



BULLETIN

547 January 16 – 31, 2016

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

Ontario's Drug Benefit Programs

This workshop provides an overview of the Ontario's drug benefit programs, including the Trillium and Senior programs with lots of time for questions. Presented by Jill McNall (HIV & AIDS Legal Clinic Ontario).

When: Thursday, January 28, 2016 from 2:00 pm - 3:30 pm

Where: [Lillian H. Smith Library](#), 239 College Street

For More Info: 416-393-7746

Free

Repair Café This January 2016

The Repair Café is excited to be at STEAMLabs for their first café in the new year! At this monthly gathering, they will have volunteer fixers available for computers, electronics, small appliances, clothes, jewellery, book and paper repairs, toys, among others. For whatever you need fixing, bring it on! You can learn how to fix it while enjoying a cup of coffee or tea. To avoid lineups, please arrive early. Registration may close by 3:15 p.m. For more info about visiting the Repair Café, please go to the Visit page: <http://repaircafetoronto.ca/visit/>

When: Saturday, January 23, 12 – 4 p.m.

Where: STEAMLabs, Lower Level, 49 Cameron Street (near Queen and Spadina)

Accessibility: Not wheelchair accessible

Cost: Free (Donations are welcome!)

Consumer/Survivor Info Session **Emergency Preparedness**

On January 21, 2016, from 2:00 pm – 3:00 pm

The Consumer/Survivor Information Resource Centre and The Canadian Red Cross bring you a workshop on how to get ready for an emergency. The session will cover being ready for all types of emergencies that might occur in Toronto including power outages, natural disasters, floods, storms and fires.

Held at: CAMH, 1001 Queen Street West, Training Room A

Please call: 416-595-2882 or email csinfo@camh.ca to

RSVP before noon on January 19, 2016



PeerZone Workshop – Enhancing Our Relationships

The Gerstein Crisis Centre will be hosting our next PeerZone workshop on Sunday, February 14, 2016 from 1:00 – 4:00 pm. The Enhancing Our Relationships workshop explores the range of relationships we have as well as making changes to our relationships.

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

Registration for this workshop is now open! For more information, or to sign up online, visit:

<http://gersteincentre.org/peerzone/> or email Laura at: peerzonegcc@gmail.com or 416-929-0149 ext. 259.

A Call for Board Members

Working for Change, a charitable organization that operates social enterprises (the Raging Spoon Catering Company, Out of This World Café, Parkdale Green Thumb Enterprises) and training programs (Women Speak Out, En Route to Employment) is looking for consumer/survivors for its Board of Directors. Experience on a governing board and or financial/legal expertise an asset. People from diverse communities are encouraged to apply.

Please apply by January 31, 2016

For further information and to apply please contact Joyce Brown:

Email: joyce@workingforchange.ca

Phone: 416-504-1693

Know Someone With Depression Or Anxiety Disorder?

The Dos And Don'ts Of Being A Supportive Friend

November 22, 2015 12:19 PM By Samantha Olson



Watch the video here: https://www.youtube.com/watch?feature=player_embedded&v=_MjNN9cgmtA

Source: <http://www.medicaldaily.com/pulse/know-someone-depression-or-anxiety-disorder-dos-and-donts-being-supportive-friend-362556>

When actor and comedian Katharine Heller was 5 years old, she began experiencing the early stages of mental health disorders: anxiety and depression. In a recent video for Project UROK — a nonprofit organization designed to create videos to help teenagers struggling with mental health issues — Heller recalls being an anxious child with an obsessive compulsive disorder (OCD), subsequently spending her whole life in therapy. But it wasn't until Heller was in her 20s she was diagnosed with depression and prescribed medication. Along the way she figured out what those struggling with mental health shouldn't have to hear.

"Your friends love you, but they may not say they right things and that's OK," Heller said. "If you're one of those friends, here's what not to say if you can: 'Oh, have you tried yoga? Oh you're anxious, I meditate every day.'" Those practices may work when practiced on a daily basis, but Heller explained it's impossible to "do the happy breathing" when she's right in the middle of a panic attack. Instead, it's better for her to follow the comprehensive plan she developed with a doctor.

If your doctor, too, recommends taking medication, know that it doesn't turn a person into a zombie when it's dosed correctly; it's a prolific misconception medication stunts a person's personality. As someone who has been on and off different medications for depression, Heller said it's important to not make any assumptions or recommendations to friends and family who may be struggling.

"You just don't know what's right for them," she said. "Have some mutual respect for each other. We're all going through so many different things." According to the Anxiety and Depression Association of America, anxiety disorders affect 40 million adults in the United States, making it the most common mental illness among Americans. Like Heller, one-third of adults first experience OCD symptoms in their childhood. Being supportive to someone who has struggled with an anxiety or depressive disorder, learning about it, encouraging treatment, and learning what triggers symptoms can help alleviate friends and family during tough times. Being tolerant and nonjudgmental is key to making difficult times easier.

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!



Leading Recovery

The 2016 National Conference on Peer Support
April 27-29, 2016 • Toronto, Ontario

Hosted by Peer Support Accreditation and Certification (Canada)

For more info visit: <http://ncps-canada.com/>

WRAP Facilitator Training at MDAO

MDAO is now offering WRAP Facilitator Training to organisations and individuals on a payment basis.

We have limited spaces available on our next scheduled dates:

- Monday February 8 to Friday February 12, 9am to 5pm each day; or
- Monday March 7 to Friday March 11, 9am to 5pm each day

Eligibility

The basic, standard eligibility for any WRAP Facilitator Training is that participants have:

- Completed the application form, which can be found here:
<https://www.mooodisorders.ca/WRAP-facilitator-training>
- Completed a qualifying WRAP program and can produce a valid certificate, e.g.:
 - Copeland Center Correspondence Course
 - 2 or 3 day WRAP Seminar I course or workshop, or
 - 8 or 12 week WRAP Seminar I group or workshop
- Been using WRAP in their own life for six months or more
- \$1,200 fee paid six days before training begins

Fee

This training is available now at an introductory offer of \$1,200 per person.

This includes: the full five day WRAP Facilitator Training Workshop, WRAP Facilitator Manual and Curriculum, a light lunch for each day of the Workshop. There are no further costs for materials or attending activities. Transportation and accommodation, if required, are not included.

For more information, please see <https://www.mooodisorders.ca/WRAP-facilitator-training>

For any questions on the course, the dates available, or the applicable fees, please contact Lawrence Peddie at lawrencep@mooodisorders.ca or 416-486-8046 ext. 222.

Suicide attempts and insurance: Why you might not be covered

Medical expenses excluded from many private health insurance plans, whether person is 'sane or insane'

By Diana Swain and Marnie Luke, CBC News Posted: Dec 09, 2015 5:00 AM ET Last Updated: Dec 09, 2015 8:51 AM ET

Canadians who try to injure or kill themselves could be forced to pay their own medical expenses because of policies found in the fine print of employee and individual health insurance plans that mental health advocates are denouncing as cruel, discriminatory and outdated.

A CBC News investigation has found that leading insurers such as Manulife, Desjardins, SunLife and Great-West Life, among others, can deny coverage for costs associated with attempted suicide or intentionally self-inflicted injuries.

Several policies specify that the exclusions apply whether the person is "sane or insane" at the time.

"It's absolutely wrong-headed and it should be changed," said Bill Wilkerson, a former executive in the insurance industry who now educates businesses on the impact of mental illness in the workplace.

Nearly 4,000 people die as a result of suicide across the country each year, according to Statistics Canada, and mental health professionals estimate up to 80,000 try to kill themselves.

Public health insurance covers most hospital expenses, but additional treatment for things like psychotherapy, medication and physiotherapy is excluded from many private and employee benefit plans.

"It's cruel. I mean who's more vulnerable than people who are already attempting to kill themselves?" said Jennifer Chambers, an advocate with the Empowerment Council, which works with current and former clients at the Centre for Addiction and Mental Health in Toronto.

Not a recreational activity

"I find it incomprehensible. People aren't self-harming because they're having a good time. It's not like it's a recreational activity. People are self-harming because they have some kind of life, mental health issue," she said.

Mental illness is believed to be a factor in approximately 90 per cent of suicides in Canada, according to the Centre for Addiction and Mental Health.

While most people are familiar with insurance companies refusing to pay life insurance if a person dies by suicide within two years of taking out a policy, experts were surprised to learn that CBC News found additional exclusions in many benefit plans, regardless of how long a person has been insured.

"It's one of those hangovers from an ancient time of stigmatizing mental illness and viewing the destruction of someone under those circumstances as either a crime or a sin when it is neither," Wilkerson said.

Suicide was a criminal offence in Canada until 1972.

Insurance industry responds

Insurance companies contacted by CBC News responded through their umbrella organization, the Canadian Life and Health Insurance Association. In a statement, the association said: "The general purpose of insurance is to protect people in the event of an unexpected injury or illness, and not for losses which result from the insured person's deliberate actions."

Dr. David Goldboom, a psychiatrist at CAMH and past chair of the Mental Health Commission of Canada, cautioned against viewing suicide and self-harm entirely as acts of free will.

CBC News found policies excluding coverage for suicide attempts while 'sane or insane' in several individual and group employee health plans. (CBC)

"When you're in the grips of an illness like depression or psychosis, your true degree of freedom and the ability to envision alternatives other than hopelessness, fear, terror and futility are profoundly restricted by the illness itself," he said.

After CBC contacted the Centre for Addiction and Mental Health about this story, CAMH found a clause excluding "intentionally self-inflicted injuries, regardless of any health issues" in its own employee insurance policy.

It is now in talks with Desjardins Insurance about having it removed.

"I am hopeful that it is part of a larger process of ... changing the wording and underlying ethos," Goldbloom said.

Wilkerson believes many Canadian companies don't realize the exclusionary clauses are even in the policies being offered to their employees, and thinks it's time they put pressure on the insurance industry to get them removed.

Differences in the U.S.

"The insurer is not in charge. The employer is in charge. The employer is the customer. This is a contract the employer signs, and therefore can say, 'I don't want that clause in there.' "

(The CBC's policy with Great-West Life excludes coverage for losses resulting from suicide, suicide attempts and intentional self-inflicted injury, including the qualifier "while sane or insane." CBC spokesperson Alexandra Fortier said in a statement: "Our insurance policy is similar to the majority of other group insurance policies. We apply general exclusions in group benefits.")

In the United States, similar exclusions for attempted suicide and intentionally self-inflicted injuries were removed from employee insurance plans almost 10 years ago, under the Health Insurance Portability and Accountability Act.

Chambers wants Canadian insurers to follow suit.

"I think the insurance companies need to remove the exclusionary criteria," she said.

"And if they fail to do so, I think that there should be a human rights or [Charter of Rights and Freedoms] complaint lodged against them."

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 **Sunday, January 31, 2016**.

Not all applicants will be selected for interview.

Things To Do

in our beautiful city...

Free and Low-Cost Events for January 16 - 31, 2016

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 you!



Art

Thursday January 28 from 2:00 pm – 3:30 pm. **Diego Rivera's Detroit murals with Professor Dennis Duffy.** Diego Rivera's Detroit murals are not only marvels in themselves, but masterpieces painted in a consciously retro Renaissance style. In content, a celebration of contemporary technology; in style, revelations of ancient ways of representing kinetic collectivity. 416-393-7657. Deer Park Library, Program Room - 2nd Floor, 40 St. Clair Ave. East. **Free**

Book Lovers

Tuesday, January 19 from 2:00 pm – 3:15 pm. **Freedom to Read Week: Banned Books.** Join us for our monthly Tea and Books session, where the topic will be a lively discussion on Banned Books in honour of Freedom to Read Week. Each year, the American Library Association's Office for Intellectual Freedom compiles a list of the top ten most frequently challenged books in order to inform the public about censorship in libraries and school. More info at: 416-394-5270. Eatonville Public Library, 430 Burnhamthorpe Rd. **Free**

Tuesday, January 19 at 7:00 pm. **Dr. Paul Garfinkel - A Life in Psychiatry: Looking Out, Looking In.** One of Canada's leading psychiatrists and founder of the Centre for Addiction and Mental Health, Dr. Paul Garfinkel has written a candid new memoir. Through his 40-year career and life devoted to the understanding, care and advocacy of the mentally ill, Dr. Garfinkel has struggled to find a balance between compassion and the rigours of science that have revolutionized psychiatry. All are welcome. Book signing to follow. Dr. Garfinkel's memoir will be available to purchase. 416-393-7680. Palmerston Library, 560 Palmerston Ave. **Free**

Food

Wednesday, January 27 from 7:00 pm – 8:00 pm. **Meals on a Budget.** Learn how to prepare meals on a budget, shop for deals, and minimize waste. Participants will create their own money saving strategies and take home sample homemade goods. Presented by the Kitchen Library. No registration required. Everyone welcome. 416-396-3835. Leaside Public Library, Community Room, 165 McRae Dr. **Free**

Health & Wellness

Saturday, January 16 from 11:00 am – 12:00 Noon. **Meditation Hour.** Namaste. In partnership with Meditation Toronto, Evelyn Gregory Library welcomes you to experience the peace and happiness of meditation. Sessions begin with three methods of mantra meditation, followed by Yoga asanas (postures). Classes will be at a beginner pace, but all are welcome regardless of experience level. Please call: 416-394-1006 to register. Evelyn Gregory Library, 120 Trowell Ave. **Free**

Monday, January 18 at 7:00 pm, this event repeats every Monday. Check out this weekly **Meditation Group** held on Mondays at 7:00 pm near Spadina and Bloor. This meditation is called Twin Hearts Meditation for Peace and Illumination. Some of the many benefits include: improved health, wellbeing & relationships, improved stress, depression, anxiety, tension & pain management, better control over emotions and thoughts, service to the Earth & Humanity. Transense, 344 Bloor St. West (at Spadina), Suite 610, buzz 0610. **Free**

Thursday, January 21 from 2:00 pm – 3:00 pm. **Mental Wellness: Stress and Coping.** High levels of stress can lead to serious conditions like heart disease, diabetes and mental illness. Join a representative from Toronto Public Health for a presentation outlining signs and symptoms of stress, the impact of stress on health, coping strategies and relaxation exercises. 416-393-7703. Beaches Public Library, Program Room, 2161 Queen St. East. **Free**

Tuesday, January 26 from 2:00 pm – 3:30 pm. **Prevent Diabetes NOW!** Toronto Public Health will visit Northern District branch for an informative seminar on diabetes prevention. It will discuss Type 1, gestational and Type 2 diabetes--the only preventable type of diabetes. A Q&A period will be held during the last half hour of the seminar to answer participant questions. This presentation is part of Northern District's Seniors' Health & Safety winter program series; however adults of all ages are welcome. No registration required. 416-393-7610. Northern District Library, Program Room, 40 Orchard View Blvd. **Free**

Wednesday, January 27 at 7:00 pm. **Alanna Mitchell on the Myths of Cancer.** Award-winning science journalist and author talks about her newest book: "Malignant Metaphor: Confronting Cancer Myths," a deeply personal work that is rooted in science. To register, visit the branch or call: 414-395-5710. Don Mills Public Library, 888 Lawrence Ave. East. **Free**

Thursday, January 28 from 2:00 pm – 3:30 pm. **Ontario's Drug Benefit Programs.** This workshop provides an overview of the Ontario's drug benefit programs, including the Trillium and Senior programs with lots of time for questions. Presented by Jill McNall (HIV & AIDS Legal Clinic Ontario). Series: Law at the Library. 416-393-7746. Lillian H. Smith Public Library, 239 College Street. **Free**

Money

Friday, January 22 from 6:00 pm – 7:30 pm, (also Monday, January 25 from 6:00 pm – 7:30 pm at the Parliament Street Branch, 269 Gerrard St E. 416-393-7663). **Debt & Credit Management: A Hands-On Financial Literacy Workshop.** Offered in partnership with WoodGreen Community Services, this "Your Money and You" workshop will help to increase your knowledge about financial information and resources and empower you to make financial decisions with confidence. 416-396-3865. Thorncliffe Public Library, 48 Thorncliffe Park Dr. **Free**

Movie

Wednesday January 20 at 2:00 pm. **Movie: O Brother, Where Art Thou.** In the deep South during the 1930's, three escaped convicts search for hidden treasure while a restless lawman pursues them. 416-393-7703. Beaches Library, Program Room Main Floor, 2161 Queen St. East. **Free**

Wednesday, January 27 at 2:00 pm. **Movie Dr. No.** The first James Bond movie. James Bond seeks answers in a case involving the disappearance of a colleague and the disruption of the American space program. 416-393-7703. Beaches Library, Program Room Main Floor, 2161 Queen St. East. **Free**

Music

Various dates: see chart below. **Royal Conservatory Free Concerts.** Wonderful opportunities to hear the talents of The Glen Gould School in concert. 416-408-2824. The Royal Conservatory of Music, 273 Bloor St. West. **Free Admission**

Sunday, January 17	Shauna Yarnell, mezzo-soprano	Conservatory Theatre	8:00 pm
Sunday, January 24	Christina Campsall, mezzo-soprano in <i>La Voix Humaine</i> , a one-act opera by Francis Poulenc	Mazzoleni Hall	8:00 pm
Sunday, January 24	Jennifer Murphy, violin, and Leila Zakzook, viola	Conservatory Theatre	8:00 pm
Wednesday, January 27	Sae Yoon Chon, piano	Conservatory Theatre	8:00 pm
Sunday, January 31	Emily Walker, viola	Mazzoleni Hall	8:00 pm

Monday, January 18 at 12:30 pm. **Music Media Showcase.** York University Music Students Association. 647-459-0701. Martin Family Lounge, Accolade East Building, York University, 4700 Keele Street. **Free**

Tuesday January 19 at 12:00 Noon. **Canadian Opera Company Vocal Series.** Vocal Series: OÙ dort la fantaisie. Schumann: Liederkreis; Britten: Les Illuminations. Gordon Bintner, bass-baritone; Charles Sy, tenor. 416-363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West. **Free**

Tuesday, January 19 at 7:00 pm. **Student Composers Concert.** University of Toronto Faculty of Music. 416-408-0208. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. **Free**

Wednesday, January 20 at 12:00 Noon. **Music @ Midday: New Music Ensemble.** Matt Brubeck, Director. York University Department of Music. 647-459-0701. Martin Family Lounge, Accolade East Building, York University, 4700 Keele St. **Free**

Friday, January 22 at 5:00 pm. **Barbara Hannigan Concert.** University of Toronto Faculty of Music. Faculty of Music student singers and pianists; Steven Philcox, piano. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. 416-408-0208. **Free**

Saturday, January 23 at 2:00 pm. **Home Music Club Chamber Music in the Afternoon.** Beethoven: Sonata for violin and piano "Spring"; other works. 416-393-7610. Northern District Library, Room 224, 40 Orchard View Blvd. **Free**

Sunday, January 24 at 1:00 pm. **Concerto Competition Finals.** U of T, Faculty of Music. Selection of soloists for the UTSO concerts in the 2016-2017 series. 416-408-0208. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. **Free**

Thursday January 28 at 12:10 pm. **Thursdays at Noon: Music and Poetry.** University of Toronto Faculty of Music. Montsalvatge: Cinco Canciones Negras; Luciano Berio: Quattro Canziones Popolari. Krisztina Szabó, mezzo; Steven Philcox, piano; Eric Domville, speaker. 416-408-0208. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. **Free**

Thursday January 28 at 3:30pm. **New Music Festival.** University of Toronto Faculty of Music. Kenneth H. Peacock Lecture, Scott Burnham. Scott Burnham, professor of musicology and music theory at Princeton University, is an expert on tonal theory history, problems of analysis and criticism, and 18th- and 19th-century music and culture. 416-978-3744. Walter Hall, Edward Johnson Bldg., (Room 130), 80 Queen's Park. **Free**

Thursday, January 28 at 7:30 pm. **Jazz Composers Concerts.** University of Toronto Faculty of Music. 416-408-0208. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. **Free**

Sunday, January 31 at 2:30 pm. **New Music Festival: Electroacoustic Concert.** U of T Faculty of Music, works by graduate students Parisa Sabat and Xintong Wong. Festival guest Allan Gordon Bell, Composer. 416-408-0208. MacMillan Theatre, Edward Johnson Building, University of Toronto, 80 Queen's Park. **Free**

Sunday, January 31 at 7:30 pm. **New Music Festival: Karen Kieser Prize Concert.** University of Toronto Faculty of Music/Dennis Patrick. Shelley Marwood: Imaginings (for chamber ensemble). Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. 416-408-0208. **Free**

Police



Tuesday, January 26 from 6:30 pm – 8:00 pm. **Police Powers, Individual Rights and the Charter.** Wondering about police "carding"? Or how to assert your rights if stopped by police? Questions about when your personal property can be searched? Lesley Burke discusses the application of the Charter to individuals and their day-to-day interactions with the state. Series: Law at the library. 416-395-5577. Toronto Reference Library, Hinton Learning Theatre, 789 Yonge Street. **Free**

Science



Friday, January 29 from 6:30 – 8:30 pm. **Overcoming "Us vs Them": getting to deep diversity.** What if our interactions with those different from us are strongly influenced by things happening below the radar of awareness, hidden even from ourselves? Shakil Choudhury in his book *Deep Diversity* explores this question and argues that "us vs. them" is an unfortunate but normal part of the human experience due to reasons of both nature and nurture. To really work through issues of racial difference and foster greater levels of fairness and inclusion, argues Choudhury, requires an understanding of the human mind-its conscious and unconscious dimensions. Thought Exchange Series. 416-395-5577. Toronto Reference Library, Hinton Learning Theatre, 789 Yonge St. **Free**

Talk

Wednesday, January 20 from 6:30 pm – 8:00 pm. **Depression in Late Life Talk.** Presented by CAMH's Geriatric Mental Health Services (speaker to be announced). Learn about the signs and symptoms of depression, and the way in which these can impact life. Explore some of the risk factors, how depression relates to memory and dementia, current treatment options available and the research being done to advance the field. 416-396-8979. Woodside Square Library, Program Room, 1571 Sandhurst Circle. **Free**

Wednesday, January 27 from 10:30 am – 11:30 am. **Depression in Late Life Talk.** Presented by CAMH's Geriatric Mental Health Services (speaker to be announced). Learn about the signs and symptoms of depression, and the way in which these can impact life. Explore some of the risk factors, how depression relates to memory and dementia, current treatment options available and the research being done to advance the field. 416-393-7655. St. Lawrence Library, 171 Front Street East. **Free**

Would-Be-Writers and Mystery Lovers

Tuesday, January 26 from 2:00 pm – 3:00 pm. **Rosemary Aubert- Author Visit.** Rosemary Aubert, author of the Ellis Portal series of mystery novels that are set in Toronto, will talk about the issues they deal with and what it takes to be a mystery novelist. 416-396-8939. Taylor Memorial Library, 1440 Kingston Road. **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.

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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. Our 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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Jacqueline, Moira and Martha (the computer gal)!*

Thanks for subscribing!