



BULLETIN

559 July 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 and Making Connections

Summer is well underway and the city is buzzing with events and activities. Here at the C/S Info office, we've been having lots of conversations about the things we're involved in and the people we spend time with. We recognize how these activities support and strengthen us. That's how the theme for this issue was born: Community and Making Connections.

On page 2, guest author Peter talks about social health and its connection to overall health, he also includes some suggestions how to improve yours.

We received great response to our June 16 article about "Music and Mood". See page 3 to learn how some subscribers use music to support wellness.

On page 6, there's some information about Routes, a new community program that provides support and opportunities to socialize.

Tips on Handling a Possible Canada Post Strike or Lockout

By: Randi

At the time of printing, July 11, 2016 – news reports indicated that Canada Post had withdrawn notice of a lockout, and is expecting the union to honor their statements that they would not issue a strike notice. Please visit Canada Post's website for current info.

www.canadapost.ca – Interruptions to the service can be stressful so we have provided some information about how to prepare and address an interruption should one occur.

If you receive government payments via direct deposit, your receipt of those payments should not be affected, although there may be a delay in receiving any paper documentation. Check your bank accounts on the date(s) you expect to receive any payments. If you are expecting a cheque in the mail, contact whomever you are expecting it from, and try to arrange for an alternate payment method, such as an interact E-Transfer or wire transfer through your bank (check with your bank to see if they charge a fee for these services).

Everyone is responsible to pay their bills and/or debts on time, even if there is a strike or lockout with Canada Post. If you have automatic payments, you may not receive your bills in the mail, but those payments will come out of your accounts regardless, so make sure the money is there, otherwise you may be charged NSF fees at the end of the month! Try to create your budget based on the previous month, and if possible, allow a little extra for bills, just in case.

If you are unsure of how much your bill(s) will be and do rely on the paper bills to know how much to pay, try checking online at the company websites. You should be able to see your bill online, or you will be able to find instructions on how to set it up so you will be able to see your bills online. An alternative to that is to call the company directly and ask them to look up your account and tell you how much you owe. You can also discuss acceptable alternate payment methods with them. Until it is clear whether there will be a lockout or strike with Canada Post, perhaps the best thing to do will be to pay your bills at your bank, online or in person.

If you normally mail your rent cheques, contact your landlord and make arrangements with him or her for alternate payment methods. If there is a strike or lockout, keep in mind that there may be a backlog of mail once things get going again, so if you do mail something, it may take longer than normal to get where it is going. Pay attention to news reports and stay in contact with creditors, landlords and anyone else you owe money to. Open communication is the best way to avoid unnecessary financial headaches down the road.

Women's Wellness Youth Program

Women's Youth Leadership Development (WYLD) presents the Women's Wellness Youth Program for young women ages 16-29. It offers an alternative to the traditional mental health approach for young women living stressful life situations. Our program recognizes the many barriers and needs of young women who are thinking about their next steps in employment, education as well as other paths they are currently exploring. Our FREE workshops will discuss these barriers and help identify how mental health, systemic barriers, and cultural issues can affect us when creating our goals. The three main focuses of our program are self-esteem, stress management, and communication styles. Upon completion, participants will receive a certificate of participation as well as a letter of support/reference if needed.

Upcoming Workshops (all held from 2pm - 4pm):

July 19, 2016 - She Said vs. She Heard
July 21, 2016 - Six Degrees to Networking
July 26, 2016 - Post Secondary Prep 101
July 28, 2016 - Post Secondary Prep 201

All workshops are held at Opportunity For Advancement at 54 Wolesley St 2nd Floor (Bathurst St. and Queen St.). To register, please contact Leah: 416-787-1481 Ext 230 or email Leah@ofacan.com

Social Health vs Mental Health

By: Peter and Christine

Social health is where people feel part of a group, a family and have meaningful relationships that enable them to develop and grow as a person. According to <http://legacyhealthfoundation.org/3-ways-to-improve-social-health/> social health is believed to affect physical and emotional health. Poor social health, or a lack of positive relationships, can lead to a sense of isolation, loneliness and worthlessness. Mental health and social health should be treated as one, not separately.

How do we support people to fit into improved social gatherings, peer groups and relationships?

Here are a few tips to improve your social health:

- One way to start might be to reach out to people you haven't talked to or been around for a while - sending an email, calling or getting together for a coffee.
- Attending a support or recreational group. If going to a group is a little overwhelming, try searching for an on-line support group or forums.
- Help others – by helping others you can increase your sense of self-worth and connection to the community. Some ways to help: volunteer, help a neighbour with household tasks like yardwork or grocery shopping, knit or make things to give to groups.
- Pursue your interests – What do you like to do? Walk, read or paint? There are lots of groups that you can join to meet new people and do something you enjoy. Looking for a group? Check out the Toronto Public Library's programs, classes and exhibits. You can also check out www.meetup.com. This is a website where you can find different interest groups in your neighbourhood.
- End harmful relationships – Are there people who belittle you or you are in constant conflict with? Consider ending the relationship, doing this can help you create room in your life for new healthy relationships.

How do you stay socially healthy? We welcome your comments and suggestions!

Empowerment Council – Annual General Meeting



Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with mental health and substance use issues. We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to the EC's Annual General Meeting. Give the Empowerment Council direction and elect a community representative to the Board of Directors, or run to be the representative yourself.

**Tuesday, July 26, 2016 – 5:00 p.m.
1001 Queen St. West, Training Room A**

Dinner and transportation subsidy will be provided.

For more information please contact Beth Jacob at (416) 535-8501, ext. 36837
beth.jacob@camh.ca

Tips on Handling High Heat and Humidity This Summer

By: Randi

Summer is in full swing, as are the waves of high heat and humidity. Pay attention to weather reports, as there is a risk of heat-related illnesses, including heat exhaustion or heat stroke when the temperatures rise. A good idea may be to talk with your doctor about heat-related illnesses and their symptoms, as well as how to handle them. Mental health issues may be aggravated by the weather, so be sure to take care of yourself!

Some tips on how to weather the weather include:

- If you have a smartphone, you can download weather apps onto your phone. The Weather Network, for example, has an app which gives you the option of setting your location or checking other locations. It also automatically posts heat, humidity and other bad weather alerts.
- Drink water throughout the day, even if you don't feel thirsty...dehydration can happen quickly, so the goal is to not feel thirsty.
- Caffeine and alcohol can accelerate dehydration, so consider minimizing how much you drink these beverages during high heat and humidity, especially if you have been outside or somewhere without air conditioning.
- Wear sunblock every day, and re-apply it periodically as needed.
- Carry a large water bottle with you, and don't be afraid to ask coffee shops to refill it for you, even if you don't buy anything...water is free, after all!
- Wear loose, light-coloured clothing and a hat and/or an umbrella to create some shade when you are outside.
- At home, try placing a bowl of ice cubes in front of a fan to help create cooler air. When the ice melts, you can dip a washcloth or towel in the water and drape it around you to help keep cool.
- Keep in mind, if you don't have air conditioning, air drying your laundry inside your home can increase the humidity levels...try to dry laundry outside, or wait until the temperature goes down somewhat.
- A cool shower before bed may help you sleep (but don't put wet hair on your pillow – it may damage it).
- Be aware of symptoms of heat exhaustion and heat stroke. If heat exhaustion isn't treated, there is a chance it may lead to heat stroke. Heat stroke is a medical emergency. If this happens, call 911.
- If you don't have air conditioning at home, be sure to check out places that do have it. These can include malls, movie theatres, libraries, bookstores, or most public places.
- Information on cooling centres and places to stay cool can be found at:
 - City of Toronto:
<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=0f85dca9d4071410VgnVCM10000071d60f89RCRD>
- More information can be found at:
 - Telehealth Ontario: 1-866-797-0000 or for information about Telehealth Ontario and what to expect:
<http://toronto.about.com/od/health/qt/telehealthontar.htm>
 - First aid information for heat exhaustion: <http://www.mayoclinic.org/first-aid/first-aid-heat-exhaustion/basics/art-20056651>
 - Information about heat exhaustion: <http://www.mayoclinic.org/diseases-conditions/heat-exhaustion/basics/definition/con-20033366>
 - Health Canada: http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/actue_care-soins_actifs/index-eng.php
 - City of Toronto:
<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=b3885ce2c5edd410VgnVCM10000071d60f89RCRD&vgnextchannel=faf1ebfc2bb31410VgnVCM10000071d60f89RCRD>

Have your say – about music

We received responses to our music an mood article in June, here are a few of the commets we received:

Effie: "Music is a vital part of my life as a consumer survivor and artist. I like an eclectic mix of folk, jazz, rock, classical, musicals. Years ago, in a hospital group outpatient program, a facilitator made us our personally selected compilation CDs . My MORNING CD, gets me up and motivated, EVENING CD, helps me sleep, and EMOTION CD lets me feel something when I am numb. Funding cuts ended the program, but I am so thankful for it and still use my CD's often. Music speaks for, improves my mood and heals me."

Honey: Another reader shared information about a public voice workshop she developed: "Right now, my public workshop "Voice Yoga" is a free will offering at the Secret Handshake Gallery once a month. Next time is July 25 at 2:00 p.m. to 3:30 p.m. As for the benefits, there are many. First and foremost, people really want to be heard either giving an opinion, telling a story, or singing a song. It is not easy. More often than not, we hide our voice in shame, modesty, being told to shut up or in being educated in invisibility. I try to give people a stage, a platform. Take your stage, own your platform, regale us, shine. I have rules: Number One: there is virtually no way to make a mistake in my group. All sound is respected and possibly directed. Two: when I close my eyes, I'm NOT asleep. I have acute hearing and listen to a person's sound, personality, aspirations. Three: the bathroom is down the hall. That's it. People come prepared with a song, a poem, a story, a memory. Being heard, being allowed to speak out, no fear of making mistakes helps in harm reduction and provides personal empowerment, a force for creative expression."

Honey Novick, singer/songwriter/voice teacher/poet/artist resource. creativevocalizationstudio@hotmail.com

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, 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.

Also, if you have any computer article suggestions for Martha please let her or us know!

Computer Tips

If you start seeing the message, 'This version of Windows is not Genuine' you need to contact the person who installed it on your machine. They will probably send you the serial numbers you need, or some other 'fix' that will make your operating system acceptable to the Microsoft online sniffer dogs. A non-genuine Windows isn't necessarily pirated but it might have been downloaded from a file sharing site, or copied from an installation disk, and the serial numbers may have been blacklisted by Microsoft. If you ignore the message and continue to use Windows, you won't damage your machine's hardware but things will just stop working. Programs will mysteriously disappear. The sound won't work as well. Your whole system will gradually stop working. A laptop keyboard will suddenly not work, and any external keyboard you plug in won't work either. Even the WiFi adapter can die.

Microsoft nag of the day is of course the infamous Windows 10 'free install'. Windows 10 was a long, long way from being ready to use when it was first offered to us, and we were the last testing ground for an operating system that now, over a year and many updates later, is pretty decent. In the beginning, however, it messed up nearly every computer it invaded, sometimes disabling and reconfiguring crucial drivers, sometimes changing the settings on voice activated programs like Dragon Naturally Speaking. It did things the user didn't ask it to do, like reset default printers and other devices. I know I'm old school, but I don't like my computer thinking it's the boss! Get rid of the Win10 nag by installing a little program called GWX: <http://ultimateoutsider.com/downloads/>

"My computer is running too slow." I know I'm repeating myself here, but this is an ongoing problem. It seems like everyone experiences a slow-down, once in a while. If it happens gradually, and affects all your programs, you could have malware taking over. Make sure your antivirus is running and up to date, then do an online scan with ESET: <https://www.eset.com/int/home/online-scanner/> ComboFix is an older scan but very useful. It takes a while, and will give you a report of what it found after the scan is complete: <http://www.bleepingcomputer.com/download/combofix/>. On the Bleeping Computer page you will see AdwCleaner. Download and install it for spyware removal.

Your computer's registry is a huge database of settings and preferences. This article explains it better than I can, and gives you a link for CCleaner, my favourite registry cleaner: <https://www.piriform.com/ccleaner/registry-cleaner>.

Clean your hard drive while you're in spring cleaning mode. To do this, go to: Start>All Programs>Accessories>System Tools>Disk Cleanup. When the Cleanup window opens, select the drive that your operating system is on, normally 'Local Disk', or 'C'.

If you have a brand new computer there will be lots of programs that open automatically when you power on, and they will slow things down. Go to Start and in the 'search programs and files' box, type in msconfig. When you click on msconfig, a window will open. Click on the 'startup' tab. Uncheck as many boxes as you can. I have only my antivirus program and the 'weather eye' checked. If you uncheck something you really need, you can start it manually. New computers are usually sold with trial version software. Replace it with full version as soon as you can, as they will probably run out in 3 months. You will be given either the Norton or McAfee antivirus program, and you need to uninstall these and replace them with a free antivirus (Avira is still the best, IMHO). For both Norton and McAfee, or any antivirus program, you need to run the uninstall utilities: <http://www.pcshell.com/virus/uninstallmcafee.shtml>

Antivirus and antispyware programs will park little bits of themselves all over your computer; they're like little sentinels waiting for incoming nasties. But if you don't completely uninstall them, any new antivirus won't be able to install because it will sense there is a similar program already there.

Be very careful when you download and install free programs from the internet, because the way the developers make money from them is by bundling them with other programs, utilities and search engines. If you're offered anything besides exactly what you want on your machine, uncheck the little box. A good rule of thumb is if you didn't know you needed it, you don't. If you really need it you'll go looking for it. And if you can't find it, email me.

Employment News

The Neighbourhood Centre presents:

Boosting Your Confidence for Employment

Saturday July 16, 9:30 am – 1:00 pm

AccessPoint on Danforth, 3079 Danforth Ave

Evaluate your personal strengths and resources so you can be more confident in facing the challenges of employment.

The ABC's of Project Management

Saturday July 23, 9:30 am to 1:00 pm

AccessPoint on Danforth, 3079 Danforth Avenue

Join us for an overview of project management. This introductory workshop will combine theory and practice.

You must register in advance – call Yasmin at 416-698-1627 ext 206

Regent Park Employment Services - 402 Shuter Street

Employment Ontario Information Session: Tuesday, July 19th 10:00 am to 12:00 pm

Learn about the different services offered by Employment Ontario:

- Ontario government programs for job seekers
- Eligibility criteria for programs and services
- Locations of other Employment Ontario service providers
- How to register for Employment Ontario services

Power Interview Part 1: Winning Techniques: Thursday, July 21st 10:00 am to 12:00 pm

Attend this session and learn how to prepare for a job interview:

- The types and styles of interviews
- The do's and don'ts of interviewing
- How to present yourself with confidence
- Successful body language and etiquette tips

Power Interview Part 2: Questions Behind the Questions: Tuesday, July 26th 10:00 am to 12:00 pm

Attend this session and learn how to answer the interview questions with confidence:

- Different types of interview questions
- Some commonly asked questions and about employer expectations
- What questions to ask the employer
- About illegal questions and how to respond

Register for the workshops at esc.info@dixonhall.org or by calling 416-956-4949 ext. 201

Community Announcements:

Health and Wellness

Do you want to improve your fitness, wellness and overall health?

ONTrack is a FREE program for young adults 16-24 who self-identify as someone with a mild to moderate mood or mental health challenge. Program registration begins June 20, 2016 and classes start July 11, 2016.

The classes for this phase include:

Mindfulness flow yoga – strength and endurance circuit – vinyasa yoga – dance Gravity – Athletics

ONTrack uniquely provides:

- A peer support worker to support participants throughout the program, in class and out of class
- An extra 15 minutes before class and after class for check-in and check-out activities. Breaking down barriers and getting to know your classmates and instructors
- Goal setting and choice for personal growth
- Continual feedback and opportunities to measure your mental health progress

Want to know more?

Search ONTrack at www.mnjcc.org for info or email ontrack@mnjcc.org

To register: phone 416-924-6211 x 0, or go in person to the Miles Nadal JCC, at 750 Spadina Avenue.



Online Peer Support Forum
mooddisorders.ca/forum

An online community, moderated by members of the MDAO Peer Support programs from across the province. Areas covered include depression, bipolar, anxiety, and family matters. Or, feel free to start your own discussion.

Mood Disorders Association of Ontario
386 Egerton Ave. W., Suite 602, Toronto, ON, M4R 1A1
(416) 486-5045 | 1-866-363-MOOD (6663)
www.mooddisorders.ca



TIPS Line
1-866-363-MOOD (6663)

Telephone Information Peer Support (TIPS) is our toll-free telephone number that allows callers from across the province to access information and support. Trained volunteers are available during office hours (Monday to Friday, 9:30 am to 5:00 pm) to provide callers with local support group details, guidance on how to find a doctor, and navigate the system, as well as offering peer to peer support.

Mood Disorders Association of Ontario
386 Egerton Ave. W., Suite 602, Toronto, ON, M4R 1A1
(416) 486-5045 | 1-866-363-MOOD (6663)
www.mooddisorders.ca



Virtual Counselling and Peer Support
Now Accessible at MDAO

The Mood Disorders Association of Ontario is now able to provide remote one-to-one peer support to our participants across the province through Medeo.

Medeo is an innovative technology connecting participants with MDAO Peer Support Workers for video visits, secure messaging, and care plans.

Medeo allows individuals to connect face to face over the computer through a secure video link. Peer support workers can connect with participants online via computer, tablet, or smartphone (iOS or Android). Installation or downloading of special plug-ins or applications is NOT required.

You must have access to a computer with a stable internet connection, webcam, microphone, speakers and use the Google Chrome browser.

Appointments are available every Wednesday from 1:00-4:00 pm.

To book an appointment for One to One Peer Support, please call 1-888-486-8236. Please indicate that you are requesting a Medeo appointment.

Routes Grand Opening



What is Routes?

Routes is one of many programs run by the Canadian Mental Health Association's Toronto branch. It is a peer-run community space for adults who are looking for support, to socialize in a safe and accepting space and to learn about mental health resources. There are a wide variety of recovery educational tools and social programs designed to promote self-awareness and wellbeing. There are many regular programs such as PeerZone, WRAP, yoga, CBT, community walks and mindfulness. The schedule changes from month to month, so be sure to pick up a current calendar.

What is Peer Support?

Peer support strives for recovery and in doing so, it considers the wellness of the whole person. The philosophy behind peer support is that each individual has an innate desire to find a path toward recovery, improved health and wellbeing, and has within themselves the knowledge of what will work for them. Peer support workers support individuals as they find that inner knowledge and reignite that hopeful desire.

Who can enroll?

Anyone! If you are looking to access peer support or looking for mental health resources or looking to be part of an inclusive and respectful community – then Routes is for you!

How to enroll?

Call Routes Manager Amy Wakelin – 416-573-9687, awakelin@cmha-toronto.net,

For more information visit: www.routes-cmha.webs.com or in person at 2700 Dufferin Street – Unit 90, Toronto, Ontario M6B 4J3

Things To Do

For TTC information call: 416-393-4632 or visit ttc.ca

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.

Harbourfront Centre – Dancing!

Evening dances (with large professional bands like jazz, swing and more) on the waterfront with lessons no partners needed. The event is open to all ages and it is a great friendly atmosphere. For more information visit: <http://www.harbourfrontcentre.com/whatson/dance.cfm>

Dancing on the Pier: Celtic

Stomp your feet at a fun-filled night of wild dancing, amazing music and great company!

Thursday, July 21, 7:00pm–10:00pm

Boulevard Tent - 235 Queens Quay West



Repair Café Toronto
Toss it? No way!

Get broken household items fixed for free and learn while doing it!
We'll have fixers for computers, electronics, small appliances & furniture, clothes, jewellery, book & paper repair, bikes & more.
For whatever you need fixin', bring it on!

Saturday, July 23, 2016
12:00 to 4:00 p.m.
(Registration closes 3:00 pm)
at
**RALPH THORNTON
CENTRE**
765 Queen St. East
(2nd floor - stairs & elevator)
COST: FREE!

Special!
FREE Cycle Toronto
**Hands-on Demo:
Basic Bike Maintenance**
2 pm to 3 pm
BRING YOUR BIKE!
More details at: repaircafetoronto.ca or Facebook (Repair Café Toronto)

Looking for fixers!
Volunteers skilled at fixing household items - hobbyists and professionals, all are welcome!

Thank You!     

Toronto Baker's Market presents: Sweets and Treats

July 24, 2016 – noon to 4:00 pm

Ralph Thornton Centre

765 Queen Street East

(Riverside/Leslieville)

A new Toronto tradition bringing bakers and sweet-makers to your neighbourhood – one Sunday every month!

Visit: torontobakersmarket.com

Cultura Festival

July 22 and 29

Mel Lastman Square

Established in 2010, Cultura is a festival that celebrates music, food, performance, art and film. The free event showcases award-winning musicians, international food vendors, world-class buskers and crowd pleasing feature films. Cultura's programming is a new experience each week. Festival goers have come to expect the unexpected!

Featured Movies at 9:30 pm:

Theory of Everything – Friday, July 22

The Little Prince – Friday, July 29

Visit: culturafestival.ca

Toronto Mad Pride Week 2016

There is still lots of time to participate, learn connect and show your Mad Pride! Everyone is welcome, from allies to Mad people, to people who have questions, to people who love HATS! Join the Mad Hatter Street Festival.

Friday July 15	Saturday July 16	Sunday July 17
<p>Ryerson SHE 660 (99 Gerrard St E) 12:30-1:30 Intro to Tai Chi* (all welcome) <i>1:30-2:00 Refreshments</i> 2:00-4:00 'Peer Worker' Discussion* (For 'peer workers') <i>4:00-4:30 Refreshments</i> 4:30-5:45 Introduction to Mindful Living* (all welcome)</p>	<p>Ryerson EPH 201 (87 Gerrard St E) 12:30-2:00 A conversation About Anti-black Racism & Madness* (all welcome) <i>2:00-2:30 Refreshments</i> 2:30-4:30 Improv Workshop for anxiety* (all welcome) <i>4:30-5:00 refreshments</i></p>	<p>Ryerson, Gould St Pedestrian Zone (if raining: 55 Gould St) 12:00 – 5:00 Mad Hatter Street Fair & Marketplace! Arts and Crafts Display & Sale, Music, Mad poetry, Mad Performers, Food, Drinks & Lots of Mad Fun! 3:00 Mad Hatter tea party, Hat Showcase & Contest! <i>bring or make a hat!</i></p>
<p>7pm-11pm Performances, Rants & Sketches Night By MADx – the Rebellion (PWYC) Location: Imperial Pub, 54 Dundas St East</p> <p>7 pm Friendly Spike Theatre Band - "What's Next... The Big C" – closing night! Location: 6 Noble St</p>	<p>7pm Survive Our Stage! (SOS) A Night of Entertainment Location: Imperial Pub</p>	<p>All events are FREE, or PayWhatYouCan! * = pre-register online</p> <p>CHECK torontomadpride.com FOR FINAL DETAILS!</p>

