

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.

C/S Info Workshop: The Registered Disability Tax Credit and the Registered Disability Savings Plan

Tuesday, August 29 from 1:00 pm to 4:00 pm
1001 Queen Street West - Training Room A, Free

Woodgreen Community Services - Financial Empowerment Program will present an overview of the Disability Tax Credit Certificate for people living with disabilities and their caregivers. Participants will learn how to qualify, apply and what other programs they may be eligible for like the Registered Disability Savings Plan and Canada Disability Savings Grant and Bond.

The Disability Tax Credit is the first step to applying for government benefits that will help you in retirement.

For more information or to RSVP, please call the C/S Info Centre at: 416-595-2882 or email: csinfo@camh.ca

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3rd Annual Toronto Area OCD Support Groups Forum

Thursday, July 20 at 7:00 pm
Fox and Fiddle, 27 Wellesley St. East, 2nd Floor
Across from the Wellesley Subway and
Beside Green P Parking, Free Admission

Mixing and mingling of members, family and friends of the OCD Support Groups of Toronto Dinner (PYOW) & Festivities at 7:00 pm, Karaoke at 10:00 pm.

If you are thinking of joining a Support Group for OCD, this is your chance to meet the Moderators, Facilitators, and the Members of the OCD Support Groups of Toronto.

Whether you are the one afflicted with Obsessive Compulsive Disorder, or a family member or a friend we invite you to join us for the 3rd Annual Toronto Area OCD Support Groups Forum.

Each support group has their own unique brand and identity. We gather together once a year in a casual social setting where like-minded individuals can network with one another while learning and feeling inspired.

RSVP to Christine: torontowestocdgroup@gmail.com

Volunteer With The C/S Info Centre!

The Bulletin draws on the collective knowledge of our consumer/survivor community. To make it great we include as many people as possible in the development of each issue. Currently, we are looking for volunteers to assist us with the Bulletin, specifically:

- To research content for the newsletter: activities, items of interest to the C/S community and monitor feedback from the community. This can be done on-site or remotely. The committee meets monthly for two hours, and additional time requirements can be flexible; approximately 2-4 hours weekly.
- To help with the mailing of the bulletin: stuffing and labeling the envelopes: usually the 12th-13th and 27th-28th of the month at CAMH's Russell Street site; 3-4 hours twice a month.

For more information about the Bulletin volunteer roles, or if you have another skill or interest you would like to share, please call Christine or Cassandra at: 416-595-2882 or email: csinfo@camh.ca

Some Services at CAMH

Written by Catherine - June 15, 2017

I recently called CAMH and asked if they would see me to make a current diagnosis. My last diagnosis at CAMH was in 2009, when I was an in-patient. (My psychiatrist outside the hospital who I have seen since 1996 said it was an incorrect diagnosis right from the start.) When I called recently, CAMH responded immediately that of course I could have a 2 hour consultation for a diagnosis! My wait time is about 6 weeks, which I think is not too bad. I also learned that they give consultations for three reasons:

- A diagnosis
- Review of medications
- Referrals to programs

I want to share this information as I've discovered that I'm not the only one who did not know these consultations are available. All that is needed is a referral from a family doctor.

I am writing a self-care wellness plan, and a crisis plan, to take to the consultation with me, which was recommended by a family worker I've seen who said they will look for signs of 'managing' my mental health well.

Medication and Sun Safety

In Ontario, most of us spend more time in the sun during the warmer summer months. It's important to remember to practice sun safety all year round. It's also important to note that some medications can increase sun sensitivity.

The science behind it is that some types of medications have ingredients that may cause photosensitivity - a chemically induced change in the skin.

According to the FDA, "Photosensitivity makes a person sensitive to sunlight and can cause sunburn-like symptoms, a rash or other unwanted side effects. It can be triggered by products applied to the skin or medicines taken by mouth or injected."

For a list of the types of medications that can cause sun sensitivity visit the FDA's website: <https://www.fda.gov/drugs/resourcesforyou/specialfeatures/ucm464195.htm>

The FDA does note that, "not all people who take or use the medicines mentioned will have a reaction. Also, if you experience a reaction on one occasion, it does not mean that you are guaranteed to have a reaction if you use the product again."

If you're concerned about a reaction there are ways the FDA recommends that you can reduce the risk:

- Seek shade when outside
- Wear a hat, sunglasses, and clothing that covers the skin
- Use a broad-spectrum sunscreen regularly (broad-spectrum sunscreens provide protection against ultraviolet A (UVA) and ultraviolet B (UVB) radiation)

Contact your health-care professional or your pharmacist if you have any questions or concerns about the possibility of your medication causing photosensitivity.

Here are some helpful links about sun safety and sun exposure:

<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>

<https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/sun-exposure>

Thank you to the CAMH pharmacists for providing C/S Info with the above links!

RECLAIM YOUR VOICE x BROKEN HEALS PRESENT

hai • kue

*healing poetic expression at Trinity Bellwoods Park*SUNDAY, JULY 16TH, 2017

OPEN MIC 3 PM - 6 PM - all forms of poetry welcome!

TRINITY BELLWOODS PARK

brokenheals@gmail.com

Event will be postponed in the case of inclement weather.

For people who have been abused
and live to tell about it.

reclaimyourvoice.org

BrokenHeals

brokenheals.com

Voice Yoga**Monday, July 17 from 2:00 pm - 3:30 pm****Secret Handshake Gallery,****170a Baldwin St. Upper****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, improvise, write a poem, make noise, laugh, read a poem. We feel energy and see ourselves in a new light.

Come join us. Let's sing, make some noise, share a poem, make a new friend, take a risk, gain confidence.

Registration and information:

creativevocalizationstudio@hotmail.com**Parkdale Walking Group**

Walk dates have changed, please see the new days below. The Parkdale Walking Group apologizes for any inconvenience this may cause.

Wednesday, July 26 – meet at 10:45 am**Art In The Alleys**

Departing at 11:00 am from the 'globe' outside Parkdale Library, 1303 Queen Street West

Wednesday, August 23 – meet at 10:45 am**High Park Happenings**

Departing at 11:00 am from the 'west doors' outside High Park TTC Station

Wednesday, Sept 20 – meet at 10:45 am**Celebrate Seniors**

Departing at 11:00 am from the 'globe' outside Parkdale Library, 1303 Queen Street West

Join us on our neighbourhood Wednesday Walks!

All are welcome. For more information contact:

parkdalewalkinggroup@gmail.com or<https://parkdalewalkinggroup.wordpress.com/>**Do you love Toronto? Is there somewhere you love being? Is there a neighbourhood you dig?**

C/S Info Centre is writing a piece on Toronto's Gems. We'd love to hear recommendations from our readers. Tell us about your favourite spots in TO. Are you into Toronto's alleyway art? Do you have a favourite park? Is there a place that inspires you in this city? Tell us about it! You can tell us in one of 4 ways:

Write to us:

Consumer/Survivor Information Resource Centre

1001 Queen Street West, c/o CAMH The Mall

Toronto, ON

M6J 1H4

Email us:

csinfo@camh.ca

Facebook us:

<https://www.facebook.com/csinfocentre/>

Call us:

416-595-2882

When writing to us, please let us know how you'd like to be addressed (real first name, pseudonym, or remain anonymous) in an upcoming article in The Bulletin.



JULY 26 DROP-IN RUNNING GROUP

New Peer Summer Running Group:

Join us each **Wednesday** at Stella's Place for our weekly Running Group starting **Wednesday (July 26th - Sept. 27)** at **4:45pm-6:00pm**. All fitness levels **welcome**. Please e-mail to register: jwaithe@stellasplace.ca



STELLA'S PLACE & LULULEMON RUNNING GROUP

PEER SUPPORTED

SAFE & SUPPORTIVE

HAVE FUN, BUILD
COMMUNITY!

NO JUDGEMENT
ENVIRONMENT

STELLA'S PLACE

18 Camden Street,
Toronto, Ontario

EVERY WEDNESDAY
AT 4:45pm-6:00pm at
STELLA'S PLACE

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 email: 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.

"Let your smile change the world, but don't let the world change your smile."

Unknown



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**

ONE-ON-ONE

PEER SUPPORT

Talk to someone who's been there.

**FREE 1-hour sessions now available
Mondays 5-9 p.m. and Wednesdays 10-9
p.m.**



Sessions available in person, over the phone, and through Medeo. Call us at 416-486-8046 to book your appointment.



PhACS (Physical Activities for Consumer Survivors)

Kay Gardner Beltline Trail

Saturday, July 22, 2017

Meet at 10:00 am Leave at 10:15 am

"We believe that being physically fit helps us to be mentally fit."

A 4km nature walk of approximately 1 hour. We will follow the path, observe and listen to our surroundings.

Wear comfortable closed-toed walking shoes and appropriate clothing for the weather. Bring water bottle, a snack and insect repellent. Limited numbers of TTC tokens provided. Optional socializing and coffee afterwards. In case of heavy rain the walk will be cancelled.

Meet at the main entrance of Davisville Subway Station, on the street level, at Chaplin Crescent Exit. Line 1 Yonge-University. Plan in advance with TTC for route closures.

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.

For more info: phacsgroup@gmail.com

Mad Stories

Tuesday, July 25 from 7:00 pm - 8:30 pm

252 Bloor St. West, OISE, 12th Floor, Room 12-274

Closest subway: St. George, Free

Tell your stories your way. No labels, no analyses, no critiques. Listen in or join us as we tell short stories loosely based on daily life. Open to consumers, users, survivors, anyone with 'mad' experiences. Monthly, free and accessible. Not funded by mental health agencies or university programs. Contact: Erick Fabris, Toronto writer on psychiatric industry and practices.

Email: madly@teksavvy.com or call: 647-478-4241.

*"Keep your face always toward the
sunshine – and shadows will fall
behind you."*

Walt Whitman,
Poet and Journalist



STELLA'S PLACE

**Come to Stella's
& Learn Life
Skills !!!** *



Learn about Financial Empowerment, effective budgeting, explore goal setting, and gain knowledge with your peers.

DATE: JULY 25th and AUGUST 3rd, 2017

TIME: 5:30pm-7:00pm

Please RSVP to jwaithe@stellasplace.ca

Accessibility: please note that Stella's is not accessible at this moment.

Canada Job Expo 2017, Summer Edition

Thursday, July 20 from 10:00 am to 3:00 pm

Metro Hall, 55 John Street (St. Andrew Subway Station)

Please bring plenty of resumes to hand over to employers/organizations and be professionally dressed. Workshops and seminars are optional to attend.

SCAM ALERT AT THE VENUE - Unfortunately there are companies/individuals who take advantage when there is a large group of people. These individuals will hover in and around the venue and will present jobs/businesses etc. and take your personal information including your resume. Please do not hand out resumes or any information to individuals other than the participating exhibitors.

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

Sound Times seeks Community Service Interns

Multiple Positions Available

One Year Paid Internship, with shifts each day Monday through Friday, Afternoon and Evening Shifts Required

**Locations: 280 Parliament Street, Toronto
2340 Dundas Street West, Toronto**

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use, or have used, the mental health system.

We are expanding our staff group to include Consumer/Survivors committed to completing a year-long intensive internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work.

There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

Candidates interested in applying should submit a resume (if available) to:
hiring@soundtimes.com

Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity. There are no deadlines for applications. We conduct ongoing hiring's based on the needs of the program.

Not all applicants will be selected for interview.

"Laughter is the sun that drives winter from the human face."

Victor Hugo,
Poet and Novelist

Career Development

Neighbourhood Link Support Services 3036 Danforth Avenue

Need a Job? Do you need help with your resume?

Neighbourhood Link Support Services can help. Neighbourhood Link offers a variety of services and programs to help unemployed find a job. Counsellors provide professional one-on-one guidance and help clients develop a return to work action plan.

The Resource Centre

Monday - Thursday: 9:00 am to 4:00 pm
Friday 9:00 am to 1:00 pm

Visit the resource centre for:

- Computers
- Printing and scanning
- Photocopy and fax
- Job search resources
- Personalized assistance

July Employment Services Schedule:

Format for Winning Resume

Monday, July 17: 10:00 am - 12:00 noon
Prerequisite: Resume Soft Copy

Participants will leave the session with perfectly formatted resume completed by them with the assistance of the facilitator. They will also gain essential document-formatting computer skills to create professional resume appearance and a great first impression. Participants may get referrals to Resume Workshop based on the content of their resumes.

Career Exploration

Tuesday to Thursday, July 18-20: 9:30 am to 3:30 pm
Referral by Employment Counsellor required

A three day program that will help participants to identify and consider different career options and explore their personality type, interests, skills and values.

Resume Critique

Friday, July 21: 9:00 am to 12:00 noon
No appointment needed

This session consists of a 15-minute one-to-one consultation with an employment counsellor to review a resume or cover letter, receive tips in how to make it more effective to attain tangible results. Individuals will receive help on editing and proofreading, document formatting and selection of most appropriate document style.

Computer Skills Tutorials

Thursday, July 27
MS Word, Excel, PowerPoint, Access or Outlook.
Call or visit Neighbourhood Link for more details.

Improve Your Typing Speed

Friday, July 28
Computerized Typing Tutorial
Call or visit Neighbourhood Link for more details.

Please register in person, phone or email, anytime during business hours. For more information about these and other workshops, please call: 416-691-7407 or visit:
www.neighbourhoodlink.org/employment



Computer Help!

Martha Gandier offers fellow consumer/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!

Things To Do

Destination Canada

Ongoing event: Now through Sunday, July 30
Monday to Friday: 9:00 am - 8:30 pm,
Saturday: 9:00 am-5:00 pm, Sunday: 1:30 - 5:00 pm
Toronto Reference Library, 789 Yonge Street, Free

Destination Canada looks at experiences of migration through personal stories and individual circumstances. Why did they choose Canada? What were their first impressions and early experiences? What challenges did they face in starting a new life? What does it mean to become "Canadian"?

Discover the stories of newcomers throughout our history through posters, photographs, written accounts and other materials from Toronto Public Library's Baldwin Collection of Canadiana and Chinese Canadian Archive. The exhibit also features personal mementos from storytellers with Passages Canada.

416-395-5577 or www.tpl.ca/tdgallery

Meet Author Rosemary Aubert

Monday, July 24 from 6:00 pm - 7:00 pm
Pape/Danforth Library, 701 Pape Ave.,
Program Room, Free

After a successful career as an internationally-published romance writer, Rosemary Aubert turned to the world of crime, publishing the six-volume award-winning Ellis Portal mystery series.

Rosemary's latest publication of crime-stories is 'The Midnight Boat to Palermo'.

Don't miss this great opportunity to meet Rosemary and hear her talk about her book and varied career as a writer.

Drop in. No registration required. All welcome!

416-393-7727



Summer Music in the Garden

Now until September 17,
Thursdays at 7:00 pm,
Sundays at 4:00 pm
Toronto Music Garden,
479 Queens Quay West,
Free

The popular Summer Music in the Garden concert series returns for its 18th season by the shores of Lake

Ontario. Treat yourself to 19 free concerts this summer, featuring outstanding artists and a wide range of musical styles, from medieval love songs to finger-style guitar.

Concerts take place in the Toronto Music Garden on most Thursdays at 7pm and Sundays at 4pm, and are approximately one hour in length.

Bench seating is limited, so feel free to bring a lawn chair – and don't forget your hat or umbrella and sunscreen as shade is also limited.

Concerts proceed weather permitting. Please call the info desk at: 416-973-4000 for up-to-the-minute rain call.

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

Repair Café at Ralph Thornton Centre

Saturday, July 22 from 12:00 noon - 4:00 pm
Queen/Saulter Library, 765 Queen Street East

Don't throw it away! Bring your broken home appliances and electronics to the library and get volunteers from the Repair Café to help you fix it.

If have any questions, the Repair Café can be reached by email at: info@repaircafetoronto.ca or visit:

<http://repaircafetoronto.ca/>

Did you know that The City of Toronto has 58 outdoor pools? All outdoor leisure swimming is free.

To check out the locations of the pools, call 311 or visit:

<https://www1.toronto.ca/parks/prd/facilities/outdoor-pools/>

Rouge Park Shuttle Bus From Downtown Toronto!

Canada 150 Rouge Express - a free shuttle bus that will connect downtown Toronto to Rouge National Urban Park!

Rouge Park has lots of wonderful guided walks — for more information about the park visit:

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

Have questions regarding the shuttle services visit:

<https://parkbus.ca/rouge>

Shuttle Schedule:

Departure Times

Toronto to Rouge - 30 Carlton Street

- Toronto Departure #1 at 8:30 am
- Toronto Departure #2 at 11:00 am

Returns to Toronto

- Park Departure #1 at 1:00 pm
- Park Departure #2 at 3:00 pm
- Park Departure #3 at 5:00 pm

(One way travel time is 30 to 45 minutes)

There is no phone number provided, if you have questions, give us a call at C/S Info and we'll help you find answers.

P.S.: Rouge Park is Christine's Toronto Hidden Gem with great free guided walking tours. It's a quick escape from busy city life!

Knit Wits

Thursday, July 20 and Thursday, Jul 27

(through to October 5th), 9:30 am - 11:30 am

Main Street Library, 137 Main St., Free

Join Main Street's knitting and crochet club. Share your projects with other knitters/crocheters, teach a technique, learn a technique, and enjoy great conversation. All level of knitters welcome. Bring your own yarn, needles, and crochet hooks. We meet on the second floor of the library.

416-393-7700

Toronto Writers' Co-operative

Sunday, July 23 (through to September 24),

2:00 pm - 4:00 pm

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

Weekly workshops, usually on Sundays (except in July and August when it is bi-weekly), guest authors, member readings, open mic and publications - your opportunity to polish and perform your work.

In partnership with The Toronto Writers' Co-operative.

For further information contact towc@live.com or call: 416-395-5577.

Big on Bloor Festival

Saturday, July 22 and Sunday, July 23,

Saturday: 1:00 pm - 9:00 pm,

Sunday: 12 noon - 6:00 pm

Bloor Street West, from Dufferin to Lansdowne, Free

The Big on Bloor Festival of arts and culture is an exceptional community of hundreds of culturally significant events, activities, displays and exhibitions. Organized by BIG (the Bloor Improvement Group), the festival is a two-day summer event presented along a car-free stretch of Bloor Street West between Dufferin and Lansdowne Streets to celebrate local arts, culture and community.

For more info visit: <http://bigonbloorfestival.com/>

Magic Show with Vincent Lem

Saturday, July 29 from 2:00 pm - 2:45 pm

Main Street Library, 137 Main Street

Join in for a magical celebration of Canada with Toronto magician Vincent Lem. No registration required. Pick-up free tickets starting at 1:30 pm from the front desk.

416-393-7700

"We must let go of the life we have planned, so as to accept the one that is waiting for us."

Joseph Campbell, Writer and Lecturer

More Things To Do



Restorative Meditation

Saturday, July 29 from 2:00 pm - 3:00 pm
(also Aug 26 and September 23)

Pape/Danforth Library, 701 Pape Ave., Program Room
Free

Experience the tranquility of meditation. Join an instructor from Meditation Toronto for easy stress relieving stretches followed by deep breathing and a relaxing and rejuvenating meditation session. You will leave feeling peaceful and relaxed! All are welcome regardless of experience level.

Registration is required. Please phone 416-393-7727.
Registration opens on the first of each month.

Dancing on the Pier: Seaside Strings

Thursday, July 27 from 7:00 pm - 10:00 pm
Harbourfront Centre, 235 Queens Quay West,
Boulevard Tent, Free

With joyful melodies from the Caspian Sea and powerful rhythms from the Persian Gulf, Zuze invites your hips to a world of song forever unfolding.

416-973-4000 or info@harbourfrontcentre.com
<http://www.harbourfrontcentre.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](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)!

Go green; get The Bulletin by email!

Supported by:

