



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

BULLETIN

Issue # 564, October 1-15, 2016

The Consumer/Survivor Information Resource Centre of Toronto
1001 Queen Street West, Toronto, ON M6J 1H4
Tel: 416-595-2882 M – F: 9 am – 5 pm
Office Drop-In Hours: M – F: 9 am – 4 pm
www.csinfo.ca csinfo@camh.ca

With Thanksgiving around the corner, food security and nutrition are on the minds of many people at this time of year. With this in mind, this issue focuses on these issues and providing resources and information on these topics, in addition to our regular sections.

Professional Nutrition Help: Registered Dietitians and Holistic Nutritionists

It can often seem easier to eat healthily in the summer, with a wide variety of fresh fruits and vegetables in season and readily available at grocery stores and farmers' markets. But what about when summer comes to its inevitable end? Frozen fruit and vegetables are an easy way to continue to eat a wide variety of foods and are often an affordable option. But what to do if you are unsure about nutrition or want to make changes to the way you eat? At times like this, getting some professional help can be a valuable resource, especially if the oftentimes contradictory nutritional information online is confusing or overwhelming.

Is one type of "diet" better than another? Vegetarian, vegan, paleo, low-carb, Mediterranean, low GI...the list goes on. How does a person determine what will work best for their needs and lifestyle? For many people, a family doctor is the first stop. Others may look for a specialist, such as a registered dietitian or a holistic nutritionist. Although the two terms are sometimes used interchangeably, there are distinct differences between them, especially in terms of educational background and methodologies. Both can be found in private practice, but a registered dietitian will often be covered by OHIP, if a doctor refers to them. A nutritionist may or may not be covered by private insurance. In either case, it is a good idea to confirm with them when making an appointment as to whether their services are covered by OHIP, your work or private insurance plan or whether you will be paying out of pocket.

Any of these professionals can help clients improve their overall health or address specific issues, such as cancer, diabetes, weight loss, pre-natal nutrition, overall health or any other issue of concern.

The following websites are good starting points when looking for more information around registered dietitians, holistic nutritionists and general nutrition:

- ❖ <http://www.eatrightontario.ca>
- ❖ <http://uat.eatrightontario.ca/en/Articles/Frequently-Asked-Questions/What-is-a-Registered-Dietitian>
- ❖ <http://www.dietitians.ca/Your-Health/Find-A-Dietitian/Search-for-a-Dietitian.aspx> or,
- ❖ Call Eatright Ontario's information line at 1-877-510-5102 for help connecting with a registered dietitian.
- ❖ http://www.huffingtonpost.ca/2011/10/05/dietitian-vs-nutritionist_n_996570.html
- ❖ <http://cahnpro.org> – Canadian Association of Holistic Nutrition Professionals (includes a blog with general holistic nutritional information)

Help When Your Food Budget is Tight

In keeping with our theme of Thanksgiving and food security, we hope the following resources will be useful to anyone who is struggling at this time of year: Most communities have services to help people get food. Call 211, or go to www.211ontario.ca, to find services in your area. The following category definitions are excerpted from EatRight Ontario's fact sheet: http://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/Budget/ERO_Emergency.pdf

Food Banks and Food Cupboards provide basic food items to help when you do not have enough money for food. When you find a location, be sure to ask about the hours of operation and any ID you will need to bring.

Community Kitchens are small groups of people who prepare low-cost meals together to divide among their families. Ask your local community centre or public health department to connect you with a group.

Food Buying Clubs make fresh vegetables and fruit available at an affordable price. Community organizations and volunteers help pack and distribute the boxes.

Community Gardens offer people the opportunity to grow their own fruit and vegetables. Ask your local community centre or public health department if there is a community garden nearby.

The Stop Community Food Centre

• thestop.org/ • Phone: Hussein at 416-652-7867 ext. 238 • Email: hussein@thestop.org • Address: 1884 Davenport Rd.

The Stop helps people meet emergency food needs with dignified, respectful services. Some of their programs include community cooking programs, which bring people together to learn, cook, and share nutritious, culturally diverse and affordable meals. They offer a range of cooking groups, all designed to build food skills, reduce social isolation, and increase access to healthy food, while connecting people to other resources, including health, legal, and settlement services.

Healthy Meals

A drop-in community kitchen, in which participants cook and eat dinner together in a relaxed and supportive environment.

*2nd and 4th Thursday of each month;
3pm to 6pm.*

The Men's Cooking Group

A community kitchen that provides a warm, inclusive space where men can connect with food and each other.

Each week, group members prepare a meal and learn about knife skills, kitchen safety, meat handling, budgeting and planning healthy meals.
Mondays; 2:30pm to 5:30pm.

Sabor Latino

A community kitchen that brings together people with a shared interest in the cultures and cuisines of Latin America. Music, traditional dancing and storytelling add a unique cultural dimension to the program. It is in Spanish, but participants with all levels of proficiency are welcome.
*1st and 3rd Thursday of each month;
3:30pm to 7:30pm*

The Stop also offers a **Drop-in**. It is a safe and welcoming place where anyone, regardless of where they live, can enjoy nutritious food, meet others, and access information on social issues and community resources. Every month, meals highlight a seasonal vegetable, which is also featured in [Food Bank](#) hampers. The Drop-in also offers services in partnership with other agencies, including a weekly ID clinic, housing and legal services, settlement services, and dietetic counseling. They also offer workshops on tenants' and employment rights, movie screenings and arts & crafts, and demonstrations on how to make low-cost, healthy, and delicious meals.

Hours: Mondays, Tuesdays, Thursdays, Fridays; 9AM to 3PM. Breakfast served from 9AM to 10AM; lunch served from 12PM to 1PM. Contact Rekha at 416-652-7867 ext. 227 or rekha@thestop.org

The Stop has a Food Bank that provides a three-day supply of food, once per month, to individuals and families who live in The Stop's catchment area (north of Bloor, south of St. Clair West, west of Dovercourt, east of Runnymede). Valid ID is required to register with the Food Bank. If you live outside of The Stop's service area, you can search for the closest food bank to you by using [211 Toronto](#). You can also call the Daily Bread Food Bank at 416-203-0050 or [search online through the North York Harvest Food Bank](#). You can also [visit The Stop Good Food Market](#), a weekly, affordable fresh food market that brings neighbours together and creates a bustling, friendly public space.

Hours: 1884 Davenport Road; Tuesdays, from 11AM to 3pm. Contact Rekha at 416-652-7867 ext. 227 or rekha@thestop.org.

FoodShare - Good Food Box

- Website: <http://foodshare.net/program/goodfoodbox/> • Email: info@foodshare.net
- Phone: 416.363.6441 ext 275 • Address: 90 Croatia St.



About the Good Food Box Program

The Good Food Box is a project of FoodShare Toronto, a Toronto non-profit organization whose mission is to work with communities to improve access to affordable and healthy food. Working “from field to table,” FoodShare runs many programs that focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption.

FoodShare purchases only the highest quality produce for our Good Food Boxes - prioritizing purchasing from local farmers - and delivers the produce to a stop in your neighbourhood.

The boxes are brimming with fresh produce, carefully selected by FoodShare to ensure freshness, affordability, and variety. We consider everything from what's in season, what's at its peak and what's available at a fair price, to keeping the boxes full and nutritious and appealing to our diverse customers. We always include a recipe or two to help you use what you get. Sometimes we have trouble fitting all that beautiful produce in there!

Can anyone participate?

FoodShare's vision is Good Healthy Food for All. Although FoodShare's priority is to reach communities with barriers to accessing fresh and affordable produce, we welcome customers from all over Toronto to join in. Participation in our programs has been shown to increase the consumption of fruits and vegetables while supporting local farmers and building community. It's a win-win situation for everyone.

How do I order a box?

Simply call us and we will put you in touch with the person who coordinates a drop off that is closest to your neighbourhood or office. You decide which box you would like and pay for it in advance. On delivery day you just pick it up and enjoy. You can also become a volunteer coordinator by starting a drop-off stop at your

apartment building, church, community centre, daycare, etc. If you order 10 or more boxes at your stop, you get a free box just for helping us out!

Why order a Good Food Box?

You save money on fresh produce

You save money in a couple of ways. The Good Food Program acts like a large buying club so we can purchase large quantities of produce from farmers and the Ontario Food Terminal at affordable rates. We are able to do this because all of our boxes are pre-ordered and each type of box contains the same contents.

