

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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Crazy Talks

Crazy Talks is a monthly informal discussion featuring local and international Mad presenters. Join author Erick Fabris on the first Tuesday of each month at 7:00 pm for this free event — everyone welcome, free coffee/tea, accessible, ASL on request.

For more information including next meeting location and topic: madly@teksavvy.com.

You can also call C/S Info closer to the date: 416-595-2882 or check out the ad in Now Magazine for more info.

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 or by mail to:

**C/S Info Centre, 1001 Queen Street West,
c/o CAMH, The Mall
Toronto, Ontario
M6J 1H4**

OCD Walk Toronto 2017

Sunday, June 4 at 10:30 am

Martin Goodman Trail (Windermere Avenue and Lakeshore Boulevard West)

Get involved with OCD Walk Toronto 2017 in its 2nd year! Definitely a worthy cause where 100% of all donations go directly to Obsessive Compulsive Disorder research and treatment c/o Sunnybrook for the Frederick W Thompson Anxiety Disorders Centre.

You can volunteer, do the 2k Walk and/or donate. Registration is free plus people and dogs who participate get a FREE official OCD Walk Toronto t-shirt!

www.ocdwalktoronto.com



Light Therapy Lamps at The Toronto Public Library

Toronto Public Library is running a pilot program. This program gives library patrons access to light therapy lamps at two library branches, Malvern and Brentwood:

Malvern Library Branch,
30 Sewells Road
416-396-8969

Brentwood Library Branch,
36 Brentwood Road North
416-394-5240

The information below is from Toronto Public Library's website: <http://www.torontopubliclibrary.ca/using-the-library/services/light-therapy-lamp.jsp>

Light therapy lamps are designed to mimic spring and summer light levels as a way to treat the "winter blues" or seasonal affective disorder (SAD), a type of depression with symptoms that include fatigue, lethargy, anxiety, weight gain and sleep disorders.

Where can I use it?

The branches participating in the pilot program are Malvern and Brentwood. These lamps are stationed in the branch for use in the library. Each location has two lamps, available on a first-come, first served basis. The lamps cannot be taken out of the library.

Why does the library provide it?

Research by the Canadian Mental Health Association suggests that 2-3% of the general population of Ontario have SAD and another 15% have a less severe experience.

Light therapy lamps can be expensive to purchase. This service provides all Torontonians the opportunity to use light therapy if they require it.

How to use a light therapy lamp?

Turn the lamp on and sit, read or work in front of it for 20-30 minutes. For sensitive users, gradual exposure is recommended. Sit about 2 feet away. Face the lamp and allow the light to shine on your face but not directly in your eyes. Do not stare directly into the light. Adjust the angle of the lamp to suit your position.

Are the lights safe to use?

Light therapy is considered to be safe. Side effects are rare and if they occur they are usually mild and can include nausea, headaches and/or eye strain. There are no known long-term side effects of light therapy. If you experience discomfort, stop using the lamp and contact your doctor.

People with certain medical conditions (retinal disease, macular degeneration or diabetes), and those taking certain medications (melatonin, thioridazine, or lithium) should consult a doctor before using light therapy lamps.

The light therapy lamp should not be viewed as a cure, and other measures including staying fit, sleeping well and eating healthy are also very beneficial for treating the symptoms of mood disorders. Use of the lamp is at your own discretion. Toronto Public Library is not liable for any health issues related to the use of the lamp.

Retiring on a Low Income: Plain Language Advice

Tuesday, June 6, from 6:00 pm - 8:00 pm

Mimico Centennial Library Branch, Meeting Room,
47 Station Road
416-394-5330

Thursday, June 8, from 6:00 pm - 8:00 pm

Black Creek Library Branch, North York Sheridan Mall,
1700 Wilson Avenue
416-395-5470

Thursday, June 15, from 6:00 pm - 8:00 pm

Centennial Library Branch, 578 Finch Avenue West
416-395-5490

Topics Covered:

- Old Age Security
- Guaranteed Income Supplement
- Canada Pension Plan
- Ontario Disability Support

You need to know how to get the most from income security programs. Many financial advisors are unfamiliar with how they work together and with other income. John Stapleton, Open Policy Ontario, will help you understand. Attend a free workshop at a Toronto Public Library branch. Free workbooks. All are welcome!

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

Service Ontario for Seniors

Thursday, June 8 from 2:00 pm - 3:00 pm

**Dufferin/St. Clair Library Branch
1625 Dufferin Street**

Learn about the different income benefits and programs available to seniors from the federal government such as the Compassionate Care Benefits, Survivor Benefits, New Horizons for Seniors programs, Old Age Security, CPP and more.

416-393-7712 or <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT261670&R=EVT261670>

It's a Scam

By Sue

Okay, I admit I am a novice on the computer. So when a man called me to tell me that \$400 had been taken from my account and I should check my computer, I did the wrong thing. I believed him.

He proceeded to coerce information from me until finally ordering me to go to Money Mart and send \$400 to China! No. No, I thought and hung up the phone like I was throwing away a snake.

He popped up on my computer saying "ma'am, are you there?" but by this time I had called my son who said, "mom, it's a scam, never listen to anyone who contacts you by phone or computer."

I have heard of others falling prey to Rogers Cable and Canada Revenue Agency scams too.

Though I didn't lose money, I still had to get a new bankcard, and I felt afraid like someone who gets robbed feels.

Please ignore the next call you get like this and ignore those computer popups! I have already had two scams try to get to me and I've heard of others losing hundreds of dollars. By the way, these ruthless folks always try to scam the vulnerable, so we have to be ready to outsmart them.

JUST HANG UP...!

Journey to Canada: Coping with Immigration Stress

Wednesday, June 7, from 1:00 pm - 3:00 pm

**Toronto Reference Library, Discussion Room
789 Yonge Street**

The Canadian Mental Health Association (CMHA) will provide useful information for newcomers about how migration to Canada can affect your stress, mental health, and wellness. Learn how to deal with culture-shock and racism, and find out about some of the local mental health organizations, as well as community programs and everyday strategies to help maintain optimal mental health.

In partnership with Immigration, Refugees, and Citizenship Canada, YMCA and Toronto Public Library.

Designed especially for Newcomers to Canada.

416-395-5577 or <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT272454&R=EVT272454>

The Mental Health Helpline

1-866-531-2600

The Mental Health Helpline provides information about mental health services in Ontario. They are funded by the Government of Ontario.

A helpful information and referral specialist will answer your call, email or web chat 24/7. The service is free and confidential.

They can:

- provide information about counselling services and supports in your community
- listen, offer support and provide strategies to help you meet your goals
- provide basic education about mental illness

The Mental Health Helpline is a service of ConnexOntario, a free and confidential health service information organization funded by the Ontario Government.

<http://www.mentalhealthhelpline.ca/>

North York Elder Abuse Network

Friday, June 2, from 2:00 - 3:30 pm

**Don Mills Library Branch, Auditorium,
888 Lawrence Avenue East, Free**

Join the North York Elder Abuse Network for a presentation on how to keep yourself safe in the community. The North York Elder Abuse Network will also provide community education for you to take away with you. Refreshments will also be provided.

The Network is a diverse group of North York community service partners committed to promoting awareness around safety and respect of older adults.

Registration is required. Please call the branch at: 416-395-5710.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT278570&R=EVT278570>

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style."

Maya Angelou

Hearing Voices in Toronto - A 2 Part Series By Kevin Healey

What do we mean when we say, "Hearing Voices"?

Hearing voices is not a diagnosis. We use the term in attempt to be as simple and descriptive as we can to name a human experience that though it has, in our culture, come to be deemed "illness" or "unusual", as mystifying, un-understandable and something to be feared it is actually very common and very understandable.

Indeed, if hearing voices is a symptom of anything then it is a symptom of being both very human and very much alive.

If you do hear voices then you have the right to call your own experience whatever you like.

The term "Hearing Voices" is also used to name an approach, a very broad one in which we also embrace other experiences like, seeing visions, smelling, feeling, and otherwise sensing things that others don't, that get called "symptoms" and, particularly, get called names like "psychosis".

So, who hears voices?

You might be surprised to learn how many of us do:

- Between 4% and 15% of us hear voices regularly- that's a lot of people, somewhere in the range 300,000,000 to 1,200,000,000 of us hearing voices right now.
- Also, three-in-four, 75%, of us will have at least one episode in our lives of hearing a voice others don't. This might be very short or last several months or even a few years and typically occurs around significant life events like loss of a loved one or stressful times.
- About-one in-four young people hear voices.
- Almost half of people in a long term marriage will hear see or otherwise sense the presence of their deceased spouse.
- Even Doctors do it: one study at Spain's leading medical school revealed that more than half of senior medical students reported they had heard voices.

Essentially, anyone can hear “voices” - though they may not use those words to describe their own experience - including at least one former Canadian Prime Minister.

How culture shapes experiences

We also know that how people view their experiences is shaped by culture. Indeed in some cultures it is viewed very differently, as one person said to me, “where I come from it is those people who do not hear voices and who do not talk about it that we worry about”.

Research shows very different experiences in people in difference cultures.

Hearing Voices is a uniquely personal experience

How we each experience the world is unique to us. Best estimates have it that there have been around one hundred billion humans [that’s “adult humans”] and that there are about seven and a half billion alive right now. Each one of us has had or does have a unique experience of the world.

What, if any, voices you hear are unique to you.

The voices are very real

People who hear voices often have their experience of being in this world dismissed and defined for them “but they’re not real” The voices are very real – for the person who hears them.

If you want to be respectful then it is far better to listen, even ask what the voices say [though please don’t expect the person to feel they have to share].

A person said to be “in psychosis” is about finding it difficult to feel safe in this world.

Whatever else is going on when someone is struggling with the kind of experiences that get called psychosis, what we do know is that they are struggling to feel safe in the world.

Stay tuned, Kevin Healey’s 2 Part Series on Hearing Voices will continue in the next Bulletin.



Hearing Voices Group

Next Hearing Voices Group

Thursday, June 15, from 6:30 pm - 8:30 pm
805 Bloor Street West
(TTC: Christie Station, opposite park)

Toronto’s hearing voices group has been running now for close on seven years, meets once a month – on the third Thursday – and is open to people who live with the kind of experiences that get called “psychosis”.

We are a full charter group – run by voice hearers for voice hearers.

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

Hearing Voices Café

Next Hearing Voices Café

Monday, June 5, from 6:00 pm to 8:00 pm
Coffee and All That Jazz, 72 Howard Park Avenue

Toronto’s Hearing Voices Café was not the first in the world, it was inspired and born from working with artist Dora Garcia, but is the first in the world to become a regular event and regular feature in a community.

The Hearing Voices Café meets once a month in a café, on the first Monday- [except when it’s a holiday etc.] and is open to everyone, including workers of all sorts, supporters, family members, and the “just curious”.

The basic premise of the HV Café is the belief that we can talk about difficult human experiences in ordinary ways in ordinary spaces – so we do. The HV café is often the best, easiest first step to come get some idea way of what hearing voices is about , and to connect with the HV group if you are interested in that. <https://recoverynet.ca/hv-cafe/hearing-voices-cafe-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!

"One benefit of summer was that each day we had more light to read by."

Jeanette Walls, The Glass Castle



Save The Date

In celebration of Mad Pride 2017, The Friendly Spike Theatre Band proudly presents: Madly, I'm Your Fan

Tuesday, July 11, 2017

7:00 pm - 9:00 pm

**May Robinson Auditorium - 20 Westlodge Avenue,
(One block East of Lansdowne, North of Queen), Free**

A literary circle of readings and reminiscence especially honouring the works of the late great Leonard Cohen and Mad Pride writers he inspired.

Featured Poets: Bill Bissett and Honey Novick
Courtesy of The Canadian League of Poets, Readings In Public Places Program.

Special Guest Poet: Philip Tetrault

Participants are invited to join in with readings from their own collections.

Come One! Come All! Free event!

Wheelchair accessible!

Refreshments!

Contact: friendlyspike@primus.ca

Voice Yoga

Monday, June 19, 2017 from 2:00 pm to 3:30 pm
Secret Handshake Art Gallery, 170 Baldwin St., upper level(not wheelchair accessible)

Free will offering

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

Career Development

We Are Trades 2017 Career Advancement Fair

Thursday, June 15, from 11:00 am - 3:00 pm
1000 Finch Ave. West

WeAreTrades.com is hosting a career fair for job seekers interested in meeting with companies hiring for seasonal, part-time, or full-time positions all under one roof.

If you are looking for work in construction, automotive, industrial, and/or labour services, then this is a career fair you don't want to miss.

Register online here:

<https://work.wearetrades.com/welcome>

Are you a Job Seeker with a Disability? Do you have Post-Secondary Education or Equivalent Work Experience?

The Workplace Essential Skills Partnership (WESP) is a FREE dynamic cross-disability employment program for professional job seekers with disabilities.

- Increase your confidence and grow your network
- Enhance your resume, cover letter, and interviewing skills
- Learn about disclosure and accommodation in the workplace
- Access employers hiring qualified candidates with disabilities

Income Supports (ODSP, OW, EI, etc.) are not required to attend WESP.

Registration is now open for the following workshops:

- **June 5 - 16, 2017** (two-week workshop)
- **July 4 - 14, 2017** (two-week workshop)

Please complete the pre-screening intake questionnaire available online at: www.ccrw.org/wesp

Self referrals are welcome. Got questions? Location info? Contact: cmacdiarmid@ccrw.org or 416-260-3060 ext. 232

This Project is brought to you by the Canadian Council on Rehabilitation and Work and Funded by Employment Ontario.

The Hip Haus Works Job Fair for Young Professionals

Tuesday, June 13, from 11:00 am - 4:00 pm
Toronto Reference Library, Epic & Prologue Hall
789 Yonge Street, Free

As an attendee you'll gain access to directly interact with potential employers in the Greater Toronto Area. If you're seeking employment, pursuing a new career path or interested in gaining substantial career advice, this event is your prime opportunity to do so. The goal is to help you pursue your passions and create new opportunities for Toronto's Young Professionals.

The Hip Haus is an organization that exists to empower young professionals in the GTA and help the growth of local business. The Hip Haus is committed to providing free social gatherings in an atmosphere where such networking can take place.

events@thehiphaus.com or www.thehiphaus.com/jobfair



THINGS TO DO

The Senior Pride Network Presents: The First Senior Intergenerational LGBTQ Toronto Pride Event

Sunday, June 4, from 5:00 pm - 8:00 pm
The 519 Community Centre, 519 Church Street, Free

In Partnership with The 519 and Buddies Youth/Elders, they'll be hosting an intergenerational social event. There will be DJ's and dancing, performances, prizes, henna art-ist and much more. All are welcome: come out and min-gle. Socialize, chat have fun and share your stories.

This event is physically accessible, scent-free, substance free, ASL available, PSW support available.

For more info: trinicariblmk@rogers.com

Lunchtime Live! At Yonge-Dundas Square

Every Monday until June 12, from 12:30 pm - 1:30 pm
Yonge Street at Dundas Street, Free

Performances:

Monday, June 5: Nhapiapi and Classic Roots

Monday, June 12: Vanessa Lu, Charmie and Dynesti Williams

The free lunchtime concert series, Lunchtime Live!, returns to Yonge-Dundas Square and features a variety of Canadian and international artists.

<https://www.ydsquare.ca/lunchtime-live.html>

2nd Annual Toronto Art Book Fair

Thursday, June 15 - Sunday, June 18
Artscape Youngplace, 180 Shaw Street, Free
Opening Night: Thursday, June 15, 6:00 pm - 10:00 pm

Friday, June 16, from 12:00 pm - 8:00 pm

Saturday, June 17, from 12:00 pm - 8:00 pm

Sunday, June 18, from 12:00 pm - 7:00 pm

The fair will feature 80 Canadian and international exhibitors, three curated exhibitions, and community programming that includes readings, panel discussions, book launches, performances, and workshops.

TOABF 2017 will showcase hundreds of artists, publications, small presses, independent publishers, archives, contemporary art galleries, critics, designers, writers, and performers.

<http://www.blogto.com/events/2nd-annual-toronto-art-book-fair/>

Chair Yoga

Thursday, June 15, from 2:00 pm - 3:00 pm
Brentwood Library Branch,
36 Brentwood Road North, Free

Toronto Meditation Instructor Gwen teaches Chair Yoga. It is a great way to relax from head to toe without the stress of getting out of your chair. Drop-In Program.

416-394-5247 or hdelaurier@torontopubliclibrary.ca

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

19 Trinity Square, beside The Eaton Centre
Mondays at 12:15 pm
Pay-what-you-can

Monday, June 5: J. S. Bach: Rebel With a Contrapuntal Cause

One of the great non-conformists of all time, J. S. Bach eschewed the elegance and homophony of eighteenth-century Classicism in favour of gnarly, out dated forms and polyphonic textures. In the Gouldian sense, he was "going north." This performance of the complete *Inventions and Sinfonias* by pianist Dr. Penny Johnson, offers a glimpse into the sowing of Bach's earliest contrapuntal seeds, seeds that would in time become the *Goldberg Variations*, *A Musical Offering* and *Art of Fugue*.

Monday, June 12: Wintergarten Orchestra

The Toronto-based 11-piece Wintergarten Orchestra is dedicated to performing the great music of the 1920's and 1930's. They feature the iconic songs of the roaring twenties as well as Cabaret songs from the Weimar Republic and Paris. Their program will feature songs of Cole Porter, Cab Calloway, and Irving Berlin to name a few. Come out and swing along!

info@musicmondays.ca or <http://www.musicmondays.ca>
 416-598-4521 ext. 223

MORE THINGS TO DO

The Waterfront Artisan Market at HTO Park

Now through October 7, 2017

Saturdays, from 11:00 am - 8:00 pm

HTO Park, 339 Queens Quay West, Free

This year's Waterfront Artisan Market (WAM), presented by The Waterfront BIA and operated by Scadding Court Community Centre, brings together a carefully curated mix of 75 artisans, crafters, chefs and bakers. Discover local craft and food at a unique, open-air market on Toronto's Waterfront.

<http://www.waterfrontbia.com/>



Repair Café Storefront

Sunday, June 11, from 12:00 pm - 4:00 pm,
registration ends at 3:30 pm

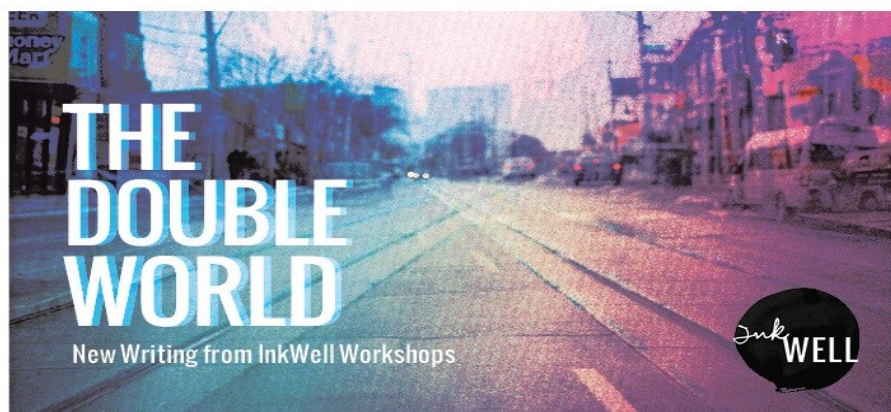
Home of Repair Café Toronto,
830 St. Clair Avenue West, Free

This Repair Café will be fixing household appliances and home electronics.

Visitor registration will close at 3:30 pm.

info@repaircafetoronto.ca or

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



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**

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

Contact: info@inkwellworkshops.com



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



Mini Repair Café at Gerrard/Ashdale Library

Saturday, June 10, from
1:00 pm - 4:00 pm,
registration closes at 3:00 pm
Gerrard/Ashdale Library
1432 Gerrard Street East, Free

This is a "mini" repair café for small home appliances and computers only!

Visitor registration will close at 3:00 pm.

info@repaircafetoronto.ca or

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

Riverdale Artwalk

**Saturday, June 3 and Sunday, June 4,
from 11:00 am - 6:00 pm
Jimmy Simpson Park, 870 Queen Street East, Free**

Riverdale ArtWalk is a two-day, public fine art exhibition showcasing established and emerging artists in Jimmy Simpson Park in Toronto's flourishing Queen East art district.

Last year, the festival hosted over 180 participating artists and the inclusion of local community groups, entertainment and food vendors. Now in its 19th year in the Riverdale/Leslieville area, the festival has grown to reach an audience of over 20,000 art enthusiasts and supporters.

<https://www.facebook.com/events/208365872962297>

Anishinaabeg Art and Power: A Sesquicentennial Celebration

**Thursday, June 8, from 7:00 - 8:00 pm
Toronto Reference Library,
789 Yonge Street, Free**

Arni Brownstone, assistant curator at the ROM, walks us through a visual presentation on the artistic evolution of one of the most diverse Indigenous communities in Canada.

416-395-5577 or <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT284835&R=EVT284835>

DuWest Festival

**Saturday, June 3, from 11:00 am - 11:00 pm,
Dundas Street West, Ossington to Lansdowne, Free**

Dundas West Fest is an annual one-day street car-free festival. In collaboration with the Dundas West BIA & the Little Portugal BIA, this festival is a family-fun filled day of arts, music, kids' activities, food and shopping.

<https://www.facebook.com/events/302574393522048/>

Four Lands

**Saturday, June 3, at 7:30 pm and
Sunday, June 4, at 2:00 pm
Interactive installation 60 minutes prior to each show
Evergreen Brick Works, The Kiln, 550 Bayview Avenue,
Admission by donation**

A multi-cultural celebration of music, visual arts and dance. Continuum, Jumblies Theatre and Evergreen Brick Works come together to explore and express people's differing relationships to the place and land where we live: what we like, want to change, remember, know, wish for and imagine, combining and contrasting perspectives from indigenous to immigrant. Continuum's ensemble combines with Jumblies' Ground Floor Choir to fill the vast space of the kilns with sonic, visual and choreographic performances and installations.

www.continuummusic.org or 416-924-4945

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

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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: Randi, Joan and Martha (the computer gal)!

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