



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

BULLETIN

Issue # 565, October 16-31, 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

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

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.
We will have a guest speaker from the Dream Team joining us, and we will also share our updated vision, mission and values!

Change to the way that social assistance recipients access Ontario Drug Benefits

•Website: www.halco.org •Source: HIV & AIDS Legal Clinic Ontario (HALCO), Summer 2016 newsletter

The Ontario government is changing the way people who receive Ontario Works (OW), Ontario Disability Support Program (ODSP), and Assistance for Children with Severe Disabilities (ACSD) access their Ontario Drug Benefit (ODB) program benefits. Starting in September 2016, people who receive social assistance will be able to use their Ontario health card for their ODB benefits. The ODB program coverage is not changing. Beginning in the late fall of 2016: people who receive OW, ODSP and ACSD will no longer receive monthly drug eligibility cards. If you do not already have an Ontario health card, or if you have lost your Ontario health card, you should apply now to get or replace your health card. Information about renewing or applying for an Ontario health card is at www.ontario.ca/page/health-cards.

If you receive social assistance but you are not eligible for an Ontario health card, you should contact OW, ODSP or ACSD to ask to continue to receive a monthly drug card.

You can find more information on the Ontario government website:

- Changes to the Way Social Assistance Clients Access Drug Coverage (info sheet/pamphlet)
www.health.gov.on.ca/en/pro/programs/drugs/opdp_eo/notices/DrugEligibilityCard_Client_InfoSheet.pdf
- Changes to the Way Social Assistance Clients Access Drug Coverage (info sheet/pamphlet French)
www.health.gov.on.ca/en/pro/programs/drugs/opdp_eo/notices/DrugEligibilityCard_Client_InfoSheet_f.pdf

Getting Legal Help: Community legal clinics provide free confidential legal advice for people in Ontario. Community legal clinics have access to interpreters, including telephone interpretation. You can find your local community legal clinic contact information on the Legal Aid Ontario website: www.legalaid.on.ca/en/getting/type_civil-clinics.asp or by calling 1-800-668-8258. People with HIV can call the HIV & AIDS Legal Clinic Ontario (HALCO) www.halco.org. Or by calling: 416-340-7890 or toll-free 1-888-705-8889.

The Social Aspect of Food

We found a few interesting articles regarding the social aspects of food and its relationship to wellness. Click the links below to go to the article or give us a call at 416-595-2882 and we will print and mail you a copy.

The Joy of Food

- Source: <http://www.nationalgeographic.com/foodfeatures/joy-of-food/>

This article discusses the history of sharing a meal and includes beautiful photography.

Stay Happy and Healthy by Eating With Friends

- Source: <http://greatist.com/happiness/stay-happy-and-healthy-eating-friends>

This article discusses the social aspect of food and how it contributes to our emotional wellbeing. Sharing food brings people together and provides an opportunity to spend quality time together.

Diet and Mental Health

- Source: <https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

This article discusses the science behind the link between diet and mental health. This article also looks at the connection between food and mood and goes on to explain the various types of foods that are important to incorporate into a healthy diet.

8 Steps To Mindful Eating

- Source: <http://www.helpguide.org/articles/diet-weight-loss/emotional-eating.htm#steps>

This article provides a step-by-step guide to mindful eating, which essentially means being fully attentive to your food as you eat. The list was compiled by Dr. Lilian Cheung and her co-author, Buddhist spiritual leader, Thich Nhat Hanh, in her book *Savor: Mindful Eating, Mindful Life*.

Year round Farmer's Markets around the city

- Website: http://tfmn.ca/?page_id=76

Dufferin Grove Organic Farmers' Market

873 Dufferin St., in park opposite mall
Thursdays 3 pm to 7 pm, year round
dufferingrovemarket.ca

Sorauren Farmers' Market

Sorauren Ave., south of Dundas
Mondays 3 pm to 7 pm, year round
westendfood.coop/farmers-market

Evergreen Brick Works Farmers' Market

550 Bayview Ave. (Bayview extension)
Saturdays 8 am to 1 pm, Sundays 10 am to 3 pm June to November, winter markets Saturdays 9 am to 1 pm
ebw.evergreen.ca/farmers-market

