

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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### Peer Lens – Community of Practice for Peer Support Workers

**Friday, January 27, 6:30 pm - 8:00 pm**

Working for Change, 1499 Queen St. W., Unit 203, Toronto

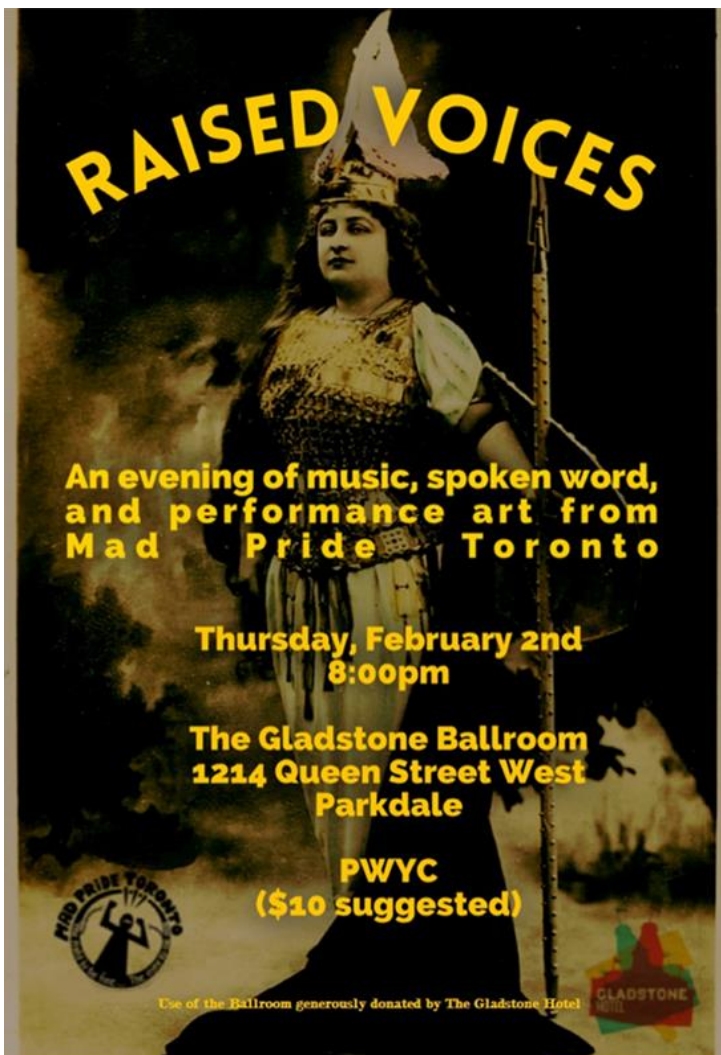
A call to action was generated at this year's Peer Support Worker's Strategy and Discussion event, presented by Toronto Mad Pride, to form an independent Community of Practice for Peer Support Workers in the Toronto area. If you are a Peer Support Worker or have done Peer Support work in the past, you are welcome to attend Peer Lens - a Community of Practice held last Friday of every month. This is a great opportunity for peers to have discussions around case studies, to network with other peers and to improve our practice overall.

For more information and to attend a meeting, please email Karla at: [torontomadprideps@gmail.com](mailto:torontomadprideps@gmail.com)

### C/S Info Is Moving!

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

Our moving date is yet to be determined, and we 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!



## OUR COMMUNITY



### 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](mailto:registration@selfhelp.on.ca) or 416-487-4355 ext. 21

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

**Next Meeting:** February 2, 2017 – Non-Profit Organizations and Peer Support

**Future Meeting:** March 2, 2017

**Where:** George Brown, 341 King St. E., Room 413, Toronto

**What to Bring:** Questions and challenges experienced in peer support. Coffee, tea and a 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.

### STAR (Supporting Transitions and Recovery) Learning Centre – Winter Course & Workshops

**Tuesday, January 3 to Friday, April 28**

40 Oak St., Toronto (Regent Park)

The program has been established to help people transition from homelessness to housing in as smooth a manner as possible. This program provides a safe and welcoming environment that helps people discover or rediscover activities that are meaningful to them. It also provides opportunities for people to develop the skills they need to secure or maintain stable housing. STAR has partnered with community organizations to offer a range of free classes from skills training to arts-based recreation.

The classes are designed to support people as they make the transition to housing and work to recover their mental health.

In order to register for courses or workshops, interested participants must register as a STAR member. Please contact STAR directly to find out if you meet eligibility criteria and to start the intake process.

647-302-7827 • [STAR@smh.ca](mailto:STAR@smh.ca)  
[www.stmichaelshospital.com/programs/mentalhealth/star.php](http://www.stmichaelshospital.com/programs/mentalhealth/star.php)

### Smoking Cessation – Toronto Public Health

**Saturday, January 21, 2017 from 10:00 am - 12:30 pm**

Morningside Library branch, 4279 Lawrence Ave. East, Toronto

In this workshop receive an educational presentation, one-on-one counseling, and free Nicotine Replacement Therapy (NRT). To see if you qualify and to register contact Toronto Public Health.

416-338-7600 • No email listed • [www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT261826&R=EVT261826](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT261826&R=EVT261826)

*"Success is liking yourself, liking what you do and liking how you do it." - Maya Angelou (author)*

## Financial Empowerment & Walk-In Counselling Services at Woodgreen!

At C/S Info, we receive many calls from community members seeking support regarding their personal finances, preparing taxes, managing personal debt, planning for retirement and counselling services. Following the pressures of December to spend, January is often a time when we experience financial challenges, with this in mind, we wanted to let you know of a valuable community resource for people living on a low income. Contact Woodgreen to make an appointment for financial services or for more information about their walk-in counselling services.

Woodgreen Community Services  
815 Danforth Avenue, 3<sup>rd</sup> Floor, Toronto  
416-645-6000 ext. 1330  
Financial Empowerment email: [fe@woodgreen.org](mailto:fe@woodgreen.org)

### Financial Guidance, Advocacy and Problem Solving Program (GAPS)

Helps clients, living on a low income find solutions to financial problems.

- Information on benefit programs and eligibility requirements
- Assistance to understand and complete application forms
- Support in communicating with government agencies
- Assistance in restoring benefit payments
- Information on banking options and fees

Walk-in intake also available:

Monday to Thursday, 9 am - 12pm & 1pm - 5pm

**Financial Coaching** helps clients living on a low income to manage their finances and achieve their financial goals.

- Budgeting
- Retirement Planning
- Savings Tools and Options (RDSPs, RESPs, TFSAs)
- Banking
- Improving Credit and debt management
- General Financial Questions

**Financial Literacy Program** delivers free presentations on a variety of topics including:

- Budgeting and money management
- Debt and credit management
- Income tax, benefits and credits
- Low-Income retirement planning
- Power of attorney, living wills and advanced care planning

- Benefits, supports and tax credits for persons living with disabilities and their caregivers
- Workshops can be customized or developed to suit an organization's needs and interests

Contact Woodgreen to book a free workshop!

### Income Tax Clinic

WoodGreen's Income Tax Clinic provides the following services:

- Preparation of simple income tax returns
- Preparation of up to 10 years of back taxes
- Preparation of T1 adjustments
- Understanding Notice of Assessment
- Responding to CRA letters
- Interest relief applications
- Other tax related matters

Woodgreen is **unable** to prepare returns for individuals who:

- Have passed away
- Filed for bankruptcy in the past year
- Have self-employment deductions to claim
- Have rental or business income to report
- Have investment income of more than \$1,000 per year.

### Walk-In Counselling Service at Woodgreen

New Hours:

Tuesdays and Wednesdays

4:30 pm – 8:30 pm

WoodGreen, 815 Danforth Ave., Suite 100, Toronto

Registration opens at 4:15 pm; latest arrival at 6:45 pm.

Free immediate counselling to address a wide range of concerns, such as anxiety, depression, trouble with anger, difficulties at work or school, relationship issues, parenting concerns and other problems.

- WoodGreen's approach is pragmatic, strength-based and culturally sensitive
- They aim to understand the problem, set practical goals and support people to move towards positive change
- No appointment or referral is needed. Individuals are welcome to return for subsequent sessions



# A Way Out

Volunteer Hoarding Support Program

Helping people who hoard live a healthier, happier and safer life.



Are you—or someone you know—living with **extreme clutter**?  
Do you have **difficulty letting go of things**?  
Is your home **creating an unhealthy and safety risk**?

VHA Home HealthCare (VHA) can **help** with a **FREE** service for eligible people living in **Toronto**.



## VHA provides:

- An in-home assessment and consultation.
- A trained volunteer coach to work side-by-side to achieve your goals.
- Strategies to help discard items.
- A plan to help you regain your home and life.
- Links to other community support services.

**Call today for eligibility requirements!**

**416-489-2500 ext. 4192**

**VHA Home HealthCare**  
Creating More Independence

## 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 free event – everyone welcome, free coffee/tea, accessible and ASL on request.

For more information including next meeting location and topic: [madly@teksavvy.com](mailto:madly@teksavvy.com)

You can also call C/S Info closer to the date: **416-595-2882** or check out the ad in **Now Magazine** for more info.

*"There's no confidence like the confidence that comes from having confronted something you feared. Pushing yourself beyond your own comfort zone is probably the most effective strategy for growth and development of new talents, both personally and professionally."*  
– Arlene Dickinson (Canadian entrepreneur)

## 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](mailto: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!

**VHA Home HealthCare**  
Creating More Independence

**ARE YOU INTERESTED IN MENTAL HEALTH?**  
**ARE YOU LOOKING TO JUMP START YOUR CAREER?**  
**THEN BECOME A VOLUNTEER!**

### MAKE A DIFFERENCE IN YOUR COMMUNITY

If you would like to learn more about becoming a VHA Hoarding Support Volunteer, please contact: Roseanna Wirt, VHA Volunteer Coordinator at 416-489-2500 ext. 4327 or email [rwirt@vha.ca](mailto:rwirt@vha.ca).

#### As a hoarding support volunteer you will:

- Learn to help clients organize and de-clutter their homes
- Develop skills to work in mental health
- Receive excellent training from regulated professionals.



**BONUS:** VHA offers a corporate discounted rate for **TTC Metropasses**.

## Benefits, Supports and Tax Credits for Persons Living with Disabilities

Thursday, January 26, 6 pm - 7 pm

Dawes Road Library branch, 416 Dawes Rd., Toronto

Offered in partnership with the WoodGreen Community Services Financial Empowerment Program, this workshop will provide a general introduction to benefits, supports and tax credits available to persons living with a disability and their caregivers. Attendees will learn about eligibility requirements and how to apply.

Free program. For more information and to register, please contact the Dawes Road Library branch at: 416-396-3820.

[www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT265296&R=EVT265296](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT265296&R=EVT265296)

## Stress Management and Anxiety Workshop – Scarborough Women's Centre

Saturday, January 21 10 am - 3 pm, Free

(Donations welcome, if you can)

2100 Ellesmere Rd., Suite 245 Scarborough

Stress and anxiety tend to manifest in negative ways. This workshop will help us to manage both our life stressors and anxiety. This allows us to move forward and to be in charge of our experiences.

Please pre-register to ensure your spot by phone at 416-439-7111 ext. 7, email:

outreach@scarboroughwomenscentre.ca, online at [www.scarboroughwomenscentre.ca/workshops/](http://www.scarboroughwomenscentre.ca/workshops/) (fill out the form at the bottom of the page and click 'send') or walk-in Mon to Thurs 9 am - 5 pm; Friday 9 am-4 pm

## Stress Management through Restorative Meditation

Thursday, January 12, and every other Thursday until April 13 (7 sessions), 7 pm - 8 pm

Barbara Frum Library branch, 20 Covington Rd., (Bathurst & Lawrence), Toronto

Sessions begin with methods of mantra meditation using breath and music, followed by yoga postures. Courtesy of Meditation Toronto. Classes at a beginner pace, but all are welcome regardless of experience level. Bring a yoga mat or a non-slip surface mat to the class. This program is drop in and does not require registration. For more information call the Barbara Frum branch at 416-395-5440.

416-395-5440 • email not listed

[www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT16215&R=EVT16215](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT16215&R=EVT16215)

## New Publication: Mad Times Zine!

Mad Times is Mad Pride Toronto's newfound publication, composed of articles and pieces from the community. The zine will focus on the many diverse ways of understanding and exploring mental health, the consumer/survivor movement, and the Canadian mental health system. More importantly, Mad Times would like to create and sustain an ongoing conversation between different opinions, people, and communities involved in mad studies, advocacy, and rights. The zine will strive to be an impartial platform for free speech. We wish to share people's artwork, poetry, articles, and critical opinion pieces with the Toronto community and beyond.

The first issue is set to launch by the end of January 2017 and we are hoping to find more subscribers, receive submissions, and spread awareness! Mad Times will be mostly an online publication, but will also have a limited print run each issue. If you would like to subscribe or are interested in submitting your work for our next issue, please send us an email at [madtimestoronto@gmail.com](mailto:madtimestoronto@gmail.com)



*"Sometimes you have to use your failures as stepping stones to success. You have to maintain a fine balance between hope and despair."* - Rohinton Mistry (author)

## Provincial Peer Support Program - Mood Disorders Association of Ontario (MDAO)

MDAO has a strong network of peer support services and programs at their Toronto head office with 35 affiliate member organizations that offer peer support across our province. The Provincial Peer Support Program can be accessed by telephone, in person and online. To schedule an appointment please call: 1-888-486-8236.

### Telephone Information Support: 1-888-486-8236

Allows callers from across Ontario to access information from trained volunteers and professionals to provide callers with peer to peer support, how to find a doctor and local

support group information. Monday – Thursday: 9:30am to 9:00pm & Friday: 9:30pm to 5:00pm

### Peer Support Groups

Regular drop-in peer support groups are held in a large variety of locations throughout the province. No registration required and all groups are free of charge. Confidentiality is always respected.

Dates & Locations for Peer Support Groups can be found at: [www.mooddisorders.ca/program/provincial-peer-support-program](http://www.mooddisorders.ca/program/provincial-peer-support-program)

## 6 Pillars of Self-Esteem – The Practice of Living - Scarborough Women's Centre

Saturday, January 28 10 am-3 pm, Free  
(Donations welcome, if you can)  
2100 Ellesmere Rd., Suite 245, Scarborough

Explore the six pillars of self-esteem – Living consciously, Self-acceptance, Self-responsibility, Self-assertiveness, Living purposefully and Personal Integrity. The workshop is designed so the participants journal their personal responses to a series of questions, and identify and set goals to live more powerfully using each of the pillars. It is a powerful

way for participants to learn to feel better about themselves and understand some basic principles on how to continue to develop and grow their self-confidence.

Please pre-register to ensure your spot by phone at 416-439-7111 ext. 7 • email [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca), online at [www.scarboroughwomenscentre.ca/workshops/](http://www.scarboroughwomenscentre.ca/workshops/) (fill out the form at the bottom of the page and click 'send') or walk-in Monday to Thursday 9 am-5 pm; Friday 9 am-4 pm

## The C/S Info Centre is Recruiting Board Members

C/S Info Centre is seeking people with lived experience with mental health or addiction challenges to join the Board of Directors. The Board meets monthly to oversee the C/S Info Centre's services, financial performance and ensure that we are delivering on our mission. Board members are also part of board committees such as Governance, Human Resources and Finance.

Time Commitment: Preparation for and attendance at monthly board meetings: 4-6 hours per month.

Additional committee work: 4-6 hours per month.

If interested, please forward information about yourself, including your experience and reasons for interest in volunteering your time to serve on C/S Info Centre's Board of Directors.

**Please send your application by email to Christine at [christine.miranda@camh.ca](mailto:christine.miranda@camh.ca) or by mail to: C/S Info Centre, 1001 Queen Street West, c/o CAMH, The Mall, Toronto, Ontario M6J 1H4**

*"It always seems impossible until it is done."* - Nelson Mandela

*"I am not afraid of storms, for I am learning how to sail my ship."* - Louisa May Alcott (author)



# CAREER DEVELOPMENT

## Effective Planning and Self-Care – Scarborough Women's Centre

**Thursday, February 2, 7:00 pm - 9:00 pm**

Free (donations welcome, if you can)

2100 Ellesmere Rd., Suite 245 Scarborough

Women often identify life as overwhelming. Using effective planning tools can help us meet our goals, manage our time and practice self-care.

Please pre-register to ensure your spot by phone at 416-439-7111 ext. 7, email at

[outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca), online at [www.scarboroughwomenscentre.ca/workshops/](http://www.scarboroughwomenscentre.ca/workshops/)

(fill out the form at the bottom of the page and click 'send') • walk-in Monday to Thursday 9 am - 5 pm; Friday 9am - 4pm

## Road to Employment: Pathways to Successful Careers

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

416-516-1422 ext. 268 or [angelaza@houselink.on.ca](mailto:angelaza@houselink.on.ca)

**Tuesdays 1 pm - 3 pm**

Lillian H. Smith Library: 239 College St., Toronto

**Where are the employers workshop - Jan 17**

Presented by Sharon McBean - University of Toronto

**Achieving Career Success - Jan 31**

Presented by Brandon Hay - Building UP

**Wednesdays 1 pm - 3 pm**

Bloor-Gladstone Library: 1101 Bloor St. W.

**Where are the jobs workshop - Jan 18**

Presented by Sharon McBean - University of Toronto

**Toronto Employment & Social Services - Jan 25**

Presented by Ellen Chisholm - Crossways Employment Services

**Achieving Career Success - Feb 1**

Presented by Brandon Hay - Building UP



*"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)

Image courtesy of ©Elisheva  
Passarello Photography

## Workplace Essential Skills Partnership (WESP)

Monday, February 13 - Friday, February 24 (2 wk. work-shop)

477 Mt. Pleasant Rd., Suite 105, Toronto

Are you a professional or a college/university grad with a disability looking for work? The Workplace Essential Skills Partnership (WESP) is a free dynamic cross-disability employment program for professional job seekers with disabilities. You will have the opportunity to increase your confidence and grow your network, enhance your resume, cover letter, and interviewing skills, learn about disclosure and accommodation in the workplace, and access

employers hiring qualified candidates with disabilities.

Income supports (ODSP, OW, EI, etc.) are not required to attend.

Registration is now open. To join WESP, please complete the Pre-screening Intake Questionnaire available from the Intake Coordinator – self referrals are welcome!

416-260-3060 ext. 232 • [cmacdiarmid@ccrw.org](mailto:cmacdiarmid@ccrw.org)

• [www.ccrw.org/programs-and-services/workplace-essential-skills-partnership/wesp-job-seekers/](http://www.ccrw.org/programs-and-services/workplace-essential-skills-partnership/wesp-job-seekers/)

## THINGS TO DO

For TTC Information call 416-393-4636 or visit the TTC website - [www.ttc.ca](http://www.ttc.ca)

## The Toronto Design Offsite Festival

Monday, January 16 - Sunday, January 22, Free

Multiple venues across Toronto (check website for full schedule and locations)

The Toronto Design Offsite Festival (TO DO) is Canada's largest cultural celebration of design with over 100 exhibitions and events forming Toronto's design week, January 16-22, 2017

Going into its 7th year, TO DO transforms Toronto into a hub for creativity, taking design and art out of the studio and into the urban sphere, bringing people together to celebrate contemporary culture. We provide opportunities for emerging talent, and engage the community with exceptional and accessible public programming.

No phone listed • [hello@designoffsite.com](mailto:hello@designoffsite.com) • [www.todesignoffsite.com/](http://www.todesignoffsite.com/)

## Power to the People: Photography and Video of Repression and Black Protest

Wednesday, January 18 to Wednesday, April 05  
(view website for full schedule), Free

All events take place at the RIC, 33 Gould St., Toronto, unless otherwise noted

In winter 2017, the Ryerson Image Centre (RIC) and Black Artist's Networks Dialogue (BAND) team up to present a season of exhibitions exploring historical and ongoing struggles for justice between people of colour and police forces representing the state.

Attica USA 1971: Images and Sounds of a Rebellion; Birmingham, Alabama, 1963: Dawoud Bey/Black Star; Adam Pendleton: My Education, A Portrait of David Hilliard; and From the Collection: Sister(s) in the Struggle will be on view at the RIC from January 18 to April 9. BAND presents No Justice, No Peace: From Ferguson to Toronto at the Gladstone Hotel from February 2 to 26.

416-979-5164 • [ric@ryerson.ca](mailto:ric@ryerson.ca) • [www.ryerson.ca/ric/exhibitions/eupcoming/](http://www.ryerson.ca/ric/exhibitions/eupcoming/)

## Winter Season Show

Sunday January 29, 11 am - 4 pm, Free Admission

Artscape Wychwood Barns, 601 Christie St., Toronto

Come in from the cold and join us at the Winter Season Show. Exhibiting artisan and craft vendors from Toronto & the GTA. To register visit, [www.winterseasonshow.ca](http://www.winterseasonshow.ca)

647-863-5991 • [info@detailzbyrne.com](mailto:info@detailzbyrne.com) • [www.winterseasonshow.ca/](http://www.winterseasonshow.ca/)



## Ice Breakers 2017 Public Art Exhibition

Saturday, January 21 to Sunday, February 26,

All day, Free

Various locations along Queens Quay, between Yonge St. and Bathurst St., Toronto

Ice Breakers is a month-long public art exhibition that will be showcasing five wintertime art installations at different public locations on Queens Quay. Stretching from Yonge Street to Bathurst, the installations each feature unique sculptural designs that offer an element of interactivity that provoke visitors to 'break the ice' with one another.

A collaboration between the WBIA and the founders of

Winter Stations, -the annual art competition held along Toronto's East End Beaches- Ice Breakers seeks to explore the urban waterfront during the colder months. The Ice Breakers installations will be located at their respective locations, including the Harbourfront Centre, HTO Park, Music Garden East, the Rees Street Parkette and the Peter Street Basin.

phone not listed • email not listed

[www.blogto.com/events/ice-breakers-2017-public-art-exhibition/](http://www.blogto.com/events/ice-breakers-2017-public-art-exhibition/)

## Toronto Light Fest

January 27 - March 12, All Day, Free

Distillery Historic District, Mill St., Toronto

The Toronto Light Festival is a brand-new event which will transform the Distillery District into a huge open-air gallery, lighting up the long Winter nights with works from Canadian and International light artists. This Winter, come out of the dark and into the light!

phone not listed • email not listed • [www.torontolightfest.com/](http://www.torontolightfest.com/)

## Wild Winter Wonderland at Evergreen Brick Works

Saturday, January 21, 11 am - 6 pm

550 Bayview Ave., Toronto

Everyone's favourite antioxidant-rich berry is back for the first edition of Wild Winter Wonderland at the Winter Village. This January, join Evergreen Brick Works in celebrating another weekend of wild family fun, from workshops and cooking demonstrations to special guest chefs and vendors. With plenty of opportunities for family fun, parents will get seasonal cooking tips and live recipe demonstrations from culinary experts while kids enjoy making frozen wild blueberry ice pops and other outdoor activities.

416-596-7670 • [info@evergreen.ca](mailto:info@evergreen.ca) • [www.evergreen.ca/get-involved/evergreen-brick-works/](http://www.evergreen.ca/get-involved/evergreen-brick-works/)

## Drop-in Family Nature Walks

Saturday, January 21 - Saturday, March 25, 1:30 pm - 3:00 pm, Recommended Donation: \$2 - \$5/person

High Park Nature Centre, 375 Colborne Lodge Dr., Toronto

High Park Nature Centre, 375 Colborne Lodge Dr., Toronto

Get outside and explore nature in High Park with your whole family! Grandparents, parents, teens, children and babies alike will love this chance to discover the natural wonders in High Park's incredible savannahs, woodlands and wetlands. Walks are led by our amazing nature interpreters and volunteers, often with the help of guest naturalists. Please remember to dress for the weather.

Long pants or socks you can pull up to protect your lower legs and shoes that are good for trail walking like running shoes or hiking shoes are recommended. Family Nature Walks take place on wooded trails that are not stroller or wheelchair accessible. No pre-registration necessary, this is a drop-in event.

416-392-1748 • [naturecentre@highpark.org](mailto:naturecentre@highpark.org)  
[www.highparknaturecentre.com/family-nature-walks/?doing\\_wp\\_cron=1482181518.0353119373321533203125](http://www.highparknaturecentre.com/family-nature-walks/?doing_wp_cron=1482181518.0353119373321533203125)

## Work your Finances like a Boss

Tuesday, January 24, 6 pm - 7:30 pm  
Danforth/Coxwell branch, 1675 Danforth Ave.,  
Toronto

Learn the best ways to invest in yourself now and for the future! Learn how to budget, pay down debt efficiently and leverage your TFSA and RRSP. The New School of Finance will make it fun and show you how. Presented by Liz Schieck, certified teacher & financial coach from the New School of Finance, as part of Toronto Public Library's Personal Finance program series.

Free program. To register, contact the branch: 416-393-7783.

[www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT265573&R=EVT265573](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT265573&R=EVT265573)



## Introduction to MURAL ART

**WHERE:** SKETCH studios, Artscape Youngplace  
180 Shaw St., in the Project Studio

**WHEN:** Tuesday evenings, 5:30 - 8:30 pm  
January 31st - March 7th, 2017

**WHO:** Youth ages 16-29

**INTRODUCTION TO MURAL ART is a free learning program** for all skill levels. Participants learn basic art, design, and mural-making skills from professional artists, gaining the skills and confidence to participate in projects in their communities.

**For more information:** 416-698-7995 or [natalie@muralroutes.ca](mailto:natalie@muralroutes.ca)  
**To register:** [muralroutes.ca/ima-sketch](http://muralroutes.ca/ima-sketch)





## Learn About 3D Printing with the Toronto Public Library's Pop Up Learning Lab!

Tuesday, January 24, 7:00 pm - 8:00 pm  
Toronto Public Library, Humberwood Branch, Room 1016, 850 Humberwood Blvd., Toronto

Learn the steps to using a 3D printer at one of the Toronto Public Library's Digital Hubs. These include how to prepare a design file for print, how to use the equipment safely and the rules and guidelines of using the printer.

Please register online at [www.eventbrite.ca/e/3d-printing-certification-tickets-30194242793?aff=es2](http://www.eventbrite.ca/e/3d-printing-certification-tickets-30194242793?aff=es2) or by calling or dropping in to the branch. There is a limit of 1 ticket per person with your spot being held only until the class begins. Those under the age of 18 will need a guardian to sign the waiver form.

416-394-5210 • email not listed • [www.eventbrite.ca/e/3d-printing-certification-tickets-30194242793?aff=es2](http://www.eventbrite.ca/e/3d-printing-certification-tickets-30194242793?aff=es2)

## 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](mailto: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](https://facebook.com/csinfocentre) and Twitter: [twitter.com/CSInfoCentre](https://twitter.com/CSInfoCentre), where we will post more information and resources. All previous issues are available on our website: [www.csinfo.ca](http://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: Jacqueline, Randi and Martha (the computer gal)!  
Go green; get The Bulletin by email!

## Supported by:

