



Picture from collaborativejourneys.com



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

BULLETIN

562 September 1-16, 2016

The 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/>

Naloxone – An Opioid Antidote Now Available Free at CAMH

Contributed by Maria Zhang

Naloxone is a non-addictive, life-saving medication that temporarily reverses overdoses caused by opioids, including heroin, fentanyl, and oxycodone. Overdoses are a significant public health concern and can occur when taking opioids for medical purposes as prescribed by physicians or when using them recreationally. Recently, naloxone became available for the emergency treatment of opioid overdoses without the need for a prescription. **In almost all cases, naloxone will wear off before the opioid does, so administering it does not replace calling 911.**

Through the **Ontario Naloxone Program for Pharmacies**, anyone who is currently using opioids, is a past opioid user who is at risk of returning to opioid use, or a family member or friend of someone at risk of opioid overdose, may pick up a free naloxone kit from the CAMH Outpatient Pharmacy at 1001 Queen St. West. They will also receive education from a trained pharmacist on how to:

- Use it safely (i.e., harm reduction techniques);
- Recognize signs of an opioid overdose;
- Manage an overdose (e.g., call 911, prepare and administer naloxone, perform chest compressions); and
- Provide appropriate aftercare.

Naloxone kits are also available free to eligible people through other participating pharmacies across Ontario (typically, but not limited to pharmacies that dispense methadone and/or buprenorphine/naloxone).

Each naloxone kit contains:

- Two 1 ml ampoules of naloxone hydrochloride 0.4 mg/ml;

- Two safety-engineered syringes with 25 g one-inch needles attached;
- Two safe ampoule-opening devices;
- One pair of non-latex gloves;
- One rescue breathing barrier; and
- One naloxone identifier card.

We encourage anyone who is eligible to visit the CAMH Outpatient Pharmacy (no appointments are needed), or another participating pharmacy to receive a naloxone kit. This includes anyone currently on methadone or buprenorphine treatment for opioid dependence in case of relapse, and/or if they know current opioid users who may benefit from having someone trained in administering naloxone in their circle.

Anyone with questions about the program can contact Maria Zhang, Advanced Practice Pharmacist/Clinician Educator, at maria.zhang@camh.ca.

More information is available at:

- Health Canada: <http://www.hc-sc.gc.ca/dhmps/prodpharma/pdl-ord/pdl-ido-noa-ad-naloxone-eng.php>
- Ontario Pharmacists Association: <https://www.opatoday.com/professional/resources/for-pharmacists/tools-and-forms/naloxone>
- Ontario College of Pharmacists: <http://www.ocpinfo.com/regulations-standards/policies-guidelines/naloxone-guidance/>
- Ministry of Health and Long-Term Care: http://www.health.gov.on.ca/en/pro/programs/drugs/o-pdp_eo/notices/exec_office_20160706.pdf

Asking for Accommodations When Disclosing Mental Health Issues in the Workplace

*The following article is from CMHA's website. Please visit their website for more details and information:
http://www.cmha.ca/mental_health/depression-in-the-workplace*

The good news is that mental illnesses are treatable. Early recognition of mental health problems, referrals to the right resources (such as Employee and Family Assistance Plans), and adequate treatment can help people get on the path to recovery and go back to their usual work quickly. Employees can and do reach their full potential when they have the right supports in their life, including those at their workplace. Some mental health problems in the workplace can also be prevented when organizations take steps to create mentally healthy workplaces for all employees.

Telling a supervisor or member of your workplace's human resources team about a diagnosis of any health problem is called disclosure. In Canada, the law says that you don't have to tell your employers what is causing a disability. You do need to say that you're experiencing health challenges and you have to describe what you need to work well. Your employer may need information from your health care provider around your abilities and difficulties, but they don't need your diagnosis.

There are risks and benefits to disclosing your experience of a mental illness. If you do disclose, you and your supervisor may figure out strategies that help you stay at work. For example, you may change the way you complete tasks or change the tasks you do. These strategies are also called accommodations. By law, workplaces have to try to look at reasonable accommodations for anyone who experiences a disability, including a mental illness. Disclosing may help

other people in your workplace understand any changes or difficulties that they've noticed.

On the other hand, disclosing can lead to stigma or discrimination. Unfortunately, being open about a mental illness can impact a person's position at a workplace or their ability to find a new job. There are laws to prevent this kind of discrimination, but it can still happen. Workplaces have different attitudes and cultures, so everyone will have different experiences. However, it's best to think through all the options before you make a decision.