The Stop's Farmers' Market at Wychwood Barns

Wychwood Barns, 601 Christie St.
Saturdays 8 am to 1 pm, year round
thestop.org/the-stop%27s-farmers%27-market

Montgomery's Inn Farmers' Market

4709 Dundas St. W.
Wednesdays 2 pm to 6 pm, year round
montgomerysinn.com

Toronto Botanical Garden Organic Farmers' Market

777 Lawrence Ave. E. at Leslie
Thursdays 2 pm to 6 pm, year-round
<http://torontobotanicalgarden.ca/organicmarket>

St. Lawrence Market North

92 Front St. E. at Jarvis (temporary location south of main market due to construction)
Saturdays 5 am to 2 pm, year round
stlawrencemarket.com

York University Market (YUM!)

Keele Campus, Victor Phillip Dahdaleh Building, Ground Floor
Thursdays, 11 am to 4 pm, September to April



The Toronto Public Library is having 3 workshops regarding Food Health at different branches.

Reading Food Labels

- Website: <http://www.torontopubliclibrary.ca/>
- Phone: 416-396-8881

Learn how to use nutrition information on food labels to make healthier food choices.
Wednesday October 26,
6:30 pm – 8:00 pm
Morningside Branch
4279 Lawrence Ave. E.
Scarborough.

Plant-Based Diets

- Website: <http://www.torontopubliclibrary.ca/>
- Phone: 416-396-3835

Plant-based diets are on the rise! Catch the benefits of this trend to slow aging, fight disease and help the environment too. A workshop by Pamela Ferguson, PhD, RD.
Wednesday October 19
7:00 pm – 8:00 pm
Leaside Branch
Community Room
165 McRae Dr.

Thriving on a Vegetarian Diet

- Website: <http://www.torontopubliclibrary.ca/>
- Phone: 416-393-7730

Registered Holistic Nutritionist Karen Gilman will give an informative presentation on vegetarianism. She will discuss plant-based diets, different types of vegetarian diets and health benefits of a vegetarian diet.
Saturday October 22,
2:00 pm – 3:00 pm
Locke Branch, Program Room
3083 Yonge St.

Community Supports

Markham FWRAP Group- Family Wellness Recovery Action Plan

- Phone: 905-780-1491 ext. 117 (toll free: 1-888-780-0724) • Email: wendy.reid@krasmancentre.com • Address: 10121 Yonge St, Richmond Hill

FWRAP is a practical self-help wellness recovery education series for those who have a loved one with mental health challenges &/or substance use concerns. FWRAP involves exploring how to plan for wellness within the family unit. Topics include: individual and family wellness tools, daily wellness activities plan, triggers, early warning signs, when things are getting worse, crisis planning, and resources for families. FWRAP is based on five key recovery concepts: hope, personal responsibility, education, self-advocacy, and support. This group is delivered by the WRAPHub through the Krasman Centre with funding support provided by the Ontario Central LHIN.

Who can participate? Anyone who has a family member, friend, or loved one experiencing mental health challenges and/or substance use concerns who wishes to develop wellness tools to help cope with stress, manage crisis, and improve family communication. Participation is FREE. Registration is required. Priority will be given to those already on the FWRAP wait list.

Tuesdays, 6:30 - 8:30pm, November 1st - December 20th, 2016 (8 weeks)

Getting on With Life and Its Challenges Recovery Group

- Phone: 416-703-9645 Ext. 270 • Address: 2238 Dundas St. West, Suite 307

Getting on With Life and Its Challenges is a recovery group at Regeneration Community Services in partnership with Four Villages Community Centre. Their workshop series are free of charge and open to anyone without prior registration.

Wednesday, October 19, 1:30pm to 3:30pm – Pet Therapy
Wednesday, October 26, 1:30pm to 3:30pm – Exploring 410 Richmond
Wednesday, November 2, 1:30pm to 3:30pm – Living with Chronic Pain
Wednesday, November 9, 1:30pm to 3:30pm – Games Day
Wednesday, November 16, 1:30pm to 3:30pm – Dealing with Addiction

Introduction to STAR: Information Session

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

STAR (Supporting Transitions and Recovery) Learning Centre is an adult education program offering free courses and workshops for anyone who has experienced challenges around housing or financial instability. Please join us at our upcoming information session to find out more about STAR Learning Centre workshops, courses, and how to get involved.

Monday October 17, at 10:00 am, at 40 Oak St. (Toronto Christian Resource Centre).

ACT Community Health Forum: Self-Care, Advocacy and Living with HIV

- Website: <http://actoronto.org/forum> • Phone: 416-340-8484 Ext. 264 • Email: communityhealthforums@actoronto.org

The format of this forum is presentations with questions. The audience is people affected by or living with HIV and AIDS. Some of the topics will be:

- Results from Supporting the Supporters, perspectives from people living with HIV who provide support to others
- Exploring the continuum of care within the HIV community with strategies for resilience

Drop-ins are welcome, but please RSVP if possible to ensure a comfortable and successful session. Free Admissions. Wednesday October 19, from 6:30 – 9:00 pm, at the Ramada Plaza Hotel, 300 Jarvis Street.



“I’m not okay yet and that’s okay.”
- Jessica, Reclaim Your Voice attendee

Reclaim Your Voice
courageous conversations 2

free event for all. 18+
Saturday, October 22nd, 2016
Doors open at 12:00 pm. Event runs from 12:45 pm - 4:30 pm
Scarborough Civic Centre - Committee Room 1
150 Borough Drive
www.ReclaimYourVoice.org
raw survival testimonials • spoken word poetry • creative group exercises

Reclaim Your Voice

- Website: www.facebook.com/events/1202195889837039/
- Email: info@reclaimyourvoice.org

Every month, Reclaim Your Voice provides safe spaces for survivors of various forms of abuse to share their stories before a supportive audience. Since 2012, over 75 people have broken their silence at our events. If you are tired of carrying the shame of what has happened to you, we encourage you to attend, either to speak or to listen. You may find tremendous comfort in connecting with those who have walked similar paths. This Reclaim Your Voice event will feature raw survival testimonials from survivors of psychological abuse, sexual abuse and domestic violence. There will also be spoken word performances and creative group exercises. Join as we celebrate the courage, strength and resilience of survivors. 18+, open to all, free!

We are currently looking for survivors who want to share their stories and perform poetry at this event.

Saturday October 22, 12:00 pm - 4:30 pm, 150 Borough Drive.

Free Event on Compassion Fatigue, Vicarious Trauma and Burn Out!

- Website: www.416community.com • Phone: call 416-928-3334 Ext.223 • Email: tia.c@416community.com

Join the 416 Community Support for Women's October free event: *Change Room workshop - Running on Empty, Strategies for Your Workplace*. Carolyn Bierma from Daily Bread will talk about workplace strategies for prevention, and maintenance of Compassion Fatigue, Vicarious Trauma and Burn Out. Even if you missed her first talk in September, you are still welcome to come to this session.

This session will build on our understanding of concepts from Session 1 by addressing the workplace. Participants will have an opportunity to reflect on the impact that compassion fatigue and vicarious trauma can have on their workplace as a whole. This session will include concrete strategies and simple tools that people can use back on the job.

Thursday October 20, from 1:45 – 4:00 pm, at the 519, on 519 Church Street.

Repair Cafe

- Webmail: <http://repaircafetoronto.ca/>

You are welcome to bring your broken household item – computer, electronics, small appliance, furniture, clothing, jewellery, book or bike. Anything you can carry – you name it!

Saturday, October 22, from 12:00 pm - 4:00 pm (Registration closes at 3:00 pm) at the Albion Branch of Toronto Public Library, 1515 Albion Road, Etobicoke.

“The Peer Connection” Recovery – Focused Mental Health Peer Support

- Meetup link: <http://meetup.ps/c/2NsFh/wdnYY/f> (other contact details not available)

This group is for anyone who has lived experience with mental health challenges. At our meetings we encourage people to come as they are and to share, or not, in a confidential, non-judgmental and recovery-focused environment. There is an opportunity for Peers to meet Peers, share skills and knowledge and create a community of support and hope.

We will be hosting Mindfulness (MBSR) and Mindfulness based CBT and DBT, WRAP, One on One Peer Support, a Book Club and social gatherings. The goals are:

- Enrich the lives of peers struggling with mental health challenges.
- Educate peers to help them learn skills that maintain their recovery.
- Empower each other through mutual sharing and knowledge.
- Erase the stigma surrounding mental health challenges.
- Each individual will be supported in their right to choose what is best for them and to choose who they turn to for support and guidance in making those choices.