Our volunteers are also an important ingredient in saving you money. Over 15 volunteers come to FoodShare's warehouse every week to pack up to 1500 boxes.

FoodShare also subsidizes the cost of the staff, warehouse rent, and delivery costs by accepting generous donations and grants from the public, governments, and foundations. The value of the \$18 box at a regular supermarket often ranges between \$25 and \$27, depending on the store and the time of year.

You support local family farms

We believe that to create a sustainable and affordable food system we need to invest in our local farmers. A healthy farm economy helps to boost the urban economy and helps ensure we have access to affordable, local produce. By building relationships with local farmers we keep box prices low while paying hardworking farmers a fair price.

**Good
Fresh Produce
delivered to your community
416.363.6441 ext 234**

Food Share

- <http://foodshare.net/programs/> • Phone: 416-363-6441 • Email: info@foodshare.net • Address: 120 Industry Street

FoodShare is a non-profit organization that works with communities and schools to deliver healthy food and food education. They believe everyone deserves access to affordable high-quality fresh food. Since 1985, FoodShare has pioneered innovative programs like the Good Food Box, influenced what kids eat in school, and improved the way people eat and grow food across Toronto every day.

West End Food Coop

• Website: <https://westendfood.coop/> • Phone: 416-533-6363 • Email: info@westendfood.coop • Address: 1229 Queen St W

The WEFC is a not-for-profit co-op that is working to increase markets for local, sustainable farmers and artisan producers and provide healthy food options at a reasonable cost to community members. It is reviving old skills such as canning and preserving and also involves hands-on cooking workshops in their community kitchen. Multicultural cuisine and food security initiatives are also on the co-op menu. Some of the programs they run are the following:

Farm Direct: Buy the Bushel program. This program allows you to purchase fruits or vegetables directly from local farmers at a reduced rate, but is only available for a limited time. Buy the Bushel campaigns occur every 2 weeks in the late spring through fall. Registration is usually limited. Ordering through Buy the Bushel program guarantees that you will receive your share of the fresh fruits and veggies as they come into season, and in turn supports local farmers by providing them with a direct market to sell to customers.

Farm-Direct: Sustainably Raised Meats program. This runs year round. You can place your order for your grass-fed beef freezer box at any time before Sunday of any given week, and come to pick it up at WEFC on the following Thursday. They keep Hoffnung grass-fed ground beef stocked in the freezer at WEFC, but call ahead to ensure it is in stock.

Farmers' Market. The Sorauren Farmers' Market hosts events and programming to engage the community in local food-related fun, provide valuable information, and to promote healthy, sustainable living. Some of the past events include outdoor film screenings, Market Talks series, \$2 Clothing or Book Sales, Tomato tastings, and an Annual Country Fair.

The West End Food Co-op has a **Store** that offers a wide variety of locally produced, sustainably grown, and organic foods. They aim to support small and medium-scale companies wherever possible, and especially other co-operatives. They are always getting new products in-store, and their members and customers are able to taste some of what they offer. In-store demos are a great chance to try out some of the products they have in-store before you choose to buy.

The Co-op Kitchen brings together WEFC staff, volunteers, student interns, Co-op participants, and guest facilitators. Besides making delicious, seasonal take-out foods can be found in the WEFC Grab 'n Go fridge and having a vendor's booth at our Sorauren Farmers' Market, they run a number of different workshops out of the Co-op Kitchen. Some of the past workshops include: yogurt making, Tibetan momos, sausage making, the art of pie and sourdough bread. Check out the list of upcoming events for the latest workshops to sign up!

Community Supports

WRAP for Young Adults (16-29)

• Organization website: www.stellasplace.ca • Email: connect@stellasplace.ca • Phone: 416-461-2345
• Address: 18 Camden St.

Wellness Recovery Action Plan is a peer-facilitated wellness program for young adults to get well, stay well and live the life they want. Topics Include:

• WRAP Values and Ethics	• Triggers	• Crisis Plan
• 5 Key Recovery Concepts	• Early Warning Signs	• Post Crisis Plan
• Wellness Toolbox	• When Things Are Breaking Down	
• Daily Maintenance Plan	• Action Plans	

The group will be held on Thursdays from 6 pm – 8:30 pm, for eight sessions, starting October 20, 2016 and ending December 8, 2016. Pre-registration and participation in the information session on Thursday, October 6, from 6pm – 7pm are required. Please RSVP by Tuesday, October 4.

ON Track at the Miles Nadal JCC

- mnjcc.org/browse-by-interest/accessibility/463-ontrack • Email: ontrackregistration@mnjcc.org
- Phone: 416- 924-6211 ext. 0 • Address: Miles Nadal JCC, 750 Spadina Avenue

ONTrack is a free program for young adults 16-24 who self-identify as someone with a mild to moderate mental health challenge. ONTrack provides a peer-support worker to support participants throughout the program and aid in goal setting for personal growth, additional wellness workshops, ongoing feedback and opportunities to measure your progress toward mental health. Enjoy meeting others and creating a program that fits your needs, while breaking down barriers and getting to know your classmates and instructors. Classes include:

- Mindfulness Yoga & Meditation
- Strength and Endurance Circuit
- Community Walk/Run
- Dance
- Strength 101
- Gravity
- Athletics
- Core Fusion with Gravity

Program registration has already begun and classes start October 13th. Call the Miles Nadal JCC to register.

WRAP® with Music for Mothers and Infants

- <http://routes-cmha.webs.com/> • Email: dlinklater@cmhato.org • Phone: 416-781-4199
- Address: Routes Community Centre, 2700 Dufferin Street, Unit 90

Routes is offering a very special 10 week support group for mothers with mental health issues and their babies on Monday mornings from 9-12 starting November 7, 2016, until January 16, 2017. The group will combine the peer support of WRAP with a high quality early childhood music experience specially designed for mothers and babies. The group is open to mothers whose babies are between 3 and 12 months old. There is no cost to participate and no referral is needed, however pre-registration is required. At the end of the program, participants will receive a certificate of completion. WRAP resources and snacks will be provided. To enroll, please email dlinklater@cmhato.org or call (416) 781-4199. Participants will create their own WRAP plan and learn about the following:

• Wellness Toolbox	• Early warning Signs and how to plan around them	• Crisis Planning
• Trigger action planning	• Plans for when things are breaking down	• Advocating for oneself
• Daily, Weekly and Monthly Maintenance Lists		• Medication Issues
		• Stigma

In a group setting, you will develop a list of wellness tools that can be used to plan how to keep yourself feeling well and also plan for what you need and want done if you aren't feeling well. WRAP can benefit anyone. The focus is on developing personal strategies that can help you cope with stress, manage crises and enjoy life more fully!

Women's Substance Use Support Group

- Organization website: <http://416community.com/> • Email: N/A
- Phone: To register call Dorothy or Donna: 416-964-6936, ext. 325 / 323

Starting Thursday October 6, 416 Community Support for Women will be offering a Women's Substance Use Support Group every Thursday from 1:30 - 3:30 at 170 Bloor Street West, Suite 1106.

Who: For Women who want to make or maintain changes to their substance use.

What: Educational and discussion group, goal setting, harm reduction, relapse prevention, action planning

Why: A safe and confidential place to think about your goals around using substances and make an action plan.

Crazy Talks

- Website: N/A • Email: madly@teksavvy.com • Phone: 647-478-4241

Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris for a guest presentation and lively discussion. This month: Rick Sin is conducting research with Asian men in Toronto. He identifies ways in which colonialism, race and psychological supremacy come into play in the narratives of 'mental health' and 'stigma'. Everyone is invited to listen in and contribute. Crazy Talks is not affiliated with any mental health agency or university program. We meet every first Tuesday of the month.

Our next Crazy Talks is:

Tuesday, October 4, from 7 to 8:30 pm, at OISE (Room 12-202 on the 12th floor), at St. George Subway Station.

ODSP Peer Navigator Support Groups at The Self Help Resource Centre.

- www.selfhelp.on.ca/programs-we-offer/ • Email: registration@selfhelp.on.ca • Phone: 416-487-4355

The ODSP Peer Navigation 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 ODSP or who are already on ODSP and are interested in developing valuable skills to help overcome challenges within the ODSP system that can also empower recipients in managing future opportunities. Topics of discussion will include making connections, peer support, wellness practices, tips for navigating the ODSP system and employment.

The next series will be starting in December 2016. Spots are filling fast so make sure you sign up early, please email registration@selfhelp.on.ca or call 416-487-4355 for more information.