Decisions around staying at work or taking time off are influenced by many different factors, including the nature and severity of the illness and how the illness affects your abilities to work. Ultimately, the choice should be between you, your care team, and your employer. Some people benefit from time off with a gradual return to work. Others may decide to work fewer hours. Some may stay at their current working hours. Staying connected to work can be helpful during recovery. It can be a place to contribute your skills, build social connections, contribute to something bigger, and earn a paycheque. A job can be part of how you see yourself. Talk with your care team for ideas and strategies that support your work goals.

Remember to check the advantage of services through your employee benefits. Employee and Family Assistance Plans and your health plan can help you find and access services in your community.

Save the Date



The Consumer/Survivor Information Resource Centre of Toronto's Annual General Meeting Wednesday, October 26, 2016

Refreshments 5:30 pm & Meeting 6:00 – 8:00 pm
1001 Queen Street West, in The Mall at CAMH

Join the board of directors and staff of the C/S Information Resource Centre for a review of the activities of the past year and vote for Directors standing for re-election.

All are welcome! Please RSVP to 416-595-2882 or csinfo@camh.ca

Currently there are no open positions on the Board of Directors. If anyone is interested in applying to become a member of the Board, please feel free to call or email us for more information.

Call for applications to participate in a training for mental health and addiction service user educators

People with lived experience of mental health and/or substance use challenges are invited to participate in a novel training to develop skills as service user educators.

The training will prepare service users to work collaboratively as educators in the context of mental health and addiction professional training, with the ultimate goal of preparing service providers to better meet the needs of service users.

By participating in this series of four half-day workshops, participants will develop their ability to:

- effectively facilitate learning of health professionals
- create and sustain a service user educator practice
- advance the co-production of mental health and addiction professional education.

We seek individuals with lived experience of mental health and/or addiction challenges who wish to make a positive impact on the future of mental health and addiction services in Ontario. Experience using psychiatric and/or addiction services is essential. You must have excellent oral communication skills and be able to engage learners in an open, genuine and collaborative learning process. Experience as a service user educator, peer or advocate is a strong asset.

We are committed to recruiting a diverse group of individuals who represent the service user community in Toronto. Individuals from marginalized and minority groups are strongly encouraged to apply.

It is our intention that participants who successfully complete the training will be matched with a training program that collaborates with service user educators.

Successful applicants will receive a cash honorarium for participating in the training.

To find out more, please join us for a meeting on September 14 from 1:00–3:00 p.m. at the Parliament Street branch of the Toronto Public Library. You can also contact **Tucker Gordon** at **416 535-8501 ext. 36761** or **Tucker.Gordon@camh.ca**.



348-118-2001

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 spyware 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 e-mail, call the C/S Info Centre at 416-595-2882 and we will e-mail Martha for you and she will call you.

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



WORKSHOPS AND CONTINUING EDUCATION

Learn4Life

<http://www.tdsb.on.ca/AdultLearners/Learn4Life.aspx> • Phone: 416.338.4111 • Email: communityprograms@tdsb.on.ca

The Toronto District School Board (TDSB) serves adults at all stages in their lives and careers through credit programs, general interest courses and ESL classes for their Continuing Education. Today, nearly 30,000 adult learners join 1700 general interest classes to take up a hobby, learn a skill and to meet people in their communities. There is a huge list of classes by location on the website.

Registration is open from Wednesday, August 17, and classes begin the week of September 17, 2016. A GAINS certificate or Social Assistance receipt is required to qualify for the reduced rate of \$10 per course. A copy must be submitted with the application form to support this request. This reduced rate applies to course fees only and is limited to one course per term. Material costs or specialized fees are payable in full. Seniors receive a 40% discount on course fees. Material costs or specialized fees are payable in full to the instructor.

