

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](http://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.*

**Table of Contents:**

Community	2
Dealing With Debts Workshop	3
Computer Column	6
Career Development	7
Things To Do	8



## Supporting Our Whole Community

Recently, we have been discussing oppression and how we, as individuals and as an organization, can advocate for change.

C/S Info acknowledges that oppressions based on race, ethnicity, creed, class, gender, sexual orientation, gender orientation, immigration status, country of origin, religion, mental health status, age and ability, exist in Canadian society. We believe that these types of oppressions are not experienced in isolation and in fact, are interconnected.

We are committed to learning how oppression impacts people in our community by reaching out to other community organizations and sharing their resources through our Bulletin and information centre.

We will strive to ensure that our mission supports equity, inclusion and access for all.

*"We are all different, which is great because we are all unique. Without diversity life would be very boring."*

Catherine Pulsifer, Author

*"Create inclusion - with simple mindfulness that others might have a different reality from your own."*

Patti Digh

## Medical Assistance in Dying (M.A.I.D.) and Mental Health - Where Is The Client Voice? Client Viewpoints and Considerations

Monday, June 5, from 6:00 pm - 8:00 pm

(Doors Open at 5:30 pm), Limited Seating

1001 Queen Street West

RSVP is a Must: [ec.volunteer@camh.ca](mailto:ec.volunteer@camh.ca)

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

The law now allows eligible adults suffering irremediably from terminal illnesses to request MAiD under specific circumstances. The Canadian Council of Academies has been asked to assess the issue of access to MAiD where mental illness is the sole underlying condition.

We Want To Know What You Think.

Our Panel and Discussion Will:

### Review

The Current Legal Context

### Hear

Contrasting Viewpoints from the Perspective of People With Lived Experience

### Facilitate

Discussion About How Best To Include Mental Health Service Users' Voices in Ongoing Debate

### All are welcome

Priority seating for mental health service users.

RSVP to: [ec.volunteer@camh.ca](mailto:ec.volunteer@camh.ca)

## Running Free!

May 3 to October 4, 2017

Every Wednesday evening at 5:30 pm

CAMH (Queen St. West Site), Bell Gateway Building, 100 Stokes Street, Free

The group will meet once a week to walk or run and you'll have your own mentor to make it more fun. With fresh air and friends, you'll start to unwind; what's good for your body is good for your mind!

A free drop-in program of activity-based support for the CAMH community. Open to all members of the CAMH community—staff, clients, family members and CAMH neighbours. This is a gentle program of running/walking—about 30 minutes of activity. No experience necessary.



©Elisheva.Photography

## Emotional Intelligence

Thursday, May 18, from 1:45 pm - 3:00 pm

519 Church Street

Open to All, Free

Emotionally intelligent people are able to identify and assess their emotions and those of others and then use that information to guide their actions and influence the sections of others. While cognitive skills are important, it is the emotional intelligence that has the greatest impact on people's ability to be productive and work well with others. Participants in this workshop will learn to utilize emotional intelligence more effectively through both self-assessment and skill development exercises, resulting in an increased ability to engage more effectively with others and expand their influence.

RSVP to Tia: [TClark@Loftcs.org](mailto:TClark@Loftcs.org)

or by calling: 416-928-3334 ext. 223

## 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](mailto: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: <https://chimp.net/campaigns/mad-pride-toronto>



## I Owe Money But Cannot Pay: Dealing With Debts Workshop

**Wednesday, May 24, from 1:30 pm to 4:00 pm**

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

These free workshops are presented by: Glenn Betteridge (HALCO Staff Lawyer).

Everyone is welcome to attend; space is limited so registration is required.

### How to Register:

Please avoid wearing scents or fragrances when coming to the offices. The offices are 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.

Please include your name, your contact information, your organization (if any), and the title(s) of the workshop that you would like to attend.

Email: [talklaw@halco.org](mailto:talklaw@halco.org) or phone: 416-340-7790

## Retiring on a Low Income: Plain Language Advice

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

Victoria Village Branch - 184 Sloane Avenue  
416-395-5950

**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

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+low+income](http://www.torontopubliclibrary.ca/search.jsp?Ntt=retiring+on+low+income)

## Discharge Planning

**May 18 from 4:30 pm - 5:30 pm**

**Refreshments will be provided**

**Brought to you by the Empowerment Council**

Come share your opinions on how CAMH can better help clients when leaving the hospital.

We are looking for 10-15 participants. We will pay you for your valuable input.

For more information or to register, please contact:

416-535-8501 ext. 33013 or [Ec.volunteer@camh.ca](mailto:Ec.volunteer@camh.ca)

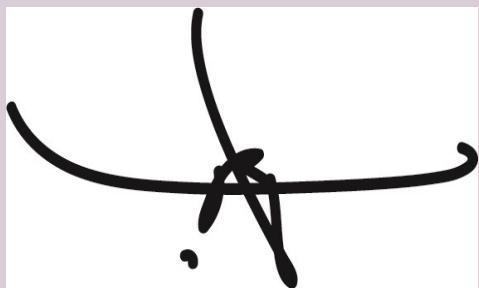
## The C/S Info Centre is Recruiting Board Members

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

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

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

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



## Insane Imaginings

**Tuesday, May 30 from 7:00 pm - 8:30 pm**

**OISE, at 252 Bloor St. West - St. George Subway**

**12th Floor, Room 12-274**

**One Time Event! Free**

Imagine your world as you like. Let your mind wander—without experts, muzak, or therapeutics. Create an imaginary tour of your own, with side stops for snacks and chats.

Open to consumers, users, survivors, anyone with 'mad' experiences. *Mad Stories* returns in June.

Free and accessible. Not funded by mental health agencies or university programs.

Contact: Erick Fabris, Toronto writer on psychiatric industry and practices. For more info email:

[madly@teksavvy.com](mailto:madly@teksavvy.com) or call: 647-478-4241

## Community Kitchen

**Across Boundaries, 51 Clarkson Ave**

**416-787-3007**

Food is an important part of exchanging our culture with others. It can signify celebration as well as daily needs.

Through this highly-engaging Across Boundaries program, clients develop life skills for independent living, meal planning, cooking cleaning, budgeting, and grocery shopping.

<http://www.acrossboundaries.ca/onsite>

*"When I dare to be powerful- to use my strength in the service of my vision then it becomes less and less important whether I am afraid."*

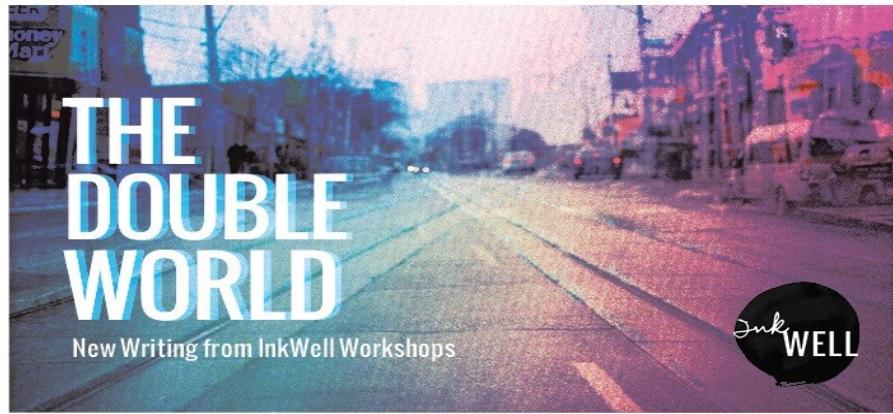
Audre Lorde

*"We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion."*

Max de Pree

*"Only I can change my life. No one can do it for me."*

Carol Burnett



**Thursday, 1 June 2017 | 6:00PM–9:00PM**  
**Friends House**, 60 Lowther Ave. [near St. George station]

Join InkWell for our book launch & fundraiser!

*The Double World* is a journey through the poetry, fiction, memoir, and playwriting of 17 local writers with mental-health and addictions issues.

The launch will be a fabulous literary celebration complete with readings and a silent auction. Light refreshments will be served.

Proceeds from book and ticket sales will go to supporting InkWell's programming. More info at [www.inkwellworkshops.com](http://www.inkwellworkshops.com)

Our venue is wheelchair accessible and alcohol- and smoke-free. Please refrain from using scented products.

Contact: [info@inkwellworkshops.com](mailto:info@inkwellworkshops.com)



ONTARIO ARTS COUNCIL  
 CONSEIL DES ARTS DE L'ONTARIO  
 an Ontario government agency  
 un organisme du gouvernement de l'Ontario

## Community Gardens/Community Gardening

The Community Gardens Program is cultivating a dynamic community gardening movement across the City. Working in partnership with a wide variety of community groups, the program draws on the collective heritage from Toronto's distinct cultures. Community gardens benefit everyone by creating safe and healthy recreational activity within our parks system, and on other City-owned lands

### *Benefits of Community Gardens*

Gardening is the second most popular form of leisure activity in Canada, attracting 72% of Canadian adults according to a report by "Go For Green: The Active Living Environment Program."

Community gardens are safe, beautiful outdoor spaces on public or private lands, where neighbors meet to grow and care for vegetables, flowers and native plant species.

Community Gardens

Solomon

Phone: 416-392-7800

Email: [sb oy e@toronto.ca](mailto:sb oy e@toronto.ca)

To find the community gardens near your location [http://www1.toronto.ca/wps/portal/contentonly?](http://www1.toronto.ca/wps/portal/contentonly?vgnext-)

[vgnext-](http://www1.toronto.ca/wps/portal/contentonly?vgnext-)  
[toid=497807e36acc5410VgnVCM10000071d60f89RCRD&](http://www1.toronto.ca/wps/portal/contentonly?vgnext-)

[vgnextchan-](http://www1.toronto.ca/wps/portal/contentonly?vgnext-)  
[nel=8148dada600f0410VgnVCM10000071d60f89RCRD](http://www1.toronto.ca/wps/portal/contentonly?vgnext-)

<https://www.greenpolicy360.net/w/>  
[Toronto, Ontario Community Gardens Program](https://www.greenpolicy360.net/w/)

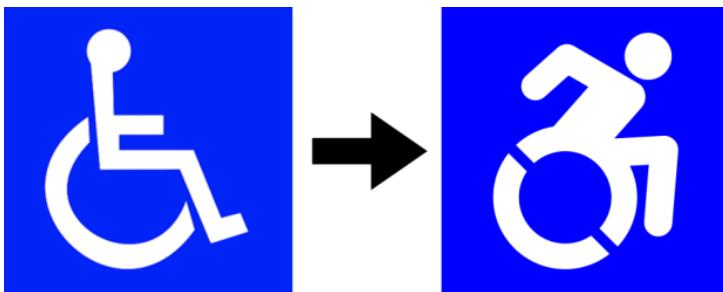
[http://tcrc.ca/regent-park-community-food-centre/](http://tcrc.ca/regent-park-community-food-centre/community-gardens)  
[community-gardens](http://tcrc.ca/regent-park-community-food-centre/community-gardens)

## Computer Help!

**Martha Gandier offers fellow consumers/survivors** free over-the-phone or remote online computer advice and support with: repairs, upgrades, installations, networking, virus and spyware scans and clean-ups, coaching in MS Office, etc.

She can be reached at: [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416-595-2882 and we'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!



### The Forward Movement

"Accessibility activists want to ditch iconic symbol highlighting the wheelchair, not the person"

<http://www.cbc.ca/news/canada/toronto/the-forward-movement-1.4082133>

Recently, the CBC published an article (see link above) on a movement called, The Forward Movement. The Forward Movement is a local organization urging the province to use a dynamic wheelchair symbol throughout Ontario.

This would eliminate the current wheelchair symbol that most of us are familiar with. Many say that the focus of the current symbol is on the disability and not the person which also emphasizes a static design.

You can see the shift and movement from the current symbol to the proposed symbol. (See image above.)

Read more about the person involved in the link above.

There's also an online petition:

<https://www.change.org/p/amend-the-use-of-the-dynamic-symbol-of-access-in-ontario>

## Computer Questions and Answers

By Martha

**Q. My smartphone has a tracking device. How do I turn it off?**

**A.** This is a pretty good article on smartphone tracking:

<https://www.usatoday.com/story/tech/2015/07/07/smartphone-tracking-security-data/29814633/>

**For your iPhone...**

- Go to Settings and select Privacy
- Tap on the Location Services tab
- You should be able to see the list of applications that utilize location services
- You then have two options: disable them all by moving the slider at the top *or disable location services only for a specific application*

**For Android...**

- Open the app drawer and go to Settings
- Select Location
- Tap on Google Location Settings
- Tap Location Reporting and Location History and switch the slider to off for each one

To delete the cache, select the Delete Location History option situated right below Location History

Repeat for each Google Account you have on your Android device.

In my opinion, we are under way too much surveillance. We are being monitored all the time, to see where our interests lie in order to send 'phishing' emails enticing us to buy stuff we didn't even know we needed. The process of monitoring takes up computer resources, and the adware planted for commercial reasons can allow truly malicious threats to get into our systems. Make sure your antivirus and antispyware are up to date, and install Ad-Block Plus to stop those annoying ads invading your browser.

<https://adblockplus.org/>

*"A lot of different flowers make a bouquet."*

Muslim Origin

# 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:

**Up & Coming Events** - Please call to confirm time

**Resume Writing:** May 16

**Interview Skills:** May 17 & 18

**Networking:** May 19

**Career Exploration:** May 23, 24 & 25

Call today to learn more about your options

416-691-7407

3036 Danforth Avenue (Victoria Park and Danforth)

[info@neighbourhoodlink.org](mailto:info@neighbourhoodlink.org)

[www.neighbourhoodlink.org/employment](http://www.neighbourhoodlink.org/employment)

## Schizophrenia Society of Ontario Cognitive Behavioural Therapy for Psychosis Training

**Monday, May 29 from 8:30 am - 4:30 pm**

**University Club of Toronto**

**380 University Ave., Cost \$225**

Cognitive Behavioural Therapy for Psychosis (CBT-p)

Training teaches cutting edge, evidence-based support for both mental health practitioners and family caregivers.

CBT-p Training helps professionals improve their practice by increasing their competency and capacity to provide CBT services. Families and caregivers will be able to use the CBT-p skills they have learned to better support and care for someone living with schizophrenia and psychosis.

Flyer PDF: [https://schizophreniasocietyontario.akaraisin.com/ClientCustomFiles/Org\\_245/EventLocation\\_14109/CBT%20Training%20E-Flyer%202017.pdf](https://schizophreniasocietyontario.akaraisin.com/ClientCustomFiles/Org_245/EventLocation_14109/CBT%20Training%20E-Flyer%202017.pdf)

Direct registration link: <https://schizophreniasocietyontario.akaraisin.com/cbt1>

## Canada Job Expo (Summer Edition)

**Thursday, May 18 from 10:00 am - 3:00 pm**

**North York Memorial Hall**

**5110 Yonge St. (North York Centre Subway)**

Whether you are a graduate, unemployed, new to Canada, a seasoned veteran looking to change careers, or even a student new to the workforce, Canada Job Expo is a great place to begin your career path. Canada Job Expo provides plenty of information, job resources and discussions and opportunities for employment. Be sure to bring multiple copies of your resume!

This event is Free. Please go online to register:

<https://www.eventbrite.ca/e/canada-job-expo-may-2017-summer-edition-tickets-7224248923>

## THINGS TO DO

### Community Yoga

**Tuesday, May 30 from 6:30 pm - 7:30 pm**

**Annette Street Library, 145 Annette St., Free**

One hour community yoga with Caitlin on the last Tuesday evening of the month for free. This class is designed for all levels.

For more information contact: 416-393-7692

*"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."*

Maya Angelou

*"No culture can live, if it attempts to be exclusive."* Mohandas K. Gandhi

### Harbourfront Centre's Annual HarbourKIDS Circus Festival

**Saturday, May 20 - Monday, May 22**

**Harbourfront Centre, 235 Queens Quay West, Free**

Harbourfront Centre's annual HarbourKIDS: Circus festival returns and is sure to inspire our youngest guests to fly. For the second year in a row, we've teamed up with Femmes de Feu's Holly Treddenick and Adam Lazarus as curators, to help fill our site and stages with contemporary circus acts that will have you gasping in awe, doubling over with laughter and perhaps even joining in!

HarbourKIDS, Harbourfront Centre's family program, aims to engage kids and their families in a fashion that promotes a way of life. HarbourKIDS guests participate in activities that explore big ideas through the lens of arts and culture. These big ideas challenge their notions, validate and illuminate their values and ask some questions of kids that aim to ignite imagination, creativity and thought.

All HarbourKIDS programming is free.

<http://www.harbourfrontcentre.com/harbourkids/index.cfm?ref=fpbanner>

### Music Mondays: A lunchtime concert series at the Church of the Holy Trinity

**All Concerts are held Mondays at 12:15**

**The Church of the Holy Trinity, 19 Trinity Square, beside the Eaton Centre**

**Phone: 416-598-4521 ext. 223**

**Admission: Pay-what-you-can with a suggested minimum donation of \$5.00**

#### **May 22 Perennials**

Dr. Jason Wilson is a two-time Juno Awards Nominee, a Canadian Reggae Music Award Winner and bestselling Canadian author.

#### **May 29 Bach, Bebop & Gospel!**

This genuinely "dynamic duo" consists of Bill McBirnie (flute) and Bernie Senensky (piano), both of whom have recorded and performed extensively together, over many years, including in concert with the legendary flutist, Sir James Galway, at Koerner Hall, and in Bernie's very own Moe Koffman Tribute Band (MKTB) throughout the province of Ontario. This concert promises to cover a lot of sonic, as well as idiomatic, territory, all in under one hour!

# MORE THINGS TO DO

## ROMWalks

**Walks run May - October, below are a few for May**

**Free, rain or shine, registration not required**

**Various locations across Toronto**

**Free walks no reservation needed**

### Heart of Toronto

**Wednesday, May 17, from 6:00 pm - 8:00 pm**

**City Hall (front doors), 100 Queen St. W., Free**

Our original ROMWalk. Discover the newly refurbished, dynamic 50-year old Nathan Phillips Square abutted by two extraordinary City Halls, and view nearby historic buildings. Hear about the civic, political and legal challenges spanning two centuries.

### Yorkville

**Sunday, May 21, from 2:00 pm - 4:00pm**

**Yorkville Library, 22 Yorkville Ave., Free**

Yorkville, once a satellite Tollgate village, became part of Toronto but has managed to maintain some individual identity despite being totally engulfed by the city and its changing commercial life.

### Whiskey, Wharf and Windmill

**Wednesday, May 24 from 6:00 pm - 8:00 pm**

**St. Paul's Basilica, 83 Power St., Free**

Walking through the Distillery district discover the commercial, industrial and residential structures built on the borders of the historic town of York that have been adapted for over the last two centuries.

### St. James Cemetery

**Wednesday, May 31 from 6:00 pm - 8:00 pm**

**St. James Cemetery, 635 Parliament St., Free**

Discover the oldest operating cemetery in Toronto including the chapel of St. James-the-Less, a national historic site, and the burial plots of the notable and notorious residents who had an impact on our city, province and country.

<https://www.rom.on.ca/en/whats-on/romwalks> or

[https://www.rom.on.ca/sites/default/files/imce/romwalks2017\\_v7\\_1.pdf](https://www.rom.on.ca/sites/default/files/imce/romwalks2017_v7_1.pdf)

416-586-8097 or [info@rom.on.ca](mailto:info@rom.on.ca)



## Pedestrian Sundays in Kensington Market

**Sunday, May 28, from 12:00 pm - 7:00 pm**

**Kensington Market, Free**

The first Kensington Market Pedestrian Sunday of the season is always a wonderful thing. Cars are given the boot for streets filled with food, performers, dancers, music, vendors and hundreds of happy people.

Additional dates: June 25, July 30, August 27, September 24 & October 29.

<https://www.facebook.com/Pedestrian-Sundays-in-Kensington-Market-128141573930920/>

<http://www.kensingtonmarketbia.com/pedestrian-sundays-in-kensington-market.htm>

416-323-1924

## Music at St. Andrew's: Friday Noontime Recitals

**St. Andrew's Church, King and Simcoe Streets**

**May 19 and May 26 at 12:10 pm, Free**

Bosendorfer Imperial piano featured in all recitals.

[www.standrewstoronto.org](http://www.standrewstoronto.org)

*"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."*

Maya Angelou

## Artfest Toronto at The Distillery Victoria Day Weekend

**Saturday, May 20 - Monday, May 22,  
from 11:00 am - 6:00 pm  
Distillery District, 55 Mill St., Free**

Celebrating painting, photography, sculpture, fine craft, live music and more from Canada's top artists. Set throughout the cobblestone lanes of the Historic Distillery District in downtown Toronto.

<http://www.artfestontario.com/toronto/>

No phone number listed

## Barbados on the Water Festival

**Friday, May 26 - Sunday, May 28  
Harbourfront Centre, 235 Queens Quay West, Free**

Harbourfront Centre celebrates Barbados' Salute to Canada's 150th with the largest festival of Barbadian culture in Canada! This year, celebrate Canada with music, fashion, literary events and children's activities. Plenty of music to dance the night away.

<http://www.harbourfrontcentre.com/festivals/barbadosonthewater/index.cfm>

No phone number listed

## Full Repair Café at Skills for Change

**Saturday, May 27 from 10:00 am - 1:00 pm  
Skills for Change - 791 St. Clair Ave. West, Free**

It's our 4th Anniversary—the Repair Café will be one hour shorter to leave time for celebrating! Visitor registration will close at 12:00 pm.

<http://repaircafetoronto.ca/upcoming-events>  
[info@repaircafetoronto.ca](mailto:info@repaircafetoronto.ca) No phone number listed

## Doors Open Toronto - Explore Toronto's Buildings

**Saturday, May 27 and Sunday, May 28  
Various locations across Toronto (see link below for map), Free**

The 18th annual Doors Open Toronto returns offering rare access to 150 architecturally, historically, culturally and socially significant buildings across the city.

Doors Open Toronto is part of [TO Canada with Love](#), the City of Toronto's year-long program of celebrations, commemorations and exhibitions marking Canada's 150th birthday. Doors Open Toronto is presented by Great Gulf and produced by the City of Toronto in partnership with the Province of Ontario and the broader community.

General event information: [spevprog@toronto.ca](mailto:spevprog@toronto.ca)  
<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=42eafa2cd4a64410VgnVCM10000071d60f89RCRD>

No phone number listed

## Subscribe For Free!

**To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).**

The Bulletin is free to receive. If you do not have email, you 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](https://twitter.com/CSInfoCentre)**

Where we post even more information and resources.

All previous issues are available on our website: [www.csinfo.ca](http://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, Joan and Martha (the computer gal)!

**Go green; get The Bulletin by email!**

### Supported by:

