


Happy Thanksgiving!

BULLETIN

541 October 1st – 15th, 2015

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
 Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4
 Tel: 416-595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

Community Announcements

We Welcome You

The Consumer/Survivor Information Resource Centre of Toronto's
Annual General Meeting will be Wednesday, October 21st.

Please join us. We'll meet for a great dinner, some music and fun, and of course, a review of the year past and election of new Board Members. We'll be at the Bonar-Parkdale Presbyterian Church at 250 Dunn Avenue just south of Queen Street West from 6:00 pm until about 8:00 pm. All are welcome. Please RSVP to: 416-595-2882 or csinfo@camh.ca.

Save The Date


 Mood
 Disorders
 Association
 of
 Ontario


Art and Laughter
a celebration of creativity.

04 | 11 | 15
featuring


Wednesday, November 4, 2015

 For tickets (PWYC available) and details:
<https://www.eventbrite.ca/e/art-and-laughter-a-celebration-of-creativity-tickets-18054131393?ref=ecount>

**RENDEZVOUS
 WITH
 MADNESS**
 FILM FESTIVAL

November 10 – 15, 2015

Produced annually in Toronto since 1993, RWM Film Festival is a signature event of Workman Arts. The first festival of its kind in the world, and currently the largest, it investigates the facts and mythologies surrounding mental illness and addiction as presented by both Canadian and international filmmakers, as well as by visual and media-based artists. The festival provides filmmakers and artists with opportunities to exhibit work that may not otherwise be seen; facilitates discussion; and increases awareness of, and advocacy of, mental health and addiction issues among the broader public. Catalogue: http://www.rendezvouswithmadness.com/wp-content/uploads/2014/11/final_RWM_catalogue_low.pdf or visit the TIFF Bell Lightbox, 350 King St. West

Low-income people with disabilities across the province have won a big victory in a campaign to ensure that people on ODSP who work don't lose an important source of monthly income.

The Ministry of Community and Social Services has announced a hold on plans to change OW and ODSP employment benefits. This means the \$100 Work-Related Benefit for people on ODSP will not be eliminated in October, as previously announced. The Work-Related Benefit will continue to be available for the foreseeable future, so people on ODSP who earn income from work, a training program, or self-employment will continue to get that money.

The ODSP Action Coalition has been campaigning for several months against the loss of the Work-Related Benefit. We congratulate the Coalition and all of its allies on this victory and on their hard work and perseverance, and are happy to have been able to provide support as an institutional partner.

We commend the government for listening to the Coalition and its allies. The Ministry has recognized that making changes to employment benefit policy can have a serious impact on people's monthly incomes and that therefore any changes must take place within a broader context of reform and after consultation.

First announced by the provincial government in the 2014 provincial budget, a new Employment-Related Benefit would have replaced the Work-Related Benefit and six other employment benefits in OW and ODSP starting in April of this year. It was subsequently postponed until October 1.

The newly-announced deferral means that all seven employment benefits currently available to people on OW and ODSP will continue to be available.

The ODSP Action Coalition and allies have been campaigning against the loss of the Work-Related Benefit since December 2014, when ISAC and the Coalition created background information materials, held an information webinar, and asked for the input of people who would be affected.

More than 500 people responded to that call. As a result, a report was written on the impact of the loss of the Benefit, which included the concern of many that they would no longer be able to afford to work.

Since the campaign began, members of the Coalition met with the Minister of Community and Social Services, Helena Jaczek, as well as more than a dozen Cabinet ministers or their staff and the Opposition parties to present the report and discuss the impact of the decision. Coalition members and allies sent 600 emails to the Premier, the Minister, Cabinet ministers and the Opposition. 1,500 signatures were gathered on a petition that was read into the Ontario Legislature seven times by both Opposition parties, who also asked pointed questions during Question Period. Many other groups and organizations wrote their own letters. And the issue garnered media attention from the Toronto Star.