LivingWorks: Suicide Intervention Training

<https://www.livingworks.net/> • Phone: 1-888-733-5484 • Email: info@livingworks.net

These interactive and practical workshops support suicide prevention initiatives all over the world. Below is information about some of the training happening in the GTA. For more information about the different workshops, dates and places available visit the website throughout the year. The cost of attending an ASIST workshop varies by location for a number of reasons. For example, some organizations may subsidize workshop costs. You will be able to see these costs when you register to a local training event, such us;

Applied Suicide Intervention Skills Training (ASIST)

This training is for anyone 16 or older who wants to be able to provide suicide intervention first aid. The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Next date: September 15-16

Location: 1540 Cornwall Road, Oakville

Cost: \$175 / \$150 for students and seniors

Registration Deadline: Wednesday, September 14, 2016

To register: Visit www.halton.cmha.ca and click on "Education and Training."

Contact: Danielle Coutu, dcoutu@cmhahrb.ca or call 877-693-4270

safeTALK

This half-day workshop prepares participants to identify people with thoughts of suicide and connect them with life-saving first aid resources.

Next date: Friday September 9

Location: 84 Carlton Street, Toronto

Cost: \$50

Contact: Alana Hunt, alanahunt.ca or call 647-502-5405

To find dates for either training opportunity:

<https://www.livingworks.net/training-and-trainers/find-a-training-workshop/>

Supporting Transitions and Recovery (STAR) Learning Centre

<http://www.stmichaelshospital.com/programs/mentalhealth/star.php> • Email: STAR@smh.ca • Phone: 647-302-7827

The STAR Learning Centre at St. Michael's Hospital is a program established to help people transition from homelessness to housing in as smooth a manner as possible, with recovery-focused learning opportunities. This program provides a safe and welcoming environment that helps people discover or rediscover activities that are meaningful to them. It also provides opportunities for people to develop the skills they need to secure or maintain stable housing. STAR has partnered with various community organizations to offer a range of free classes from skills training to arts-based recreation. The classes are designed to support people as they make the transition to housing and work to recover their mental health. At STAR, people are participants in their recovery, not patients.

Labour Education Centre

<http://www.laboureducation.org/> • Email: info@laboureducation.org • Phone: 416-537-6532 • Address: Suite 100, 15 Gervais Drive, Toronto.

Committed to offering high quality services to individuals, employers and the community, services for job seekers include a drop-in resource centre with the use of computers, faxes and photocopying for job search, job postings, free workshops to prepare for the labour market and access to Employment Ontario training programs to get support with their job search.

Food Handler Training

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=fac2ebfc2bb31410VgnVCM10000071d60f89RCRD>

- Phone: 416-338-7600 • Email: publichealth@toronto.ca

Toronto Public Health offers Food Handler Certification courses to provide employees with the knowledge of safe food handling practices to prevent food-borne illness. The certificate is issued by Toronto Public Health and is recognized by the Ontario Ministry of Health and Long Term Care and other Health Units in Ontario. Those individuals who successfully pass the exam will receive a Food Handler Certificate that is valid for 5 years.

There are three ways to obtain the Food Handler Certificate:

Classroom Session (and Exam)

Instructors are Certified Public Health Inspectors. The course is six hours of instruction, followed by an exam. Classroom sessions may be arranged at your location, with a minimum of 20 participants.

Exam Only (Home study)

Exam materials are available online or can be purchased from Toronto Public Health. All exams are offered in the Greater Toronto Area.

Accredited Courses

Toronto Public Health provides a list of accredited programs and/or companies to train and certify food handlers.

For anyone wanting to train or work in any aspect of the food industry, this is a great certificate to have. Cost varies by type of training. \$98.40 includes in-class training, the manual and the exam.

Extraordinary Mind Games



Extraordinary Mind Games:

<http://handeyesociety.com/mindgames/>

- Phone: 416-583-4339

Contact: Cara Spooner: cara_spooner@workmanarts.com

Extraordinary Mind Games is a free six-week video game creation workshop for eligible individuals who identify as Mad or who have lived experience with mental health or addiction.

The Hand Eye Society and Workman Arts want to encourage and empower the creation of diverse games from diverse creators.

The overlap between game-making communities and the mental health community has rarely been explored. Workman Arts, which advocates and supports artists with lived experience, has partnered with The Hand Eye Society to elevate and celebrate how videogames and their creators can transform societal discourses surrounding mental health.

With help from facilitators, guest speakers, mentors, peer support and access to free or low-cost game-making

resources, participants will be able to channel their own artistic practices to make their own game.