Join the **Bed Push Mad Pride Parade** –

All Welcome! Bring comfortable shoes, hilarious hats, signs of love and Pride! Meet at Parkdale Library at 11:30. We will travel to Trinity Bellwoods and be led by the Samba Elegua.

torontomadpride@gmail.com
www.torontomadpride.com
www.facebook.com/torontomadpride



Come for the Wi-Fi - Stay for the Peer Support!

Are you a **Young Adult** (aged 16 to 29) with lived experience of mental health and/or substance use challenges looking for a comfortable space to meet others?

We provide support and information for those seeking it and help for those ready to move forward. We are an LGBTQ+ inclusive organization and respect diversity of all kinds.



Peer Support Drop-In Hours

Beginning July 11, 2016 - Mondays - Thursdays 1pm-5pm

18 Camden Street
Toronto, ON M5V 1V1
(West of Spadina Avenue,
South of Richmond Street)
Phone: 416-461-2345

connect@stellaspaces.ca
stellaspaces.ca
facebook.com/stellaspacescanada
twitter.com/stellaspacesca

Please contact us with any accessibility questions or information. Please note that we are not wheelchair accessible at this time.



Self Help Resource Centre ODSP Peer Navigation Program

The program offers peer support groups and one-on-one support to aid in successfully navigating the Ontario Disability Support Program (ODSP) system while we share resources, build social supports and develop wellness tools.

This program is for people applying to get on ODSP or already on ODSP, and recognizes how overcoming challenges within the ODSP system develop valuable skills that can empower us in the future.

Topics of discussions will include:
-making connections
-peer support
-wellness practices
-tips for navigating the ODSP system
-employment

Groups will take place once a month for 5 months. Light refreshments and TTC tokens will be provided.

For more information or to register, please email:
registration@selfhelp.on.ca
or call:
416-487-4512

FREE Admission:

Art Gallery of Ontario – AGO

Wednesday Nights – 6:00 to 9:00 pm
317 Dundas Street West
Call 416-979-6648
www.ago.net

Bata Shoe Museum

Thursday Nights – 5:00 – 8:00 pm
327 Bloor Street West
Call: 416-979-7799 or www.batashoemuseum.ca

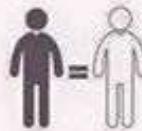
Queen's Park Inside out Tour

Daily – June to August – 10:00 am and 3:00pm
This 45 minute tour takes you through the historic Legislative Building, providing a glimpse into Ontario's Parliament and takes you on a walk-about of the grounds of Queen's Park, exploring the architecture, notable historical statues and monuments.
Does not require a reservation
Call: 416-325-7500
<http://discoveryportal.ontla.on.ca>

HOW TO NOT BE HARD ON YOURSELF



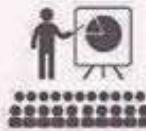
your mistakes are part of your learning



don't compare yourself to others because you are not them



there is no right way to do anything



stand up for what you believe, even if it's unpopular



learn from people who criticize you



accept your weaknesses as your "features"



look at your past as an adventurous biography



don't underestimate your talent until you apply it 100 times



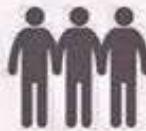
every single problem you have is not unique



intelligence is relative, self-esteem is not



express your anger in a creative way



surround yourself with people who want you to succeed

by Anna Vital

To subscribe to The Bulletin: call the Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email us: csinfo@camh.ca.

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN). 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.

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