Groups will take place once a month for 5 months. Participants can register for one of the options listed below:

- The 2nd Thursday of each month - Beginning on December 15th, 2016, or
- The 2nd Friday of each month - Beginning on December 16th, 2016

Employment Opportunity

Toronto Youth Job Corps program at West Neighbourhood House

- Organization website: <http://www.westnh.org/> • Email: nataliema@westnh.org • Phone: 416-848-7980 ext. 308
- Address: 1033 King St. West

We are recruiting youth 16 to 29 for our next group, which starts on Monday October 10th. This is a paid five-week pre-employment program with the potential of an up to 24-week placement.

The program offers team building, volunteering, life skills training, employment skills training, a simulated work environment and the possibility of a work placement. Information sessions held Mondays at 10:30am.

Candidates must be:

- Between 16-29
- Not in school or employed
- Living in Toronto
- Motivated to find employment
- Reliable, accountable and ready to work
- Committed and eager to learn

You could earn:

- Workers health and safety awareness in 4 steps completion certificate
- Smart Serve Certificate
- TYJC program completion Certificate

Save the Date

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

Refreshments 5:30 pm & Meeting 6:00 – 8:00 pm
1001 Queen Street West, 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

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.

FOOD

Traditional Canadian Thanksgiving at Hart House

- <http://harthouse.ca/events/a-traditional-canadian-thanksgiving-feast/> • Email: N/A • Phone: 416-978-8849
- Address: The Great Hall at Hart House; University of Toronto, 7 Hart House Circle
- Date and Time: Thursday, October 6, 2016; 6pm

Presented by the University of Toronto's [Hart House](#), [The Centre for International Experience](#) and [First Nations House](#), this traditional feast at Hart House's magnificent Great Hall is prepared by Chef Marco Tucci, and will feature turkey with all the trimmings, a variety of local side dishes, as well as a vegetarian entrée plus a number of aboriginal dishes. The cost is \$20.00 + tax per person. This event frequently sells out, so check online or call for availability.

Community Dinners at Evangel Hall Mission

- Website: <http://www.evangelhall.ca/services/community-dinners/> • Phone: 416-504-3563
- Email: information@evangelhall.ca • Address: 552 Adelaide Street West

Evangel Hall Mission represents extended family for many of their participants. Thursday & Sundays community dinners are "family dinners". Volunteer groups prepare and serve up to 120 meals offering great food and warm smiles. Individuals are served at their tables extending hospitality and dignity to their diners.

The Sunday dinner is followed by worship service; participant involvement is encouraged but optional. The service is open to all who wish to nurture their spiritual life and support one another; it is a time for fellowship and community.

It's suggested that people go around 5pm to get a ticket for their meal.

Dinner is served every Sunday at 5:30 pm, and the second and third Thursdays of the month at 5:30 pm.

MOVIES

Toronto Reference Branch

- <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT17888&R=EVT17888> • Phone: 416-395-5577
- Address: 789 Yonge Street, Hinton Learning Centre

Join the Library for some inspiring, uplifting and entertaining films and documentaries. Films are themed around STEM (Science, Technology, Engineering & Math), Finance, Careers, Innovation, Imagination and the Human Spirit.

Friday October 7, from 6 pm – 8 pm. Showing: The Greatest Movie Ever Sold

Friday, October 14, from 6 pm – 8 pm. Showing: Force of Nature: The David Suzuki movie

MUSIC

Schubert's Musical Moment

- <http://ceciliastringquartet.com/event/xenia-concerts-schuberts-musical-moment/?mc=mobile>
- Address: Sony Centre for the Performing Arts - 1 Front Street East

Xenia Concerts Inc. is non-profit organization with the mission to offer high quality music and arts performances, presentations, and educational programs, in an environment that welcomes those who might not have access to such events and activities due to physical, mental, or financial barriers. This season of Xenia Concerts welcomes families and children with autism, featuring the Cecilia String Quartet. Purchase tickets online. Sunday October 2, at 11:00am – 12:00pm COST \$5.00

ART

Nuit Blanche

- <https://nbto.com/> • email: nuitblancheTO@toronto.ca • phone: not listed

Nuit Blanche Toronto will feature nearly 90 contemporary art projects by more than 300 local, national and international artists. It is a free, annual, city-wide celebration of contemporary art, produced by the City of Toronto in collaboration with Toronto's arts community. For one sleepless night, from sunset to sunrise, the familiar is discarded and Toronto is transformed into an artistic playground for a series of exhilarating contemporary art experiences in unexpected public spaces.

