOVEMBER 15TH & SATURDAY NOVEMBER 22ND



NOVEMBER 15TH, 10:00 AM
SCREENING OF: ROCKS IN MY POCKETS
TIFF BELL LIGHTBOX THEATRE,
350 KING STREET WEST

The first-ever feature-length animated film about mental illness. Based on true events including Signe Baumane's battle with madness, as well as the women in her family. It raises questions of how much family genetics determine who we are and if it is possible to outsmart one's own DNA. Packed with visual metaphors, surreal images and Baumane's twisted sense of humour, it is an animated tale full of art, women, strange daring stories, Latvian accents, history, nature, adventure and more!

PANEL DISCUSSION AFTER FILM
PAY-WHAT-YOU-CAN FOR UNWAGED/LOW-INCOME
Part of the Rendezvous with Madness Film Festival



NOVEMBER 22ND, 12PM - 3PM
**MOBILIZING
STRATEGIC
CONVERSATIONS**

CAMH, 1001 QUEEN STREET WEST
COMMUNITY CENTRE, TRAINING ROOM A

Come join us in a day
of discussion about
Human Rights, Madness,
Addictions, Law and the
Future of Advocacy

RSVP PREFERRED.
**FOR MORE INFO: CONTACT EMPOWERMENT
COUNCIL AT 416-535-8501 EXT 33013**



Parkdale
Community Legal Services



RYERSON
UNIVERSITY
Everyone Makes a Mark

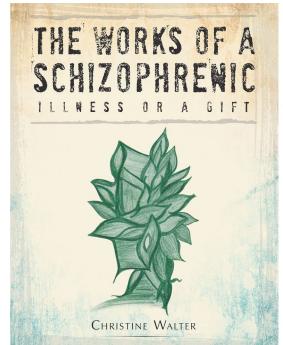
STAR LEARNING CENTRE
A Project of the Union-Argo Fund for Immigrant People

Book Reviews

The following two book reviewers were chosen by The Bulletin team to review Christine Walter's book: "The Works of a Schizophrenic Illness or a Gift". Below are their reviews.

Book Review

"The works of a schizophrenic - Illness or a gift" by Christine Walter



Reviewed by Marcia Hon

"The works of a schizophrenic - Illness or a gift" is written by Christine Walter. It is her journey of healing from abuse, mental illness, and institutionalization expressed through her 6 poems, a play, her story, and 34 artworks in a 50 page book. By sharing her struggles, Walter hopes to console others who have suffered similarly and to lessen stigmatization that impedes anyone from having a successful life.

Throughout the book, we get a glimpse of her profound sadness, struggles, unfairness, and pain. When at her worst, we see that she has compassion for herself and for others. She finds hope and conquers. Her story is an inspiration for life because she redeems herself after having hit an almost irreversible bottom. Although having suffered deeply, we see her perseverance and her love for humanity - of others and of herself. She has the courage and the self-worth to state that she did not deserve this and that no one deserves this. It is this realization that sustains her to climb out of her abyss and helps her transform her breakdowns into breakthroughs. Christine Walter is truly a role model for all.

"The Works of A Schizophrenic", A Hit and Miss

Review By: Daniela Violin

Reviewing: Christine Walter, "The Works of A Schizophrenic: Illness Or A Gift", Author House, Bloomington, Indiana, April 23, 2014.

I have been asked by the kind people at the C/S Info Centre in Toronto to review the above titled work for their monthly bulletin. To start off, let me just say that I, myself, am a published writer/poet diagnosed with a mental health issue so I was very excited about this opportunity given to me, but, when I received Ms. Walter's book, it was not at all what I expected.

"The Works of A Schizophrenic: Illness or a Gift?" by Christine Walter does not satisfy my curiosity about Schizophrenia. The question posed in the title is not answered but rather skirted around; it is obvious that the author believes that her artwork and two page life story which reads more like a curriculum vitae or a book proposal before any book is written situated before 30 pages of untitled and unexplained, but, **beautiful** artwork, will speak for itself.

