

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



Image courtesy of ©Elisheva.Photography

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"Spring is nature's way of saying, 'Let's party!'"

– Robin Williams

C/S Info Workshop - Leslie Becker The Story of An Artist: A Mental Health Recovery Journey - New Date: Friday, April 21, 2017

CAMH, 1001 Queen St. West, Training Room A

1:30 to 3:00 pm

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. Everyone is welcome. First 10 individuals to RSVP will receive tokens. Refreshments and snacks will be provided.

For additional information and if you're interested in this workshop please call C/S Info at 416-595-2882 or email csinfo@camh.ca to RSVP.



Self-Discovery

Article by Catherine Clough

A person does not have to look unkindly at his or her mistakes. When it seems life has turned against us, the temptation may be to turn in on ourselves as well. Yet we need not always blame ourselves for our mistakes. We just need to learn.

Shortly before I graduated from university, a friend remarked to me that there were people who had attended university and graduated but hadn't learned anything about relating to people. Another friend asked why I went to university. I can't remember my reply but I think she added, "It taught you how to think". I agreed although it may not have been true.

A person with a problem first has to admit they have a problem, find the right help and then stick with the program. It isn't easy. God helps those who help themselves.

Upon graduation I found work in a flower shop, a ski shop and then...Parliament Hill. The Member of Parliament I worked for was a farmer with a grade eight education and when my sister heard that she retorted: "So that's how you got your job on Parliament Hill!". She knew it was a fluke. Anyway, the M.P. lost the next election and after that my career plummeted.

A philosopher I read writes about finding yourself at the bottom of the ladder. When we're at the bottom, we find out who we are without the props. Happiness comes from your inner sanctum or your heart not from the accumulation of sweaters that wear out or cars that break down although these things may be all right for some people. In the end we wear out and rust so where does that leave us?

Eventually, after a period of homelessness and hospitalizations, I found work in a bookstore. I learned to stay on my medication, my concentration improved and I learned how to relate to people. That was something that had escaped me at university and elsewhere.

"We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that."

– Ellen DeGeneres



Artwork above and below, by Lindsay A. Veh



Peer Support Group - Navigating Multi-Role Relationships

Thursday, April 6, 4:00 pm - 6:00 pm
George Brown College, 341 King St. East, Room 413

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. Coffee, tea and light snack will be provided!

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

Laughter IS the Best Medicine

Laughter really is the best medicine. Research has proven that humour and laughter can improve mental health, physical health and strengthens relationships. Laughter enhances the immune system, relieves anxiety and helps to diminish conflict in relationships. The good news is that it's free and readily available! Listed are a few sources for information on how to incorporate more laughter into your life and the various benefits that comes along with it.

<https://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>

<http://www2.ca.uky.edu/hes/fcs/factsheets/hsw-caw-807.pdf>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



Image courtesy of ©Elisheva.Photography

*Your body cannot heal without play.
Your mind cannot heal without laughter.
Your soul cannot heal without joy.*

- Catherine Rippenger Fenwick

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.

Growing from Adversity: Carrots, Eggs and Coffee

Written by: Charlie Harary

We all want to live a happy life. We want life to be smooth and pleasurable. However, sometimes, there are bumps along the way. Sometimes we encounter curves, detours and potholes as we navigate towards our intended destination.

It's not whether or not we will encounter challenge. It's our response to it once we do.

I heard a great story about growing from adversity. Thought you would enjoy (for my fellow coffee addicts, it's even better).

A young man went to his mentor for advice. His life was hard and he couldn't take it anymore. He wanted to give up. He was tired of fighting and struggling. It seemed as soon as one problem was solved, a new one arose.

The mentor took him into the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first pot, he placed carrots, in the second he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word.

After about twenty minutes or so, he turned off the burners. He took out the carrots and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed it in a bowl. Turning to the young man, he said, "Tell me what you see."

"Carrots, eggs, and coffee," he replied.

Pointing to the carrots, he asked the young man to feel them. They were soft. Then he asked him to take an egg and break it. After peeling off the shell, he observed the hard cooked egg. Finally, he asked him to sip the coffee. The young man smiled as he tasted its rich aroma.

...continued on page 5.



Image courtesy of ©Elisheva.Photography

New Group for Youth 16-29

**2nd & 4th Thursday each month, 6:00 pm - 8:00 pm,
Next Dates: April 13 & 27, 36 Eglinton Ave. W., #602**

Want to improve relationships, learn how to set boundaries and meet with other youth and get peer support?

Youth Living Well is an interpersonal skills building group for youth and young adults aged 16-29 who are affected by mood disorders and related issues. This open-ended group meets twice a month and focuses on relationship issues with immediate family members, friends, and other close supporters. Youth Living Well incorporates facilitated peer support, discussions, and group exercises centered around topics such as: stigma, assertiveness, active listening, and personal boundaries.

To attend an upcoming group, RSVP to Daniel at danielf@mdao.ca or 416-486-8046 ext. 237.

ODSP Peer Navigator Program Support Group!

The ODSP Peer Navigation 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.

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 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.

Growing from Adversity: Carrots, Eggs and Coffee *(Continued)*

Written by: Charlie Harary

The young man was perplexed. He asked, "I don't understand what this has to do with my life?"

The mentor explained, Each of these objects faced the same adversary – boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they changed the water.

"Which are you?" he asked the young man. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Which are we?

Are we the carrot which seems strong, but with pain and adversity, wilt and become soft and lose our strength?

Are we the egg that starts with a malleable heart, but changes with the heat? Do we have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, become hardened and stiff? Do our shells look the same, but on the inside, we are bitter and tough with a stiff spirit and hardened heart?

Or are we like the coffee bean? The bean that actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are the bean, then when things are at their worst, you get better and change the situation around you.

When it comes to adversity, are we the carrot, an egg or a coffee bean?

The happiest of people don't necessarily have the best of everything. They just make the most of what comes their way. The brightest future will always be based on growing from your past. We can't become the people we are destined to be unless we learn from, and let go of, our past failures and heartaches.

The key to greatness is the ability to learn, grow, and move on. To focus on what lies ahead, the person we know we can be, and work until that dream becomes a reality.

<http://charlieharary.com/growing-from-adversity-carrots-eggs-and-coffee/>



Canadian Mental
Health Association
Mental health for all

Inkwell Wants Your Artwork

Deadline for submissions is Monday, April 3

We are looking for a cover image by a consumer/survivor for our first anthology of poetry, fiction, and non-fiction. Please email original paintings, photographs, illustrations, etc. to info@inkwellworkshops.com. Images should be high-resolution (300 dpi) and 8.5"x5.5". We will pay \$50 for the selected image.

For more information, email or visit
www.inkwellworkshops.com

Inkwell - Do You Have Something To Say

Deadline for submissions is Thursday, April 6

We are looking for poetry, fiction, and non-fiction pieces for our first-ever InkWell anthology. To contribute, email your work to info@inkwellworkshops.com by Thursday, April 6.

info@inkwellworkshops.com www.inkwellworkshops.com

Inkwell Workshops

Thursdays, April 6 2:00pm-4:00pm, April 20 2:00pm-4:00pm, April 27 2:00pm-4:00pm

Routes, 2700 Dufferin Street, Unit 90

InkWell Workshops offers free, drop-in creative writing workshops for people with mental health issues led by professional writers with lived experience. No writing experience is necessary; snacks and TTC tokens are provided. Consider joining us for inspiration and motivation!

For more info, please contact info@inkwellworkshops.com or visit
www.inkwellworkshops.com

"... I am not afraid of storms, for I am learning how to sail my ship."

- Louisa May Alcott

Retiring on a Low Income: Plain Language Advice

Monday, April 10, 6:00 pm - 8:00 pm
Toronto Reference Library, 789 Yonge Street

Wednesday, April 26, 6:00 pm - 8:00 pm
Downsview Library, 2793 Keele Street

You need to know how to get the most from income security programs such as Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and Ontario Disability Support. Many financial advisors are unfamiliar with these programs and how they may interact with each other, and financial products such as RRSPs and Tax Free Savings Accounts. Learn to navigate the system and use best strategies for long term retirement planning with very limited means. This program is most important to those aged 55 - 64 years old and for those who provide financial information to them. Resource material provided. Presented by John Stapleton, Open Policy Ontario.

Toronto Reference Library: 416-395-5577 Downsview Library: 416-395-5720
<http://www.torontopubliclibrary.ca/search.jsp?Ntt=retiring+on+a+low+income>



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!

Voice Yoga

**Monday April 10 2:00pm-3:30pm, Free will offering
Secret Handshake Art Gallery upper level, 170 Baldwin Street**

Voice Yoga is a fun, expressive approach to harm reduction and empowerment. Do you hear the beauty of your voice? Do you feel its power, its imagination?

We allow ourselves to sing traditionally or we improvise or we read a poem. We make noise, feel energy and see ourselves in a new light.

We laugh. We are a group of people who love to sing, who love poetry, and are creating a brightness in the world. Come join us. Let's sing, make some noise, share a poem, take a risk, gain confidence.

For information and to register:
creativevocalizationstudio@hotmail.com

The Krasman Centre Peer Support Outreach Program

10121 Yonge Street, Richmond Hill

The Peer Support Outreach Program is a mobile outreach meeting individuals in the community at their point of need, where they are. The intent is to bring support closer to those whose life experience and circumstances make it difficult to access services. Examples include but are not limited to community locations such as coffee shops, libraries and community centres. Catchment area is York Region including locations such as Georgina. This program is aimed to support those who are not already accessing support or services.

For more information, contact: Terry Hrynyk 647-642-7251 or t.hrynyk@krasmancentre.com
<http://krasmancentre.com/peer-support-outreach-program/>

Career Development

Luminato Festival is Looking for Volunteers

June 14 - 25, 2017

Year after year, Luminato Festival depends on enthusiastic and dedicated volunteers (19+) to help transform the city each June. The diverse group of volunteers enhances the visitor experience by providing Festival-goers with information and lending onsite support.

Submit an application online: https://luminatofestival.com/Volunteer?dm_i=2LDS,10AA1,63LAZQ,2XAUB,1#about

For more questions email: volunteer@luminato.com

If you need urgent assistance, you can call the Volunteer Manager, Saskia at: 416 368 3100 ext. 266.

Don Mills Employment Services

Monday, April 3, Monday, May 1, Monday, June 12, 5:00 pm – 6:30 pm

Toronto Public Library, Don Mills Branch, 888 Lawrence Ave. East

Maximize your job search potential and uncover the hidden job market. Learn effective techniques to connect with employers, expand your professional network, and access hidden jobs.

Please go to the information desk or call 416-395-5710 to register.

Laughter is the sun that drives winter from the human face.

- Victor Hugo

Parkdale Green Thumb Enterprises

Have you faced barriers to employment due to mental health issues?

Parkdale Green Thumb offers part-time jobs in horticulture. They are a social purpose enterprise working with outdoor / indoor plants and lawn maintenance, and we need dedicated staff. If you are interested in working with them, please come by and fill out an application in April 2017.

Parkdale Green Thumb starts hiring May 1, 2017

Parkdale Green Thumb Enterprises

Working for Change

1499 Queen Street West, Suite 203

Toronto

Or by email: greenthumb@workingforchange.ca

No phone calls please

Indigenous Cultural Competency Training % Native Canadian Centre of Toronto

Wednesday, April 5 from 9:00 am - 4:00 pm

16 Spadina Road, Cost: \$150

The Indigenous Cultural Competency Training is a platform to establish a process of promoting cultural competency for Indigenous relations within Canada. The facilitation is delivered in a sensitive, respectful manner to address complex-issues from a historical narrative that is inclusive to both Indigenous and non-Indigenous attendees.

The training is designed for agencies, organizations, institutions to build a foundational awareness of Indigenous peoples and enhance self-awareness. Through experiential learning the delivery of the training is inclusive within a group based setting to promote dialogue and create a safe space to discuss topics which relate to Indigenous peoples.

<https://www.eventbrite.ca/e/indigenous-cultural-competency-training-tickets-32468390831?aff=es2>

Things To Do

The Shoe Project

Sunday, April 2 1:00pm–2:15pm, Free
Boxcar Social ,235 Queens Quay West

The Shoe Project is a writing and performance workshop where immigrant women tell the stories of their arrival in Canada – through a pair of shoes. They are coached by veteran Canadian writers and theatre professionals.

Shoes accompany us on all our journeys. They say who we are, where we came from and where we are going. Writing their shoe memoirs gives members a voice and helps them be heard in the Canadian mainstream.

Now in its fifth year, The Shoe Project was created by novelist Katherine Govier and incubated at the Bata Shoe Museum in Toronto.

416-973-4000 • info@harbourfrontcentre.com
<http://www.harbourfrontcentre.com/festivals/>

Mindfulness Meditation

Tues., April 4 & Thurs., April 6, 6:00 pm - 7:00 pm
Tues., April 11 & Thurs., April 13, 6:00 pm - 7:00 pm
 (Tuesday and Thursday of every week)

Centre Place, 320 Richmond St. East Suite 101
 Free, but donations (\$5 suggested) are greatly appreciated

Join our meditation meetup at this peaceful and relaxing space in the downtown east called the "Centre Place". Our practice is based on Zen technique, with some elements of mindfulness. This event is open to all. If you never meditated, please make sure you don't miss the guided part, when we will help you find the right posture and breathing rhythm, and provide tips to control your thoughts and restlessness.

We'll then do some gentle stretching exercises to relax the core muscles. Using images, stories, and myth from different cultures, we explore our mind as we meditate in silence for 10-15 min. At the end, we usually try meditating through recitation or chanting using simple mantras. All levels are welcome.

<https://www.eventbrite.ca/e/mindfulness-meditation-tickets-32199109403>



YOU'RE INVITED TO THE 8TH ANNUAL
 PROGRESS PLACE

HEALTH & WELLNESS FAIR



2PM - 4PM
 WEDNESDAY APRIL 26, 2017
 576 CHURCH ST. TORONTO, ON
 (416) 323-0223
 PROGRESSPLACE.ORG

Progress Place Clubhouse @progress_place

Beaches Easter Parade

Sunday, April 16 2:00 pm, Free
Queen St. East running West between Munro Park and Woodbine Avenue

Come out and watch the annual parade featuring floats, chocolate giveaways and of course... The Easter Bunny!

This year's parade features: 2017 Special Parade Grand Marshalls, 4 time Olympic swimming medalist & Beach Resident Penny Oleksiak, 2016 Rio Paralympics rowing medalist Victoria Nolan, Special Olympics Ontario Backstroke Gold Medalist Claudia Brown
 Runs rain or shine!

416-693-5466 • No email listed
www.beacheseasterparade.ca

Even More Things To Do...

Repair Cafés

"MINI" Repair Café, for Clothing and Jewellery

Saturday, April 1 10:00am - 1:00pm, Registration closes at noon, Free

Toronto Public Library - Annette Street Branch, 145 Annette Street (Keele & Annette)

Bring your pants that need patching, torn seam that needs sewing, a broken necklace or earring and learn how to fix with us! Don't throw it away! Repair Café Toronto is a group of volunteers who love to fix things and help create a more sustainable world.

No phone listed • info@repaircafetoronto.ca

www.repaircafetoronto.ca/event/annette-street-library-sewing-and-jewellery-repair-cafe/2017-04-01

"MINI" Repair Café, Appliance and Bike Repair

Saturday, April 8, 11:00 am-2:00 pm, Registration closes at 1:00pm, Free

Toronto Public Library - Riverdale Branch, 370 Broadview Avenue

Don't throw it away! Bring your broken home appliances and electronics to the library and get volunteers from the Repair Café to help you fix it. Note that there are no guarantees that any item will be successfully repaired.

At the door registration only. This event will take place in the Riverdale Branch Parking Lot. In case of rain, event will take place indoors.

No phone listed • info@repaircafetoronto.ca

www.repaircafetoronto.ca/event/appliance-bike-repair-at-riverdale-library/2017-04-08



Bring in your electronics for recycling!

Scarborough Seedy Saturday & Green Fair

Saturday April 1, 2017
11am to 4pm
Blessed Cardinal Newman High School
 100 Brimley Rd South (south of Kingston Rd.)
\$2 or Pay What You Can

Heirloom seeds for sale and trade
 • Vegetable • Herbs • Flowers • Natives •

Annual seed exchange, heirloom seed vendors, gardening booths and advice, environmental organizations, green living ideas and great workshops on growing and living sustainably.
 More details at www.tcgn.ca

Scarborough Seedy Saturday

Saturday, April 11 1:00pm-4:00pm, \$2.00 or PWYC
Blessed Cardinal Newman High School, 100 Brimley Road South

Annual seed exchange with over 60 vendors including heirloom seed vendors, gardening booths and advice, green exhibits, bee products, worm composting, backyard gardening, garden associations and regional organizations such as LEAF, the TRCA and Rouge Park. The day will also include workshops on growing and living sustainably with a focus on Biodiversity.

Bring in your used electronics for recycling!

No phone listed • scarboroseedysaturday@gmail.com

www.facebook.com/SSSGFair/?ref=page_internal



For info: contact Katie Fullerton: scarboroseedysaturday@gmail.com & [facebook.com/SSSGFair](https://www.facebook.com/SSSGFair)

More Things To Do...!

Monthly Student Music Recitals Free

Various dates and times, Free

Royal Conservatory of Music, 273 Bloor St. West

The Glenn Gould School prides itself in attracting exceptional student talent from around the world. See below for the list of recitals and performances by these outstanding young professional artists.

Thursday, April 6 - Mazzoleni Hall

6:00 pm John-Michael Scapin tenor

8:00 pm You Ran Sun violin

Wednesday, April 12 - Temerty Theatre

4:00 pm Eileen Coyne horn

6:00 pm Ariana Douglas horn

Saturday, April 15 - Mazzoleni Hall

2:00 pm Jordan Vermes viola

4:00 pm Jeongmin Lee violin

Find more dates and times online or by calling the Royal Conservatory of Music

416-408-2824 ext. 322 • glenn Gould School@rcmusic.ca

www.ggs.rcmusic.ca/free-recitals/

It's Spring

By Frank H. Beaver

The Winter Cold
Has Melted Away
The Season of Spring
Is Here Today

Birds Come Back To Sing
Happiness For Listeners
They Bring

The Winter White
Is Replaced
By Living Green

And Lovers
Are Everywhere
To Be Seen

It's Spring!

"Oh, spring! I want to go out and feel you and get inspiration. My old things seem dead. I want fresh contacts, more vital searching."

- Emily Carr

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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