The final games will have the opportunity to be showcased at 2016's Rendezvous with Madness Film Festival, as part of an arcade exhibition. www.rendezvouswithmadness.ca

Applications are open from Tuesday, August 2 – Friday, September 2. Sessions run once weekly for six weeks; starting Tuesday, September 13 and ending Tuesday, October 18 from 6 pm – 9 pm. Workshops will be located at Workman Arts, 651 Dufferin Street.

Upcoming Houselink's Road to Employment Workshops

<http://www.houselink.on.ca/> • Phone: 416-539-0690 • Email: use the online form at: <http://www.houselink.on.ca/contact-us/>

These workshops are designed for participants interested in getting back to work or starting a new career to integrate back into their communities through work, skills development, education, on the job training or volunteering. The fall series of workshops promote employment as a critical social detriment of health for consumers/survivors of mental health and addictions.

Workshops are offered **Tuesdays 1 pm – 3 pm** at Lillian H. Smith Library, 239 College Street, Toronto.

September 6: A - Z in Finding Work

September 13: What Do You Need to be Ready?

September 20: Where are the Jobs?

September 27: Employment & Social Services

October 4: Want to Earn While you Train?

For more information and to register, please contact Angela Zaglul at 416-516-1422, or email angelaza@houselink.on.ca



Registration is now open for fall 2016

Women Empowerment Series is a set of skill-building programs. Weekly workshops are held in a supportive environment, with group discussions and interactive activities. Participants will gain skills and knowledge to move forward in their lives, while making connections with other women.

Discovering our Power is part of the **Women's Empowerment Series**. In this program, participants will gain an understanding of difficult emotions and the effects they have on mental and physical well-being. They will identify personal strengths and coping strategies to draw upon during stressful situations and learn how to build self-esteem and confidence. Using group discussions and interactive activities, group members will gain strength and knowledge to move forward while making connections with other women in a supportive environment.

Thursdays at 540 Finch Ave W, September 15, 2016 – November 10, 2016, 10:00 am – 12:30 pm

Asserting Ourselves is part of the **Women's Empowerment Series**. This nine-week support group is for women who want to move forward in life and are lacking on self-confidence. Through **Asserting Ourselves**, participants will consider how they interact with others. They will learn skills to effectively communicate and assert themselves, with the opportunity to practice these skills. The group will help women learn about healthy relationships while also exploring how to deal with difficult relationships and social situations.

Tuesdays at 116 Industry Street, October 4, 2016 – November 29, 2016, 2:30 pm – 5:00 pm

Fridays at 540 Finch Ave. West, October 7, 2016 – December 9, 2016, 10:00 am – 12:30 pm

Reclaiming Yourself after Abuse is a 10-week group program for women who have experienced violence in intimate relationships. The group provides a supportive environment where women will explore the impacts and effects of abuse, examine their personal responses, strengthen individual coping skills and develop strategies for moving forward.

Wednesdays at 116 Industry Street, October 5 – December 7, 5:30 pm – 8 pm

Call the North York Women's Centre at 416-781-0479 to schedule an intake appointment.

Register by Sunday, September 25 to be guaranteed an intake appointment.

<http://nywc.org/support-groups-workshops/support-groups/>

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.

MOVIES

Evening Films at the Toronto Reference Library

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT17888&R=EVT17888>

789 Yonge Street, Hinton Learning Centre, from 6–8pm, • Phone: 416-395-5577

Join us for some inspiring, uplifting and entertaining films and documentaries.

Friday, September 2: *Planet of the Apes*

Friday, September 9: *The Salt of the Earth*

MUSIC

Summer Music in the Garden

<http://www.harbourfrontcentre.com/summermusic/index.cfm?ref=home>

Toronto Music Garden, Harbourfront, 475 Queens Quay W., • Phone: 416-973-4000

Thursday, September 1 at 7 pm: *Taktus* percussion duo presents a colourful program of music arranged for two marimbas, including mesmerizing music of Ann Southam from their acclaimed debut album, *Glass Houses for Marimba*.

Sunday, September 11 at 4 pm: *Vesuvius Ensemble* is dedicated to the musical and cultural heritage from Naples and other parts of southern Italy. The songs are accompanied by rustic string, percussion and wind instruments typical of the region.

Live on the Patio

<http://roythomson.com eventdata/LOTP-The-St-Royals>

Roy Thomson Hall, 60 Simcoe Street

Thursday, September 1 and Friday, September 2. Patio doors open at 5pm, The St. Royals at 6:30pm & 8pm

The St. Royals are the undisputed Kings of Motown and Soul, a collective of some of Toronto's most talented and creative individuals performing classics of the soul and Motown era, paying homage to these styles and also incorporating contemporary R&B, pop and funk instrumentation into their shows.

COMMUNITY EVENTS



INKWELL WORKSHOPS: free, drop-in creative writing workshops.

Every Thursday from 2pm-4pm
at CMHA: Toronto's Routes location,
2700 Dufferin Street, Unit 90.

InkWell instructors are award-winning professional writers who have lived experience of mental illness. We facilitate workshops in fiction, creative non-fiction, poetry, playwriting, and spoken word.

Consider joining us for inspiration and motivation!

inkwellworkshops@gmail.com | www.inkwellworkshops.com

In partnership with
Canadian Mental Health Association
www.mentalhealthforall.ca

Supported by
TORONTO ARTS COUNCIL
ÉDUCATION ARTS FONCTIONNELLES
Le Fonds pour l'éducation
Le conseil des arts de Toronto

Come tour PARC every second Wednesday of every month! Next Tour: Wednesday, September 14

PARC is the centre building at 1499 Queen St W, and Edmond Place is on the left at 194 Dowling Ave • Phone: 416-781-4199

We meet at 5:30 pm at the Drop-In.

We serve hot nutritious meals and open conversations about mental health, poverty and social isolation every day of the year. Half of our board of directors has lived experience. We employ peers in supportive housing and outreach programs and in our drop-in, in our kitchen and coffee bar. On Tuesdays we paint, Wednesdays we play hockey or soccer and music jam, Thursdays we write and recite poetry, Fridays are movie nights and on Saturdays, we knit.

HEALTH AND WELLNESS

ROM Walks

<https://www.rom.on.ca/en/whats-on/romwalks> • Phone: 416-586-8000

ROM Walks take place Wednesday evenings and Sunday afternoons from May to October, and provide guided walking tours through Toronto neighbourhoods of architectural and historical interest. Walks are free of charge and take place rain or shine. Approximately 90 minutes to 2 hours long. Registration is not required. For the entire list see the above website.

Look for the purple ROM Walks umbrella.

Queen's Park Circle - Sunday, September 4 at 2 pm - meet in front of the legislative buildings.

Whiskey, Wharf & Windmill – Wednesday, September 7 at 6 pm – meet at St. Paul's Basilica, southeast corner of Power and Queen Streets.

Arts and Entertainment – Sunday, September 11, 2016 at 2 pm – meet at Southwest corner of Queen and University.

Yoga at Lululemon

<https://shevasana.ca/2015/02/17/free-yoga-toronto/>

Each Lululemon location offers free fitness or yoga classes.

Lululemon Queen Street West – 342 Queen Street West. Every Tuesday, 8-9 pm.

Lululemon Cumberland – 153 Cumberland Street. This location offers free classes every Sunday, but the times and locations often change. It's best to check out their Facebook page for up to date information.

<https://www.facebook.com/lululemonToronto/home>

Voice Yoga

Voice Yoga is a fun, expressive approach to harm reduction and empowerment. Do you hear the beauty of your voice? Do you feel its power, its imagination? We allow ourselves to sing traditionally or we improvise or we read a poem. We make noise, feel energy and see ourselves in a new light. We are a group of people who love to sing, who love poetry and are creating brightness in the world.

Our next Voice Yoga session will be Monday September 11, 2016 at 2:00 p.m. at the Secret Handshake Gallery.

For more information, please contact Honey Novick at creativevocalizationstudio@hotmail.com

FESTIVALS

Toronto International Film Festival – TIFF

<http://tiff.net/tiff/> • Address: TIFF Bell Lightbox at Reitman Square, 350 King Street West • Phone: 416-599-8433 • Email: customerrelations@tiff.net

TIFF is a charitable cultural organization with a mission to transform the way people see the world, through film. As a premier cultural institution, TIFF offers screenings, lectures, discussions, festivals, workshops, industry support and the chance to meet filmmakers from Canada and around the world. They also have a Film Reference Library, which is the most extensive English language collection of Canadian Film related material, they run a Film Circuit with a network of more than 160 cities across Canada that provides films to under-serviced areas, and they present outstanding films and workshops for families and school groups. By going to the Festival you will be also supporting their charitable work.

Dates: September 8-18.

Costs: Adult From \$25 - Youth or Senior (25 & under / 65+) From \$20 - Rush tickets \$20.

There are different packages and options, like the "Back Half Value" for \$85 get 6 tickets and choose movies from films screening September 14 to 18. Enter the website and choose the more suitable for you.

Ashkenaz Festival

<http://www.harbourfrontcentre.com/festivals/ashkenaz/>

235 Queens Quay W • Phone: 416-973-4000

Saturday September 3, 4 pm - 11 pm

Sunday September 4, 12 pm - 11 pm

Monday September 5, 12 pm - 9pm

North America's premier festival of global Jewish music and culture returns to Harbourfront Centre. Over 200 artists and 80 events showcase the vibrancy and brilliance of Jewish artistic traditions, from traditional styles to cutting-edge, cross-cultural fusion.

Veg Food Fest

http://www.harbourfrontcentre.com/whatson/today.cfm?id=8486&festival_id=0 235 Queens Quay W

Friday September 9, 4 pm-9pm

Saturday September 10, 12 pm-9pm

Sunday September 11, 12 pm-7pm

Come celebrate 32 years of delicious food from around the world that you never thought could be veg. Enjoy this free event filled with tasty dishes, presentations, live music, cooking demonstrations and plenty of veg-friendly products for sale.

Cabbagetown Festival

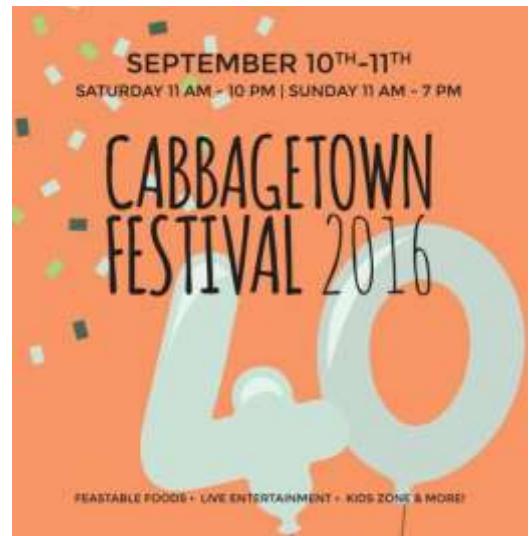
<http://cabbagetownto.com/events/cabbagetown-festival-2016/>

• Phone: 416-926-0237

Saturday, September 10, from 11 am to 10 pm

Sunday, September 11, from 11 am to 7 pm

The Cabbagetown Festival returns once again, this year celebrating its historic 40th 'birthday'. The festival takes over Parliament Street from Wellesley south to Gerrard, and Carlton Street from Berkeley to Parliament, showcasing the very best of what the community has to offer. FESTIVE FOODS, VENDORS, ENTERTAINMENT, KIDS' ZONE, OTHER EVENTS and more!



Please visit our **Facebook and Twitter pages** for more information and resources that can't fit in our Bulletin



<https://www.facebook.com/csinfocentre>



<https://twitter.com/CSInfoCentre>

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

You can also follow us on Facebook <https://www.facebook.com/csinfocentre> and Twitter <https://twitter.com/CSInfoCentre>, where we post more information and resources.

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 is free to receive. If you do not 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. Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. www.csinfo.ca

From the C/S Info Bulletin Team and our wonderful volunteers: Karamjot, Jennifer, Jacqueline, Randi and Martha (the computer gal)! Go green; get The Bulletin by email! Thanks for subscribing!

Supported by:



Toronto Central Local Health Integration Network

CS Info - General Membership Application

Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and vote for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated.

Membership is free.

You are welcome to attend our Annual General Meeting whether you are a member, or not. Details regarding date and location will be announced soon. Your subscription to The Bulletin continues without a break whether you are a member or not.

To become a member simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumers/survivors of the psychiatric and mental health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumers/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumers/survivors in the community.
4. To assist consumers/survivors in utilizing other resources, such as mental health and information services.
5. To identify gaps in the information resources available to consumers/survivors and to develop or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre serving the Greater Toronto Area and understand there is no charge for membership.



Signature _____

Date _____

Name (please print) _____

Organization (if any) _____

Street Address _____

City/Province Postal Code _____

Phone Business phone _____

Email _____

Please Note: We must receive your signed application at least 48 hours prior to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin