

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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Save The Date and Participate in Mad Pride Week!



Save The Date For Mad Pride Week:

July 15 - Mad Marketplace & Tea Party

July 16 - Bed Push Parade & Picnic

+ A Lot More!

Check out the next Issue, Bulletin #581 for a complete listing of events for Mad Pride week around the city.

Mad Pride Call for Volunteers

Made Pride Week is an arts, culture and heritage festival created by psychiatric survivors, people with mental health struggles and folks the world has labelled 'mentally ill'. This year's events include a literary circle honouring Leonard Cohen, a performance night, a movie screening, a Mad Marketplace and the annual Parade and Picnic.

Check out the website for all of the details: www.torontomadpride.com

Mad Pride is looking for volunteers to help with the Saturday Mad Marketplace, which will be held at OCAD, on Saturday, July 15 from 12 noon - 5:00 pm. Assistance is needed with set up beforehand (moving tables, chairs, signs, refreshments) and with take down at 5:00 pm. Mad Pride would also like volunteers throughout the day to act as assistants to the Mad Pride Planning Committee — this could be helping serve refreshments, working the welcome table, directing people, posting signs, ensuring garbage/recycling bins are not overflowing,

and just making sure that everyone is having a good time!

Volunteers are also needed to help with the annual Parade and Picnic in Parkdale, on Sunday, July 16 from 11:00 am - 4:00 pm. Assistance is needed with organizing parade marchers, distributing/carrying signs, keeping the energy up, passing out water, etc. Volunteers will also help the Mad Pride Planning Committee with setting up the picnic area, carrying and serving food, directing people, cleaning up afterwards and ensuring people have fun!

Everyone is welcome to apply — volunteer hour sheets are happily signed. Mad Pride asks that volunteers attend a brief Volunteer Orientation Session on Tuesday, June 27 after 5:00 pm. Please RSVP for details.

Please apply by emailing: torontomadpride@gmail.com with VOLUNTEER in the subject line and join us at the volunteer orientation on Tues., June 27. No access to email? Call C/S Info and we will send an email on your behalf: 416-595-2882.



Mind Full, or Mindful?

Mindfulness Meditation

**Tuesdays, at 12:30 pm (doors close at 12:40 pm)
841 Queen St East (Queen Street East and Logan Ave.)**

Join every Tuesday for a mindfulness meditation practice facilitated by a Nurse Practitioner. Open to all!

Mindfulness helps:

- Reduce stress and anxiety
- Improve mood and memory
- Develop awareness and resilience
- Be present in the moment
- Help with sleep
- Develop a non-judgmental way to look at yourself, others and the world



WOOD GREEN

Opportunity made here.

"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

Jon Kabat-Zinn

National Aboriginal History Month 2017 Weaving Wellness

Pow Wow Boot Camp

Monday, June 19 from 12:00 noon - 1:00 pm

CAMH (Queen Street West Site)

100 Stokes St., Bell Gateway Building

The Sandi and Jim Treliiving Gymnasium

Kaha:wi Dance Theatre (KDT) is pleased to offer a high-energy Pow wow/dance training class. This is an intensive as well as fun boot camp style workout for people interested in maximizing their physical fitness led by Artistic Director Santee Smith and KDT instructors.

<http://kahawidance.org/bootcamp>

An additional event:

Métis Jigging

Monday, June 26 from 12:00 noon - 1:00 pm

CAMH, 1001 Queen Street West - Great Lawn (along Queen West)

For more information or to register, please contact Bonnie: Bonnie.Dack@camh.ca

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@teksavy.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.



Are you, or someone you know, affected by a Mental Wellness challenge?

**Join us every
TUESDAY from 7pm - 8pm
at Community Centre 55 (97 Main Street)
for an evening of peer support and sharing.**

www.BeachesMentalWellness.com or on Facebook

**Beaches
Mental
Wellness**

In The Spotlight

Directed by Katie Cooper

FREE SCREENING! July 11, 2017
Doors open @ 1:30pm, Q&A to follow
Light snacks will be provided

1001 Queen Street West, Toronto, ON
(CAMH community centre - Training room A)

Limited seating
Please RSVP 416-595-2882 or csinfo@camh.ca
TTC tokens will be provided for the first 25 people who rsvp



Can your biggest fear become your greatest passion?

In The Spotlight Film Screening

At the peak of Earla's social phobia she was housebound for six years. Today she is challenged with unstable medication, financially supporting herself, and appearing in various media outlets as a mental health advocate. Can her passion to help others outweigh her fear of people?

Anxiety continues to affect 1 in 10 Canadians and 1 in 13 people worldwide. We invite you to the FREE screening of the documentary film "In The Spotlight" directed by Katie Cooper to hear Earla's story of recovery and hope. Tuesday, July 11 at 1:30 pm, 1001 Queen Street West, Training Room A. Please rsvp as space is limited: 416-595-2882 or csinfo@camh.ca.

Senior Scams

Tuesday, June 20 from 2:00 pm - 3:00 pm
 Beaches Library, 2161 Queen Street E., Program Room
 416-393-7703

Join Detective Constable Kristin Thomas from 55 Division for an info session about frauds and scams which often target seniors. Also, learn about steps you should take if you have been scammed.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT285570&R=EVT285570>

Madly I'm Your Fan - Call for Volunteers

The Friendly Spike Theatre Bank is looking for volunteers to help with the Madly I'm Your Fan event on Tuesday, July 11 from 7:00 pm to 9:00 pm.

Volunteers are welcome to meet and help out with a madly enjoyable evening at 5:00 pm at 20 Westlodge, May Robinson Recreation Room one block east of Lansdowne/north of Queen. If you are interested please contact Friendly Spike at friendlyspike@primus.ca or if you don't have email access call C/S Info and we will send an email on your behalf.



**Toronto Central LHIN
Consumer/Survivor Initiative
Network presents:**

**History and direction of the Consumer/Survivor movement:
Where do we go from here?**

**Interested in learning about the history of the Consumer/Survivor
Movement?**

**Want to help us shape the future of our services?
Want to have some fun?**

Wednesday, July 12, 2017

12:00 noon to 4:30 pm (Doors open at 11:30 am)

Friends House

60 Lowther Avenue

To register call the C/S Info Centre at: 416-595-2882 or by e-mail: csinfo@camh.ca

**Wheelchair Accessible.
Lunch and tokens will be provided.**



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!



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Thank you!

C/S Info would like to take this space to thank our tax volunteers as well as a special guest that hosted a workshop at C/S Info in April. A great big **THANK YOU** goes out to **Kirby, Sarah and Leslie**. Kirby and Sarah have generously donated their time and efforts to help those of us who needed to file taxes. Leslie presented a wonderful workshop about her story of being an artist and its intersection with mental health. These three individuals have helped in more ways than they may realize. Kirby, Sarah and Leslie, C/S Info would like you to know that we immensely appreciate you!

Hearing Voices in Toronto - Part 2 of 2

By Kevin Healey

The second of a two part series, first part in our previous issue #579 of The Bulletin.

"We envision and enact a society that understands voice hearing, supports the needs of individuals who hear voices and regards them as full citizens. This type of society is not only possible, it is already on its way."

Eleanor Longden, TED 2013

It's no surprise when we learn that from research that, for instance, a person given a diagnosis of psychosis is fifteen times more likely to have been abused as a child. The more adverse experiences we came through the more that likelihood of being diagnosed increases.

Difficult experiences with voices are often related with difficult life events

One thing that we know about people who do struggle with voices only they hear, is that they have come to believe that the voices somehow have power over them. Put another way, a person who feels disempowered by their experience of hearing voices is often also disempowered in other aspects of their life.

Of course we tend to infer that this person struggles

because they hear voices. That is, in large part, a reflection of the power of the myth we live with about people who hear voices: we have been trained from an early age to believe that voices are evil and cause problems even though we know life is far more complex than that.

Hearing Voices and "Trauma"

For over thirty years now, the hearing voices community has been very aware of very strong links between difficult experiences with voices and difficult experiences living in this world and, with others, played key roles in bringing this to the forefront.

It important we pause here and note how — in western society — we have come talk of "trauma" as the events that happened but it is useful to understand that the word "trauma" means "wound".

Indeed, when first proposing what he termed "psychic trauma" William James talked poetically of its effect as being like "Thorns In The Spirit".

More recently traumatologist Dr. Robert Scaer clarifies this for us, "In western medicine we incorrectly categorize trauma by the events that happened when in fact it is the effect

left within us."

This framing of trauma leaves many people being denied the possibility of understanding that what they struggle with is not "trauma" or woundedness – "because nothing 'that bad' happened to me"

It is important to state and acknowledge that by no means all people who struggle with voices relate that with adverse past experiences, even when research shows it to be around 70% to 80% do, that still leaves a sizable 20% to 30% who do not and prefer or choose a different explanation.

The hardest thing...

Very often people are fine with the voices they hear, many say they get better advice from their voices than from the people in their life, others will find voices comforting, some value the way that voices challenge them. Very often the hardest part of being different is the way we get treated just because we are, and so it is with voices.

Very often, the hardest thing for a person who hears voices is the way we get treated by people who don't.

Disconnection and Disempowerment

Judith Herman sets out in her excellent book, "Trauma and Recovery" that the core experience of trauma is being left feeling disconnected and disempowered—helpless and hopeless and on our own.

And, as she indicates: treatment therefore needs focus on aiding the person in connecting and finding their power.

One key difference we do know between people who hear voices and are ok and those who hear voices and struggle is that those who struggle have come to believe the voices have power over them. Their experience leaves them powerless, maybe that sounds familiar to you?

Voices give voice to what is unheard, un-hearable.

It can be useful to understand that voices—and especially those a person finds most difficult to hear—speak to that which we cannot yet give voice to ourselves, and especially in a way that others are not ready to hear.

If we want to truly support a person struggling them we can make space to hear what the voices and the person have to say. That does not mean the person is ready to share—we will need to earn that trust so they can feel safe enough.

"Treatment"

It is important to state that the Hearing Voices approach is not about persuading people to stop taking 'medication'.

Hearing Voices as an approach is about offering people options and supporting individuals in finding their power and learning to make their own choices so they can live a life worth living.

Indeed a key book, "Hearing Voices - Fifty Stories of Recovery" includes fifty individuals telling their own story: and many do include drugs in their approach, sometimes happily, sometimes reluctantly but what you will read about is people learning how to navigate their lives and make their own choices and determining works for them. (Toronto Library has copies.)

Hearing Voices in Toronto

We have been active in Toronto for a number of years, born out of foundations laid over many years by a small group calling itself "The Leadership Project" and staged events and conferences to bring people working in different approaches, including Hearing Voices from around the world to connect with people here Toronto.

Invitation

The start of this article begins with a quote from Eleanor Longden's TD talk, which was named as one of "Twenty online talks that will change your life". Here, we've adopted this as a statement of what we want to do and are doing together.

Hearing voices is not really much about illness: it is about people—and coming together to co-creating the world we want for ourselves and each other. You can too.

—
Kevin Healey has been hearing voices you don't for almost four decades. Has played a key role in establishing Hearing Voices in Toronto and also Founder and facilitator for the Toronto Hearing Voices group, one of the longest running in North America, Hearing Voices Café.

Kevin designs unique life transforming trainings and other workshops that enable understanding of difficult human experiences that are feared and called names like "psychosis". In Oct 2016, Kevin received the INTERVOICE International Award for Innovation.

For more info on the Hearing Voices Group and Hearing Voices Café that Kevin Healey runs, please see the websites: <https://recoverynet.ca/2016/08/28/toronto-hearing-voices-group/> <https://recoverynet.ca/2015/09/24/hearing-voices-cafe-toronto/> The Bulletin will continue to publish Kevin's events in upcoming issues.

Carnival desvoix

Opportunity
for you to
participate in
this pioneering
half-day
workshop

Workshop

Innovative workshop that introduces simple ways we can express and give voice to human experiences that can be both difficult to live with and difficult to talk about,

Includes mask making and puppet making; and an easy introduction to simple yet powerful approaches we can use to reclaim our power and find our voice.

Carnival des Voix workshop introduces a creative innovative approach that will be showcased at the World Hearing Voices Congress in Boston in Aug 2017.

Workshops will be led by Kevin Healey, honored recipient of Intervoice's 2016 International Award for Innovation - and Dave Umbongo who is, by his own admission, more than a bit Muppetty.

Toronto

Fri 14th July 2017
1pm to 4pm

CS Info Centre

Training Room A
CAMH 1001 Queen St. W.

Limited Number of Spaces

Please RSVP :
Phone 416 595-2882
Email: csinfo@camh.ca

in collaboration...



Career Development

411.CA Job Fair hosted by the YWCA

Wednesday, June 21 at 10:00 am

Call for Location

411.ca, Canada's Number 1 online directory, is hiring more than 30 Inside Sale Representatives.

Requirements:

- Minimum one year of direct work experience in a sales or telesales capacity
- Strong proven negotiating and closing skills
- Exceptional verbal communication and presentation skills

Benefits:

- Excellent base plus commission

- No evenings or weekends
- Awesome health benefits
- Incentive trips and birthdays off
- Lots of perks

The company will be holding on-site interviews. Bring two copies of your résumé, photo ID and SIN.

Registration is required. Call to register and for location details: 416-264-5788.

Please visit the YWCA Toronto Employment Centre's website: <https://www.ywcatoronto.org/> to learn more about their events and services.

Road to Employment - Employability Skills "Successful Career & Work"

Held at 2 locations:

Lillian H. Smith Library

239 College Street - (1 Block East of Spadina Ave.)

Workshops are Tuesdays, from 1:00 pm - 3:00 pm

Are You Ready For Work? Need Support? - June 20

Olivia Fatherstonehaugh - Ministry of Community & Social Services (ODSP)

Rose Bellini - Ministry of Community & Social Services (ODSP)

Sean Charles - Crossways Employment Services (CES)

Where are the Jobs? Want to Start a Business? -

June 27

Wendolyn Vazquez - The Centre for Education and Training

David Cohen - Crossways Employment Services (CES)

Bloor-Gladstone Library

1101 Bloor St. West - (1 Block East of Dufferin Stop)

Workshops are Wednesdays, from 1:00 pm - 3:00 pm

Where are the Jobs? Want to Start a Business? -

June 21

Wendolyn Vazquez - The Centre for Education and Training

David Cohen - Crossways Employment Services (CES)

For information, please email: angelaza@houselink.on.ca or call: 416-516-1422 ext. 268.

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:

- **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.

Things To Do



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Arctic Defenders: A Film

Thursday, June 22 from 6:30 pm - 8:15 pm

Riverdale Library Branch, 370 Broadview Ave., Free

From the National Film Board, the story of a radical Inuit movement that changed the political landscape forever.

416-393-7720 or <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT267454&R=EVT267454>

Drums and Dances from Turtle Island

Thursday, June 22 from 7-8pm

Lilian H. Smith Library, 239 College St., Free

The Native Canadian Centre of Toronto presents, drumming, singing and dancing from Canada's First Nations.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT280710&R=EVT280710> or 416-393-7746

Repair Café - Driftwood Community Centre

Saturday, June 24, from 12 noon - 4:00 pm

**Driftwood Community Recreation Centre
4401 Jane Street, Free**

Do you have a broken household item? Don't toss it! Bring your small appliances, computers, electronics, clothes, jewellery, books, and more, and we will show you how to fix it for free! Visitor registration ends at 3:00 pm.

<http://repaircafetoronto.ca/visit/> no phone listed

Canada Day Celebrations at Queen's Park

Saturday, July 1 from 10:00 am – 10:00 pm

Queen's Park, 111 Wellesley Street West, Free

Celebrate Canada's and Ontario's 150th anniversary at Queen's Park! This year's program includes a citizenship ceremony, exciting stage performances, interactive workshops and activities, and extended evening programming.

