



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



BULLETIN

548 February 1 – 15, 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



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 register at: registration@selfhelp.on.ca or 416-487-4355 ext. 21.

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

Future Meetings: February 4, 2016
March 3, 2016
April 7, 2016

Where: 46 Delaware Ave., Toronto

What to Bring: Questions and challenges experienced in peer support.

Coffee, tea and a light snack will be provided!

Women's Wellness Group

For: Women identifying with addiction and/or mental health issues

Date and time: Wednesdays from 1:00 pm – 2:30 pm starting February 24th, 2016

Place: 416 Community Support for Women – Case Management Site at 170 Bloor St. West, Suite #1106

Topics covered: Coping with Seasonal Changes, Seeking Safety, Relapse Prevention, Self Care, Stress Management, and Crisis Planning

Contact person: Sara Sims – 416-964-6936 ext. 223 or Donna Sadler – 416-928-3334 ext. 230



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/>

Introduction to STAR: Information Session

STAR (Supporting Transitions and Recovery) Learning Centre is an adult education program offering free courses and workshops for anyone who has experienced challenges around housing or financial instability.

Please join us at our upcoming information session to find out more about STAR Learning Centre workshops, courses, and how to get involved.

Date: Monday, Feb. 8, 2016, 10:00 am to 12:00 Noon

Location: 40 Oak St. (Toronto Christian Resource Centre) Main intersection: Oak St. and Parliament.

If you would like to attend, please sign up by calling 647-302-7827 or email us at: star@smh.ca

Thank you!

St. Michael's

Inspired Care.
Inspiring Science.

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



PEER SUPPORT FACILITATION TRAINING

The Self-Help Resource Centre is offering free training for people interested in learning how to facilitate their own peer support group. Support groups can be for anyone or anything! It can be a group that focuses on a particular health challenge or a group that focuses on a particular activity that will help with that challenge, such as a Walking for Mental Health group.

We will train peer leaders on starting and successfully running peer support groups in the community. The introductory training will begin with perspectives in peer support, negotiating conflict, group facilitator skills & tools, as well as helpful suggestions on how to plan, start, run and maintain a peer support group. Participants will come away with an Action Plan on how they will achieve their vision and goals around peer support group facilitation.

The advanced training delves into practical ways to overcome the common challenges facilitators and groups encounter. It's a great opportunity for peer leaders to bring their experience to the group and explore facilitator ethics, effective communication, tension & conflict, etc. There is also an opportunity to practice facilitation and build personal facilitator skills such as mindful listening, self-compassion, self-care, and more.

Next Intro Trainings: Friday, March 25, 2016 from 10:00 am – 4:00 pm, 46 Delaware Ave.

Next Adv. Training: TBA

If you would like to attend please RSVP to: registration@selfhelp.on.ca or call **416-487-4355 ext. 21**



PeerZone Workshop – Enhancing Our Relationships

The Gerstein Crisis Centre will be hosting our next PeerZone workshop on Sunday, February 14th, 2016 from 1:00 pm – 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 416-929-0149 ext. 259

Are You Prepared for an Emergency?

We held our Emergency Preparedness Workshop on Thursday, January 21st with two volunteer trainers from the Canadian Red Cross. It was really well done with a slide show and video clips and a demonstration of what you should have in a kit. They left us with a list which we have reprinted here for you.

Suggestions for Your Emergency Preparedness Kit:

- Flashlights and batteries or a crank flashlight
- Battery operated radio and extra batteries or a crank radio
- First aid kit
- List of important phone numbers – family, insurance, etc.
- Car keys and cash – debit and credit cards may not work in an emergency
- Important papers – ID, prescriptions, insurance, etc. in a zipper bag to keep them safe and dry
- Change of clothes and shoes
- Blankets or sleeping bag
- Toilet paper and hygiene supplies
- Medication – for three days - and health supplies like glasses
- Supplies and comfort items for any babies or children you may have in your household
- Supplies, water and food for pets
- A whistle to attract attention
- Canned food for three days, a manual can opener and utensils
- Bottled water for drinking and hygiene.

Store the kit in an easily accessible location such as a closet near the door. Replace the food, water and medication twice a year when daylight savings time begins and ends. For more information call your Red Cross or contact them at: www.redcross.ca/ready.



West End Peer Support Group Drop In Program

A peer support group for anyone experiencing or recovering from a mood disorder.
Every Monday evening, from 6:00 pm to 8:00 pm.
56 Aberfoyle Crescent, Suite 400, (at Islington Subway).

Contact MDAO for Information & Directions at: 416-486-8046



Crazy Talks

Emma Heath-Engel is an activist for holistic health, an affiliate of Mindfreedom, and a member of local groups like CAPA. As a Metis woman and advocate for alternative ways to health, she will present on the question of hearing voices and the phenomenon of 'hearing/seeing thoughts,' as well as multi-culturalism and her experiences as a Metis person.

Tuesday, February 2, 2016

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. ASL interpretation may be available upon request. We meet every FIRST Tuesday of the month.

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

Employment Matters



24/7 Women's Drop-In Worker

Application Deadline: February 10, 2016

Location: 67 Adelaide St. at Adelaide Women's Resource Centre

For the full job posting go to:

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=331964&l=2>

Some helpful job search websites:

www.charityvillage.com

www.jobbank.gc.ca/job_search.do?source=jb

www.workopolis.com

www.monster.ca/

www1.toronto.ca/wps/portal/contentonly?vgnextoid=c3ae1f42c1744410VgnVCM10000071d60f89RCRD

Computer Column

Can my PDA get a virus? Quick answer. Yes.

When the first 'non computing' or 'PDA' (Personal Digital Assistant) devices came out, they were thought to be safe from viruses. But as more and more people used them they became targets just like computers and laptops. Virus developers aren't interested in spreading their nastiness to remote and unused places. That's why Internet Explorer, Facebook, and YouTube are so vulnerable.

Some of the early viruses, like 'Cabir' and 'dust Virus' were particularly nasty, wiping out applications and contact lists. Cabir uses Bluetooth to scan the area and send out requests for a connection. Then the virus is spread via that connection.

All of the major antivirus applications now have software for phones and PDA's. There are some other ways to keep your gadgets safe though...

Make sure the host machine is clean. The laptop or PC that you connect your handheld to should have the best virus protection you can afford. That way, any bugs that have found their way onto the PDA will be detected and removed by the host machine's antivirus.

Disable Bluetooth. Bluetooth is a wireless technology, used by some devices, for signals that travel relatively short distances. You might have Bluetooth headphones, or speakers. If you're not using Bluetooth, turn it off.

Windows 7: Click the Start button, then Control Panel. Go to Network and Internet, then Network and Sharing Center. Then click on Change adapter settings. Right click the Bluetooth Network Connection, then choose Disable.

Android: Tap Menu, then Settings, then Wireless and Network, then Bluetooth. Tap Bluetooth off.

Apparently the bug to watch out for on Android devices is Android.Becu.1.origin. This is a link to instructions on how to remove it. <https://news.drweb.com/show/?i=7071&lng=en> If your device just stops working for no reason, chances are you've picked up this nasty animal. It's spread with Bluetooth, so again, disabling BT on your device is a good idea.

- MTCG



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

in our beautiful city...

Free and Low-Cost Events for February 1 - 15, 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

Saturday, February 13 until Sunday, March 20, open to the public 24/7. **Outdoor Art Installations: Winter Stations.** The 2nd Annual Winter Stations is an art competition and exhibition across Toronto's waterfront. This year it features lifeguard towers transformed by artists, architects and designers into interactive art installations. www.winterstations.com. The exhibition will take place across Balmby, Kew and Ashbridges Bay beaches located in the heart of the Beach community, south of Queen Street East, between Woodbine and Victoria Park Avenues. **Free**

Now through Friday, February 12 from 8:00 am – 9:00 pm. **Art Exhibit: Sonic Seeing.** Featuring Jace Traz's live improvisation in response to recordings created by Jan Swinburne. Many artists work in alternate disciplines and do not differentiate between different expressive forms. Music and painting are often one of those intersections. This is very much reflected in the descriptive language of these mediums. Terms and concepts like textures, space, dynamics, progressions, ambience, foreground and the like become interchangeable in the quest to describe and understand. Jan Swinburne and Jace Traz have teamed up to combine their passions for painting and sound in the exhibition Sonic Seeing where their visual art plays counterpoint to their audio expressions. This exhibition was made possible by the generous support of the Pamela Gibson Emerging Artist Program at Workman Arts. Artscape Youngplace, 180 Shaw Street, 2nd Floor Hallway Gallery In Memory of Pamela Josephine Gibson. **Free**

Every Thursday for the whole month of February from 7:00 pm – 8:00 pm. **Adult Colouring: Try it Out!** Join in for the adult colouring program and find out for yourself why the top selling books on Amazon last year were colouring books! Whether for relaxation, play, a social hour, expressing your creativity or just plain old fun, adult colouring is where it's at. Materials will be provided, or bring your own. We will be colouring pages from Outside the Lines: An Artist's Coloring Book For Giant Imaginations. We will have pages for children to colour too, if they'd like to join the fun! 416-393-7666. Spadina Road Library, 10 Spadina Road. All Ages. **Free**

Black History Month

Tuesday, February 2 from 10:00 am – 11:00 am. **False Nostalgia?** Journalist, broadcaster, and cultural activist Desmond Cole takes us on a historical walk highlighting the successes, challenges, and progress of Toronto's black community. Registration is required: 416-395-5980. York Woods Public Library, 1785 Finch Ave. West. **Free**

Tuesday, February 2 from 6:00 pm – 7:30 pm. **National Film Board Mini-Film Fest: Invisible City.** Join us during Black History month for a screening of the film "Invisible City", a moving story of two boys from Regent Park crossing into adulthood. Despite their mothers and mentors rooting for them to succeed, their environment and social pressures keep tempting them to make poor choices. In partnership with the National Film Board of Canada, Toronto Public Library presents films that celebrate, discuss, and embrace diversity at branches across the city. To register, please call: 416-396-8950. Agincourt Library, 155 Bonis Ave. All Ages. **Free**

Friday, February 5 – Sunday, February 7, at various times. **Kuumba Festival at Harbourfront.** Join us as Kuumba 2016 explores the theme of "Black Like We" through music, discussion, comedy, dance and family activities for all ages. Building on over 20 years of tradition, Kuumba has sparked discourse and conversation around current and historical debates within the African-Canadian community. www.harbourfrontcentre.com/kuumba to browse events. There are many activities throughout the weekend. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Saturday, February 6 at 2:00 pm. **Dalton Higgins: Rap N'Roll.** Is rap music the new rock n' roll? Author Dalton Higgins looks at the global reach of hip hop. Cedarbrae Branch, 545 Markham Rd. **Free**

Black History Month has many events happening through the Toronto Public Library system. Check your local library branch for more events or visit: www.torontopubliclibrary.ca and type 'Black History Month' in the search bar.

Book Lovers

Tuesday, February 2 from 1:00 pm – 3:00 pm. **Older Lesbians Book Group.** The group will be discussing 'Suite Francaise,' a novel by Irene Nemirovsky. Light refreshments. 647-235-0843. 519 Community Centre, 519 Church St. Adults. **Free**

Family Day is Monday, February 15, 2016

Monday, February 15 from 10:00 am – 4:00 pm. **TIFF Lightbox Family Day Activities.** <http://tiff.net/family-day-2016>. **Free activities, movies are admission-based**

Monday February 15 from 11 am - 5pm. **Family Day Harbourfront Centre Events.** 235 Queens Quay West. All events listed below are **Free**

Playzone in Lakeside Terrace - All Day

This innovative playground encourages learning, movement and fun while kids build new worlds, imaginary places and dramatic scenarios – on a larger-than-life scale. Kids can build, connect pieces, create walls, forts, castles and all kinds of fun environments. Kids decide how and what to build without any influence from grown-ups. Play Zone is kids 8 and under only. Please don't drop your kids off.

Create a Magical World of Snow West Arcade - All Day

Work together with multidisciplinary artist and educator Lisa Pijuan-Nomura to create your own imagined snow world. Using paper cutouts, collage, recycled objects and your amazing imaginations, create your own one of a kind winter wonderland in a jar. You can even take it home with you to remember the day. Intended for artists of all ages.

Snowglobe in The Brigantine Room - All Day

The Snowglobe is a magical world of winter encapsulated in a watery sphere of imagination. This Family Day, HarbourKIDS celebrates these traditional handheld snowstorms, offering you a chance to come inside and interact with our Snowglobe inspired installation. You'll also have the opportunity to create your own fantasy world full of snow to take home. A living Snowglobe awaits you at Harbourfront Centre. Within the glass, a figure skater swirls round and round as wind and snow and puppets whirl.

Join us inside our not-so-tiny world and help us bring the snowglobe to life. The Brigantine Room is transformed into a giant snowglobe inspired installation by a collaborative team of artists including set and sound designers, shadow puppeteers, theatre makers and indoor performance skaters. They create the scene, you make it work.

This Family Day, HarbourKIDS celebrates these traditional handheld snowstorms, offering you a chance to come inside and interact with our Snowglobe inspired installation. You'll also have the opportunity to create your own fantasy world full of snow to take home. Don't miss your chance to play a role in creating the perfect winter scene.

Music with Bite in the Studio Theatre – 1:00 pm and 3:00 pm

Recorders on the Run by Flûte Alors!

For the music Olympics, these four virtuosos train day and night to develop the nimblest fingers, the strongest embouchures and the finest ears in the world. Prepare yourself for an exciting, athletic performance with Flûte Alors. From the sopranino to the great bass, these musicians use different types of recorders to showcase an array of music including baroque, contemporary, popular and world music. Join them for a 55-minute lap around the track that will take your breath away.

Performance in English Studio Theatre 1:00pm–2:00pm

Performance in French Studio Theatre 3:00pm–4:00pm

Skating All Day

Bring the magic outdoors and whirl around by the lake on the Natrel Rink with our gracious hosts.

Hang out on the Natrel Rink with your festival co-hosts, Audrey Dwyer and Michaela Washburn. They'll be sure to make you laugh as you spin and skate.

Games

Monday, February 1 at 12:45 pm, this event repeats every Monday afternoon. **Bridge.** A stimulating session of bridge. 416-252-6822. Franklin Horner Community Centre, 432 Horner Avenue. Seniors. **\$3 with membership, \$4 for non-members**

Health & Wellness

Wednesday, February 3 from 7:00 pm – 8:15 pm. **Lecture: Your Brain on Exercise: How Physical Activity Can Improve your Mental Wellbeing.** Exercise has been shown to be a very effective way to improve mental wellbeing. This presentation will explore how the brain responds to exercise in order to prevent and manage symptoms of depression. The program also includes best exercises to perform and best foods to eat to stay mentally healthy. 416-395-5649. North York Central Library, Auditorium, 5120 Yonge Street. **Free**

Law

Tuesday, February 16 from 6:30 pm – 8:00 pm. **Disability and Human Rights Law.** Dianne Winternute, a lawyer at ARCH Disability Law Centre, talks about human rights law and how it impacts the rights of people with a disability. 416-395-5577. Reference Library, 789 Yonge Street. **Free**

Money

Monday, February 1 from 2:00 pm – 3:30 pm. **Protect Your Money Presented by the Ontario Securities Commission.** Learn how to protect your hard-earned money from investment frauds and scams, and how to make better informed financial decisions. Call 416-394-5270 or email eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Movie

Wednesday, February 3 at 2:00 pm. **Movie: Foxcatcher.** Mark and Dave Schultz, U.S. Olympic wrestling champions, join team Foxcatcher led by multimillionaire John E. du Pont as they train for the 1988 games in Seoul, but Mark and John's emotional self-destruction threatens to consume them both. 2014. 134 minutes. 416-393-7703. Beaches Library, Program Room Main Floor, 2161 Queen St. East. **Free**

Wednesday February 10 at 2:00 pm. **Movie: Out of Africa (1985) 161 minutes** In 20th century colonial Kenya, a Danish Baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter. 416-393-7703. Beaches Library - Program Room Main Floor, 2161 Queen St. East. **Free**

Music

Tuesday, February 2 at 12:00 Noon. **Vocal Series: Classics Reimagined.** Canadian Opera Company. Robert Pomakov, bass; Gryphon Trio. Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231. **Free**

Tuesday February 2 at 7:30 pm. **Vocalist Master's/DMA Series: Cabaret.** University of Toronto Faculty of Music. Tranzac Club, 292 Brunswick Ave. 416-408-0208. **Free**

Tuesday February 2 at 7:30 pm. **New Music Festival: Land's End Ensemble.** University of Toronto Faculty of Music. Allan Gordon Bell: Field Notes; Phénomènes; Trails of Gravity and Grace; Omar Daniel: Trio (Toronto premiere); Roydon Tse: Starscape. James Campbell, clarinet. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. 416-408-0208. **Free**

Wednesday, February 3 at 5:30 pm. **Jazz Series: In for the Count.** Canadian Opera Company. Big band standards by Count Basie, Duke Ellington, Stan Kenton, Bill Holman and others. JAZZ.FM91 Youth Big Band; Jules Estrin, conductor. Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231. First-come, first-served. No late seating. **Free**

Thursday, February 4 at 12:00 Noon. **Chamber Music Series: Chamber Explorations.** Canadian Opera Company. Students from the Glenn Gould School. Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231. First-come, first-served; concertgoers are encouraged to arrive early as late seating is not available. **Free**

Thursday, February 4 at 12:10 pm. **New Music Festival: Thursdays at Noon.** University of Toronto Faculty of Music. Jarlakanova/Blumberg: collaboration; Cecilia String Quartet Student Composition Competition: winning work; Levasseur: new work; and others. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. 416-408-0208. **Free**

Saturday, February 6 at 7:30 pm. **New Music Festival: Jazz Faculty with Special Guests.** University of Toronto Faculty of Music. Improvisational and new music. Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park. 416-408-0208. **Free**

Please join in for these wonderful opportunities to hear the talents of The Glen Gould School in concert. **Royal Conservatory Free Concerts.** 273 Bloor Street West. 416-408-282. **Free**

Sunday, February 7, 2016	Sang Mi Kim, piano	Mazzoleni Hall	5:00 pm
Sunday, February 7, 2016	Qiao Yi Miao Mu, piano	Mazzoleni Hall	8:00 pm
Friday, February 12, 2016	Sae Yoon Chon, piano	Mazzoleni Hall	8:00 pm

Science

Sunday, February 7 from 2:00 pm – 3:30 pm (doors open at 1:15). **Science Lecture: 2100: A Climate Odyssey: Computing Earth's Future Climate.** Science Lecture Chris Fletcher, Assistant Professor in the Department of Geography and Environmental Management at the University of Waterloo. Human activities are changing Earth's climate, making it imperative to determine the impact on climate if we continue to use fossil fuels. I will explore computer models of the climate system which allow us to gaze into the future by making projections of how Earth's climate could evolve over the coming century. Macleod Auditorium, Medical Sciences Building, University of Toronto 1 King's College Circle (Nearest Subway is Queen's Park Station) Parking on campus, pay/display; limited disabled parking available. **Free**

Technology

Monday, February 1 from 10:00 am – 6:00 pm, this event repeats. **iHelp!** One-on-one help with any device - eReader, tablet or laptop. Learn how to download eBooks and magazines, music and movies from Toronto Public Library's website for free with your library card. Beginners are welcome. Call to register. Jones Branch Public Library, 118 Jones Ave. Seniors. **Free**

Voice Yoga

Monday, February 8 at 2:00 pm. **Voice Yoga.** Come sing, make a sound, read a poem, do vocal noise, tell a story. creativevocalizationstudio@hotmail.com. Secret Handshake Gallery, 170 Baldwin Street, upstairs.

Free-will Offering

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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*From the C/S Info Bulletin Team: Helen and Cassandra and our wonderful volunteers:
Jacqueline, Moira and Martha (the computer gal)!*

Thanks for subscribing!