

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto, ON M6J 1H4

Phone: Monday - Friday from 9 am - 5 pm • Drop-in: Monday - Friday from 9 am - 4 pm

416-595-2882 • csinfo@camh.ca • www.csinfo.ca

Our 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.

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Our New Look!

Happy New Year! To celebrate both a brand new year and the upcoming 25th anniversary of the Bulletin in November, 2017, we have given The Bulletin a fresh and updated look!

We would like to give a thank you to all of our dedicated staff and volunteers, including graphic designer Austin Mateka and photographer Elisheva Passarello for donating their talents to help us create our new and improved newsletter.

If you would like to view more of Austin's work, visit www.austinmateka.ca.

To contact Elisheva regarding her portfolio, please email ElishevaPassarello.Photography@Gmail.com.

We hope you enjoy The Bulletin, and look forward to your feedback!

C/S Info Is Moving!

For many years, CAMH has generously donated our office space. They are making some improvements to the Community Centre where we are located now and have offered us another location.

We will continue to be located at 1001 Queen Street West, but will now be closer to the Empowerment Council, in the space that was previously used by Suits Me Fine.

We will be moving in late January, and will post signs to help our guests find us. Look for more information in upcoming issues of the Bulletin, including the date for an open house!

Image courtesy of ©Elisheva Passarello Photography



Volunteer With The C/S Info Centre!

Many people find meaning and purpose from the challenges they have faced by using their lived experience to volunteer. At the C/S Info Centre, we are looking for volunteers to join us in providing information and resources to improve the quality of life and sense of community for all who are experiencing mental health and/or addiction challenges. Below are the roles we currently have available. However, if you have another skill or interest you are interested in sharing, please let us know.

For more information about volunteering, qualifications for Board committees and prospective Directors, please contact Christine at christine.miranda@camh.ca or 416-595-2882.

The Bulletin:

Research content for the newsletter: activities, items of interest to the C/S community and monitor feedback from the community. This can be done on site or remotely. The committee meets monthly for two hours, and additional time requirements can be flexible; approximately 2-4 hours weekly.

Mailing of the bulletin: stuffing and labeling the envelopes: usually the 12th-13th and 27th-28th of the month at CAMH's Russell Street site; 3-4 hours twice a month.

Gather Resource Materials:

Contact community service and mental health organizations to request brochures and program information be sent to C/S Info's office. This can be done from home or in the office. The time commitment is flexible - approximately 4 hours per month.

General Office Support:

Reception duties, such as greet visitors, respond to queries and answer calls. Other office support duties could include stocking shelves and information boards, updating databases and general office duties as needed. Time commitment is flexible: 3-12 hours per week.

Tax Clinic:

Prepare taxes for community members: we will help volunteers apply to CRA's volunteer program as this is a requirement for this position. Need for volunteers fluctuates throughout the year, with greatest need being in March and April – time commitment is based on volunteer availability. **Please note:** accounting experience is required for this position. Please contact Christine for details.

Board of Directors:

The Directors are elected by membership and meet monthly to govern the organization. They review financial plans, monitor performance, develop policies and procedures and most importantly ensure that we are achieving our mission. Board members are also part of board committees listed below. Time Commitment: Preparation for and attendance at monthly board meetings: 4-6 hours per month. Additional committee work: 4-6 hours per month.

Board Committees:

Community members can also participate in board committees without being elected to the Board of Directors. Time commitment: approximately 4-6 hours per month.

Governance Committee:

Strategic plan development and monitoring progress, monitor progress, create and review policies and procedures, including Committee meetings, terms of reference, Board recruitment and evaluation.

Human Resources Committee:

Review HR policies, including documenting sick leave, statutory holidays, vacation, review H&S policies related to workplace violence prevention, volunteer management policies, procedures and recognition program, ED performance management.

Finance Committee:

Develop and approve operating plans, monitor budget performance, review audited financial statements, ensure adequate financial policies and controls are in place to safeguard organization resources.

Creating Positive Change in the New Year

Article by Randi Storfer

For many of us, the start of a new year can feel like the perfect time to move our lives in a fresh direction. The 'new year's resolution' has become almost a cultural institution...who hasn't made one at some point? Who hasn't asked a person or been asked what their resolution is? But these resolutions often come with an additional pressure we may not feel at other times of the year. A new year's resolution, large or small, may become a source of stress or even a trigger. For some people, this venture becomes an issue of 'success' or 'failure', leaving self-esteem and self-worth to hang in the balance. But what if this year, instead of feeling pressured to keep resolutions, we resolve to see them as an opportunity to create a positive change in our lives?

Even though for many people the words 'new year's resolutions' may also be known as the dreaded 'R' word, it doesn't have to be. Resolving to change something isn't necessarily a bad thing. A resolution – a firm decision to commit to a particular course of action – can, in fact, be an empowering experience. Understanding motivations behind the urge to create change are important. Success is more likely to happen when we understand why we do the things we do. If, for example, the longing for a fresh start comes from the desire to please other people, then success may hinge on whether someone else acknowledges and validates our efforts. But if the desire to change instead can be about creating joy for ourselves in our own lives, it can be easier to acknowledge accomplishments along the journey and stay motivated to succeed.

Paulo Coelho's novel *The Alchemist* is at its heart a novel about embracing change, having the courage to go after something you want and learning from your experiences. At this time of year, this short bestselling novel can be a useful motivational aid when considering making changes. He wrote about his protagonist, "He had to choose between something he had become accustomed to and something he wanted to have." This is a familiar dilemma for many of us. Change can be stressful, and sometimes it may seem easier to simply stay on the current path rather than go after what we desire to have or to be – even if the

situation we find ourselves in is not a positive one. It takes courage to try something new, determination and often some measure of creativity to pursue our goals, especially when obstacles arise. It is important to remember that we all have the abilities within ourselves to create positive and lasting changes.

Desire for change is the first step in the transition process; and resolution the second. The third step is then to break that goal down into smaller stages. Doing this enables each person to celebrate accomplishments at every leg of the journey and increase motivation to see the resolution through to its conclusion.

Timelines can be useful as a rough guide, but always remember that life happens...delays occur, opposition from other people or even from ourselves are perfectly normal. Setbacks are part of the process, and a chance to learn from what went wrong. A key to creating positive change is keeping an optimistic perspective, especially when confidence falters or it feels like events seem to be conspiring against us. Writer Mary Anne Radmacher once wrote, "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

Whatever ambitions we have in our lives, getting support can greatly increase the chances for success in whatever we put our minds toward. When looking for help, whether from friends, family, support groups or others, having someone who can empathize and understand the stress, pressures and challenges we feel is a tremendous help.

Motivational quotes can also be useful, as can creating a personal slogan. This can be something borrowed or an original creation of your own. Either way, the goal of either of these is to bolster determination whenever facing obstacles.

Creating positive change is just as much about experiencing the process itself as it is about achieving a particular result. Whatever your resolutions may be at this time of the year, remember that creating positive change is about creating joy in your life, and moving forward.

"There's nothing wrong with fear; the only mistake is to let it stop you in your tracks"

– Twyla Tharp (Choreographer)

Hot Computing Topics... Questions and Answers

Article by Martha Gandier, "The Computer Gal"

Question: Airplane Mode... what is it and how can I get out of it?

Answer: Airplane Mode is a quick way to turn off all wireless communication, including wifi, Bluetooth and GPS. It seems to be a particular problem for those of you who are using Windows 10. One way to toggle the Airplane Mode on and off is:

- Open 'Settings' and click or tap on 'Network and Internet'.
- Click/tap on Airplane Mode on the left side, and turn it off.
- Give your laptop a few minutes to change the setting, then go to your wifi as usual.

Question: Why has my computer's sound stopped working?

Answer: Usually it is a laptop that suddenly goes silent, after working perfectly for as long as the owner can remember. Windows 10 had a major glitch when it was first released, but the latest update package seems to have fixed it. Many laptops have a little dial on the front or side, to control sound. It's very easy to rub against the dial without realizing it, and thereby turn off the volume. It is also a good idea to check external speaker controls as well as the volume control on the task bar (at the bottom right hand side of the desktop).

YouTube also has its own volume control, as does any media player like VLC or Windows Media Player. If nothing works, check the driver. In the search field above your Start button, type 'Device Manager'. Scroll down the list till you see 'Sound, Video and Game Controllers' and expand the list. Check each one to make sure there are no red X's or question marks beside the device. Then choose your audio device and right click, then 'Update Driver Software'.

Try plugging headphones into the sound jack to see if there's any sound there. Reboot the system. If that doesn't work, call C/S Info or email me at gandier47@hotmail.com and we can discuss other options. Virus infections can disable the audio card, and once a system is infected to this extent you may need to re-install your operating system.

Before resorting to such a drastic step, you can try running the online ESET scan (<https://www.eset.com/us/home/online-scanner/>) or download and run AdAware (<http://www.lavasoft.com/>).

Another option is to run AdAware while in Safe Mode:

- Turn off your computer, then restart it while gently and continuously tapping F8.
- You'll be given some options, choose 'Safe Mode with Networking'.
- Go to the AdAware site and see if you can download the program.



Computer... Help!

Martha Gandier offers fellow consumers/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spyware scans, and clean-ups, coaching in MS Office, etc.

She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416-595-2882 and we will email Martha for you and she will call you. If you have any computer article suggestions for Martha please let her or us know!

Crazy Talks

Crazy Talks is a monthly informal discussion featuring local and international Mad presenters. Join author Erick Fabris on the first Tuesday of each month at 7 pm for this community chat – everyone welcome, free coffee/tea, accessible, ASL on request.

This Tuesday, January 3rd, join our guest Deb Quiggin, a Mad activist and member of the Lakeshore Asylum Cemetery Project, as she talks about the past, present and future of the Cemetery Project. Crazy Talks is at OISE (252 Bloor St. West at St. George Station), in room 12-274. Crazy Talks is not funded by mental health agencies or university programs.

For more information: madly@teksavvy.com

COMMUNITY ANNOUNCEMENTS



Peer Support Facilitation Training

Self-Help Resource Centre and the Consumer/Survivor Information Resource Centre have partnered to present a free training for people interested in learning how to facilitate their own peer support group, offer one-on-one peer support, or for general interest. Support groups can be for anyone or anything! Groups can focus on a particular health challenge or an activity that will help with that challenge, such as a walking or yoga group for mental health. We provide peers with foundational values and concepts in peer support, as well as, suggestions for starting and successfully running peer support groups in the community.

This two day training begins with perspectives in peer support, negotiating conflict, and facilitator skills & tools. Participants will come away with an Action Plan on how they will achieve their vision and goals for starting, running, and maintaining a peer support group. The second day of training delves into practical ways to overcome

the common challenges that peer workers, facilitators, and groups encounter. It's a great opportunity for peer leaders to bring their experience to the group and explore facilitator ethics, effective communication, tension and conflict, etc. There is also an opportunity to practice facilitation and build personal and professional peer support skills such as, mindful listening, self-compassion, self-care, and more.

Thursday, February 16 and Friday, February 17, 2017

10:00 am to 4:00pm

**Training will take place at CAMH,
1001 Queen St. W – Unit 4, Room B-40**

If you are interested in attending please register by contacting the Self Help Resource Centre at:

registration@selfhelp.on.ca • 416-487-4355 ext. 21

Important Changes for OW And ODSP Drug Cards

The [Income Security Advocacy Centre](#) reported that as of December 1, 2016, OW and ODSP will no longer be distributing paper drug cards for recipients needing prescription medication. Instead, people should show their regular Ontario health card (or "OHIP card") when they go to the pharmacy. The pharmacist will use the OHIP card to confirm eligibility for the Ontario Drug Benefit. Anyone receiving ODSP or ACSD should tell staff at the pharmacy that they are covered under Plan C. People on OW and Temporary Care Assistance should say they are on Plan D. This month, OW and ODSP recipients got paper statements that still have the old drug card attached, but the drug card says VOID.

No one has lost their coverage. As long as you are still eligible for OW or ODSP, or the Extended Health Benefit, you will still have your medications covered.

The Ministry sent out notices with the September and October benefit statements. If anyone did not read or

understand these notices, information about this change is also available on the Ministry of Community and Social Services' web site:

www.mcsc.gov.on.ca/en/mcsc/programs/social/PaperlessDrugCard.aspx.

This website notes that instead of using the drug card to access eye exams and physiotherapy, people on OW or ODSP should present their monthly benefit statement. It also has information about how to get an OHIP card if you don't have one.

Additional information is also available on the Ministry of Health website:

www.health.gov.on.ca/en/pro/programs/drugs/opdp_eo/notices/DrugEligibilityCard_Client_InfoSheet.pdf

Contact your worker if you or a family member are not eligible for an OHIP card.

Reva Gerstein Legacy Fund Seeking Submissions

The Reva Gerstein Legacy Fund is seeking submissions for 2016/2017! The Legacy Fund was created through a generous gift from Reva Gerstein's sons on the occasion of her 90th birthday.

The Fund supports projects that are run by and for psychiatric survivors, and reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community. Successful fund recipients in the past included initiatives such as community events, tuition, art, film, educational and small business support

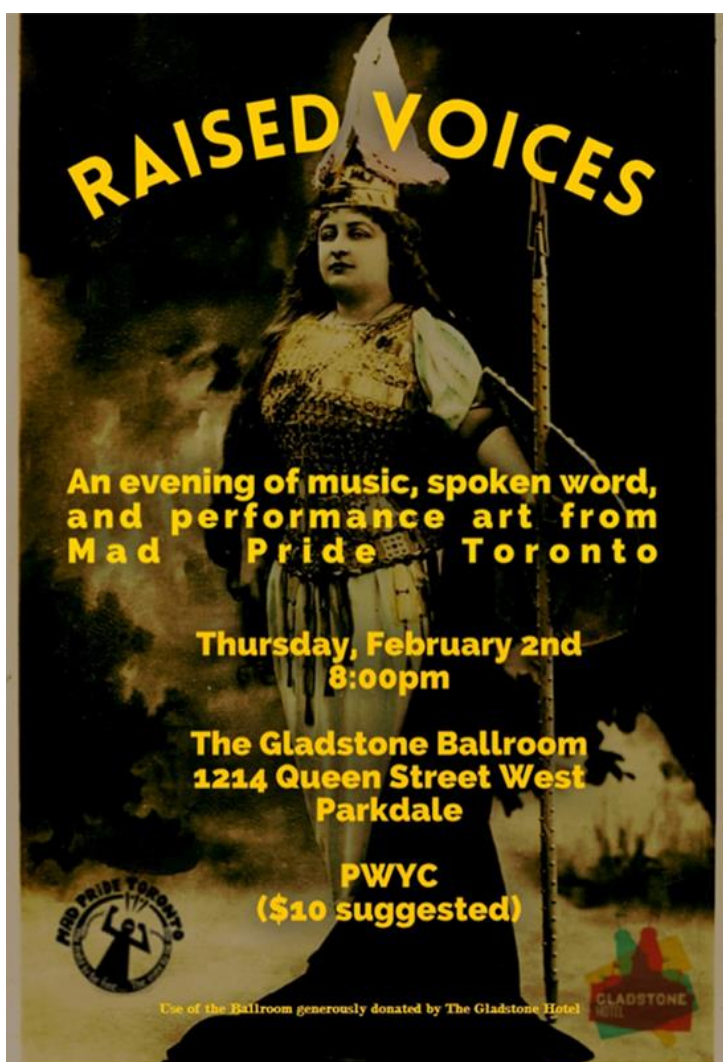
Applications should include contact information, a description of the initiative and a budget. Proposals should have a budget of no more than \$4000 (most grants are in the \$500-\$1500 range).

For more information or to access a proposal outline, please visit our website at gersteincentre.org/about-us/rev-a-gerstein-legacy-fund/.

Proposals should be sent to: **Gerstein Crisis Centre
100 Charles St. E, Toronto, Ontario M4Y 1V3
or e-mailed to susandavis@gersteincentre.org
Deadline: January 15, 2017**

"If I have given my all and still do not win, I haven't lost. Others might remember winning or losing; I remember the journey." - Apollo Anton Ohno (Olympic speed skater)

"You find that you have peace of mind and can enjoy yourself, get more sleep and rest when you know it was 100% effort that you gave – win or lose." - Gordie Howe (hockey player)



There's An App for That... Accessibility!

Article by : Cassandra

I stumbled upon a City TV show in December that showed a VICE interview with Maayan Ziv, who developed an app highlighting accessible places around the city. I contacted the developer and she shared the following:

AccessNow

AccessNow uses crowdsourcing to pin-point the accessibility status of locations on an interactive map. Search for a specific place or browse to see what is nearby with the accessibility features you need. If the information isn't already on our map, we encourage you to add it yourself.

Cost: Free

Website: accessnow.me/

In-app purchases: No

Availability: Currently only available as an app for Apple phones - Android app coming soon. AccessNow is available online from any device or browser: accessnow.me/map/

More Information: Video by Maayan Ziv, creator: www.youtube.com/watch?v=0qSmmV_cesA&feature=youtu.be



Peer Support Worker Community of Practice

The Self-Help Resource Centre runs a monthly peer support group for peer support workers and volunteers. This Community of Practice meeting is an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, learn and develop professional skills, and brainstorm solutions to challenges in the field.

Please register at: registration@selfhelp.on.ca or 416-487-4355 ext. 21

When: First Thursday of Every Month, from 4pm to 6pm

Next Meeting: January 5, 2017 – Conflict Mediation

Future Meeting: February 2, 2017

Where: George Brown, 341 King St. East, room 413

What to Bring: Questions and challenges experienced in peer support. Coffee, tea and light snack will be provided!

The Self-Help Resource Centre is a non-profit organization that is funded by the United Way and the City of Toronto. We have been connecting people with peer support groups since 1987. These groups continue to support people in overcoming major life challenges and transitions on the path to improved health and happiness. We do this through training and supporting peer support group leaders, providing resources to groups, operating an online database and information line to refer people to groups, and through managing peer support programs at large organizations.



Toronto's Out of the Cold Program

As the cold weather approaches, it's important that you, are equipped with the resources and information you and your loved ones need to stay safe and warm this winter. The Out of the Cold program, is a program for you during those months when the weather becomes frigid, as an alternative to sleeping outside.

The Out of The Cold Program, run by faith and community based organizations who band together, operates during the winter months to ensure that people find shelter, warmth and a meal and a bed to prevent individuals from sleeping outside and going hungry.

For information about an out of the cold program location near you, call Central Intake at 1-877-338-3398 OR 311

Image courtesy of ©Elisheva Passarello Photography

Cota Board of Directors Recruitment Call

Cota is seeking an individual with lived-experience of the mental health system to fill a vacancy on their Board of Directors. The ideal candidate will be able to draw on his/her knowledge and experience to contribute to the governance and strategic leadership of Cota. Applications from women and under-represented groups within our community are encouraged.

Board Members (Directors) are appointed for a two-year term and are eligible for reappointment for up to two additional terms. It is expected that a Director be available to serve the maximum of six consecutive years.

Directors volunteer their time and play a vital role in shaping

Cota's strategic directions, ensuring public accountability and in providing ongoing governance to the organization. In turn, Directors are provided with the opportunity to gain experience working with a skilled Board of Directors and contributing to the advancement of a progressive agency.

If interested, please forward information about yourself, including your experience and reasons for interest in volunteering your time to serve on Cota's Board of Directors, by 5:00pm on Monday January 9, 2017 by mail, fax or e-mail to:

Cota Board Recruitment Committee

550 Queen St. E., Suite 201

Toronto, ON M5A 1V2

Fax: 416-785-9358 e-mail: labrosse_k@cotainspires.ca

For more information about Cota visit www.cotainspires.ca

CAREER DEVELOPMENT

Canada Job Expo

Date: Thursday, January 19, 2017, 10:00 am – 3:00 pm

Location: North York Memorial Hall, 5110 Yonge St.
(North York Centre Subway Station)

Admission: Free

Canada Job Expo is a great place to begin your career path. Canada Job Expo provides plenty of information, job resources and discussions and opportunities for employment. This expo is the most attended job and

career event in the GTA with an environment of learning, employment opportunities and a day of professional interactions. There are also five free optional workshops available. Bring plenty of résumés and dress professionally.

Please register at: <https://www.eventbrite.ca/e/canada-job-expo-january-2017-edition-tickets-7224248923>

For further information, please visit
www.canadajobexpo.com, phone: 416-223-3323
or email: admin@canadajobexpo.com.

Road to Employment: Pathways to Successful Careers

Are you ready for employment? Are you interested in a career change? Hone your skills at these workshops presented by Houselink Community Homes.

Tuesdays, 1:00pm - 3:00pm,

Lillian H. Smith Library: 239 College Street

What do you need to be ready workshop — Jan 10

Presented by Roopa Dittakavi - Learning Enrichment Foundation

Where are the employers workshop — Jan 17

Presented by Sharon McBean – University of Toronto

Wednesdays, 1:00pm - 3:00pm,

Bloor-Gladstone Library: 1101 Bloor Street West

Pathways to Successful Careers—Jan 4

Presented by Tahsin Sayed—United Parcel Service UPS

What do you need to be ready workshop — Jan 11

Presented by Roopa Dittakavi - Learning Enrichment Foundation

Where are the jobs — Jan 18

Presented by Sharon McBean – University of Toronto

Info: 416-516-1422 ext. 268 or angelaza@houelink.on.ca



Toronto District School Board Winter 2017: Learn 4 Life Courses for Adults

Registration is open

Classes begin Saturday, Jan 14, 2017

The TDSB offers reasonably priced courses on a wide variety of topics, including business, exercise and hobbies.

A current GAINS certificate or Social Assistance document is required to qualify for the reduced rate of \$10 per course. A copy must be submitted along with the application form to support this request. This reduced rate applies to course fees only and is limited to one course per term. All fees include HST. C/S Info also has the current TDSB Winter Learn 4 Life catalogue for you to pick up at our office.

You can register and search for courses online at: www.learn4life.ca, by phone 416-338-4111, in person, by fax at: 416- 394-3877 or by mail to Continuing Education, 2 Trethewey Dr., 3rd fl., Toronto, On M6M 4A8.

Image from: www.tdsb.on.ca/AdultLearners/Learn4Life.aspx

THINGS TO DO

For TTC Information call 416-393-4636 or visit the TTC website— ttc.ca

Skating at Nathan Phillips Square

Open until mid-March (weather permitting); Skate rental hours: Monday – Sunday, 10:00 am – 10:00 pm
100 Queen Street West, Toronto

Bring your own skates for free skating or rent a pair! Rental fees based on 2 hours: adults - \$10.00, children 12 years and younger - \$5.00, helmets - \$5.00, skate sharpening - \$8.00. Deposit required for skate rentals: any government-issued photo ID. Please note: There is no debit machine on premises.

More information: nathanphillipssquareskaterentals.com • skate@nathanphillipssquareskaterentals.com

Skating at Harbourfront's Natrel Rink

Sunday – Thursday: 10:00 am – 10:00 pm, Friday – Saturday: 10:00 am – 11:00 pm
235 Queens Quay West, Toronto

Free outdoor skating with a fantastic view of the harbour! The rink also has a heated indoor change room, coin lockers and washrooms. Hot food and drinks are for sale at the rink side restaurant, Boxcar Social. Wheelchair accessibility can be accommodated with advance notice by phone or email. Skate rental fees: adults - \$10.00 (\$12.00 including a helmet), children 12 years or younger - \$5.00 (\$8.00 including helmet), helmets - \$5.00, skate sharpening - \$8.00.

Free DJ skate nights on Saturdays until February 18, 2017, from 8:00 pm – 11:00 pm!

More information: 416-973-4866 • rinkbookings@harbourfrontcentre.com

www.harbourfrontcentre.com/venues/natrelrink/ • www.harbourfrontcentre.com/djskatenights/



"The question you must ask yourself isn't will you get a happily-ever-after? The question you need to ask yourself, will you be able to live with yourself if you don't let yourself have a happily-now, and end up having nothing at all?" – Karen Marie Moning (author)

Free Films at the Toronto Reference Library

6:00 pm – 8:00 pm. See below for dates for individual films

Toronto Reference Library – Hinton Learning Theatre, 789 Yonge Street, Toronto

Thursday, January 5, 2017 – “Journey to Oblivion: The Empress of Ireland Story”

A documentary about one of the biggest maritime disasters in history: the ocean liner sank in the St. Lawrence River on May 29, 1914 after colliding with another ship, killing 1,012 of the 1,477 passengers and contemporary attempts to recover artifacts from the shipwreck.

Friday, January 6, 2017 – “Addicted to Plastic”

A two-year worldwide documentary exploring the harmful effects of plastic of the food chain and ecosystem.

Thursday, January 12, 2017 – “Atanasoff: The Father of the Computer”

A movie about the physics professor who fought to be recognized as the inventor of one of humanity’s greatest inventions.

Friday, January 13, 2017 – “The Baby Formula”

An award-winning indy movie full of humour and twists in which two women participate in an experimental scientific process to create sperm from their own stem cells in order to become pregnant.

More information: 416-395-5577 • www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19036&R=EVT19036

Free Walking Tours at High Park

Every 1st and 3rd Sunday of the month (including holidays), 10:30 am – 12:00 pm

Meet at the benches across the road from the south side of Grenadier restaurant (inside High Park)

Each walk has its own theme and is led by volunteer historians, scientists or naturalists. Excellent photography opportunity! Some walks may be in wooded areas. Please wear appropriate footwear.

More information: 416-762-3453 • highpark.org/programs/high-park-walking-tours/ • highparkwalkingtours@yahoo.ca

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca. The Bulletin 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 (CAMH). You can also follow us on Facebook: facebook.com/csinfocentre and Twitter: twitter.com/CSInfoCentre, where we will post more information and resources. All previous issues are available on our website: www.csinfo.ca.

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Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

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

Supported by:



“The way to get started is to quit talking and begin doing.” – Walt Disney