

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

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm
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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C/S Info Centre Open House!

Wednesday March 29, 2017 from 1:30pm to 3:30 pm

1001 Queen Street West, CAMH Community Centre (The Mall)

Please join us to celebrate our new home. Come early to enjoy light refreshments and some cake! We are located at 1001 Queen Street West, inside the CAMH community centre (sometimes called the Mall) in the former Suits Me Fine office (between the pool and pharmacy). Look for the pink signs for C/S Info and the Tax Clinic.

All are welcome!

For additional information and to RSVP, please call CS Info at 416-595-2882 or email csinfo@camh.ca

CS Info Workshop - Leslie Becker

The Story of An Artist: A Mental Health Recovery Journey

Monday April 3, 2017, 2:00pm to 3:30pm. 1001 Queen Street West (at CAMH)

We hope you have enjoyed all the arts and wellness information shared in the March issues of the Bulletin. To wrap up this theme, guest artist Leslie Becker will highlight the journey of an artist while addressing the importance of resilience and coping skills for surviving in a changing environment. She will translate knowledge, awareness, desire and drive into practice and purpose.

This session will be interactive and include a question and answer period. Participants will have an opportunity to begin constructing a personal list of strategies through the arts that can aid in maintaining wellness, balance and inspiration, while instilling support and hope. Individuals will begin to identify some of their own interests, discoveries and dreams.

Thank you to all of the artists who shared their work with us!

For additional information and to RSVP, please call CS Info at 416-595-2882 or email csinfo@camh.ca

Creating Madness

Article by Donna Linklater

A lot of people in the peer support groups I facilitate look at me like I'm crazy (well let's face it, I am) when I tell them that they're going to write a song in their session. They ask, "Aren't we going to sing the Beatles?" And when I insist that they're going to sing something they wrote, they almost look like they're about to call my case manager.

Too many of us feel like we can't create these days, and it's no wonder. Society isn't rewarding creativity. Musicians don't get paid what they used to for writing songs, writers barely get paid anything, we post memes on social media instead of expressing our own ideas and jokes, and more and more people feel like they "can't be creative". And that's just it, people feel like they can't create. But I truly believe that a healthy dose of self esteem, along with believing in your ability to create, is the main power source for creativity.

As consumer survivors, we are so often told that our actions don't matter, that we can't contribute to society, that we do not deserve control over our lives. And those of us who are further marginalized by things such as race, gender, or sexual orientation suffer double, triple, or many times more the negative messages about their worth. So maybe a nice big antidote for this load of crap being heaped upon us is to grab a paintbrush and start creating. Write a song. Draw a picture. Make up jokes. Take pictures. Write a story. Stop believing that you need to be fed entertainment from the media and feed yourself.

And then, we can be creative in all aspects of our lives. We can assert this creativity when it comes to our mental health. Define yourself as you want to be defined, not by how the DSM defines you. Create your own treatment plan (or not!) according to what you know works for you. Do all the things you want to do, despite anyone telling you differently. And then sit back, and listen to the music you just made: that's better than all the Beatles' songs in the world.

Community Artist: Jodi

I'm an artist who suffers from mental illness but am in transition to healing and recovery. These pictures are a documentation of my transition from the darkness to the light and the metaphor caterpillar into butterfly! Which is the process I'm in right now!



"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring." – Marilyn Monroe

Let's Talk: A CAMH Peer Support Worker Describes His Role

It's an approach that Jeremiah Bach uses to support patients at CAMH's Downtown West Clinic, which offers outpatient treatment and group programming to people dealing with schizophrenia and other serious mental health challenges.

As a Peer Support Worker (PSW), Jeremiah brings "lived experience" in the mental health system – he sought treatment years ago when bipolar depression disrupted his university education and his relationships. That experience blends with his expert knowledge of clinical care, CAMH programs, and the recovery movement, becoming a "foundation for practice," he says.

Frankly, "I know what it's like for someone to think you're 'crazy,'" he says. That perspective can make him more sensitive to the "sub-text" of conversations with patients, and help even out some of the power dynamics between caregivers and patients.

Jeremiah recently has been assisting a patient who came across on first impression as aggressive and intimidating.

Understanding Emotions behind Behaviours

"In working with this patient, I'm trying to listen to his emotions, to understand some of the feelings behind his behaviours," Jeremiah says. "Some behaviours may be driven by symptoms such as 'psychosis', but there are underlying feelings there, like 'I'm scared.'" I am encouraging the patient to talk about that. Here's a person who has experienced trauma during childhood, who has had some bad experiences in the mental health system, and who is working hard to maintain his job in his chosen profession."

Gaining a patient's trust to get at underlying emotions involves a go-slow approach – "not forcing the issue," and being non-judgmental, Jeremiah says.

Building Trust: Being Clear About What is Happening

Direct and clear language is critical. For example, when a Community Treatment Order is in place to maintain a patient securely in care, or when a medication dose changes, "we can't talk around those issues," he says. "Even if the patient is uncomfortable with the message, the communication needs to be direct and accurate. They know you are being upfront with them about what is happening. That is also key to building trust."

...continued on page 5.

C/S Info Tax Clinic: Tax Season Is Upon Us!

Even if you don't owe money to the government, there are three good reasons to do your taxes before April 30:

1. To ensure your HST, Trillium and Canada Child benefits keep coming to you. Assistance to understand and complete application forms
2. If you live in rent-geared-to-income, you need to show your CRA Notice of Assessment to your housing provider to prove you are still low income. Your rent will be set to the income on your Notice of Assessment.
3. If you are over 65, the Notice of Assessment is the proof that you are still low income and that will keep your GIS (Guaranteed Income Supplement) flowing. If your taxes are late, you could be cut off from part of your income in July.

If you owe money, it's even more important to do your taxes before April 30th to prevent penalties and interest from adding up.

Here at C/S Info we have a Community Volunteer

Income Tax Clinic. What does that mean? We have wonderful volunteers here who can file your taxes, free of charge.

We only do simple returns that meet the following criteria:

- Must be a consumer survivor (identify as having a psychiatric or addictions history).
- Have income under \$30,000.
- Don't have self employment income or expenses.
- Don't have rental income (you aren't a landlord).
- Don't have capital gains (you aren't selling stocks, bonds, second properties) or have over \$1,000 interest income for the year.
- Didn't declare bankruptcy in the year we're filing your taxes for.
- Weren't widowed in the year we're doing your taxes for.

From now until May or June, we will only file 2016 returns. Once the current tax season is over, we will once again help with filing past and current year returns. We have the capability to go back to 2008, but CRA allows you to file as far back as 2007.

For more info, please give us a call at 416-595-2882



Mad Pride Week Planners Wanted!

Mad Pride Week Toronto is July 10-16, 2017, and is a week-long series of workshops, events and creative expression that challenges harmful views about what it means to live with 'mental illness'. Events are designed to celebrate madness & mental difference, and include:

- **Mad Comedy & Music Night** - because we are more than a label!
- **Mad Market** – all kinds of Mad artists, creations, and fun!
- **Mad Workshops** – to challenge old ways of knowing and promote self-care!
- **Bed Push Parade** –the Parkdale event that symbolizes moving from the hospital into the community.

Not only do we want you, we need you!

Mad Pride Toronto invites you to join an awesome group of Mad people and their allies in dreaming, creating and planning Mad Pride Week 2017! There are lots of ways to help - bring your passion & curiosity, and we'll find something that's just right for you. Here are a few ways to get involved:

Planning Meetings: meet with a small group for a couple hours every 2 weeks to brainstorm events, put presentation ideas forward, and map out the week

Venue selection: contact various venues about booking space for Mad Pride events

Fundraising: write letters and help with outreach (emails and in person) to potential supporters of Mad Pride Week

Press & Social Media: use Social Media to promote and advertise Mad Pride Week, write advertisements and blogs, reach out to news and radio venues,...

Be Part of Mad Pride Week: present a workshop or perform during the week, volunteer to work at welcome tables for events, distribute signs and flyers prior to events.

Come share your talent and join a fun group of people, while learning and celebrating the stories and struggles of people who call themselves Mad, psychiatric survivors, consumers, mentally ill, ex-patients, and more. Together, we can create something awesome and meaningful!

For more information, please contact madpridevolunteer@gmail.com, or check out the website at www.torontomadpride.com

ODSP Peer Navigator Program Support Group!

The **ODSP Peer Navigator Program** offers peer support groups and one-on-one support to aid in successfully navigating the Ontario Disability Support Program (ODSP) system while we share resources, build social supports, and develop wellness tools. This program is for people applying to get on ODSP or already on ODSP and recognizes how overcoming challenges within the ODSP system develops valuable skills that can empower us in our future opportunities.

Contact us now to register for ODSP peer support groups. Groups will take place once a month for 5 months. The next series will begin in May 2017. Light refreshments and TTC tokens will be provided. Please let us know of any accommodations we can provide and we will do our very best to provide them.

For more information, or to register, please email registration@selfhelp.on.ca or call (416) 487-4355.

"I have also come to understand that although some people are naturally happier than others, their happiness is still vulnerable and incomplete, and that achieving durable happiness as a way of being is a skill. It requires sustained effort in training the mind and developing a set of human qualities, such as inner peace, mindfulness, and altruistic love." – Matthieu Ricard

Let's Talk: A CAMH Peer Support Worker Describes His Role (*Continued*)

Clear language means using terms that are easily understood by the patient. In his Peer Support role, Jeremiah feels he can often bridge that gap between clinical concepts and clear language for a patient.

Getting a complete picture about the patient

The ability to listen includes knowing the patient's history. In the case of the patient whose behaviour could appear intimidating, Jeremiah notes that through CAMH's clinical information system – I-CARE -- he was able to confirm that the patient did not have any history of aggression while at CAMH. "This also helps destigmatize this patient who may present as angry or agitated."

And through a new application called Connecting GTA, Jeremiah got important context on the patient's recent treatment outside CAMH, including visits to emergency rooms. "This really helps give us a complete picture so we can continue to help him," he says.

A Bridge to Recovery

"Our role can be an important bridge between the consumer/survivor movements in mental health, and the clinical/medical model," says Jeremiah. He's one of 13 PSWs at CAMH, a role the organization has had in place for eight years.

Jeremiah has taken part in mental health consumer/survivor events such as Mad Pride. On the clinical side, he has com-

pleted Peer Support Training, WRAP (Wellness Recovery Action Plan) Training, PPAB (Partnering to Prevent Aggressive Behaviour) and takes part in daily rounds discussing patients and treatment approaches. He also brings a broad scope of knowledge from his BA in Political Science from York University – the degree he finished after seeking help.

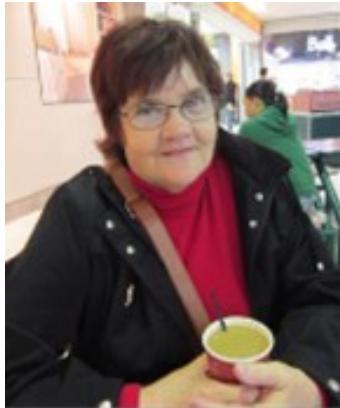
While a Peer Support Worker may have unique empathy for patient experience, they are a full member of an inter-professional team – which may include physicians, nurses, social workers, occupational therapists, educators and others. "I am clear with patients that I'm representing CAMH and am part of that CAMH team working for their care," says Jeremiah.

PSWs are on the move, just like their patients. For example, Jeremiah will often assist patients in community, health and social service settings outside CAMH, assisting them with appointments, housing and many other issues. Listening is critical to Jeremiah's success as a Peer Support Worker. At the same time, he has grown to listen to, and celebrate, his own self and bring that understanding to his work with CAMH patients.

Today, he continues to connect lines of communication to battle stigma and help patients. "I understand that I am different, that I think and see the world differently."

<https://goo.gl/wjpdVI>

Ian Kinross, CAMH Public Affairs



Computer Help!

Martha Gandier offers fellow consumer/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'll email Martha for you and then she'll call you.

Also, if you have any computer article suggestions for Martha please let her or us know!

Skills for Transformative Connection Series: Empathetic Listening

Thursday March 16, Doors open at 1:45pm. Session will end at 3:30pm. The 519, 519 Church St.

We all want to matter. Our ability to be present to ourselves and others with empathy and clarity can make the difference between a breakdown and a breakthrough. Compassionate Communication™ excels in providing practical ways to relate and get to the heart of what is really the matter behind criticisms, resistance, and judgements.

Please RSVP to Tia at tia.c@416community.com or (416) 928-3334 x 223. Visit www.416community.com for more info.

Career Development

Neighbourhood Link Support Services

Need a Job? Do you need help with your resume?

Neighbourhood Link Support Services can help Call 416-691-7407 and ask for Desimira Milusheva, she is willing to take calls and talk or meet with those who call about their resumes.

Call to register for our Resume, Interview, Hidden Job Market and Social Media workshops

Follow on Twitter @NLinkEmployment for job openings, upcoming events and job search advice

Exciting Programs and Services for FREE

Neighbourhood Link Support Services

Laid off? Downsize? New to the country? New to the workforce? Looking for a different path in life?

The answer is right around the corner and close to where you live, at Neighbourhood Link Support Services, your gateway to Employment Ontario and a full range of job finding career options.

One-to-one Employment Counseling

Knowledgeable counsellors are standing by, ready to help you develop job search skills and assist with Employment Ontario programs, such as Second Career and apprenticeship.

Career Exploration

Gain focus in identifying your skills, values, interest and strengths. Develop realistic employment goals and target a career path.

Job Works Program

Enhance your job search skills. Learn about transferable skills, cover letters, resumes, interviews, networking and social media.

Your Own Personal Job Developer

A job developer may be assigned to help execute your job search strategies and connect you with employers in the hidden job market.

Resources and Information

Jobseekers have access to computers, photocopying, fax machines and are eligible for resume tune-ups and daily workshops.

Moving Forward

Sometimes the barriers to finding a good job are not obvious - an 8 week essential skills program that addresses stress anxiety mood and depression with supports to finding meaningful employment

New Knowledge and New Steps

How to escape the Survival Job Trap – A skill-enhancing program to help new and not-so-new immigrants navigate the Canadian job market

Up & Coming Events

March 17, 24, & 31 1:30 pm – 3:00 pm

Second Career Information Sessions

March 20, 2017 10:00 am – 12:00 pm

Essential Skills for Office Professionals information Session

March 27, 2017 -1:00 pm - 3:00 pm

Fraud Information Session

Call today to learn more about your options 416-691-7407
3036 Danforth Avenue

info@neighbourhoodlink.org

www.neighbourhoodlink.org/employment

Toronto Job Fair

Wednesday, March 29, 11:00 am - 3:00 pm

Roy Thomson Hall, 60 Simcoe Street

Network with GTA's top employers!

Bring lots of copies of your resume as there will be complimentary resume reviews on-site.

Admission is free for job seekers with pre-registration.

Register at: <https://goo.gl/FOczUw>

For more info: 905-812-5627 • info@torontojobs.ca •

www.torontojobs.ca/career-resources/career-fairs/

Things To Do

Learn for Life: Toronto District School Board

Thinking about taking a class or learning a new skill? The Learn 4 Life Spring Catalogue is available. Pick one up at your local library. Alternatively, you can go online and view the catalogue here: <https://goo.gl/DI3ZaK>

Remember, those on OW or ODSP can inquire about a class subsidy: A GAINS certificate or Social Assistance Receipt is required to qualify for the reduced rate of \$10 per course. A copy must be submitted with the application form to support this request.

This reduced rate applies to course fees only and is limited to one course per term. Material costs or specialized fees are payable in full. Remember for a subsidized course there are no refunds.

416.338-4111 • communityprograms@tdsb.on.ca



Sewing Program for Adults (Free)

**Ongoing Tuesdays and Wednesdays 10:00am - 3:00pm
Mustard Seed, 791 Queen Street East**

Some materials and patterns are available. Or feel free to bring your own!

416-465-6069 • infomustardseed@csj-to.ca • <https://goo.gl/jceZ1q>

Art Hunt! (Free)

Friday, March 31 4:00pm - 8:00pm. 401 Richmond St. W

The amazingly creative artistic community of 401 Richmond will design dozens of one-of-a-kind Artist Trading Cards which will be hidden throughout the 200,000 square-foot heritage building. In the style of a traditional Easter Egg Hunt, visitors are invited to roam the building and find the secret locations. It's finders keepers so arrive on time and get hunting!

PLUS, your new treasure becomes your ticket to a lively post-hunt event hosted in Urbanspace Gallery, where you'll be able to meet the artists, trade cards, hear some music, have a bite, and even design your own card with help from 401 artist, Janine Lindgren! Support young artists from VIBE Arts at their pop-up marketplace, or pose with your pals in the VIBE Arts photobooth!

*Limit of 1 prize per person. Hidden cards will be copies – original cards can be collected from a central, well-marked location during the event.

416-595-5900 • info@urbanspace.org • www.401richmond.com/event/401-spring-art-hunt

Author Talk from Vikram Vij (Free)

Thursday, March 23 7:00pm. Indigo, Sherway Gardens. 25 The West Mall, Unit #3038

Join Vikram Vij, one of Canada's great chefs, as he shares his story of the trials and triumphs in building a world-renowned food empire and signs copies of his new memoir, *Vij: A Chef's One-Way Ticket to Canada with Indian Spices in His Suitcase*. *You do not need to buy the book to attend the talk.*

416-622-3769 • No email listed • www.chapters.indigo.ca/en-ca/events/listings/

More Things To Do

Charity Craft Supply Swap

Saturday, March 25 7:30pm - 9:30pm.

\$5 or PWYC. 846 College St.

Let's get crafty! Come out to the Arts Market on March 25th and swap some craft supplies! Bring any unused or like new craft supplies and trade it for something new! Maybe you just need to declutter, or maybe you need some inspiration, and the Arts Market Charity Craft Swap can help you do both! To participate we are taking donations of \$5 or PWYC. with the proceeds and left over supplies being donated to Aptus Treatment Centre!

No phone listed • No email listed.

www.blogto.com/events/charity-craft-supplies-swap/

Integrative Health Institute (IHI) Open House (Free)

Friday, March 31, 5:00pm - 8:00pm.

46 Sherbourne Street, 2nd Floor, Toronto

Come meet the team and take a tour! The clinic doors will be open Friday March 31st from 5pm-8pm. So please drop in for a tour and chat with our clinic director and get some awesome samples and giveaways.

IHI is downtown Toronto's leading integrative health clinic with the belief that great health enables empowered authentic living. The team of experienced practitioners are dedicated to listening to you, understanding your needs and providing you with the comprehensive health resources you need to succeed.

416-260-6038 • info@integrativehealthinstitute.ca • www.integrativehealthinstitute.ca

Movies To Enjoy

Cineplex Family \$2.99 Movies

11:00 am. Various Cineplex Theatres .

A portion of the proceeds goes towards supporting Free the Children. It's a fun and affordable way to enjoy the weekend with your family! Check out the website below to view participating locations and contact information. www.cineplex.com/Events/FamilyFavourites/ParticipatingTheatres

See below for dates and films.

The Wizard of Oz (Saturday, March 18)

Young Dorothy lives on a farm in Kansas where a large tornado picks her house, and her dog up and deposits them in the land of Oz. Things in Oz are strange and beautiful, but Dorothy just wants to get back home.

Space Jam (Saturday, March 25)

Basketball superstar Michael Jordan and cartoon favourite Bugs Bunny team up with other basketball greats and Looney Tunes characters in this combination animated/live-action feature.

A Touch of Spice, Greece (2003)

Sunday, March 26 3:00 pm.

Royal Cinema, 608 College St.

A story about a young Greek boy growing up in Istanbul, whose grandfather, a culinary philosopher and mentor teaches him that both food and life require a little salt to give them flavour. Thirty five years later he leaves Athens and travels back to his birthplace of Istanbul to reunite with his grandfather and his first love; he travels back only to realize that he forgot to put a little bit of spice in his own life.

Free Admission based on first come, first served basis. RSVP for Free to secure your seat.

www.euffto.com/index.php/component/zoo/item/a-touch-of-spice

416-964-0066 Ext.0 • info@eutorontofilmfest.ca

www.euffto.com/index.php

Even More Things To Do



Repair Café Toronto
Toss it? No way!

Get broken household items fixed for free and learn while doing it!
We'll have fixers for computers, electronics, small appliances and furniture, clothes and jewellery, book and paper repair, and more.
For whatever you need fixin', bring it on!

Saturday, March 18, 2017
12:00 to 4:00 p.m.
(Registration closes at 3 pm)

DOWNSVIEW PARK * THE HUB *
70 Canuck Ave.
Wheelchair accessible
COST: FREE!



Looking for fixers!
Volunteers who enjoy fixing household items - hobbyists and professionals, all are welcome!





Thank You!







Repair Café (Free)

Saturday, March 18 Noon - 4:00pm

Downsview Park - The Hub, 70 Canuck Ave.

Get broken household items fixed for free and learn while doing it! There will be fixers for computers, small appliances, furniture, clothes, jewellery, books and more!

No phone listed • info@repaircafetoronto.ca

www.repaircafetoronto.ca/eventrepair-cafe-at-downsview-park/

Scarborough Museum

March Weekends. 12:00pm to 4:00pm

1007 Brimley Rd.

It's high time for pie time! Get not just a piece of the pie but the whole thing, as Scarborough Museum makes mini pie treats all month long.

Admission is Pay What You Can.

416-338-8807 • shm@toronto.ca • <https://goo.gl/zH4N27>

Gibson House Museum - City of Toronto Historic Sites (Free)

Every Thursday from 5:00pm - 8:00pm

Free or PWYC. 5172 Yonge St.

Visit the museum on Thursday nights and take a self-guided tour through the historic house. Relax in the historic kitchen with a cup of tea and learn about the Gibson family and history of North York. All ages welcome (children must be accompanied by an adult). Admission is pay what you can.

Also on Thursdays, from 6 to 8 p.m., take part in our Community Quilt Group Get-togethers! Relax and meet new friends while you improve your sewing skills. We invite members of all ages from North York's diverse communities to join us for informal evenings of learning and sharing. You'll explore both historic and contemporary quilting techniques in a comfortable, social setting. Work on a group project or pay a small fee for materials and make your own piece. Even if you have never picked up a needle and thread before you are welcome to join in. It is FREE to participate, however, donations are welcome.

416-395-7432 • gibsonhouse@toronto.ca

<https://goo.gl/pyPKJv>

St. Patrick's Day Parade

Sunday March 19, 2017. 12:00pm to 3:00pm

The line of march lasts one and a half hours at any point along the route.

A community event in its 30th consecutive year celebrating Irish culture, history and heritage. The parade has grown to include a number of diverse communities and non-profit groups and is recognized as the largest Irish themed event held in Toronto.

Begins at the corner of Bloor Street and St. George Street - near the St George subway station and heads east on Bloor then turns south on Yonge Street and finally turns west on Queen Street finishing at the parade reviewing stand at Nathan Philips Square.

(416) 487-1566 • info@stpatrickstoronto.com

www.stpatrickstoronto.com

Tons of Things To Do!

Sage Tyrte Presents: High Stakes - True Stories That Matter

Thursday, March 16 at 7:30pm

CSI Spadina, 192 Spadina Ave.

What is High Stakes Storytelling? A group of people listening to true stories – the kind with something enormous at risk.

Fatima Farooqi

Her family dresses in rags to get across the border.

Jean Bubba

Cinderella had glass slippers and a handsome prince and Dorothy had ruby red slippers and Glinda; but a girl from Sudbury just needs to listen to her winter boots.

Adele Koehnke

Her mother's sharp retort changes two lives forever.

Bridget Cann

Her act of kindness ends in a state-mandated psychiatrist appointment.

*For other storytelling events in Toronto visit,
www.storieswithstakes.com/storytelling-shows-in-toronto*

*No phone listed. Can email by filling form on website:
www.storieswithstakes.com*

The Toronto Storytelling Festival

Friday, March 24 to Sunday, April 2

Free/PWYC/Various ticket costs

The Toronto Storytelling Festival, produced by Storytelling Toronto, is one of the world's largest urban storytelling celebrations. It was founded by Dan Yashinsky in 1979, and grew out of a gathering called 1001 Friday Nights of Storytelling, North America's longest-running adult storytelling series. The festival celebrates the arts of voice and story, bringing together the world's finest traditional storytellers and avant-garde narrators.

The festival takes place in many venues across Toronto, partnering with Toronto Public Library, Aga Khan Museum, Ismaili Centre Toronto, Harbourfront Centre, Royal Ontario Museum, A Different Booklist, and many cultural organizations. The festival sends our featured artists into schools and libraries in Toronto's low-income neighbourhoods.

For more information, please contact:

(416) 656-2445 • admin@storytellingtoronto.org
www.torontostorytellingfestival.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 can also 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

Twitter: twitter.com/CSInfoCentre

Where we post even 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 of our wonderful volunteers: Jacqueline, Randi and Martha (the computer gal)!

Go green; get The Bulletin by email!

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