

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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Getting on With Life and its Challenges Workshop Series: Enjoy Life with Health & Wellness

Wednesdays, 1:30pm to 3:30pm
Regeneration Community Services,
2238 Dundas St. West, Suite 307, Boardroom

Getting on with Life and its Challenges is a recovery group at Regeneration Community Services in partnership with Four Villages Community Centre. Workshop series are planned twice a year, free of charge and open to anyone without prior registration.

Workshops:

April 19 – Introduction & Let's Celebrate Canada
April 26 – Friends 101
May 3 – Exercise and Enjoy Life
May 10 – Eating Healthy on a Budget
May 17 – Time Management
May 24 – Enjoy a Games Day
May 31 – Staying Positive in Negative Times

For more information, call
Jennifer at 416-604-0640 ext. 1052 or
Balazs at 416-703-9645 ext. 301.



"Laugh as much as possible, always laugh. It's the sweetest thing one can do for oneself & one's fellow human beings."

- Maya Angelou

Mad Pride - Call For Artists

Mad artists are awesome. Our artwork, whichever medium, stunningly expresses who we are and what we do together. We invite artists of all stripes who intersect with and identify as 'mad' to apply to take part in the 2017 Mad Marketplace!

Please note: we reserve the right to choose artists that represent different media and genres of art. We can only have a limited number of artists because there are limited resources and event space. It is preferred that you follow this application process. You may email us at:

madmarkettoronto@gmail.com with the subject line "Mad Marketplace" + Your Name and we will follow up with confirmations. In the body include:

1. Name
2. Contact info: email, phone number, URL
3. What type of art: (painting, comics, jewelry, pottery, book + more)
4. Experience & examples of your art: experienced & new artists alike are welcomed
5. Story about your Art and its connection to "Madness": (3-5 sentences max – indicate if we can share your story on the website)

Together we can make Mad Pride Week 2017
a Huge Success!!!

We need volunteers too – we will feed you and love
you forever!

Connect, empower, and build communities through
education and advocacy

Donate to Mad Pride Toronto:

<https://chimp.net/campaigns/mad-pride-toronto>

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'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!

"A good laugh overcomes more difficulties and dissipates more dark clouds than any other one thing."

- Laura Ingalls Wilder

From Surviving to Advising: Pairing Mental Health Service Users as Advisors to Psychiatry Residents

People with lived experience of mental health and substance use challenges are invited to apply for a teaching role in an innovative co-produced course that pairs service users as advisors to senior psychiatry residents at the University of Toronto. You will meet with students in small groups and in pairs monthly for 1 hour from July to December 2017. You will also attend monthly peer supervision meetings.

The goals of the project are to increase understanding of recovery among psychiatry residents and to foster the attitudes necessary for these future psychiatrists to deliver person-centered, strengths-based, recovery-oriented care. You will facilitate learning by sharing your perspectives, using intentional storytelling to illustrate key points and fostering critical reflection.

We seek individuals with lived experience of mental health and/or substance use challenges who wish to make a positive impact on the future of psychiatry in Ontario. Experience using psychiatric services is essential. You must have excellent oral communication skills and be able to engage students in an open, genuine and collaborative learning process. Knowledge of recovery principles is required. At least 5 years of lived experience is preferable. Experience working as a peer support worker or system advocate is considered a strong asset.

A cash honorarium is offered for each meeting. Meetings with peers and with psychiatry residents are held monthly on Mondays and Thursdays, respectively. Exact dates and times are available on request.

We are committed to recruiting a diverse group of advisors who represent the service user community in Toronto. Individuals from marginalized and minority groups are strongly encouraged to apply.

More information and application forms can be obtained by contacting Sacha Agrawal at: sacha.agrawal@camh.ca

Toronto Public Health - Free Dental Care

Toronto Public Health offers free dental services in their clinics. They also work with many community health centres, community agencies and private dentists throughout the city to make sure people get the treatment they need. Their dental services are offered to children (0-17 years), adults enrolled in selected Toronto Public Health programs and seniors (65 years and older).

Basic dental services Include:

- Examinations
- Fillings
- Root canal treatment on selected teeth
- Extractions
- Partial and full dentures - a fee for dentures may be required
- Prevention and education
- Fluoride treatment
- Cleanings
- Sealants

How do I know if I am eligible?

If you live in Toronto and cannot afford to pay for a dentist, contact one of the dental clinics near you. The staff speak many languages and are happy to assist you. Assessments for eligibility must be done at a Toronto Public Health dental clinic.

For a complete listing of dental clinics that offer these services please visit:

<http://www1.toronto.ca/wps/portal/contentonly?vgne-toid=51b74485d1210410VgnVCM10000071d60f89RCRD>

In addition to the clinics that are listed on the website, Toronto Public Health also has a fully-equipped **Mobile Dental Clinic** that travels to select community agencies across the city. It provides free dental care for eligible clients who have difficulty accessing dental services in the customary manner. For information to access this service, please call 416-338-7600.

If you are not eligible for free services, you may qualify for dental care at a reduced cost at another facility.



C/S Info Workshop - Leslie Becker The Story of An Artist: A Mental Health Recovery Journey

Friday, April 21, 2017 1:30 to 3:30 pm

CAMH, 1001 Queen St. West, Training Room A

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. Light refreshments 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.

Do You Need Help Around Your Home?

- Raking leaves?
- Garden Clean Up?
- Cutting Grass?
- Other Light Chores?

There are capable and reliable student and adult workers available to help you with work around your home. Workers are available to assist older adults or individuals with disabilities, with a variety of services during the day or in the evening, on weekdays and weekends.

Workers are interviewed and screened before matched with clients. Costs for services are \$12.00 per hour to hire a student and \$15.00 per hour to hire an adult. Fees are paid directly to the worker upon completion of the work. A minimum of one hour work is required.

For more information about this program please call Sue McMahon at: Toronto Intergenerational Partnerships at: 416-531-8447 ext. 1 or email: sue@tigp.org

<http://www.tigp.org/programs/seniors-home-maintenance>

Thank you for joining us at our Open House!

We'd like to thank all the guests who stopped by to celebrate our new home as well as the **Toronto Central LHIN Consumer Survivor Initiatives Network** for sponsoring the food—catered by **Raging Spoon**.



Rent Increases: Protecting Your Rights Workshop

Thursday, April 20 from 1:30 pm - 4:00 pm, Free

HALCO office/Specialty Legal Clinic Co-op, 55 University Avenue, 15th Floor Room C2

Presenter: Matthew Malott (HALCO Articling Student)

Everyone is welcome to attend this general interest workshop but space is limited so registration is required. Please avoid wearing scents or fragrances when coming to our office. Our office is accessible. If you require other disability accommodation, please contact us. We regret that our budget does not permit us to provide refreshments or transportation assistance.

How to Register:

Please include your name, your contact information, your organization (if any), and the title of the workshop that you would like to attend to: talklaw@halco.org or phone: 416-340-7790.

Information about additional workshops is available on the HALCO website:

<http://www.halco.org/2017/news/free-public-legal-education-workshops-at-halco-in-april-and-may-2017>

Free Mindfulness Workshops in the Community!

The Centre for Mindfulness Studies

Tuesdays from 2:00 pm to 4:00 pm
180 Sudbury Street Unit C2: Drop-in for all
Phone: 647-524-6216
Email: info@mindfulnessstudies.com

CRC

Drop-in for all: Fridays from 3:00 pm to 4:00 pm,
Drop-in for women: Tuesdays from 1:30 pm to 3:00 pm
(starting April 18)
40 Oaks Street
Phone: 416- 363-4234
Email: crc@tcrc.ca

Sistering

Drop-in for women, Mondays from 10:30 am to 12:00 pm
(starting March 27)
962 Bloor Street West
Phone: 416-926-1946
Email: general_info@sistering.org

Parkdale Activity-Recreation Centre (PARC)

Fridays from 1:00 pm-2:30 pm
1499 Queen Street West:
Phone: 416- 537-2262
Email: info@parc.on.ca

Easter 2017 Drop-in Hours and Meal Times: Friday, April 14 — Monday, April 17

Free meals including, breakfast, snack, lunch, and/or dinner are provided at various drop-in locations throughout the city.

East Toronto

Agincourt Community Services Association

4155 Sheppard Ave. East #100, 416-321-6912
Friday is closed. **Saturday to Monday Meals:**
B: 9:00 am
L: 11:30 am
S: 2:00 pm

West Toronto

Parkdale Activity and Recreation Centre

1499 Queen St. West, 416-537-2591
Friday to Monday Meals:
L: 1:00 pm

Syme-Wooler Neighbourhood & Family Centre; Jane's Drop-In

2468 Eglinton Ave. West Unit #3, 416-766-4634
Friday and Monday Meals:
B: 11:00 am-12:00 pm
L: 1:30 pm – 2:30 pm
Saturday and Sunday Meals:
B: 9:00 am-10:30 am
L: 12:00 noon-1:30 pm

Central Toronto

Margaret's Toronto East Drop-in Centre

323 Dundas St. East, 647-367-2100
Friday, Saturday and Sunday Meals:
B: 7:00 - 8:00 am
L: 10:00 am
Soup: 5:00 pm
D: 7:00 pm

Good Shepherd

412 Queen St. East, 416-869-3619
Friday, Saturday and Monday Meals:
L: 2:00 pm,
Sunday Meal:
Special Easter Meal: 12:00 noon - 2:00 pm

For a full list of locations please visit:
<http://tdin.ca/resource.php?id=486>

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you."
- Langston Hughes

The Toronto Adult ADD Support Group (TAASG)

Monday, April 24 6:30 pm

optional donation: \$1

TAASG is a proactive support group organized by and for adults with ADD/ADHD. The group meets twice a month to discuss the challenges and advantages associated with ADD/ADHD. Through the meetings, participants find support and encouragement that assists in building self-esteem and coping strategies to help meet the day to day challenges that they may face as adults with ADD/ADHD.

Please Note: This group is for adults with or in the process of being diagnosed with ADD/ADHD. It is not for self-diagnosed, or non-ADD/ADHD adults such as a spouse or parent. This group is also not for professionals providing ADHD support in the form of a product, service, publication or research project.

Real first name required to join the group.

Please no nicknames or initials. Last name not required or suggested.

- Meet other people dealing with ADD and ADHD
- Gather to share experiences, challenges, progress, solutions, goals, thoughts and feelings with one another
- Encourage others to better manage their challenges so that they can better flourish with their skills, talents and interests

Visit the website: <https://www.meetup.com/adultadd-297/> and go to Pages (menu at the top) under "About the Toronto Adult ADHD Support Group" for more details and frequently asked questions about the meetings.

There is no phone number listed.

Skills for Transformative Connection Series With Speaker Henry Wai- The Art of Giving Feedback

Thursday, April 20, doors open at 1:45 pm

Session will end at 3:30 pm

The 519, 519 Church Street

Henry Wai helps people to work effectively, compassionately and with vitality. He has 30 years of experience leading trainings, developing programs and delivering direct service. Henry is a Certified Trainer with the Center for Nonviolent Communication.

Whether with clients, co-workers or ourselves, having feedback is key for learning, motivation and growth. And yet feedback is often avoided or communicated in vague or judgmental ways which dilute its usefulness. You will learn the three key elements of effective, easier to hear feedback. Practice giving feedback for celebrating helpful actions and fueling the motivation to do more, and understanding about what's not working and what we'd like done differently.

Please RSVP to Tia at: tia.c@416community.com or call: 416-928-3334 ext. 223.

"The more I live, the more I think that humor is the saving sense."

- Jacob August Riis

Auricular Acupuncture

Wednesdays, 2:45 pm - 3:30 pm

**416 Community Support for Women,
416 Dundas Street East**

Acupuncture Detoxification is based on the ancient art of Chinese medicine which discovered the healing effects of stimulating certain body points. It involves the gentle placement of 5 small needles into specific points on the ears. Stimulating these points can help create a feeling of calmness and balance for the mind, body and spirit. This is followed by 20 minutes of sitting quietly listening to soft music. Some of the benefits include, reduction in withdrawal symptoms, provides relaxation and balance, reduces cravings and improves mental/physical health. Anyone identifying as a woman over the age of 16 and experiencing problematic substance use, and/or mental health concerns is eligible.

Please contact Tia Clark to register at: 416-928-3334 or tia.c@416community.com www.416community.com

Career Development

Fresh Start Cleaning and Maintenance Job Postings

Fresh Start Cleaning and Maintenance is seeking a self-motivated consumer/survivor for full time employment including some flex hours as its Administrative Assistant and Scheduling Manager. Must be skilled in multi-tasking, organizing and prioritizing, and have Microsoft Word and Excel experience. Experience working or volunteering within social services is an asset. Applicants must disclose they are dealing with a mental health issue to qualify. Full time salary plus benefits.

Applicants should submit their resume to:
Karen Schwartz at Karen@freshstartclean.com
or fax to 416-504-3429

no later than April 18th

Only those selected for an interview will receive a reply. Please no phone calls.

Fresh Start Cleaning and Maintenance is also seeking qualified consumer/survivors for part-time cleaning positions. Applicants must be effective at cleaning, be easily reachable by phone, have excellent availability Monday through Fridays, with Saturdays an asset, and be available mornings and afternoons for scheduled and on-call work. Interested applicants, please call Karen at: 416-504-4262 ext. 227.

Neighbourhood Link Employment Services

Interview Theory

Thursday, April 20

9:30 am - 3:30 pm

Accessing the Hidden Job Market

Friday, April 21

9:30 am - 3:30 pm

Second Career Information Session

Friday, April 21

1:30 pm - 3:00 pm

Job Searching with Social Media: LinkedIn

Monday, April 24

9:30 am - 1:00 pm

Canadian Education System Information Session

Friday, April 28

1:00 pm - 3:00 pm

Please register in person, phone or email, anytime during business hours.

416-691-7407

3036 Danforth Avenue

info@neighbourhoodlink.org

www.neighbourhoodlink.org/employment

Things To Do

Canadian Opera Company: *Vocal Series: Fête*

Tuesday, April 18 12:00pm, Free
Four Seasons Centre for the Performing Arts,
145 Queen St. W, Richard Bradshaw Amphitheatre

Staged vignettes of art song based on Verlaine: *Fêtes galantes*. Collectif. First-come, first-served. Late seating not available

416-363-8231

<http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries/April.aspx>

Gordon Murray Presents. *Piano Potpourri*.

Friday, Apr 21 1:10pm, PWYC
Trinity-St. Paul's Centre (Chapel), 427 Bloor St. West

Featuring classics, opera, operetta, musicals, ragtime, pop, international and other genres. Gordon Murray, piano. Lunch and snack friendly.

416-631-4300

<https://www.thewholenote.com/index.php/listings/concertsgta>

More Things To Do

Repair Cafés

Mini Repair Café at Home Base

Sunday, April 16, 2017 from 12:00 pm - 4:00 pm,
Home of Repair Café - 830 St. Clair Ave. West
visitor registration ends at 3:00pm.

Full Repair Café at Parkdale Library

Saturday, April 22, 2017 from 12:00 pm - 4:00 pm
Parkdale Toronto Public Library
1303 Queen St. West
visitor registration ends at 3:00pm.

Mini Repair Café at Home Base

Sunday, April 23 from 12:00 pm - 4:00 pm
Home of Repair Café - 830 St. Clair Ave. West
visitor registration ends at 3:00pm.

Mini-Repair Cafe: Evergreen Brick Works - Kids' Take-apart Table!

Sunday, April 23 from 1:00 pm - 3:00 pm
Evergreen Brick Works, 550 Bayview Avenue
First step to repair? Open stuff up! Fun for the whole family!

Mini Repair Café at Home Base

Sunday, April 30 from 12:00 pm - 4:00 pm
Home of Repair Café, 830 St. Clair Ave. West
Visitor registration ends at 3:00pm.

For More information:

info@repaircafetoronto.ca

<http://repaircafetoronto.ca/upcoming-events/>

No phone listed

From Book to Film

Thursday April 25 and May 30: 2:00 pm - 4:00 pm
Toronto Public Library: Brentwood Branch
36 Brentwood Road North

Join us for a movie based on a work of literature and a discussion.

For more information: 416-394-5240

Tea and Books

Tuesday, April 25 from 2:00 pm - 3:00 pm

Toronto Public Library: Barbara Frum Branch

20 Covington Road, location: 3rd Floor, Room A

Join in for a one hour presentation of a variety of interesting books from the collection, mixed with light refreshments and stimulating conversation. All book lovers welcome.

Additional Dates:

May 29 and June 19

For more information:

416-395-5440

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18967&R=EVT18967>



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Adult Colouring Club

Thursday, April 20 and May 4 from 6:00 pm - 7:00 pm
Toronto Public Library: Evelyn Gregory Branch
120 Trowell Avenue

Colouring for adults is the hottest new trend, and it's easy to see why. Colouring can relieve stress, improve focus, and strengthen fine motor skills. Come try it out for yourself. All materials provided.

Drop-in, no registration required.

For more information: 416-394-1006.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19261&R=EVT19261>

"I love deadlines. I love the whooshing noise they make as they go by."

— Douglas Adams, *The Salmon of Doubt*

Kingsway-Lambton United Church Flea Market

Saturday, April 29 8:00 am – 1:00 pm, Free Admission
85 The Kingsway, Etobicoke

Looking for a bargain bonanza? At this 53rd annual Flea Market, thousands of items are priced to sell inside and outside the church. See the auditorium full of books, fine china, crystal, framed art, and records; a gymnasium packed with household items; rooms devoted to women's, men's and children's clothes, jewelry and accessories, games and toys, and funky collectibles; and a tent and tables on the lawn filled with pictures, glassware, baskets, small furniture, sports and camping gear.

There's also a bake sale and areas to have coffee, scones or BBQ lunch. Rain or shine and wheelchair accessible. Money raised supports over 20 charities. Donations of sale items are gratefully accepted until Wednesday, April 26, at the west entrance (glass doors).

For more information and downloadable flyer, see www.kingswaylambton.ca/events or call: 416-239-7967.

The Trinity Bellwoods Flea: April Showers Market

Sunday, April 23 from 10:00 am - 5:00 pm
Trinity Bellwoods Park The Great Hall
1087 Queen Street West

Don't let those April showers keep you indoors and away from all the fun. Join for a day of locally crafted goods, local food, music and plenty of goods vibes. Spring is a foot and they have just the curated selection of art, fashion, vintage, food and handmade vendors to help you put a spring in your step. Admission is as always FREE and four-legged friends welcome.

For more information:

No phone listed

<https://www.trinitybellwoodsflea.com/>

Toronto Botanical Garden: Earth Day Celebration

Saturday, April 22 from 12:30 pm - 4:00 pm
TBG - Teaching Garden - 777 Lawrence Avenue East

Celebrate Earth Day at Toronto Botanical Garden's family friendly event! Help plant the teaching garden, create nature crafts with Discover/Ability. Learn about urban wildlife with Toronto and Region Conservation. Listen to nature-themed stories told by Don Mills branch librarians and so much more!

For more information call: 416-397-1340

email: info@torontobotanicalgarden.ca

<http://torontobotanicalgarden.ca/events/earth-day-celebration/>

Wednesday Afternoon at the Movies

Wednesdays, 2:00 pm - 4:00 pm
Toronto Public Library: Beaches Branch
2161 Queen Street East

April 19: Cheaper by the Dozen (1950)

April 26: Strictly Ballroom (1992)

For more information:

416-393-7703

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT17724&R=EVT17724>

National Canadian Film Day

Featuring: *One Week*

Wednesday, April 19,

Doors open at 7:00 pm - Show starts at 8:00 pm

Regent Theatre, 551 Mount Pleasant Road

Rouge National Urban Park is hosting a screening of the film *One Week* in celebration of National Canadian Film Day – REEL CANADA's annual day-long celebration of Canadian film. To commemorate Canada 150, Parks Canada has partnered with REEL CANADA to showcase Canadian films in or near national parks across the country. This not-to-be-missed event celebrates our distinctly Canadian landscapes while also fostering an appreciation for films made in Canada.

There will be lots of great Parks Canada door prizes and giveaways throughout the evening, and members of the public can pick up a free 2017 Discovery Pass. There will also be snacks available for purchase, a Parks Canada green screen, trivia and more!

No registration required.

For more information:

<http://www.pc.gc.ca/en/pn-np/on/rouge/activ/evenements-events>

Ladies and gentlemen...Mr. Leonard Cohen

Wednesday, April 19 from 2:00 pm - 3:00 pm

Toronto Reference Library, Hinton Learning Theatre

789 Yonge Street

A portrait of Canadian singer-songwriter, musician, poet, novelist, and artist, Leonard Cohen, recorded during one of his visits to his home city, Montreal. His personal views about our shared humanity resonate through readings from his collections, *A spice box of earth*, *Flowers for Hitler*, *Angel*, *A kite is a victim*, *I'm your man*, and *Poem*.

This film is being presented in partnership with Reel Canada World's Largest One-Day Film Festival for Canada's 150th.

For more information:

416-395-5577

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT283671&R=EVT283671>

"No matter how you feel, get up, dress-up, show up and never give up."

- Regina Brett

"Even if you're on the right track, you'll get run over if you just sit there" - Will Rogers

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](https://www.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

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN).

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)!

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