



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

BULLETIN

Issue # 566, November 1-15, 2016

The Consumer/Survivor Information Resource Centre of Toronto
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Consumer/Survivor Information Resource Centre News:

Over the past few months, the Board and staff reviewed and revised the vision, mission, values and established goals for the next three years. Below are the revised statements. We will share our goals in an upcoming issue. We welcome your feedback!

Vision

A time when people in the GTA affected by mental health and/or addictions challenges have the resources they need to live a full and meaningful life.

Mission

Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.

C/S Info values:

- The insights and contributions of people with lived experience of mental health and/or addictions
- Embracing diversity and various understandings of mental health
- The right to self-determination and self-advocacy

We Want to Thank You!

**The Consumer/Survivor Information Resource Centre of Toronto's
Annual General Meeting: A success!**

We want to thank those who were able to attend the C/S Info Centre's AGM on October 26. We met over a great dinner catered by The Raging Spoon with entertainment provided by musician Donna Linklater. There were many great prizes and everyone had a great time.

We said goodbye to retiring Board Co-Chair Donna Linklater – yes, she is a talented performer too! We shared the service and financial highlights from our 2015-2016 year and revealed our updated vision, mission and values.

For those of you who missed the opportunity to attend this year, our AGM is held annually, so keep your eyes peeled on The Bulletin for an announcement in late summer/early fall of 2017 when the AGM rolls around again.

In 2015-2016, The C/S Info Centre was very busy.
Here is a summary of what we were able to do:

*Respond to information requests – 3177
Tax Clinic – 413 returns for 350 people
Bulletin Subscriptions – 2456*

Mental Health and Canadian Veterans



Remembrance Day is a time to honour our Veterans. Like many of us, veterans may experience feelings of sadness, frustration, anger and low self-esteem, resulting from their experiences in service. When these feelings impair their ability to function, timely and efficiently professional help can be very effective. To all of our valued veterans, you are not alone. Some options to access help can include talking to your doctor, your family and friends, seeking help through peer support (by telephone 1-800-883-6094 or online <https://www.osiss.ca/>) as well as learning about other Veteran Affairs Canada (VAC) services (<http://www.veterans.gc.ca/eng/services/health/mental-health/other-services>).

The following link looks at a few of the different ways Canadians can support their veterans and families. Many soldiers who return from dangerous assignments may be dealing with issues like post-traumatic stress disorder (PTSD) and face additional challenges in transitioning back to post-combat life. This article discusses a few of the non-profit organizations and services offered to veterans and their families.

http://www.huffingtonpost.ca/2012/11/11/remembrance-day-canada-charities_n_2112519.html

Reflection Journal

November is a month to remember and reflect, so in the spirit of that, we have included the following reflection tools. These are excellent ways to include mindfulness as part of self-care. Whether done as guided meditations or as writing or journaling prompts, these can be done at any time of the day to create a break in your routine. Be as brief or detailed as you feel you need to be.

PEOPLE I AM THANKFUL FOR:

List three people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.

WHAT I AM LEARNING FROM MY CHALLENGES:

Think of a challenging situation, person or other obstacle and what good thing you are learning from this challenge.

Today, I am learning:

MORNING GRATITUDE:

Before you begin your day, list three things you are grateful for (large or small):

- 1.
- 2.
- 3.

THE BEST PART OF MY DAY:

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep or at any time you may be feeling stressed.



Computer...Help!

Martha Gandier offers fellow consumers/survivors free over-the-phone or 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 you can call the C/S Info Centre at 416-595-2882 and we will relay your questions or requests to her. If you have any computer-related article suggestions for Martha, please let her or us know!



From Martha's Desk – Frequently Asked Questions:

Sometimes one of you will contact me and I won't have a clue what is causing your problem, but I don't give up! When I try a Google search, it is sometimes necessary to scroll down below the 'commercial' answers. There I often find links to sites that look like they might be the answer to my dilemma. Some trusted sites I have found include

<http://www.tomshardware.com/> and
<http://theeldegeek.com/>.

A long-time caller once sent me an email in which he wrote, "He had phones in his network." If you go to 'Control Panel>Network and Sharing Centre' and click on 'See Full Map' beside the Internet icon, you will see all the devices that are using your network. There you will see your computer, your router/modem, a printer if yours is wireless, an Apple TV or android device or anything else that may be using your Wi-Fi signal.

If nearby cell phones are sweeping the area for a Wi-Fi signal, it will also appear in the list. It does not mean it can actually use your Wi-Fi, however, as routers are well secured these days. If the icon hangs around for a while, you can right-click on it and click 'disable'.

Another question I am frequently asked: "Is there an Internet Service Provider (ISP) that is cheaper and better than Rogers or Bell?" Here is the list of ISP's in Toronto: http://www.blogto.com/tech/2014/07/internet_providers_in_toronto_beyond Rogers_and_bell/

Not included is Pathway Communications (Pathcom), which I used when I lived in Toronto. It wasn't as good here in Belleville, for some reason. I have heard good things about Teksavvy, and Acanac, although have not used them personally. Unless you download or stream a lot of movies, the fastest speed is an unnecessary expense. It is also important to test your internet speed now and again to make sure you are paying for the speed you are actually using. This can be done with Ookla: <http://www.speedtest.net/?test-2>

Community Supports and Announcements

Choices for Living – Support Group for Women

- Website: <https://ywcatoronto.org/page.asp?l1=51&l2=66&pid=67> • Email: dphilips@ywcatoronto.org
- Phone: (416) 961-5446 ext. 261
- Address: Black Creek Community Health Centre, North York Sheridan Mall: 2202 Jane Street, Toronto. or: Toronto & Driftwood Community Centre, 4401 Jane Street, Toronto

YWCA Toronto's Choices for Living is a free program for women living with mental health challenges. This is a support group where women meet to talk about common problems and create a shared community. With the support of program facilitators, women help each other find positive paths through their challenges. There are two ongoing groups on Wednesdays and Thursdays from September to June. The next group begins in January 2017 and registration for this group is currently open.

Wednesday mornings (women under 50 years of age) is held at the Black Creek Community Health Centre. Thursday mornings (women over 50 years of age) is held at the Driftwood Community Centre.

Contact Dawn Philips, Program Worker at (416) 961-5446 ext. 261 or Marina at (416) 961-5446 ext. 260

Community Supports and Announcements

YWCA Elm Centre - Housing support

- Website: <https://ywcatoronto.org/page.asp?I1=51&I2=66&pid=68> • Email: housingintake@ywcatoronto.org
- Phone: (416) 961-8101 ext. 397 • Address: 87 Elm St., Toronto

YWCA Elm Centre will have 85 supportive apartments for women living with mental health issues and/or addictions. The YWCA Elm Centre Supportive Program is for women who need permanent rent-geared-to-income housing, are single or have children, are 16 years of age or older, have a serious mental health issue or addiction issue and require support services, and are able to live independently and meet the financial eligibility criteria for rent-geared-to-income housing. Applications should be made through Access Point. Access Point holds a centralized wait list for all supportive housing in Toronto for individuals living with mental health and/or addictions challenges. Applications are on the Access Point website, <http://theaccesspoint.ca/> and can be submitted there. Contact Housing Intake at (416) 961-8101 ext. 397 or housingintake@ywcatoronto.org for more information.

Receiving Money while on ODSP HALCO – HIV & AIDS Legal Clinic Ontario

- Website: www.halco.org • Email: talklaw@halco.org • Phone: (416) 340-7790
- Address: 1400-55 University Ave., Toronto

Our free workshops are presented by Matthew Malott, HALCO Articling Student. Everyone is welcome but space is limited so registration is required: email talklaw@halco.org or phone (416) 340-7790. Please include your name, contact information, your organization (if any), and the workshop that you would like to attend. Our next workshop is Wednesday, November 16 from 1:30 pm - 4:00 pm. Please avoid wearing scents or fragrances. If you require disability accommodation, please contact us in advance.

The Family Matters Program - Mood Disorders Association of Ontario

- Website: www.mooddisorders.ca • Email: beckyc@mdao.ca • Phone: (416) 416-486-8046
- Address: 36 Eglinton Ave. W. Suite 602, Toronto

The Family Matters Program will be holding a suicide alertness training for family members/supporters at MDAO. The cost for the training is \$25, which includes training materials and light refreshments. This suicide alertness training is for anyone supporting someone in their life who is struggling with issues related to their mood. SafeTALK training is designed to increase participants' ability to identify individuals who are experiencing thoughts of suicide and get them connected to the appropriate resource. To register, please visit: <http://mdaosafetalkforsupportersnov2016.eventbrite.ca>. For information regarding the training, please contact Becky Curran at beckyc@mdao.ca, or 416-486-8046 ext 240. The next session will be Tuesday, November 1 from 6:00 pm - 9:00pm.

Youth Living Well – New Program at MDAO

- Website: <http://www.mooddisorders.ca/node/1208> • Email: danielf@mdao.ca • Phone: (416) 486-8046 ext. 237
- Address: MDAO 36 Eglinton Ave. W. Suite 602 Toronto

This is an interpersonal skills-building group for young adults aged 16-24 who are affected by mood disorders and related issues. This open-ended group meets twice a month and focuses on relationship issues with immediate family members, friends, and other close supporters. Youth Living Well incorporates facilitated peer support, discussions, and group exercises centered on topics such as stigma, assertiveness, active listening, and personal boundaries. To attend an upcoming group, please register in advance. Sessions are held every second and fourth Thursday of each month, from 6:00 pm – 8:30 pm.

HouseLink's Food Program

- Website: <http://www.houselink.on.ca/what-we-do/community-based-programs/food-program/> • Phone: (416) 539-0690
- Address: 805 Bloor St. W. Toronto (back door entrance)

Participants accessing the food program join others in community gatherings that help to secure a nutritious meal. Community kitchen opened to the public offers \$1 meals at 805 Bloor St. West on Sundays only at 4:30 pm.

Community Supports and Announcements

Stress Relief through Meditation – Toronto Public Library: Brentwood Branch

- Website: www.torontopubliclibrary.ca • Phone: (416) 394-5240 • Address: 36 Brentwood Rd. North, Toronto

Drop-In Class. First Come, First Seated. Led by a Meditation Toronto Instructor, this class includes 20 minutes of meditation and 40 minutes of stress-relieving stretches. Participants must bring their own Yoga mat. Monday, November 07; Monday, November 21; Monday, December 05; Monday, December 12. All classes run from 7:00 p.m. - 8:00 p.m.

LSP: Journey to Canada: Mental Health and Migration – Toronto Reference Library

- Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT245545&R=EVT245545> • Email: None provided
- Phone: (416) 395-5577 • Address: 789 Yonge Street, Toronto

Designed especially for Newcomers to Canada, this narrative-based workshop explores the experiences of moving to a new country: migration, stress, mental health, culture shock, racism and resiliency. Provided by the Canadian Mental Health Association (CMHA), in partnership with Immigration, Refugees, and Citizenship Canada, YMCA and the Toronto Public Library. Wednesday, Nov 9 from 1:00 p.m. - 3:00 p.m.

Mental Health and Diabetes Group - South Riverdale Community Health Centre

- Website: www.srhc.ca • Email: skhera@srhc.com • Phone: Sarpreet Khera: (416) 461-1925 ext. 340
- Address: 955 Queen Street East, 4th Floor, Toronto

A hands-on, drop-in support group, themes are based on group interests, including content related to coping with mental health challenges and diabetes. Program Eligibility: Pre- or Type II Diabetics with lived experience of the mental health system. Held every second and fourth Monday of each month, from 2:00 pm - 3:30 pm.

6th Annual Social Justice Week at Ryerson - Decolonizing and Transforming Social Justice

October 31 – November 4, 2016. For full calendar of events, visit the website below)

- Website: <http://www.ryerson.ca/socialjustice/index.html> • Email: tsf@ryerson.ca • Phone: not listed
- Address: 350 Victoria Street, Toronto • Twitter: RyeGindinChair #sjw2016

What does social justice mean, and does it actually have anything to do with my life? The answer is a resounding YES! Social justice is the “distribution of the social and economic resources of society for the benefit of all people.” We all come into social interactions with a number of intersections, be it gender, disability status, sexual orientation, race or age. All of these affect our levels of power, privilege and oppression. To learn more about it, you might want to attend Ryerson’s social justice week.

Mad issues are an important part of Social Justice and as part of this year’s Social Justice Week one day will be dedicated to discussing how Mad matters impact the progress of social justice.

Social Justice and Mad Matters, Thursday, November 3, 9:00 am - 4:00 pm

Location: SC115 Student Centre, 55 Gould St., Toronto

Workshop: Decentering Psychiatric Diagnosis in Post-secondary Academic Accommodation

Time: 9:00 am - 11:00 am

Speaker: Navi Dhanota, York University

Film Screening: Hold your Fire, a CBC documentary on police interactions with people in mental crisis

Time: 11:00 am - 12:00 pm

Lunch & Learn: Decolonizing Madness from Indigenous & Anti-black Racism Perspectives

Time: 12:00 noon - 2:00 pm

Speakers: Asifa Sarang, Executive Director, Across Boundaries; Lucy Costa, Deputy Director, The Empowerment Council; A Voice for Clients for CAMH; Lynn Lavallee, Associate Professor, School of Social Work

What will Decolonizing Community Practice look like? Round table discussion with FCS faculty

Time: 2:00 pm - 4:00 pm

Speakers: Josephine Wong, School of Nursing; Sharon Mcleod, School of Social Work; Kathryn Underwood, Early Childhood Education; Nicole Bennett, Midwifery Education

REPORT LAUNCH

Consults, Feedback and the Future of Service User Inclusion in System Planning

A Meeting for Consumer & Peer Advocates

Monday November 14, 2016, 3:30 pm - 5:00 pm

1001 Queen St. W., Training Room A, Community Centre at CAMH
Limited Space, so PLEASE RSVP: (416) 535-8501 ext. 33013

The purpose of this meeting is to share the *Consumer Reference Group Education Project: Consults Feedback and the Future of Service User Inclusion in System Planning Report* and to follow up on previous discussions about access and the future state of mental health and addictions services. Agenda for this meeting includes:

- Report Launch
- LHIN Consultation of March 2016
- PATIENTS FIRST ACT and why it is important
- Consumer/Survivor input into the future of system change

Employment

The Toronto Job Fair

- Website: <https://www.eventbrite.ca/e/toronto-job-fair-tuesday-november-8th-2016-tickets-27778919496?aff=es2>
- Email: link provided on website • Phone: not listed • Address: One King West Hotel, 1 King St. W., Toronto

On Tuesday, November 8, from 1:00 pm – 5:00 pm, meet recruiters and HR managers from the GTA and across Ontario. Check the list of job postings and the list of exhibitors at <http://www.wbcanada.com>. General Admission is FREE – Online Registration required. Submit your résumé at https://recruit.zohopublic.com/recruit/Portal.na?iframe=false&digest=FnGv50x*k*vdt3ETSpSRNu6HQO4Ewol1z3Lp05VEtBM-

Newcomer Centre of Peel Professional Job Fair

- Website: <http://www.eventbrite.ca/e/ncp-professional-job-fair-tickets-27844233853> • Email: Link on website
- Phone: not listed • Address: Mississauga Living Arts Centre, 4141 Living Arts Drive, Mississauga

Interact with some of the biggest employers in the area. We have some major companies from the GTA and rural Ontario, looking for some amazing talent! General Admission is FREE – Online Registration required.
Tuesday, November 15 from 10:00 am -3:00 pm

Gerstein Training & Mentorship Program

- Website: <http://gersteincentre.org/education-and-training/on-the-job-training-and-mentorship/>
- Email: admin@gersteincentre.org • Phone: (416) 929-0149 • Address: 100 Charles Street East, Toronto

This program is a one-year contract. An individual is selected to work with the Centre's staff to gain front-line experience working within the mental health community. On-the-job training, workshops, education, external job placements, coaching from colleagues and intensive supervision help participants achieve goals including increasing their skills and ability to conduct crisis intervention, with the eventual outcome of securing employment within the field.

Individuals interested in this program must have personal experience with the mental health system, six months full time work exposure in any field or equivalent volunteer experience, good written and verbal communication, be non-judgmental and able to work under pressure.

Job Fair & Career Training Fair

- Website: http://www.nappcanada.com/for_job_seekers.html • Email: nappcanada@rogers.com • Phone: 905-832-8953
- Address: GKM Community Centre, 1250 Markham Rd., Scarborough

Online registration required; no admission fee. Bring copies of your résumé. Thursday, November 3, 10:00 am - 2:00 pm

Employment

Woodgreen Employment Services Centre

- Website: <http://www.woodgreen.org/ServiceDetail.aspx?id=237> • Email: employmentservices@woodgreen.org
- Phone: (416) 615-1515 • Address: 1533 Victoria Park Avenue, Toronto

Free employment search and preparation supports for individuals looking for work, to upgrade their current employment status or researching additional education and training opportunities. Services include workshops and guest speakers, computer/internet, resume critiquing, mock interviews and current job postings.

Every Monday – Friday from 9:15 am – 4:45 pm.

ACCES Employment - Youth Job Connection Information Session

- Website: www.accesemployment.ca • Email: none provided • Phone: (416) 921-1800 • Address: 489 College St., Toronto

A suite of new employment programs being developed as part of Employment and Training Services Integration (ETSI), a key government initiative that is modernizing and transforming Ontario's employment and training programs and services to improve access and provide job seekers and employers with proven, coordinated and targeted services that meet their needs. The program will serve youth aged 15 to 29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities. Some of these supports include paid pre-employment training to promote job-readiness, job matching and paid job placements, with placement supports for participants and hiring incentives for employers, mentorship services and education and work transitions supports. Wednesday, November 2 from 2:00 pm -3:00 pm

Toronto Public Library - Career & Job Search Help

- Website: www.torontopubliclibrary.ca • Phone: (416) 393-7131 (main information line)

Employment Café

Centennial Branch, 578 Finch Ave. W., Toronto, Phone: (416) 395-5490

Community agencies provide information on job search support, job postings and community information

Tuesday, November 1 & 15 from 1:00 pm - 3:30 pm.

Employment Ontario Information Session

North York Central Branch, 5120 Yonge St., Toronto, Phone: (416) 395-5535

Employment Ontario provides one-on-one information to those looking for career changes and explains about employment services, resume and interview skills, government-sponsored training, self-employment and other programs. Wednesdays November 2 & 16 from 1:00 pm - 4:00 pm.

LinkedIn

North York Central Branch, 5120 Yonge St., Toronto, please call (416) 395-5613 in the Learning Centre.

An introduction to using LinkedIn for your career search: learn about using recommendation tools, joining groups, searching for jobs and companies and maintaining your profile. You must have an existing LinkedIn account. Registration is required.

Thursday, November 10 from 2:00 pm - 3:30 pm

Credit Education Week 2016 – Professional Development Day

- Website: www.cewc.ca • Email: ejara@creditcanada.com • Phone: (416) 228-2535
- Address: YMCA, 20 Grosvenor St. 2nd floor

This event will provide the opportunity for professionals, front line service providers and the community to build capacity by acquiring knowledge and developing their skills in the area of government resources, services and tools.

- Hear the experts explain the services and products that their agencies provide
- Take a close look at the value offered by government agencies
- Gain awareness of existing services and increase your knowledge as well as your client's knowledge on how to advocate for their consumer rights
- Opportunity to ask the experts questions
- Network with people from all areas of the public and Not-For-Profit sector

Keynote Speakers: David Trahair Certified Financial Planner and renowned Author will speak about the importance of planning for retirement - will also give away his latest book "The Procrastinators Guide To Retirement"

Things to Do!

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

Please call ahead to confirm the time, place and date of the event you wish to attend Thank you.

MOVIES

Cinema Studies Student Union - U of T

- Website: <http://cinssu.ca/fff-schedule/> • Email: cinssu.info@gmail.com • Phone: (416) 978-7434
- Address: Innis Town Hall, 2 Sussex Ave., Toronto

Showing: *Synecdoche, New York* (2008), Friday, November 4 at 7:00 pm

Showing: *Wuthering Heights* (2011), Friday, November 11 at 7:00 pm

Evening Films at the Toronto Reference Library

- Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT17888&R=EVT17888> • Email: none provided
- Phone: (416) 395-5577 • Address: 789 Yonge Street, Toronto, Hinton Learning Centre, 3rd Floor

Films are themed around STEM (Science, Technology, Engineering & Math), Finance, Careers, Innovation, Imagination and the Human Spirit. Showing: *Pipelines, Power & Democracy*, Friday, November 4 from 6:00 pm -8:00 pm

Family Movie at Toronto Public Library

- Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT257367&R=EVT257367> • Email: none provided
- Phone: (416) 396-3975 • Address: S. Walter Stewart Branch - 170 Memorial Park Avenue, East York

Showing: *Wings of Life* (120 Minutes). Ever wonder the importance of flowers and the earth's greatest pollinators? Saturday, November 5 from 2:00 pm -4:00 pm

ARTS AND CULTURE

York University Department of Music: Music at Midday: Singing Our Songs

- Website: <http://www.thewholenote.com/index.php/listings/concertsgta> • Email: none provided • Phone: (647) 459-0701
- Address: York University, 4700 Keele St., Toronto, Tribute Communities Recital Hall, Accolade East Building.

Young artists in the classical vocal performance studios of Catherine Robbin, Stephanie Bogle, Norma Burrowes, Michael Donovan and Karen Rymal. Free Admission.

Tuesday, November 1 at 2:30 pm

Canadian Opera Company Free Concert Jazz Series

- Website: <http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries.aspx> • Email: none provided
- Phone: (416) 363-8231 • Address: Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W., Toronto

Canadian jazz songstress Adi Braun shares her signature sophisticated style and subtle delivery in a program dedicated to one of the greatest singers of the 20th century, Frank Sinatra. Joined by her phenomenal trio, Adi plays Chair(wo)man of the Board for an intimate hour of some of Sinatra's most beloved hits.

First come, first served. Late seating not available.

Wednesday, November 9 at 5:30 pm

University of Toronto Faculty of Music: Poetry and Music

- Website: <http://www.thewholenote.com/index.php/listings/concertsgta> • Email: none listed • Phone: (416) 408-0208
- Address: Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park

Works inspired by Hamlet and Macbeth. Monica Whicher, soprano; Laura Tucker, mezzo; Steven Philcox, piano; Eric Domville, spoken word.

Thursday, November 3 at 12:10 pm - Free Admission

Things to Do!

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

Please call ahead to confirm the time, place and date of the event you wish to attend Thank you.

ARTS AND CULTURE

The Toronto Fall Antique and Vintage Glass Lover's Show and Sale

- Website: <http://www.pressedglassandgoblets.com/articles/events.shtml> • Email: info@pressedglassandgoblets.com
- Address: Lawrence Park Community Church, 2180 Bayview Ave., Toronto • Phone: not listed

This special free event in Toronto offers over 600 goblets, hundreds of pieces of tableware, Victorian coloured glass, Depression Glass in clear and coloured, Flint and Early Blown Glass, Heisey Glass, Vintage Glass including Jadeite, Pyrex and Kitchenware, Oil Lamps, miniatures and more! Free parking in the parking lot adjoining the Church on Dawlish Ave.

November 2 - 5. Wednesday to Friday, 10:00 am - 7:00 pm, and Saturday, 10:00 am - 4:00 pm, in the Bradford Room.

ENVIRONMENT

Eco Fair at the Barns

- Website: <https://ecofairtoronto.org/> • Email: ecofairatthebarns@gmail.com • Phone: not listed
- Address: Artscape Wychwood Barns, 601 Christie St., Toronto

EcoFair at the Barns informs and inspires people to make greener choices in their homes and communities. Last year, over 1,000 people came out to learn about green initiatives and achievements in our neighbourhood and in our city, to explore new ideas, and to share green tips and tricks.

Sunday, November 6 from 11:00 am - 4:00 pm

HEALTH AND WELLNESS

Moving Towards Fitness

- Website: <http://gersteincentre.org/wellness-and-recovery/fresh/> • Email: moving.towards.fitness@gmail.com
- Phone: (416) 929-0149 ext. 259 • Address: see website for multiple locations

Moving Towards Fitness is facilitated by a trained fitness instructor and yoga teacher and a community peer support worker. This free program includes a varied terrain walk, an introduction to a full-body workout and a wellness check-in. All fitness levels are encouraged to participate. Join us in beautiful High Park! Sign up for our newsletter on our home page to find out when the next sessions will begin.

The Institute of Holistic Nutrition 2016 Open Houses

- Website: <http://www.instituteofholisticnutrition.com/current-events/open-house/> • Phone: (416) 386-0940
- Address: 18 Wynford Dr., Suite 514, North York

Relax, enjoy refreshments and attend complimentary lectures. Saturday, November 5 from 9:30 am - 4:00 pm

Nutrition & Health: The Fundamentals from 9:30 am -11:00 am

Leaky Gut: Prevention & Treatment through Nutrition with Brett Hawes CNP

Nutrition & the Environment from 11:30 am -1:00 pm

GMO Foods: Problems & Solutions with Kathrin Brunner BA (Hons), CNP, RYT

The Psychology of Disease from 1:30 am - 3:00 pm

Heal your Mind, Heal your Body with Tracy McBurney BA, EMP, ROHP

Things to Do!

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

Please call ahead to confirm the time, place and date of the event you wish to attend Thank you.

Pick up ball hockey

- Website: <http://gersteincentre.org/wellness-and-recovery/fresh/> • Email: maucoin@gersteincentre.org
- Phone: Michael AuCoin: (647) 462-9601 • Address: Bob Abate Gym, 485 Montrose Ave., Toronto

Open to ALL! And for folks in the community who live with mental health/addictions, consumers, survivors and supporters! Beginners to Gretzky welcome! Every Wednesday from 7:00 pm – 8:00 pm

FESTIVALS

Workman Arts presents: Rendezvous with Madness Film Festival

- Website: <http://www.rendezvouswithmadness.ca/> • Email: info@rendezvouswithmadness.ca • Phone: (416) 583-4339
- Address: 651 Dufferin Street, Toronto

The Festival investigates the facts and mythologies surrounding mental illness and addiction as presented by both Canadian and international filmmakers, as well as by visual and media-based artists. The festival provides filmmakers and artists with opportunities to exhibit work that may not otherwise be seen; facilitates discussion between artists and audiences on these cinematic and media representations; and increases awareness of, and advocacy for, mental health and addiction issues among the broader public.

Friday, November 4 - Sunday, November 13. For full film schedule, visit <http://www.rendezvouswithmadness.ca/3339-2>

Opening Night: The Other Half

- Website: <http://revuecinema.ca/> • Email: none provided • Phone: 416-531-9950
- Address: Revue Cinema, 400 Roncesvalles Ave., Toronto

Showtime: Friday, November 4 at 7:00 pm

General Admission: \$15, Gala Ticket: \$35 (includes reception before film)

Synopsis: Everybody carries everything they ever did and experienced into a relationship, and sometimes that excess baggage can leave little room for anything new. That is when it is time to purge. This is easier said than done for Emily (Tatiana Maslany) and Nicky (Tom Cullen), who are carrying things not easily dropped: she is a bipolar woman who lives only in emotional extremities, and he's still careening from a family trauma that leaves him explosively angry. An unflinching but moving account of people trying to breach their own issues to reach each other, The Other Half is a made-in-Toronto romantic drama learning how to carry each other's baggage.

To subscribe to The Bulletin: call The Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email 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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