The Ministry has now said that the new benefit is being delayed "to ensure alignment with the government's broader work on social assistance reform". They have already announced that they will consult on the larger issue of "rate restructuring" as the next step in reforming OW and ODSP, and we anticipate that the whole issue of changes to employment benefits will be part of these consultations.

This victory demonstrates how important it is for people on social assistance to speak from their experience about how changes to social assistance programs will affect them, and for their allies to support them in that work.

It also demonstrates the importance of government talking to people who will be affected by reforms in order to understand clearly what those impacts are and the real consequences for real people.

As the government moves forward with reforming OW and ODSP, we encourage all concerned Ontarians to continue to be actively aware of and involved in discussions about social assistance reform.

Visit ISAC's Website: www.incomesecurity.org

REMINDER

Houselink Community Homes is hosting:

A Job & Employment Resource Fair

Thursday, October 1, 2015

519 Church St Community Centre from Noon – 4:00 pm

If you're interested in attending, please, complete your registration and get a confirmation and your ticket by clicking on the link: <http://www.eventbrite.com/e/job-employment-resource-fair-tickets-18233665384> or email your: First and Last Name, Phone #, and Email Address to: angelaza@houselink.on.ca

Your Opinion Is Important

How do you find information about mental health and addictions services?

We would like your help with an important project. The Ministry of Health and Long-Term Care is conducting a short survey about how Ontarians find information about mental health, addictions, and gambling services for themselves or for family/friends.

The survey will be conducted by an independent company, R.A. Malatest & Associates Ltd. It will take no more than 10 minutes to complete and should be completed before October 9, 2015.

There are two ways to complete the survey:

- **Online:** Visit www.mhafeedback.malatest.net
- **Telephone:** Call 1-855-290-1132 (toll-free)



****At An Accessible location for October****

The Repair Cafe is held one Saturday of each month at different locations in Toronto. At this cafe, there are volunteers (free of charge) available for fixing and showing you how to fix, computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding.

To avoid line-ups please arrive early. They will be able to serve visitors who arrive before 1:00 pm.

Visit www.repaircafetoronto.ca for more details.

WHEN: Saturday, October 17, Noon – 4:00 pm

WHERE: Toronto Public Library, Don Mills Branch, 888 Lawrence Ave East

COST: FREE!! Donations always welcome

VOICE YOGA



Monday, October 5 from 2:00 pm to 3:30 pm. Secret Handshake Gallery 170 Baldwin St. upper level (Kensington Market area). Come sing a song, make some noise, write a poem, read a poem, make a new friend. For more info: creativevocalizationstudio@hotmail.com

Join Us for a Recovery Forum - Community Support Fair

College St United Church, 452 College St. (front entrance)

Tuesday, October 22 from 4:00 pm – 6:00 pm



HOUSELINK
home community opportunity

- Accessing services
- Mental health and nutrition professionals
- Support for everyday challenges
- Q&A regarding your mental or physical being

For more info call Carmen at Houselink: 416-539-0690 ext. 256



A Women's Place
Supporting women in extraordinary circumstances



Peer Support Worker Community of Practice

The Self-Help Resource Centre runs a monthly peer support group for peer support workers and volunteers. This Community of Practice meeting is an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, learn and develop professional skills, and brainstorm solutions to challenges in the field.

Please RSVP shrc@selfhelp.on.ca or 416-487-4355

When: First Thursday of the month from 4:00 pm – 6:00 pm

Next Meetings: October 1, 2015 - *Please note October 1 is located at Mount Pleasant Library, 599 Mount Pleasant Rd., 2nd Floor Meeting Room*

November 5, 2015 - 46 Delaware Ave. (near Ossington Station)

December 3, 2015 - 46 Delaware Ave.

January 7, 2016 - 46 Delaware Ave.

What to Bring: Questions and challenges experienced in peer support

Coffee, tea and light snack will be provided!

Beware of This Scam

If you receive a call from someone who says they are from Canada Revenue and you owe money, please be advised that this is a scam. Do not send money, wire money or deliver money or credit cards to anyone who tells you this. The Canada Revenue Agency would never operate in this way; they would send you a Notice of Assessment with your income on it and how much you owe. They would never ask you to get prepaid credit cards or leave you voicemail messages with personal details on them. They would never call and ask for personal details over the phone.

One reason that people are falling victim to this scam is that the caller uses personal details about the victim. However, these are usually easily obtained from a person's social media accounts. Another is that the caller is threatening – often saying things like they will send a car over to arrest the person or their credit rating will be ruined if they don't pay up right now.

If you receive a call like this, ask the person's name and phone number and tell them you'll call them back after talking to your lawyer, your accountant, or the police. This will usually make the person hang up. Don't agree to anything. Talk to someone, ask if this sounds legitimate. Call us at the Info Centre, if you want to. Talk it over before you become the victim of a scam.

Helen.

Hearing Voices Café Toronto

First Monday each month in Fall 2015.

Mon. Oct 5th | Mon. Nov 2nd | Mon. Dec 7th

6:00 pm – 8:00 pm

Venue

Coffee and All That Jazz

72 Howard Park Ave.

Roncesvalles/Howard Park Ave

Inspired by and associated with the exhibition:

I SEE WORDS, I HEAR VOICES

by Dora Garcia

The Powerplant

Sep 25th 2015 to Jan 3rd 2016

Free

Facebook: <https://www.facebook.com/HearingVoicesCafe>

Website:

<https://recoverynetworktoronto.wordpress.com/2015/09/24/hearing-voices-cafe-toronto/>

October 5-7, 2015 Mindfest, Toronto

Mindfest is a lively all-day wellness fair that raises awareness about mental health issues and helps combat stigma related to mental illness. Mindfest Film Night - Monday October 5, 2015 Screening of Rocks in My Pocket on the evening of Monday October 5, 2015 with an interview with the filmmaker at the TIFF Bell Lightbox. Hurry! Tickets are on sale now! Mindfest - Wednesday October 7, 2015 The Mindfest core activities start from 9:00 am to 4:00 pm at the Hart House with many interactive activities including exhibit booths, films, talks, and workshops (yoga, mindfulness). Free talks, free food, and free lucky draw prizes!! The Inaugural Mindfest Mindfulness Walk starts at 4:30 pm as we gather at the Hart House circle and walk to Ryerson together. Show your support for mental health and experience mindful walking with us! The Mindfest Finale & Celebration will be held at Ryerson University around 5:30 pm. There will be featured speeches, performances, and food in a beautiful outdoor area at the Ryerson Quad Please visit www.mindfest.ca to see the day's full workshop & speaker line-up. Please share our posts about Mindfest! Give us a "like" and follow us at: <https://www.facebook.com/mindfestTO>

The Mood Disorders Association is presenting... **Laughing Like Crazy Fall 2015 for Youth 15 to 25**

This 16 week workshop for youth 15 to 25 combines peer support with a humorous approach to life's challenges. Participants will learn to write and perform their original stand-up comedy. There is an information session at MDAO, 6:00 pm – 9:00 pm on Tuesday, October 6th at 36 Eglinton Ave West, Suite 602. Please Register at:

<https://www.eventbrite.ca/e/youth-laughing-like-crazy-info-session-registration-18742334828>

Employment Matters

Sound Times seeks Community Service Interns

Multiple Positions Available - One Year Paid Internship, with shifts each day Monday through Friday. Afternoon and Evening Shifts Required

Location: 280 Parliament Street, Toronto

2340 Dundas Street West, Toronto

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use, or have used, the mental health system. We are expanding our staff group to include Consumer/Survivors committed to completing a year-long intensive internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work. There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading. Candidates interested in applying should submit a resume (if available) to hiring@soundtimes.com. Applicants lacking a resume

should apply by means of a written submission outlining why they are a good candidate for this opportunity. Deadline for applications is Wednesday, October 15th, 2015.

Not all applicants will be selected for interview.

Fresh Start Cleaning and Maintenance is seeking consumer/survivors with excellent availability and work ethic to perform snow removal services from November 2015 to mid-April 2016. You must be easily reachable by phone as work is weather dependent and is primarily on-call. While there are many early morning call-outs (7 am), we will not be phoning you in the middle of the night. If you are physically capable of lifting 30 lbs., capable of repetitive movement required to shovel snow and chop and de-ice, are looking for physically exhilarating work, social inclusion in a highly successful consumer/survivor initiative, and helping keep the public safe in severe weather conditions, then this job is definitely for you. Please call Karen at 416-504-4262, ext. 227 to apply or fill out a snow application from www.freshstartclean.com and submit it to our office via fax, mail, or drop in.

Computer Column

By: Martha 'The Computer Gal'

Windows 10

What you need to know, should know, and probably wish you didn't have to know.

First of all, there is no Windows 9. This is because Microsoft wants to 'distance itself' as much as possible from the boondoggle that is Windows 8. And just to prove to you that they really are the good guys, MS is giving 10 to users of Windows 7 and 8. Free.

You've probably seen the little pop-up that offers you Windows 10, and the link to the site where you can start your download. It's free for current users of Windows 7 and 8. For Windows XP users, it's not.

Windows 10 has the look and feel of Windows 7 on your PC or your tablet. It seems to give you the best of older versions of Windows without the pain of learning a brand new interface. Windows 8 was a bad mistake; it was as if Microsoft believed that everyone was shifting to mobile devices. The new OS corrects that blunder.

However, for folks who don't have a touchscreen device, it just looks like good old Win7. The familiar Start menu is back with some frills, and even though some of Windows 8 features are there, they're not up front and in your face. And updates are automatic by default, which might mean problems in the future if one of the updates messes up your system. For those of us who continue to use a mouse and keyboard, Windows 10 is a welcome change from 8.

There has been the usual hype over this new version of Windows, as there always is. That doesn't mean you have to get it, it means Microsoft is anxious to make us forget there ever was an 8. Anyone remember when Windows 98 arrived? The shiny new operating system was being heralded on CNN and it crashed to blue screen. Embarrassing.

https://www.youtube.com/watch?v=eKy9fV_zX_o

Every MS operating system since Windows 3 has been released too early, and the complaints of its frustrated users led to the development of the newer and better version. IMHO of course! When an application hangs, or completely crashes, notice the pop up that says, 'Do you wish to report this problem to Microsoft?' The

program developers are hoping you do. Then they can fix what's causing it, and incorporate the fix into the next Windows Update. I guess we're all just a bunch of Windows 10 guinea pigs. Here's a YouTube video introducing Win10. Other videos will coach you on how to configure it to look and act the way you like.

<https://www.youtube.com/watch?v=CT5D2ieNXaA>

Windows XP is still being used by the majority of the world's computer owners. It's by far the most stable, glitch-proof, dependable of Windows operating systems, yet MS terrified half their customers by 'withdrawing support for windows XP'. I found myself repeating, over and over, "How often do you use Microsoft's 'help' feature?" It will of course get harder and harder to find drivers for Windows XP machines, but there are still sites that offer Windows 98 and 2000 utilities so I wouldn't panic quite yet.

Most of us are getting used to being watched all the time, because there's not a whole lot we can do about it. Our position in the world, our likes and dislikes, our friends and relatives, the books we read and the movies we watch...are all fodder to the commercial machine that is the internet these days. You have to go to another operating system, and add heavy armour to protect yourself from the ever watchful eye of everyone who wants to make a nickel.

And so Windows 10 has 'Cortana', a voice-activated personal assistant much like 'Siri', who can keep your diary and tell you how to get to anywhere. It seems to incorporate some of the convenience of handheld devices into the desktop environment. Of course, it's listening too, and forwarding your personal information.

<http://www.tomshardware.com/news/cortana-is-watching,29791.html>

One last point. Before you install Windows 10, be sure you back up all your documents and movies, everything on your computer that you don't want to lose. Don't worry about Facebook or email data, as it's all saved on the Facebook or Hotmail website. It's always a good idea to do a regular back-up, but crucial if you're going to a new OS.

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 C/S Info at: 416-595-2882 and we'll email Martha for you and then she'll call you.



Things To Do in our beautiful city...

Free and Low-Cost Events for October 1 – 15, 2015

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

Arts

Now through Thursday, October 15 from Noon – 5:00 pm, daily. **Workman Arts 15th Annual Being Scene Art Exhibition.** Gladstone Hotel, 1214 Queen Street West, 2nd Floor Public Gallery. Adults. **Free**

Thursday, October 1 from 11:00 am – 11:00 pm. **ARTSIDEOUT** is a large scale, one-day, multi-disciplinary arts festival at the University of Toronto Scarborough (UTSC). Now in its eighth year, ARTSIDEOUT will transform the campus into an artistic space that celebrates creativity, interdisciplinary innovation, and artistic achievement of our students and of Scarborough community members. www.artsideout.ca marketing@artsideout.ca. University of Toronto Scarborough Campus, 1265 Military Trail. All Ages. **Free**

Saturday, October 3 from sunset to sunrise. **Nuit Blanche.** An all-night contemporary art event. More than 110 projects by 400 artists. Experience Toronto transformed by contemporary art projects. <http://www.scotiabanknuitblanche.ca/>. **Free**

Saturday, October 3 from 7:00 pm – 7:00 am. **Project Creative Users Presents Crip Interiors: Nuit Blanche Edition.** Crip Interiors is a viscerally igniting installation exploring the artists' corporeal, spiritual, psychic, and cosmic experiences of disability, madness, and chronic illness. This group of six creators have focused deeply inward and reached broadly beyond comfort zones to pierce through the myriad of misconceptions and micro-aggressions often saddled to the minds and bodies of Mad, Crip, Deaf, Blind, and Sick people. Featured artists include Kamika Peters, Sage Willow, Amira Mahamud and Esther Ignagni, masti khor, Lynx Sainte-Marie, and Elaine Stewart. This event is in a barrier-free location. ASL interpreters and attendant care and audio description available. Scent-free environment. Artscape Youngplace, 180 Shaw Street. <https://www.facebook.com/events/814034418719979/> or www.creativeusers.net. **Free**

Authors' Reading

Tuesday, October 6 from 6:30 pm – 8:00 pm. **No Ordinary Reading: 5 Very Different and Excellent Authors.** The readings will be followed by a Q&A. Don't miss out on the chance to ask these authors about what drives them, and what inspires them. These authors aren't shy when it comes to writing about crime, noir, ghosts, love, and what happens when life goes wild and weird, so this promises to be a fascinating discussion. www.torontopubliclibrary.ca or 416-393-7692. Annette Street Library, 145 Annette St. Adults. **Free**

Business

Thursday, October 8 at 12:30 pm. **Business Resources: Business Plans, Directories, and Government Stats.** In this class we learn how to find sample business plans, use directories to find your competition and suppliers and locate statistical data. Library card required. To register: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Thursday, October 8 from 6:30 pm – 8:00 pm. **Small Business Network featuring Mike Brcic.** Meet Toronto Public Library's Entrepreneur in Residence, Mike Brcic. Mike is the owner of Sacred Rides; his company is ranked "The #1 "Mountain Bike Tour Operator on Earth" by both National Geographic Adventure and Outside Magazines. Join us as he shares his story about how he combined his passion for adventure and travel into an ever growing, million dollar business! Space is limited. To register: 416-396-8950. Agincourt Library, 155 Bonis Ave. Adults. **Free**

Conference

Saturday, October 3 from 9:30 am – 3:00 pm. **The SheSpeaks 2: Women, Power and Change Conference.** SheSpeaks is a conference for newcomer women, girls and trans people to meet each other and hear from inspirational leaders around creating social change and working towards economic justice for all newcomer and racialized people. Come join us for a day of inspiration and connecting with women leaders! Registration: shespeaks2.eventbrite.ca. 416-469-0196. Ted Rogers School of Management, 55 Dundas St. West. All Ages. **Free**

Dance

Saturday, October 10 from 7:00 pm – 11:00 pm. **Stephen Leacock Seniors' Dance.** Every 2nd and 4th Saturday of each month, Leacock Seniors hold a dance. You'll meet lots of friendly people and the music is great. Must be 55 years young. Doors open at 6:30 pm. Limit of 100 people. 416-396-4040. Stephen Leacock C.C., 2520 Birchmount Rd. Seniors. **\$5 couple/\$3 single**

Farmers' Market

Friday, October 2 from 8:00 am - 2:00 pm, this event repeats. Drop by **The Sherway Farmers' Market** Every Friday for Fresh Ontario Grown Produce and Locally Made Food. Shop local at Sherway Farmers' Market and discover a tradition that has been in operation for over 20 years! Rain or shine, until Friday October 30. www.farmfreshmarkets.ca or sherwayfarmersmarket@gmail.com. Sherway Gardens, 25 The West Mall, in the far northeast parking lot of Sherway Gardens, bordering on the Queensway and Sherway Rd. All Ages. **Free**

Wednesday, October 14 from 3:00 pm – 7:00 pm, this event repeats. **Fairmount Park Farmers' Market.** Farm fare, artisanal foods, plenty of dinner options, live music, kids' cooking classes and activities. info@fairmountmarket.ca or 647-929-2968. Fairmount Park, 1757 Gerrard St. East. All Ages. **Free**

Festivals, Fairs & Shows

Sunday, October 4 from 3:00 pm – 11:00 pm. **Welcome To T-Dot Fest.** Come party with us at Yonge & Dundas for TDot Fest, as we celebrate some of Canada's young up and coming talent making noise in the music industry today. Here are just SOME of the 28 artists who will rock the mic in October with their biggest hits: Multi-Platinum Canadian R&B artist Karl Wolf & his new Group BAE, MuchMusic Video Award Winning Recording Artist DRU, Juno Nominated Rapper and Lyricist JD Era, Hip Hop Artist Gee Wunder, Hip Hop Artist & Music Producer Jay Evans and more. 416-579-4804. Yonge-Dundas Square, 1 Dundas St. East. All Ages. **Free**

Thursday, October 8 from 5:00 pm – 11:00 pm. **Vintage Crawl Toronto** happens twice a year, each spring and fall, and helps connect shoppers to the stores and small business owners in their neighbourhoods. For the event, stores on the crawl stay open late, and host special sales, events and attractions to lend the night a fun, party atmosphere. Crawlers are invited to pick a neighbourhood and hit as many or as few stores as they please over the course of the evening. Refreshments and entertainment at some stores. <http://www.vintagecrawltoronto.com/>. **Free**

Monday, October 12 from 1:00 pm - 4:30 pm. **2015 Thanksgiving with the Ultimutts Stunt Dog Show.** The Ultimutts Stunt Dog Show is a very popular, interactive pet performance! This unique circus style show is jam packed with non-stop incredible tricks to wow the audience and keep them on the edge of their seats. Comprised of rescued animals, these dogs love to work and perform –and it shows. www.pawsway.ca or info@pawsway.ca. Purina Pawsway Event Space, 245 Queens Quay West. All Ages. **Free**

Finances

Thursday, October 15 from 6:30 pm – 8:00 pm. **Understanding Your Credit Bureau.** What do creditors look for in your credit score and what are the components of your score? Find out in this seminar what information gets reported to the credit bureau, tips for improving your credit rating, and how to navigate through a credit bureau example. 416-394-5270 or eaaprograms@torontopubliclibrary.ca. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Talk

Tuesday, October 13 from 7:00 pm – 8:00 pm. **Fracking and Its Environmental Hazards.** Fracking is an extreme energy method to extract underground natural gas. It is rapidly expanding in almost every province across Canada. Communities are uniting to oppose fracking because of its high water use, its high carbon emissions, its impacts on human health, the disruption it causes to wildlife and the danger it poses to groundwater and local drinking water. Tara Seucharan, Council of Canadians, Toronto Chapter, will speak about this important environmental issue. 416-393-7692. Annette Street Library, 145 Annette St. Adults. **Free**

Technology

Tuesday, October 6 from 6:30 pm – 7:30 pm. **Let's Get Appy!** Learn how to download and use the newest apps for your iphone, ipad or smartphone device and keep updated with what's trending! Presentation topics range from photo & video, health & fitness, social media, entertainment, travel and more. To register: 416-396-8950. Agincourt Library, 155 Bonis Ave. All Ages. **Free**

Wednesday, October 7 from 7:00 pm – 8:00 pm. **Beyond Auto: Using Your Digital Camera - An Introduction.** What do all those numbers on your new digital camera mean? ISO, aperture, shutter speed? Join Photographer Pamela Williams for an illustrated slide show that will provide an introduction to photography for those who dare to move beyond automatic. 416-395-5711. Don Mills Library, 888 Lawrence Ave. East. Adults. **Free**

Walking

Thursday, October 15 from 9:00 am - 10:15 am, this event repeats. **Women's Walking Group.** Every Thursday until November 12. Join us in walking from the Stonegate CHC each Thursday to discover parks and different routes in the neighbourhood. All paces are welcome. Please bring a hat, water, comfortable shoes & don't forget the sunscreen! 416-231-7070. Stonegate Community Health Centre, 150 Berry Road. Adults. **Free**

Thursday, October 15 from 10:00 am - 12:00 pm. **Hurricane Hazel Walk.** Sixty-one years ago on October 15, Hurricane Hazel changed the face of Toronto, leaving us a green legacy of ravines and river valleys at the cost of eighty-one lives. Follow part of the path of one of the greatest natural disasters in Canadian history. Leader: Madeleine McDowell. Start Point: Old Mill Subway Station, 2672 Bloor St W. Finish Point: Lambton House, 4066 Old Dundas St., East side of Humber River just south of Dundas St. West. Length: Approx. 1 ¾ - 2 hours. Focus: historical, natural. Difficulty: long walk, stairs, some rough ground and slopes. 416-767-7633. Old Mill subway station, 2672 Bloor St. West. Adults. **Free**

Wellness

Thursday, October 1 from 6:30 pm - 8:00 pm. **Memories in the Malleable Mind.** The neurons in our brain are in a constant state of chatter and it is dynamic and flexible. So why do we think the brain is fixed or "hard wired"? Dr. Kari Hoffman from York University, Biology explores the neuroscience of learning and remembering. 416-396-8950. Agincourt Library, 155 Bonis Ave. Adults. **Free**

Saturday, October 3 from 1:00 pm – 4:00 pm. **Healthy Living Fair.** Diabetes awareness event with fun sports activities, keynote speakers and special guests to teach people how to prevent diabetes or continue to live actively if they have diabetes. hlaura@agincourtcommunityservices.com or 416-292-6912. Dorset Park Hub, 1911 Kennedy Road. All Ages. **Free**

Wednesday, October 7 and Wednesday, October 14 from 7:00 pm – 8:00 pm. New at VanDuzer Art Studio: **Energy Alignment** with Mikkala. Aligning Attunement using tuning forks. Come and adjust your inner frequency. VanDuzer Art Studio, 196 Beverley St. **Free**

Thursday, October 8 from 1:30 pm – 2:30 pm. **Wellness Lecture: Your Feet, Your Health!** Join us at the Bernard Betel Centre for a free Wellness Lecture with the Bernard Betel Centre Chiropodists. Learn more about the health of your feet during Foot Health Day at the centre. marial@betelcentre.org or 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave. West. Seniors. **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



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 and Cassandra and our wonderful volunteers Jacqueline and Moira!*

Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our **Annual General Meeting on October 21, 2015** 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: _____

Yes! (please check the box) I will be attending the AGM on October 21, 2015 at 6:00 pm at Bonar-Parkdale Presbyterian Church at 250 Dunn Ave. (See page 1 for more details.)

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.**