I feel that the book leans too far towards wanting to inspire, assuming it will and falls flat. I also feel that were the artwork explained and titled, it would make for better media for the general public such as myself who do not know Christine personally. If the artwork were titled I could then tell you what my favourites were, for example.

On a positive note, other than her artwork, the first half of the poem titled "Music" is something I can relate to due to my own experiences with "almost real" auditory hallucinations that come with the mania associated with bipolar disorder.

"Don't leave the music, let it follow you wherever you go", she writes. **Don't leave the artwork because that is your calling**, I would say back to her.

There is also a play in this book that **might** need a trigger warning.

☺☺☺ out of 5

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Daniela Violin is a traditionally published poet and writer living in Toronto, ON.

www.allpoetry.com/Daniela_Violin

Employment Matters



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. Houselink is looking for a dynamic, value driven individual, with a proven track record to manage its human resources and administration activities.

HUMAN RESOURCES AND ADMINISTRATION MANAGER

General Responsibilities:

The Human Resources and Administration Manager is responsible for the strategic oversight of the organization's human resource and administrative services, including human resource practices, maintenance of human resource and personnel records, and preparation of reports. As the HR partner to the senior management team, the manager takes a consultative approach in supporting the operational and strategic objectives of Houselink through the provision of best-practice HR advice, program / policy support, team facilitation, and issues management.

The Human Resources and Administration Manager leads an administrative team that provides service to other departments and managers in the organization, ensuring the areas of responsibility adhere to and promote the mission and principles of the organization.

Qualifications and Competencies:

The job requires a high degree of initiative, judgment and discretion in dealing with sensitive and confidential areas. Strong organizational, communication, interpersonal, supervisory and technical skills are prerequisites.

At least three years of senior HR management, demonstrated knowledge of progressive human resources practices and ability to understand and interpret relevant workplace legislation required. Experience working in a unionized setting, completion of a related degree, with CHRP designation an asset.

Starting salary is \$67,334 with competitive benefit package. This is a non-bargaining unit position.

For more information about Houselink please visit:
<http://www.houselink.on.ca/how-you-can-help/careers-at-houselink/>

Apply in writing by November 11, 2014 by 5:00 pm Quoting File HR223

Houselink Hiring Committee c/o info@houselink.on.ca

805 Bloor Street West Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted

Houselink has an equity hiring policy and 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

By: Martha Gandier

Common Complaints...Continued...

I've heard this one so often! "*I hate Windows 8*".

You buy a shiny new laptop and Windows 8 Home Basic is pre-installed, along with all the other 'free' software. The ad said the laptop was 'loaded' with Microsoft Office, Norton (or McAfee) antivirus, and a bunch of games. It looks like you're set to go. Until you realize the 'free' software is either a seriously pared-down, or trial, version. You use Office for three months and if you want to keep it you have to pay for it. By this time you know you're never going to like Windows 8. Microsoft knew within a few months of Windows 8's release that it had underestimated the public's appreciation of familiar features. There was no 'start' button, no easy access to the innards of the computer. No Control Panel. No 'Computer'. Nothing looked the same. It was great for mobile devices, but not for the hard core, old school, computer users. Most of us, in other words.

After a blizzard of complaints, Microsoft in its infinite wisdom is releasing 'Windows 10'. I have yet to learn why there is no 'Windows 9', unless it's to suggest that 10 is a long, long way from 8. Which is a good thing.

Back to Windows 8, for those of you who are stuck with it.

Until Windows 8 made its appearance, it was relatively easy to replace a new operating system with an older one. We called it 'downgrading'. When Vista arrived, many people wanted their good old Windows XP back, indeed XP remains the reliable old workhorse of Windows operating systems. Vista would complain if you tried to install XP, and demand you do a deep format....erase all information from the hard drive...before you could install an older version. But it was possible. Hardly anyone wanted to step down from Windows 7 to Vista, but the process wasn't difficult.

The first time I tried to replace Win8 Home Basic with 7, I learned that it was almost impossible. Microsoft had changed the way things are arranged on the hard drive, or 'partitioned', and some laptops were being sold that wouldn't even support older operating systems. And it's one thing for someone like me to heave a sigh and say, 'learning curve time, old girl', and quite another for a customer who loves an older system and can't get used to a newer. "It's discrimination", as someone described it to me.

Luckily all the Windows 8 laptops I've had in my care have allowed me, after much tweaking and poking, and use of the good old 'DOS' codes, to eventually install Windows 7. I did some calling around to see how much it would cost if you took it to a shop... and the cost is prohibitive to say the least. And no one would tell me how, because the work was turning into such a cash cow. But it can be done.

I found a cute little application that makes your Windows 8 machine look and act a whole lot like Windows 7. It's called Start8 <http://www.stardock.com/products/start8/> It's a good alternative to spending big bucks in a shop to get your computer back to Windows 7.

I have yet to try out Windows 10, and it's not definite when it will be released to the public.

Oh and P.S. Don't pay for Norton or McAfee, unless you're never using the internet. You need better protection, and some of the free antivirus programs are better than either N or Mc. If you're using Facebook, YouTube, Twitter, etc., you need to invest in a good antivirus. ESET NOD32 remains the top of the heap, in my honest opinion, with Kaspersky a close second. Be aware that the *most advertised* doesn't mean the *best* product. Best of the free is AVG and Panda. And on the subject of software....as long as your antivirus is working and up to date, feel free to try stuff out. Most of the popular programs have a trial version you can download and install on your machine, free for three months or so. If you like it and want the full...sometimes called 'professional'...version, contact me and I'll send you a copy.

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 November 1st – 15th, 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!



Aromatherapy

Monday, November 3rd from 6:30 pm - 8:15 pm. **Beat the Flu season naturally with aromatherapy.** Join in for a free interactive workshop with Monika Meulman of "The Healing Muse". Learn the basic tenets of aromatherapy and healing with essential oils. Blend your own oils and create a home care spray for disinfecting and cleaning your home. To register for this free session please call the branch at: 416 394-5310. Alderwood Library, 2 Orianna Drive. Adults. **Free**

Bird Walk

Saturday, November 1st from 9:00 am - 11:00 am. **Bird Walk.** "Citizens Concerned about the Future of the Etobicoke Waterfront" is hosting a community bird walk, led by a local birder. Walks are free, and take place rain or shine. Please meet in the south parking lot. For more info visit: <http://www.ccfew.org>. Humber Bay East Park, Lake Shore Blvd West and Park Lawn Road. All Ages. **Free**

Sunday, November 2nd from 8:00 am - 11:00 am (this event repeats). **Tommy Thompson Park Sunday Morning Bird Walks.** Take a guided bird hike at TTP every Sunday morning during fall migration. Search for birds along the nature trails and visit the Tommy Thompson Park Bird Research Station. Meet the guide at the TTP entrance promptly at 8:00 am. Be sure to dress for the weather, wear comfortable, waterproof footwear. This guided tour is offered weekly, every Sunday during fall migration (last tour on November 9th, 2014) Bring plenty of water and snacks, and a pair of binoculars! For more info email: ttp@trca.on.ca or call: 416-661-6600 ext. 5770. No registration necessary. Rain or shine event. Tommy Thompson Park, 3 Leslie Street. All Ages. **Free**

Book Sale

Saturday, November 8th from 11:00 am - 3:00 pm. **Giant Book Sale!** Come to Evelyn Gregory Branch to pick up a great read for a fantastic price. For more info contact Evelyn Gregory Staff by email: egstaff@torontopubliclibrary.ca or by phone: 416 394-1006. Evelyn Gregory Library, 120 Trowell Avenue. All Ages. **Free**

Facebook Fan Pages for Businesses

Friday, November 7th from 10:00 am - 11:00 am. **Facebook Fan Pages for Businesses.** Learn what a Facebook Fan Page is and why it may be useful for your business. We conclude by creating a Page. To register call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Glass Lovers

