



BULLETIN

543 November 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 Want To Thank You

The Consumer/Survivor Information Resource Centre of Toronto's Annual General Meeting: a success!

We want to thank those who were able to attend the C/S Info Centre's AGM on October 21st. We met over a great dinner catered by The Raging Spoon and music provided by musician Phil Travelho. We welcomed new Board Members, said goodbye to our Board Co-Chair, Amy Wakelin, who 'retired' and reviewed the past year. The venue, Bonar-Parkdale Presbyterian Church was a hit and spacious enough to accommodate our group. And for those of you who missed the opportunity to attend this year, our AGM is held annually so keep your eyes peeled on The Bulletin in late summer/early fall of 2016 when the AGM rolls around again. Until Next Year...Cassandra, Helen and The Board of Directors



Walking for Health and Well-Being

Studies show that walking support groups help improve immune function, lower blood pressure and slow down the aging process. They also improve mental health by decreasing anxiety and depression, increasing hope and self-efficacy, and boosting memory.

Join the Self-Help Resource Centre for a walking group! All are welcome to join!

When: Every Thursday at 1:30 pm

How Long: Approximately 60 minutes

Where: Deer Park Library, 40 St. Clair Avenue East (Near Yonge and St. Clair)

What To Bring: A good pair of shoes, feet & a water bottle

We are also offering free training for people interested in becoming peer-led walking group leaders in the community. We will train peer leaders and provide ongoing monthly support groups/events.

If you have any questions, or if you have accessibility or health needs you would like to discuss in advance, feel free to email: shrc@selfhelp.on.ca or call: 416-487-4355. www.selfhelp.on.ca

The Toronto Central LHIN
Consumer/Survivor
Initiative Network
presents:



WELL ENOUGH TO MOVE ON?.... BUT HOW?

*Do you have questions about leaving mental health and
addiction related services?*

Want to share information and find out more?



NOVEMBER 18th, 2015. Registration starts at 9:30 am. The forum runs from 10:00 am - 4:00 pm.
BONAR-PARKDALE PRESBYTERIAN CHURCH 250 Dunn Avenue, QUEEN AND DUNN AVENUE between
Dufferin and Lansdowne in Parkdale. Lunch and tokens provided. Seating is limited. To register call
the C/S Info Centre at: 416-595-2882 or by e-mail: csinfo@camh.ca



CSinfo Centre is on Facebook. Search: [CSinfo Centre](https://www.facebook.com/CSinfoCentre) to check us out.

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Houselink and the C/S Info Centre are pleased to present our next 2 PeerZone Workshops:



Leading Our Recovery

We ask ourselves what recovery means in this workshop and explore our own and each other's experiences of recovery. We discuss definitions of recovery, then watch a video on overcoming addiction and mental distress. A short discussion on why recovery started is followed by a discussion on the differences between personal and clinical recovery. We draw or write what recovery means to us in an exercise that continues until the pen stops and the artwork is displayed for the rest of the session. Participants are shown a brief summary of what the research says about experience of recovery and work in pairs to explore their own experiences in relation to the research. In a second short video by Pat Deegan she talks about recovery and purpose, leading into a general discussion on what gives our lives purpose. Finally we explore an activity 'Working with Recovery Capital' which takes us into our lifebook activity.

Friday, November 27, from
1:00 pm - 4:00 pm

at the Centre for Addiction
and Mental Health (CAMH)
1001 Queen St. West
in Training Room A, in the
Community Centre

Registration Required.
Please see below*

Coping With Stress

Friday, December 4, from
1:00 pm - 4:00 pm

at Houselink,
805 Bloor St. West

Registration Required.
Please see below*

This workshop discusses the different types of stress people can experience. We brainstorm what 'bad' stress is and discuss the different types of threats that can create stress in our lives. This leads us to an explanation of thinking patterns that worsen stress, distress, or addiction and we discuss an example of how we can break the circuit of negative thinking. We then explore what kinds of thoughts cause us distress and share strategies each have used to counter them. We each fill out a thought record that can be added to at later dates. Participants are then introduced to mindfulness, its origins and the evidence that it reduces stress. This is followed by a short breathing meditation. The workshop finishes with a brainstorm that captures other ways we can reduce stress. Participants then list their own ideas on changing their responses to stressors in their lives.

The 2 above workshops are free. Anyone who self-identifies as having experience of mental distress or drug and alcohol issues can participate in PeerZone workshops.



***To Register** or for more information, please contact Carmen at 416 516-0690 x 256 or carmenca@houcelink.on.ca or the C/S Info Centre at 416 595-2882 or csinfo@camh.ca

Youth WRAP Through Fitness



The Gerstein Crisis Centre has partnered with the Self-Help Resource Centre to offer WRAP specifically to youth aged 16-25. This program is tailored for a younger cohort, with an emphasis on making the process of learning about wellness tools an enjoyable and engaging one.

After Youth WRAP Through Fitness, you will have a fully developed Wellness Recovery Action Plan and many new connections to the supports and services available.

Information Session: Monday, November 9th, 2015 from 2:00 pm to 4:00 pm at The Gerstein Crisis Centre at 100 Charles Street East. Group starts November 16th, 2015 and meets on Mondays until February 1st 2016.

For more information, or to sign up online, visit <http://gersteincentre.org/wrap/> or contact Laura at: gersteinwrap@gmail.com 416-929-0149 ext. 259.

Women and Experiences Accessing Sexual Health Services

The Empowerment Council (Lucy Costa), in partnership with the School of Social Work, York University (Andrea Daley) is doing a small research project funded by the Women's College Hospital, Women's Xchange Program. We would like to speak with women with mental health issues (while we are interested in speaking to all women 18 years or older, we are prioritizing opportunities to speak to Aboriginal, racialized, disabled, trans people and queer identified women).

Please contact us if you have something to say about good or bad experiences with accessing or, trying to access these health services:

Birth control and birth control counselling, prenatal and postnatal services, sexual health education and information that is relevant to your experiences, counselling and services related to sexually transmitted infections, support services for sexual trauma and violence, abortion services.

For more info on how to participate: email ec.volunteer@camh.ca or call: 416-535-8501 ext. 33013.

This project has received ethics approval from York University.

Visualizing Absence

[Memorializing the histories of the former Lakeshore Psychiatric Hospital](#)

Visualizing Absence: Memorializing the histories of the former Lakeshore Psychiatric Hospital is a collaborative art response to archival images, patient records, and hidden and lost stories and memories that constitute the historic Lakeshore grounds.

Visualizing Absence runs
October 3 – December 3, 2015.
Exhibit hours: Noon - 5:00 pm
Tuesday through Friday

This is a child-friendly event and a sober space. This event is **Free**.

Co-presented by:
Tangled Art + Disability
at the future home of:

Tangled Art Gallery:
401 Richmond St. West
Studio 122 (main floor)
Toronto, Ontario
M5V 3A8
www.tangledarts.org / info@tangledarts.org
647.725.5064

and
Anne Zbitnew
<http://visualizingabsence.wix.com/visualizing-absence>

visualizingabsence@gmail.com
<https://www.facebook.com/events/126243847729788/>

PeerZone Workshops Hosted By The Gerstein Crisis Centre

The Gerstein Crisis Centre will be hosting our next PeerZone workshop on Sunday, November 22, 2015 from 1:00 – 4:00 pm. The Empowering Ourselves In Mental Health Services workshop explores our experiences diagnosis, medications and power in services.

Anyone who has had an experience of mental distress or addiction can participate in PeerZone workshops and PeerZone is free of charge.

Registration for the Empowering Ourselves series is now open! For more information, or to sign up online, visit <http://gersteincentre.org/peerzone/> or email Laura at peerzonegcc@gmail.com 416-929-0149 ext. 259.



**DISTINGUISHED
SPEAKER SERIES**

The CAN-BIND Study & Mood Disorders Association of Ontario Distinguished Speaker Series presents:

Searching for a Test for Depression: Blood Tests, Brain Scans and Self-Screening

A **FREE** health talk in Etobicoke for patients, families, staff, and community members

Tuesday, November 17th, 2015 from 6:30 pm - 8:30 pm
Eatonville Library (Auditorium), 430 Burnhamthorpe Rd.

Dr. Peter Giacobbe, Assistant Professor of Psychiatry at the University of Toronto will talk about a ground-breaking new study aimed at shortening the time between depression diagnosis and getting the right treatment.

Jordan Thompson, facilitator at MDAO West-End Toronto will talk about their own personal journey of recovery and how it has shaped their present life and positive outlook.

Dr. Nabil Philips, Psychiatrist and Director and Founder of the Anxiety and Mood Disorder Center, will chair the event and moderate a Q&A between the audience and the speakers.

Sponsored by: The CAN-BIND Study; Mood Disorders Association of Ontario; Funded by Ontario Trillium Foundation

Register at: <http://depressiontalk.eventbrite.ca>



Crazy Talks Friendly Spike Theatre Band

The award winning Friendly Spike Theatre Band has been madly culturing since 1989. They present their retrospective book on theatre, surviving, h'stories, shoestring budget, and more.

Tuesday, November 3, 2015
7:00 pm - 8:30 pm
OISE, Room 12-274 (12th floor)
at 252 Bloor St. West, up from St. George Subway Station

Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris and guest speakers who start each discussion with a presentation. Everyone is invited to participate and contribute.

Crazy Talks is not affiliated with any mental health agency or university program. Our meeting space is wheelchair accessible. We meet every FIRST Tuesday of the month.

For more information, please email madly@teksavvy.com or call 647-478-4241.



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.

NATIONAL HOUSING DAY



The People's Assembly on the Right to Housing

"While some people make theatre, we are all theatre." – Augusto Boal

FRIDAY
NOVEMBER
20th

MARCH

11:00am

Meet outside the Superior Court
of Justice, 361 University Ave.

PEOPLE'S ASSEMBLY

12:30pm – 3:30pm

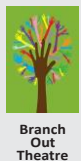
Church of the Holy Trinity, 10 Trinity
Square, behind Eaton Centre

Light hot lunch served at 12:00 pm



For more information and to
register:

www.acto.ca



Aileen Meagher Resilience Award 2015
Mental Health and Addictions Community Advisory Panel
St. Michael's Hospital

The Award

The Aileen Meagher Resilience Award is an award in memoriam to Aileen Meagher, past Chair of the Mental Health and Addictions 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 despite adversity has the 'resilience' to recover and give back to the community. It will be presented at the holiday meeting of the Mental Health and Addictions Community Advisory Panel and consists of a certificate and a gift card.

Nominations

A person may be nominated for this award by themselves, or by another, with this form by providing relevant information about the nominee's life and activities. The information below must be completed. The consent for release of personal information must be signed by the nominee in the space provided on this form. By giving consent the nominee gives permission for their name and relevant information for the award to be released. 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 Tuesday, November 24, 2015.

Nominator's Name and Contact Information:

Name: _____

Tel - _____

Nominee'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: _____

I nominate, _____ for the Aileen Meagher Award based on the information below (please feel free to attach another page if you need more space):

-
-
-
-
-
-



Have you used Gerstein Crisis Centre's services? We want to hear from you.

Please help us to develop our **Strategic Plan** – a 'roadmap' to guide our services over the next 3 years.

What do we do well?

What can we improve on?

What else could we be doing?

Join a small group discussion to share your views.

Refreshments and TTC will be provided.

Interested?

Please sign up by calling Vicki at: 416-929-0149 or email her at: vtompson@gersteincentre.org

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 Monday, November 30, 2015. Not all applicants will be selected for interview.



Training and Mentorship Employment Opportunity

The Gerstein Crisis Centre is now accepting applications for a mentorship and training program position as a Community Crisis Worker. This is a training position for people with lived mental health experience who have demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

The closing date for this position is: Wednesday, November 18th, 2015.

To view the full job posting please visit: <http://gersteincentre.org/wp-content/uploads/2014/07/CS-Trainee-Job-Posting-2015.pdf>

Things To Do in our *beautiful city...*

Free and Low-Cost Events for November 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. Thanks.

Bazaars

Saturday, November 7 from 9:30 am - 1:30 pm. **St. John the Divine Christmas Bazaar.** Come see the many crafts, gifts, gift baskets, baked goods and much more. There will be raffles as well as a silent auction. Church of St. John The Divine, 885 Scarborough Golf Club Rd. **Free Admission**

Saturday, November 7 from 11:00 am - 2:00 pm. **Christmas Bazaar & Luncheon.** Home baking, silent auction, jewelry, plants, crafts, Christmas decor, a chance to win a gorgeous quilt and much more. Wheelchair accessible. www.scarboroughbluffs.org. Scarborough Bluffs United Church, 3739 Kingston Rd. **Free Admission**

Saturday, November 7 from 11:00 am - 3:00 pm. **Christmas Bazaar at Kingston Road United Church.** Baking, children's fun fair (Noon - 3:00 pm), books, crafts, tea room, and artisan table in support of the East End Refugee Committee. 416-699-6091 or www.kruc.ca. Kingston Road United Church, 975 Kingston Rd. **Free Admission**

Café

Monday, November 2 from 6:00 pm - 8:00 pm. **Hearing Voices Café Toronto.** This café runs on the first Monday of each month until December. Coffee and All That Jazz, 72 Howard Park Ave. **Free Admission**

Comedy & Art



Art and Laughter
a celebration of creativity.

04 | 11 | 15

featuring



Wednesday, November 4 from 7:00 - 11:00 pm. **Art and Laughter: A Celebration Of Creativity.** The Mood Disorders Association of Ontario is marking its 30th Anniversary. Please join them as they celebrate the support MDAO has provided over the last three decades to persons and their families affected by mood disorders. The event will showcase a *Touched by Fire Art Sale & Show* and also feature some of their graduates from the *Laughing Like Crazy* standup comedy program. Hosted by Michael Landsberg, one of Canada's most prominent figures in broadcasting, it will highlight a Speaker's Corner, where attendees will have the opportunity to document what MDAO means to them and how it has impacted their lives. Opportunity to buy and vote on artwork created by extraordinary artists affected by depression, anxiety, and bipolar disorder, and a silent auction. Space is limited! Tickets available at www.artandlaughter.eventbrite.ca. **PWYC, Donations Welcome**

Festivals, Fairs & Shows

Friday, November 6 through Saturday, November 14, various times. **Rendezvous With Madness Film Festival.** Produced annually in Toronto since '93, RWM is a signature event of Workman Arts. The first festival of its kind in the world, 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. <http://www.rendezvouswithmadness.com/2015-film-schedule/> or 416-599-8433. TIFF Bell Lightbox, 350 King St. West. **Limited PWYC Tickets At Door For Fixed Income Recipients** Sunday,

November 8 from Noon - 4:00 pm. **Eco-Fair.** Here are some highlights: 35+ businesses and not-for-profit organizations promoting their eco-friendly programs, products and services, film screenings, electric car test drives, informative workshops and presentations, interactive activities for kids and delicious food. www.ecofairtoronto.org/. Artscape Wychwood Barns, 601 Christie St. **Free Admission**

Health & Wellness

Wednesday November 4 from 6:30 pm - 7:30 pm. **Seminar Series: Retrain Chronic Pain.** Plagued by chronic pain? Discover self-massage techniques, self-care with thermal therapies and meditation skills to ease the body's stress response. Gain a greater sense of self-awareness, empowerment and develop a new plan so you won't have to reach for the medicine cabinet. 647-497-9797. Living City Health, 120 Eglinton Ave. East. **Free**

Saturday November 7 from 9:30 am - 3:00 pm **The Institute of Holistic Nutrition, Open House.** Relax, enjoy refreshments and attend complimentary lectures. 416-386-0940. 18 Wynford Dr. Suite 514. **Free**

Wednesday, November 11 @ 6:30 pm - 7:30 pm. **Seminar Series: Eat the Pain Away: Lower Inflammation with Food.** Inflammation can take many forms in the body, including joint stiffness, sinus trouble and food cravings. Join us to explore nutritional adjustments you can make to encourage your body to reduce existing swelling, as well as gradually balance your body's pH into an anti-inflammatory state. Living City Health, 120 Eglinton Ave. East. 647-497-9797. **Free**

Wednesday November 18 @ 6:30 pm - 7:30 pm **Seminar Series: Low Back Pain: Disk Herniation & Spinal Stenosis Living City Health** Chronic low back pain is a concern and reality for many people. This informative seminar will focus on commonly associated conditions of low back pain such as disc herniation and spinal stenosis. We will review the cause, symptoms, and treatment options available. Do your back a favour and learn about these common conditions! 647-497-9797 120 Eglinton Ave., East. **Free**

History

Monday November 2 through Monday, November 9, various times. Holocaust Education Week. Movies, lectures, etc. See Booklet with all activities here: <http://www.holocaustcentre.com/HEW> or pick up a program guide at your local Public Library. **Most Events Free Unless Noted Otherwise**

Holiday

Sunday, November 15 at 12:30 pm. **Santa Claus Parade.** For Route Details. <http://www.thesantaclausparade.ca/>

Movies

Tuesday November 3 and Friday, November 6 from 2:00 pm - 4:30 pm. **Library Movie: The Hiding Place.** As part of Holocaust Education Week, Brentwood Library is screening the 1975 docudrama, the Hiding Place, twice (150 mins). Rated PG. It is the heroic story of Corrie ten Boom and her family, who worked with the underground resistance in Holland against the occupying Nazi army, providing a "hiding place" in their home for fleeing Jews. Ultimately, the Ten Boom family is betrayed and sent to Nazi concentration camps. 416-394-5240. Brentwood Library, 36 Brentwood Rd. North. **Free**

Tuesday, November 3 at 6:30pm and Tuesday, November 10 at 6:30pm. **TIFF Free Movie.** Pather Panchali (in Bengali with subtitles) is showing on November 3 and Diva (in French with subtitles) is playing on November 10. Pather Panchali: The opening chapter of Satyajit Ray's Apu Trilogy finds the hero at age six, as he apprehends the beauty and cruelty of the world around him. Diva: Jean-Jacques Beineix's exhilarating fusion of high culture and pulp thriller follows an opera-loving Parisian postman who becomes entangled with brutal gangsters and mysterious bohemians. 416-599-8433. TIFF Bell Lightbox, 350 King St. West. **Free, Tickets are distributed at the venue two hours before the start of the event (1 ticket per person)**

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!



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