

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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The Annual Suits Me Fine Fashion Show: This is me!

Thursday, May 4

2:00 pm Archway Musical Group Pre-show

2:30 pm: Fashion Show

CAMH, Bell Gateway Building, Queen Street site, 1001 Queen Street West) Sandi & Jim Treliving Gymnasium

Mark your calendars; the annual Suits Me Fine Fashion Show is back for another stylish year. Fashion icon Jeanne Beker will be hosting the event and all are welcome to this free event!

416-535-8501 www.camh.ca/suitsmefine

Hearing Voices Café

Monday, May 1, 6:00 pm - 8:00 pm

**Coffee and All that Jazz, 72 Howard Park Rd
in Roncesvalles**

Join a different kind of conversation about what it means to experience being human.

<https://recoverynet.ca/>



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Ontario Providing Improved Access to Legal Services

Province to Increase Legal Aid Eligibility Threshold on April 1, 2017

Ontario is providing more people with affordable access to legal services by increasing the financial eligibility threshold for legal aid by another six per cent.

Effective April 1, 2017, about 140,000 more people will be eligible to receive the legal services they need, regardless of their ability to pay. This has been made possible by the province's investments in [Legal Aid Ontario](#) (LAO) to increase access to legal aid services for low-income and vulnerable people province wide.

This is part of Ontario's 2014 commitment to expand access to legal aid services provided by LAO to an additional one million Ontarians in ten years. With more than 500,000 additional people who will be eligible for legal aid, Ontario is now more than half way to this goal.

Improving access to justice is part of the government's plan to keep communities safe and help people in their everyday lives.

MEDICAL ASSISTANCE IN DYING (M.A.I.D.) & MENTAL HEALTH

The law now allows eligible adults suffering irretrievably from terminal illnesses to request MAID under specific circumstances. As part of its review, the Canadian Council of Academies has been asked to assess the issue of access to MAID where "mental illness" is the only underlying condition

WHERE IS THE CLIENT VOICE? ~ OUR VIEWPOINTS AND CONSIDERATIONS ~ JOIN US FOR A THOUGHT-PROVOKING CONVERSATION

A panel consisting of people with lived experience and discussion jointly presented by the Client Empowerment Council and the Centre for Addiction and Mental Health (CAMH)

**Monday June 5th, 2017
1001 Queen Street West
5:30 PM – 7:30 PM
MUST RSVP**

OUR PANEL & DISCUSSION WILL

REVIEW

THE CURRENT LEGAL BACKGROUND

HEAR

CONTRASTING VIEWPOINTS FROM THE PERSPECTIVE OF PEOPLE WITH LIVED EXPERIENCE

FACILITATE

DISCUSSION ABOUT HOW BEST TO INCLUDE MENTAL HEALTH SERVICE USERS' VOICES IN ON GOING DEBATE.

All are welcome.

Priority seating for mental health service users.

RSVP @ ec.volunteer@camh.ca or call 416 535-8501 Ext. 33013

Writing Golden Stories A Fiction Workshop for Mental Health Week

Tuesday, May 2, 6:00 pm - 8:00 pm

**Toronto Public Library - Maria A. Schuka Branch
1745 Eglinton Avenue West**

InkWell co-founder Kathy Friedman will introduce the three P's of golden storytelling: people, places and problems. Participants will be guided through writing prompts, discuss writing technique, read examples by published authors, and share their work. Everyone is welcome to attend regardless of prior writing experience or comfort level with written English.

To register, please call: 416-394-1000

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT290169&R=EVT290169>



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>

Walking Group in the Beaches !

Every Thursday, 10:00 am - 11:00 am

East End Community Health Centre

1619 Queen St. E.

Join in Thursday mornings for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving.

Contact Zari: 416-778-5805 ext. 222

<http://eastendchc.on.ca/calendar>

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!

"If you are silent about your pain, they'll kill you and say you enjoyed it"

– Zora Neale Hurston (1891-1960; Writer, Folklorist and Anthropologist)

Retiring on a Low Income: Plain Language Advice

Monday, May 11: 6:00 pm - 8:00 pm

Fairview Branch - 35 Fairview Mall Drive

416-395-5750

Saturday May 27: 1:00 pm to 3:00 pm

Old York Tower Senior's Residence - 85 The Esplanade

Call the St Lawrence Branch - 416-393-7655

Thursday, May 25: 6:00 pm to 8:00 pm

Victoria Village Branch - 184 Sloane Avenue

416-395-5950

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.

<http://www.torontopubliclibrary.ca/search.jsp?Ntt=retiring+on+a+low+income>

MADx

by
night...

Celebrate | Perform | Rebel

Not afraid of the dark



MADx by night...

Friday May 12: 8:00 pm to midnight
Imperial Pub, Downstairs- back room
54 Dundas Street East

This **MADx** is brought to you by the letters...

WTF ?

Hearing Voices Group

Third Thursday of each month, 6:30 pm - 8:30 pm

805 Bloor Street West, Opposite The Park

Next Group: Thursday, May 18

It's not just about "voices"...

If you sometimes... hear voices, see things, feel things, sense things or think things that others don't... and when you try to talk with them about it, they get their freak on...

- then you're welcome, because we do too.

<https://recoverynet.ca/2016/08/28/toronto-hearing-voices-group/>

"The more you praise and celebrate your life, the more there is in life to celebrate."

– Oprah Winfrey (Television Personality,
Actor and Philanthropist)

Voice Yoga

Monday, May 8, 2:00 pm- 3:30 pm

The Secret Handshake Gallery,

170 Baldwin Street

upper level

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 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. Free will offering.

For information and to register:
creativevocalizationstudio@hotmail.com

Connecting Our Community to Mental Health Information & Resources

Wednesday, May 3, 6:30 pm – 9:00 pm
McLaughlin Auditorium, Bayview Campus,
Sunnybrook Health Sciences Centre,
E-wing Ground Floor

The Sunnybrook Patient and Family Advisory Council (PFAC) invites you to join Dr. Ari Zaretsky, Chief of the Department of Psychiatry, Sunnybrook, for a community Open House to learn more about the unique mental health services available at Sunnybrook as well as other resources in the community.

[Click to Download the event flyer \(PDF\)](#)

Free admission, Free parking in Garage 1, Light refreshments provided

Please RSVP at: Sunnybrook.ca/MentalHealthEvent or 416-480-6100 ext. 5079



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Housing Stabilization Fund Changes

The following communication will outline the changes to the Housing Stabilization Fund (HSF) that will take effect as of April 3rd, 2017

In December 2016, Council endorsed recommendations in the Toronto Employment & Social Services (TESS) staff report which outlined a number of areas for review and improvement related to the administration and delivery of the Housing Stabilization Fund (HSF).

Following the endorsement of this report, in December 2016, TESS eliminated the requirement for a financial assessment of income and assets.

As of April 3rd, on an interim basis, pending further consultation with Toronto Public Health (TPH), we have expanded the current HSF criteria for the replacement of furniture discarded due to bed bug infestations to include soft furniture and mattress encasements in addition to beds.

TESS recognizes the importance of assisting social assistance recipients in maintaining necessary accommodations, including funds for replacement of required items that have been discarded due to a bed bug infestation. The provision of these funds demonstrates the City's

commitment to ensuring that social assistance recipients are able to maintain adequate accommodations.

To address this need, in addition to the current funds available for the purchase of beds, we are introducing the following:

Soft furniture - Flat rate of \$250.00 for singles and couples

Flat rate of \$300.00 for families

Encasements – Flat rate \$45.00 for twin mattress

Flat rate \$60.00 for double/queen

Clients will be encouraged to purchase encasements as a proactive measure to prevent further bed bug infestations. Clients are still required to provide verification of pest control treatment when requesting funds for the replacement of beds and/or soft furniture that has been discarded due to a bed bug infestation. Soft furniture and bed replacement for items discarded due to bed bugs will be considered once every 24 months if needed.

Mindset 2017

Opening Thursday, May 4: 6:00 pm to 9:00 pm

May 1 - May 19: Daily. 8:00 am to 9:00 pm

Artscape Youngplace

180 Shaw Street, 2nd Floor Hallway Gallery

Artworks examine how individual and collective experiences of trauma, injury, illness, isolation, recovery and adjustment are processed, aided and abetted by personal and interpersonal beliefs and behaviours.

For information contact Claudette, Workman Arts, Visual Arts Director at: 416-583-4339 or claudette_abrams@workmanarts.com

State of Mind Festival

Youth Mental Health & System Innovation Festival

Tuesday May 2, 6:30 pm to 9:30 pm

Berkley Events, 315 Queen Street East

The 'State of Mind Festival'(SOM) celebrates teen expressions of mental health through multimedia, traditional, and non-traditional arts. This event is great for innovators, system leaders, youth organizations and members of the public

The evening will bring together system stakeholders to digest the youth's messages. Attendees will hear from system leaders and innovators how to better promote the mental health of young people, and reflect on changes that have occurred in attitudes, treatment, outreach and education in youth mental health.

Speakers Include:

Mike Stroh—Starts With Me

Jesse Bigelow—Starts With Me

Vani Jain—WellAhead

Gillian Gray—Family Outreach and Response

CMHA-T0

Zal Press—Patient Commando

Family Experience Story—Sunnybrook Family Navigation Project

Mark Freeman—Everybody Has A Brain

For Festival programming, please visit:

<https://startswithme.ca/som/>

Tickets are \$20 - for FREE tickets email

hello@startswithme.ca if you want to attend and received the info from the C/S Info Centre Bulletin.

TICKET & DONATION PAGE

<https://stateofmindfestival.eventbrite.ca>

Computer Questions and Answers

By Martha

Q. I can't play a DVD I got from the library. The DVD player clicks but won't read the disk.

A. The problem could be the disk itself, the DVD ROM, or the media player. Check that there are no stickers on the disk, sometimes the library will put its barcode sticker on and it will make the disk too thick for the DVD ROM to read it. Check the disk for physical damage. If you can't see anything, or if there are just tiny scratches, the disk is probably ok. If you have access to another DVD player, try the disk out there to see if it works.

See if another disk works in your DVD ROM. If you insert the disk and nothing seems to be happening, double click on 'Computer' and then the disk drive (usually 'D'). If you don't even see the DVD drive, there is something wrong with the hardware. If you see it, double click on it and see if you can play the disk.

You can check the hardware by going to Device Manager. Right Click on Computer, choose 'Device Manager' on the left, and go down the list of devices till you see CD/DVD ROM drives. If there is an X, or question mark, update the driver.

Sometimes Windows Media Player isn't installed. Windows 10 doesn't include it at all. Go to

<https://support.microsoft.com/en-us/help/14209/get-windows-media-player>

To download and install it. There are lots of other media players, VLC is my favourite and is free.

<https://www.videolan.org/vlc/>

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 - Please call to confirm time

Resume Writing : May 1 & 2:

Interview Skills : May 3 & 4

Networking: May 5

Call today to learn more about your options 416-691-7407
3036 Danforth Avenue (Victoria Park and Danforth)

info@neighbourhoodlink.org

www.neighbourhoodlink.org/employment

A kid knocked on my apartment door seeking a small donation in support of the local community pool. I went to the kitchen and brought him back a cup of water.

Written and Submitted by: Jimmy S.

Job and Career Fair

Wednesday, May 3, 10:00 am-4:00 pm

Scarborough Civic Centre, 150 Borough Drive

Attend this annual Job and Career Fair to meet employers from a variety of sectors. Bring your resume and be prepared for an on-the-spot interview. Connect with employers and apply for jobs. Meet with employment staff for interview tips and to have your resume briefly reviewed.

Please register at: <http://app.toronto.ca/ECPortal/event.jsp?eid=faf3d6b6-1afcd-e611-80c4-1402ec079343>

You can also call Cliffcrest Employment Services at 416-392-4876 for additional details.

“Never yet was there a springtime, when the buds forgot to bloom.” Margaret Elizabeth Sangster

“No winter lasts forever, no spring skips its turn.” Hal Borland

THINGS TO DO



Mini Repair Café at Pape Library

Saturday, May 6 from 10:30 am-12:30 pm
Pape Library - Program Room, 701 Pape Ave.

In this workshop learn how to repair sewing and jewellery items. Bring any broken pieces with you and get the one-on-one support you need to get it fixed. Pre-registration at Pape Library is recommended. Call 416-393-7727. Visitor registration ends at 3:30pm.

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

Mini Repair Café at Home Base

Sunday, May 7 from 12 pm - 4 pm
Home of Repair Café - 830 St. Clair Ave. W.

We're fixing household appliances and home electronics. Visitor registration ends at 3:30 pm.

No phone listed info@repaircafetoronto.ca <http://repaircafetoronto.ca/upcoming-events/>

Mini Repair Café at York Woods Library

Tuesday, May 9 from 4 pm - 7 pm
York Woods Library - 1785 Finch Ave. W., North York

Small appliance, electronics and computer repair! Visitor registration ends at 3:00 pm.

No phone listed info@repaircafetoronto.ca <http://repaircafetoronto.ca/upcoming-events/>

Mini Repair Café at Home Base

Sunday, May 14 from 12 pm - 4pm
Home of Repair Café - 830 St. Clair Ave. W.

We're fixing household appliances and home electronics. Visitor registration ends at 3:30 pm.

No phone listed info@repaircafetoronto.ca <http://repaircafetoronto.ca/upcoming-events/>

THINGS TO DO

Jewellery Workshop

Tuesday, May 2, 2:00 pm - 3:00 pm
**Albert Campbell Library - Leading to Reading Room,
 496 Birchmount Road**

Unleash your creative side and learn to make beautiful jewellery in this hands-on workshop. Participants will learn the basic skills and techniques in jewellery making. No experience is required. All supplies will be provided. High quality glass and crystal beads and silver plated components will be used.

Registration is required - for more information and to register, please visit the branch or call: 416-396-8890

Parkdale Walk Group

Every Tuesday, 10:45 am
**Meet in front of Parkdale Library,
 1303 Queen St. West**

Group will meet to stretch then depart for a 30 to 60 minute wellness walk. Bring a water bottle or hot drink to keep hydrated. Rain or shine. Don't forget to wear comfortable and weather appropriate clothing and supportive shoes/boots. All fitness levels are welcome.

For more information, please email:
parkdalewalkinggroup@gmail.com

York University Observatory

Wednesday Evenings 9:00 pm - 11:00 pm
405 Petrie Science Building
4700 Keele Street

On public viewing nights, visitors are able to observe selected celestial objects in the presence of friendly staff, in addition to engaging in various on-hand presentations. The observatory is open regardless of weather conditions, even though viewing through the telescope is limited to clear skies. If it's cloudy, drop in for a slide show and a tour featuring both of our telescopes.

For more information call 416-736-2100 ext. 77773
observe@yorku.ca
<http://observatory.info.yorku.ca/>

The Stop's Farmers' Market at Wychwood Barns

Every Saturday (Year round), 8:00 am - 12:30 pm
**Artscape Wychwood Barns,
 601 Christie St. at St.Clair Ave West**

The Stop's Farmers' Market at Wychwood Barns operates year-round and focuses on local, sustainable, organic, and artisanal products. The market provides fresh, local food to the community while supporting local producers. There's also great music, community information booths, and lots of brilliant chefs making special treats every week, including at The Stop's Market Cafe.

For more information call: 416-651-7867 ext. 24

High Park Walking Tours

When: 1st and 3rd Sunday of the month, including holidays

Time: 10:30 am to 12:00 noon

Where: Meet at the benches, across the road from the south side of Grenadier Restaurant in the middle of the park.

Walks may go on wooded trails, so please wear appropriate clothing and footwear.

May 7: Amazing Birds of the Park:

Listen, watch spot and identify resident and migratory birds with experienced birder Brian Bailey.

For more information please visit:

<http://www.highparknature.org/wiki/wiki.php?n=Explore.WalkingTours#marker1>

GradEx

OCAD University's 102nd Graduate Exhibition

Opening Night Celebration

Wednesday May 3: 6:30 –11:30 pm

Thursday, May 4: 9:30 am to 8:00 pm

Friday, May 5: 9:30 am to 8:00 pm

Saturday and Sunday May 6 & 7: 11:00 am to 5:00 pm

OCAD University

100 McCaul Street

113 McCaul Street

115 McCaul Street

More than 900 promising young artists and designers are exhibiting at the biggest GradEx ever! This year GradEx is a five-day exhibition spread across three buildings on campus.

Students from undergraduate and graduate programs will be showing their final thesis work.

Free!

<http://www.ocadu.ca/gradex.htm>

Blossom and Bloom

Blossom and Bloom is a open-concept market showcasing local creative businesses, floral-focused designers, artists and musicians in a single event. A curated public style event that welcomes visitors of all interests and backgrounds to explore the creative work of our local makers.

Our 2017 Mother's Day markets will take place as a French -European theme at Union Station and a pop-up Flower MKT in collaboration with Scarborough Town Centre. Art installations, craft workshops and creative interventions will take place in our event spaces.

SCARBOROUGH TOWN CENTRE

300 Borough Dr, Located on the Atrium on the main floor level

Thurs. May 11 from 10:00 am - 9:00 pm

Fri. May 12 from 10:00 am - 9:00 pm

Sat. May 13 from 9:30 am - 9:00 pm

Sun. May 14 from 11:00 am - 7:00 pm

UNION STATION

65 Front Street West, Located on the main floor of Union Station in the West Wing

Fri. May 12 from 8:00 am - 8:00 pm

Sat. May 13 from 10:00 am - 6:00 pm

Sun. May 14 from 10:00 am - 6:00 pm

Free Admission

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

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: Randi and Martha (the computer gal)!

Go green; get The Bulletin by email!

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