Saturday, November 1st from 10:00 am - 7:00 pm (this event is repeats). The Fall Toronto Glass Lover's Show and Sale! Every Fall Lawrence Park Community Church turns into a mirage of Antique Glass and is a feast for everyone who loves Antique glass and appreciates the history and beauty behind it. This Special Event in Toronto offers our entire inventory of Pressed Glass and Depression Glass made between 1860's through 1950's. It includes many recently acquired pieces. You will see over 600 goblets, hundreds of pieces of tableware, Victorian coloured glass, Depression Glass in clear and coloured, Flint and Early Blown Glass, Manhattan, Candlewick, Heisey and Jadite Glass, Oil Lamps, miniatures and a large selection of Vintage Glass, including Jadite, Pyrex, kitchenware Etc. An exceptional selection of tableware for your Fall/Holiday entertaining needs. Free admission and parking! Website: <http://www.pressedglassandgoblets.com> phone: 416 294 3005. Lawrence Park Community Church, 2180 Bayview Ave. All Ages. **Free**

High Park

Sunday, November 2nd from 10:30 am - 12:00 pm. **Geological Wonders and Origins of High Park.** A trip through High Park with geologist Frank Remiz, exploring the topography and mineral features of the park. Meet at the benches near the Grenadier Restaurant. For more info email: highparkwalkingtours@yahoo.ca or visit the website: <http://www.highpark.org>. High Park, 1873 Bloor Street West. Adults. **Free**

Pumpkin Parade

Saturday, November 1st from 6:00 pm - 8:30 pm. **Mimico Pumpkin Parade**. You're invited to bring your Jack-O-Lanterns to light up Mimico Square and Amos Waites Park. Please bring your own candles. Volunteers will help light the Jack-O-Lanterns and load the Pumpkins into bins for composting the following morning. Sponsored by the Mimico by the Lake BIA. For more info contact Chris by email: mimicopumpkinparade@gmail.com. Amos Waites Park, 2445 Lakeshore Boulevard West. All Ages. **Free**

Saturday, November 1st from 6:30 pm - 8:30 pm. **Earlscourt Park 3rd Annual Pumpkin Parade**. Join in for the Friends of Earlscourt Park's farewell to Halloween. Bring your carved pumpkin to the JJ Piccininni main entrance and be part of the magical display. Candles and lighters provided. For more info visit: www.facebook.com/friendsofearlscourtspark or email: friendsofearlscourtspark@gmail.com or visit the website: <http://friendsofearlscourtspark.blogspot.com>. Earlscourt Park, 1200 Lansdowne Avenue. All Ages. **Free**

Small Business Expo

Sunday, November 9th from 9:30 am - 4:00 pm. **Immigrant Women Small Business Expo 2014 - Toronto**. This Expo is to help inspire, connect, and teach. It will have great resources for current and budding entrepreneurs, plus provide workshops, networking, and educational/start-up services from different vendors in the GTA. For more info contact Dwania McLarty-Peele by email: canadiansmallbusinesswomen@gmail.com or visit the website: <http://www.canadiansmallbusinesswomen.ca>. Metro Hall Rotunda, 55 John Street. All Ages. **Free**

Tea and Books

Thursday, November 6th from 2:00 pm - 3:00 pm. **Tea and Books**. Join in for a discussion of new best sellers and timely favourites. For more info please contact the branch at: 416 394-5310. Alderwood Library, 2 Orianna Drive. Adults. **Free**

Tea Time at the Inn

Sunday, November 2nd from 1:00 pm - 4:00 pm. **Tea Time at the Inn**. Special monthly tea in the community room. Choice of sweet plate, cheese plate or seasonal feature with a different theme each month. For more info phone: 416 391-8113. Montgomery's Inn Museum, 4709 Dundas Street West. All Ages. **\$5 plus tax**

Icelandic Films

Saturday, November 15th from 2:00 pm - 6:00 pm. **Taste of Iceland - Icelandic Films**. The Royal Theatre will screen two Icelandic film programmes curated by the Reykjavík Short & Docs Film Festival, highlighting Icelandic culture and creativity. The first is a series of short films, followed by a documentary. Tickets for both programmes are free. Royal Cinema, 608 College Street. 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.

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



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Thanks for subscribing! From the C/S Info Bulletin Team: Helen, Cassandra and Arlene