Every Thursday night from 7:00 pm – 10:00 pm, at St. Joseph's Health Center (map and details included on Meetup)

Hearing Voices Group

- Website: <https://recoverynet.ca/2016/08/28/toronto-hearing-voices-group/> • Address: 805 Bloor St West (at Houselink)

Toronto's Hearing Voices Group is starting our seventh year!

Our Hearing Voices Group is a more private space:

- If you sometimes hear things, see things, feel things, think things that others do not, and when you try to talk about your experiences with others, they get their freak on, then try us, because we do too.
- If you are “just curious”, wanting to find more about the hearing voices approach we suggest, the easiest place to start is with the HV Café.

For more info about the Hearing Voices group and to share the poster visit – www.recoverynet.ca

We meet the Third Thursday each month – next meeting: Thursday, October 20, 6:30 pm to 8:30 pm

Retiring on a low income: Plain Language Advice

- Website: www.torontopubliclibrary.ca/ • Phone: 416-393-7131(for general information)

You need to know how to get the most from income security programs.

- Old Age Security
- Guaranteed Income Supplement
- Canada Pension Plan
- Ontario Disability Support

Many financial advisors are unfamiliar with how they work - together and with other income sources. John Stapleton, Open Policy Ontario, will help you understand. Attend a free workshop at a Toronto Public Library branch.

Free refreshments and workbooks. All are welcome!

Thursday, October 20 at 6:30 pm, at the Thorncliffe Branch

Tuesday, October 25 at 6:30 pm, at the St. James Town Branch

Wednesday, November 2 at 1:00 pm, at the Lillian H. Smith Branch

Wednesday, November 9 at 6:00 pm, at the Albert Campbell Branch

Tuesday, November 15 at 6:30 pm, at the Parkdale Branch

Employment

Times Change Women's Employment Service- Getting Started Workshop

- Website: <http://www.timeschange.org/workshop-calendar.html> • Phone: 416-927-1900 • Address: 365 Bloor St E.

The Getting Started Workshop provides detailed information about all the programs and services offered at Times Change. This dynamic orientation session is recommended for all new Times Change clients, as it is a great opportunity to get to know the agency, meet the staff, and take a tour of the space - including their popular Computer Lab and comprehensive Resource Centre. Those interested in registering for the Career Planning Workshop or the Job Search Workshop must attend this session first.

Tuesdays, October 18 and 25, from 2:00 pm – 4:00 pm, at 365 Bloor St E.

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

Toronto Public Library Screening

• **Website:** <http://www.torontopubliclibrary.ca> • **Phone:** 416-396-8916

Showing: The Good Lie

Wednesday October 19, from 2:00 pm – 4:00 pm, at the Cliffcrest Branch, 3017 Kingston Road, Scarborough

U Of T - Commons Classic Film Group

• **Website:** <https://mediacommmons.library.utoronto.ca/commons-classic-films> • **Email:** dallan@sympatico.ca

Showing: Swept Away (Subtitled)

Thursday October 27, from 7 pm - 9:30 pm, at Media Commons Theatre, Robarts Library at 130 St. George St.

MUSIC

Canadian Opera Company

• **Phone:** 416-363-8231

Chamber Music Series: Marimba Plus. Works by Canadian composers and others. Architek Percussion. Free.

Tuesday October 18, at 12:00 pm, at the Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W.

Royal Conservatory

• **Phone:** 416-408-0208

Taylor Academy Showcase Concert. Free, ticket required. Order here: <http://performance.rcmusic.ca/event/tasc-2016-1>

Saturday October 22, at 4:30 pm, at Mazzoleni Concert Hall, Telus Centre, 273 Bloor St. W.

York University Department of Music

• **Phone:** 647-459-0701

Free Classical Instrumental Concert.

Monday, October 24 at 12:30 pm, Tribute Communities Recital Hall, Accolade East Building, YU, 4700 Keele St.

ART

PhotoVoice exhibit- Perspective: the View from Here

• **Website:** [link](#) • **Phone:** 416-363-6121

Toronto's Design Exchange will showcase photography taken by CAMH's LEARN clients. The exhibit features 33 photographs portraying unique perspectives of life with mental illness. The collection is meant to empower, educate, challenge and inspire through captivating imagery. This PhotoVoice exhibit portrays the unique perspectives from those with lived experience. Admission is free. To arrange a viewing, please call 416-363-6121

October 5 -30, Tuesday-Friday from 9:00 am – 5:00 pm; Saturday-Sunday from 12:00 pm - 4:30 pm, at 234 Bay St

Stories We Tell: Visual Arts Exhibitions Fall 2016

• **Website:** [link](#) • **Phone:** (416) 973-5379 • **Email:** visualarts@harbourfrontcentre.com

Our five fall exhibitions help celebrate the 37th International Festival of Authors and Nuit Blanche at Harbourfront Centre. The lineup includes *Five Ways*, which explores the graphic novel and is guest curated by Canadian cartoonist, writer and artist Seth. Other exhibitions feature artists who expand on visual narratives through photography and with craft and design objects. Free admission.

September 24 - December 22, Tuesdays, Wednesdays, Fridays and Sundays from noon – 6:00 pm, Thursdays from noon – 8:00 pm, at 235 Queens Quay W.

Artwalk 2016

- Website: <http://ylbia.com/events> • Phone: 416-657-4313

Explore Yonge Lawrence Village during the 12th annual ARTWALK from October 13th to November 3rd and discover what our neighbourhood has to offer as it showcases spectacular pieces from our finest local artists! ARTWALK brings original works of art to the store windows and interiors of over 50 of our local merchants. Starting at George Locke Library at Yonge St and Lawrence Ave, walk north on Yonge Street, stroll Yonge Lawrence Village and then vote online for your favourite display with a chance to win a \$50 gift card from a local merchant.

Events during Artwalk include:

Friday, October 21 at 2 pm Locke Library 3083 Yonge Street: A lively lecture by Joan McGivney on Canadian Art with an emphasis on those artists past and present, who have had an influence on her work.

Saturday, October 22 from 10:00 am-12:00 pm at Locke Library: Tony Cook will be demonstrating pen and watercolour sketching.

Saturday, October 29 from 10:00 am-12:00 pm at Locke Library: Catherine Morelli -Using digital media, Catherine will create an abstract landscape, all without the use of paints or brush.

Saturday October 29 from 1:00 pm – 3:00 pm at Locke Library: Joan McGivney will give a demonstration using acrylic paint.

Vintage Crawl

- Website: <http://www.vintagecrawltoronto.com/> • Email: info@vintagecrawltoronto.com

Vintage Crawl Toronto happens twice a year, each spring and fall, and helps connect shoppers to the stores and small business owners in their neighbourhood. For the event, stores on the crawl host special sales, events and attractions to lend the night a fun, party atmosphere. Each store is open to the public and there is no cost to attend. Crawlers are invited to pick a neighbourhood and hit as many or as few stores as they please over the course of the evening. You never know what you will find during VCTO. Free admission! Lots of deals! Refreshments and entertainment at some stores.

Thursday, October 20 – 5:00 pm – 10:00 pm

ARTS AND CULTURE

Toronto Public Library – Sunlife Financial Museum and Arts Pass

- Website: <http://www.torontopubliclibrary.ca/museum-arts-passes/> • Phone: 416-393-7131

The Sun Life Financial Museum + Arts Pass (MAP) lets you and your family (2 adults & up to 5 children) explore the best of Toronto's arts and cultural treasures for free. Participating Venues include: Aga Khan Museum, Art Gallery of Ontario - AGO, Black Creek Pioneer Village, Gardiner Ceramics Museum, Ontario Science Centre, Royal Ontario Museum - ROM, and Toronto Zoo, for a complete list, please visit the website or call.

With your valid adult Toronto Public Library card, you can take out a pass for your family at any Toronto Public Library branch. Quantities are limited and **rules and conditions apply**. The terms and conditions for the passes vary by venue. Pass availability also varies by library branch, at some locations passes are offered on a first come first served basis, others have a draw.

Thanks to one of our subscribers for sharing this great free resource!!

HEALTH AND WELLNESS

Depression in Late Life

- Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT249666&R=EVT249666> • Phone: 416-393-7697

This talk outlines the signs and symptoms of depression, and the way in which these can impact life. We will explore some of the risk factors for developing depression, how depression relates to memory and dementia, and current treatment options available. We will also discuss the research that is being done to advance the field. The talk will be given by a Research Analyst from CAMH.

Thursday October 20, from 2:00 pm – 3:00 pm, at the Toronto Public Library Runnymede Branch, on 2178 Bloor St. W.

FESTIVALS

IFOA- Toronto's International Festival of Authors

- Website: [link](#) • Phone: 416-973-4000

The 37th edition of Toronto's International Festival of Authors (IFOA) is a celebration of words and ideas, of writers and readers. In 2016 IFOA welcomes over 200 Canadian and international participants to Toronto. The Festival brings together the world's best writers of contemporary literature for 11 days of readings, interviews, artist talks, round table discussions, public book signings and a number of special events.

This year we are pleased to spotlight the work of graphic novelists, Irish and non-fiction writers exploring new ideas that challenge our view of the world. These highlights will complement our diverse and thought-provoking lineup of fiction, poetry, short story and more. IFOA's younger readers will be able to enjoy storytelling, puppet shows, theatre, and magic, as well as meet their favourite authors at the Canadian Children's Literature Festival on October 22, presented with the Toronto Public Library. Find IFOA's preliminary lineup here and stay tuned for more details on the 2016 Festival!

Call the Harbourfront Centre Box Office at 416-973-4000 to purchase your tickets.

October 20 – 30, at the Harbourfront Centre on 235 Queens Quay West.

Twilight Pumpkin Float in High Park

- Website: http://highparknaturecentre.com/ai1ec_event/10306-2/?instance_id=10443 • Phone: 416-392-1748
- Address: High Park, 1873 Bloor St W

Join on Sunday, October 30 for the 21st Annual Twilight Pumpkin Float in High Park! Carve a pumpkin and set it afloat with other ghoulish gourds from 4 PM to 6 PM at the northwest wading pool in High Park.

Proceeds will send a class from Toronto's priority neighbourhoods to the High Park Nature Centre for an exciting field trip this fall!

Sunday October 30, from 4:00 pm – 6:00 pm, Cost: minimum \$2.50 donation per pumpkin

Halloween on Queen

- Website: <http://thebeachvillage.com/event/halloween-on-queen/> • Phone: 416-693-2242 • Address: The Beach Village, 1971 Queen Street East

Come out to Halloween on Queen, we'll be having a Creepy Carnival so dress in your costumes and join in the festivities. We'll have carnival games, entertainers, crafts, scavenger hunts, pumpkin decorating contests, costume contests, and tons more. It's a fun-filled day you won't definitely won't want to miss, so come down to the beach village and enjoy!

Saturday October 29, from 12:00 pm - 4:00 pm, at 1971 Queen Street East.

See Fall Colours in Toronto!

One of the most wonderful things about the fall is watching the leaves change into beautiful colours. For some of us, getting out of the city is not practical. Below is a list of many of the great places to see the fall foliage without leaving Toronto:

- Don Valley / Don Valley Brick Works
- Glen Stewart Ravine
- Moore Park Ravine
- Rouge Park
- Scarborough Bluffs
- Humber Valley
- High Park
- Toronto Islands
- Leslie Street Spit

Photo- Rouge Park - Mast Trail



Mad Pride Garage Sale!



When: Saturday, October 22nd, 9:30am-2:00pm

Where: At the Sorauren Park Fieldhouse, 50 Wabash Ave (in Parkdale, just SW of Dundas W. and Lansdowne)

What: Lots of clothes, kitchen things, books, knick knacks, baby items, movies, music and much, much more!

How: Meet us at the site. Donate items on the day.

MAD MUSIC AND PERFORMER DIRECTORY

Calling for musicians and performers who want to gain exposure and to connect and learn about the talent in our community!



WELCOMING NEW COMMUNITIES AND PEOPLE

Mad Pride Toronto wants to learn from, celebrate and welcome lots of new voices and perspectives to Mad Pride. We are all volunteers and we want to include you!

torontomadpride@gmail.com

www.torontomadpride.com

www.facebook.com/torontomadpride

Twitter: [@madpridetoronto](https://twitter.com/madpridetoronto)



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.

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.

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