Saturday, October 1 - Sunday, October 2, from 7 pm - 7 am • various locations across the city

HEALTH AND WELLNESS

Voice Yoga

- Email: creativevocalizationstudio@hotmail.com • Address: The Secret Handshake Gallery, 170 Baldwin Street Upper Lvl
- Phone – not listed

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, it's 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 a brightness in the world.

Come sing, make some noise, share a poem, take a risk, gain confidence, free will offering.

Monday, October 17, from 2 pm - 3:30 pm.

Etobicoke Lakeshore - Move & Meditate

- Website: culturedays.ca/en/2016-activities/view/57cb2f5e-bf28-436d-aa25-4e5b4c4a89be
- Email: antonina.samsonikova@humber.ca • Phone: 416-675-6622 ext. 79289
- Address: 2445 Lake Shore Blvd W., Etobicoke

Part of the Etobocoke Lakeshore Culture Days (www.elculturedays.ca) Join Briar Boake of Love the Light Yoga at the Humber Bay Butterfly Habitat on Marine Park Drive at 8am. From there practice a walking meditation along the lake front path ending up with a brief yoga session in Mimico Square. Make sure to bring your yoga mat with you!

Saturday, October 1, 8 am - 9am

FESTIVALS

Queen West Art Crawl

- Website: <http://queenwestartcrawl.com> • Email: info@queenwestartcrawl.com • Phone: 647-717-0747
- Address: Trinity Bellwods Park – 790 Queen Street West

The Queen West Art Crawl (QWAC) is a charitable organization designed to celebrate and promote the art, culture and diversity of Queen West in Toronto. The cornerstone of QWAC is the Outdoor Art Exhibition in beautiful Trinity Bellwoods Park. The Art Exhibition features a juried selection of the province's best artists and artisans, and also showcases a Kids Zone, Performance Zone and Toronto's best food vendors.

The 14th annual Queen West Art Crawl will take place on:

Saturday and Sunday October 1-2, 2016 – events begin at 10:00am

Art Side Out

- Website: www.artsideout.ca/about-aso • Email: hello@artsideout.ca • Phone: not listed
- Address: University of Toronto Scarborough Campus, 1265 Military Trail, Scarborough

ARTSIDEOUT is a large scale, one-day, multi-disciplinary arts festival that celebrates arts and culture at UTSC. Involving the widest possible range of students from different programs and backgrounds, the event celebrates creativity and culture at U of T Scarborough. The festival showcases site-specific art installations, exhibitions, performances, concerts, musical acts, and film screenings.

Thursday October 6th – 10:00 am to 10:00 pm

Mindfest: A mental health fair and festival celebrating all minds!

- Website: <http://www.psychiatry.utoronto.ca/mindfest/>
- Address: Hart House's Great Hall, University of Toronto, 7 Hart House Circle

Phone – not listed

Mindfest is an all-day mental health and wellness fair as part of National Mental Illness Awareness Week.

Mindfest is an informative, inspirational, inclusive community-building event. Through equitable partnership among academic and educational institutions, not-for-profit health and mental health organizations and not-for-profit wellness-related organizations, we aim to increase awareness of mental health and illness as well as resources and services available for people with lived experiences, families, advocates and our communities. Please click [here](#) to learn more about partnering with Mindfest.

This will be a full-day event held at Hart House, in collaboration with U of T Student Health and Wellness, Hart House, and Workman Arts. Planned activities include exhibit booths, interactive workshops and guest speakers.

Wednesday, October 5, 9:00am – 4:30pm.



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://facebook.com/csinfocentre> and Twitter: <https://twitter.com/CSInfoCentre>, where we post more information and resources.

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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:



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.

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

1001 Queen Street West, c/o CAMH, The Mall, Toronto, Ontario M6J 1H4

Phone Hours: M-F 9am-5pm

Drop-in Hours – 9am – 4pm

•Email: csinfo@camh.ca •Phone: 416-595-2882 •Website: www.csinfo.ca