<https://www.ontario.ca/page/canada-day>

Indigenous Arts Festival | National Aboriginal Day

Wednesday, June 21 - Sunday, June 25

from 10:00 am - 8:00 pm (most days)

Fort York National Historic Site, 250 Fort York Blvd.

Free Admission

Celebrate the best in Indigenous and Métis culture at Fort York National Historic Site. Experience traditional and contemporary music, educational programming, storytelling, dance, theatre, and food. See powerful ancient traditions and compelling contemporary creations by Indigenous artists.

National Aboriginal Day on June 21 at Fort York will provide an immersive experience with hands-on craft making, theatre performances, film and live music. The day will culminate with a concert presented by APTN Aboriginal Day Live, which will broadcast live from eight cities across Canada. Schedule for National Aboriginal Day: www.aboriginaldaylive.ca

For a complete listing of events and times visit:

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=edcd86750adeb510VgnVCM10000071d60f89RCRD>

Canada's Youth Share 150 Reasons Why We Love Canada with Hand-Painted Murals

Now through July 2 from 11:00 am – 7:00 pm

Scarborough Town Centre, 300 Borough Drive, Free

Acknowledging Canada's 150 birthday, the art space will reveal 60 murals hand-painted by youth aged 9-29 from every Province and Territory expressing the spirit of Canada through their many unique perspectives.

<http://www.toronto.com/events/art-space-unveiling/>

Here in the 6ix - Celebrate Multiculturalism Day

**Tuesday, June 27, 2017 from 7:00 am - 10:00 pm
Harbourfront Centre, 235 Queens Quay West, Free**

Celebrations start early with a dance in the pond by Red Sky Performance, as well as a neighbourhood breakfast and morning stretch. There is a lot to explore including a multimedia performance by Jowi Taylor and a musical by Confederation Centre's Young Company The Dream Catchers. Join the free workshops in kite making, dance, shadow puppets and more. Close out the day in style with Toronto's own Kardinal Offishall!

<http://www.harbourfrontcentre.com/whatson/>

Taste of Little Italy

**Friday, June 16 - Sunday, June 18,
College Street, Bathurst to Shaw, Free Admission**
Friday: 6:00 pm – 12:00 midnight
Saturday: 11:00 am – 12:00 midnight
Sunday: 11:00 am – 6:00 pm

The annual Taste of Little Italy festival transforms College Street into an Italian piazza.

The theme of this year's festival is to "go slowly", meaning unplug, relax, and taking your time to enjoy the pleasant things in life. The festival includes 20 live performers, an expanded patio area, vendors, and over 50 restaurants.

For the entertainment schedule and for more information, go to: <http://tasteoflittleitaly.ca/>

High Park - Casual Nature Walk with PhACS

Saturday, June 17, 2017 Meet at 1:45 pm

Walk leaves at 2:00 pm sharp

Walk is 5 km. Leave ½ way pt. if you take Queen streetcar.

TTC: High Park subway station on the Bloor-Danforth Line. (Note: St. George to Downsview is closed and will be replaced by shuttle busses that weekend). Exit onto High Park Avenue. Go to the right, down High Park Ave. and cross Bloor St. W. to the entrance of High Park.

Note: In case of heavy rain the walk will be cancelled.

- Bring water bottle and a snack.

- Wear comfortable walking shoes and appropriate clothing for the weather.
- Limited number of TTC tokens available.
- Optional socializing and coffee afterwards.

PhACS (Physical Activities for Consumer Survivors) works in partnership with Accent on Ability, a registered charitable organization, to promote wellness through physical fitness and social activities. PhACS serves consumer survivors (people who have had experience with the mental health system), their friends, and people with diabetes.

Contact: phacsgroup@gmail.com

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca.

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

You can also follow us on:

Facebook: facebook.com/csinfocentre

Twitter: twitter.com/CSInfoCentre

Where we post even more information and resources.

All previous issues are available on our website: www.csinfo.ca

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Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

From the C/S Info Bulletin Team and all of our wonderful volunteers: Randi, Joan and Martha (the computer gal)!

Go green; get The Bulletin by email!

Supported by:

