

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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## C/S Info Workshop:

### Registered Disability Tax Credit and the Registered Disability Savings Plan

Tuesday, August 29, from 1 pm to 4 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.

Tokens, refreshments and snacks will be available.

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



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## Let's Go To The Ex!

A message from the Supervisor of Guest Experience

This year, The Canadian National Exhibition's admissions policy will remain the same as it has in previous years. Those with disabilities, along with their attendants, will be granted free admission to the CNE.

All that is required is a verbal declaration at the ticket gate. Changes to this policy will be implemented in 2018 and more information can be found at this link: <https://theex.com/main/guest-info/accessible-customer-service/news-release-may17>

416-598-7209 [www.theex.com](http://www.theex.com)

## An important note to our readers:

Some of the groups we advertise in The Bulletin are small, with limited resources. Often these groups communicate with participants exclusively via email or through their websites.

If you don't have internet access, feel free to give C/S Info a call: 416-595-2882 and we will be happy to assist you.

## New Workshop at Routes: How to Effectively Research Mental Health

A Google search for 'mental health' gives 308 million results! Trying to wade through all that to find reliable or specific information can be overwhelming and often difficult to know what is helpful and accurate. In this workshop, created and facilitated by Randi Storfer, clients will learn tips to help them research and find information that will help them feel empowered in their mental health journey and recovery.

Topics will include: research tips, the benefits and risks in doing your own research, minimizing risks and negative outcomes, types of information and how to recognize different types of information and sources. Participants will learn how to determine if information is reliable and relevant to their needs as well as how to maintain mental wellness while researching.

The workshop will take place in 2 parts, and attendance at both sessions is essential.

Participants will receive a handout of key points of the workshop as well as a list of reliable online starting points on a variety of mental health topics.

Dates: Part 1: Thursday, August 31 from 12:30 pm – 2 pm & Part 2: Thursday, September 7 from 12:30 pm – 2 pm

Cost: Free! Snacks and tokens will be provided (upon request during registration).

Location: Routes: 2700 Dufferin Street, Unit 90.

Note: To encourage discussions, space will be limited to maximum 12 participants.

Registration deadline is August 24.

To register or for further information email:

Tania Barrie: [tbarrie@cmhato.org](mailto:tbarrie@cmhato.org) or

Andrea Ferkranus: [aferkranus@cmhato.org](mailto:aferkranus@cmhato.org)



## Routes Workshop Creator & Facilitator Bio

Randi Storfer is a writer and mental health advocate with 19 years of lived experience of rapid cycling, type 2 bipolar disorder and eating disorders. She has been independently researching mental health for 15 years and has certifications in Mental Health First Aid, ASIST, Non-Violent Crisis Intervention, WRAP and received training in Peer Support Group Facilitation. She is especially passionate about empowerment, education, mental health in the workplace and children's mental health. She is also a board member of C/S Info, was interim Editor for The Bulletin, volunteered in a variety of roles with The Hincks-Dellcrest Centre and has participated in several CMHA events. She believes wholeheartedly that having a mental illness does not have to mean a person is automatically sentenced to a life of misery, poverty or learned helplessness – everyone has the ability to create a life focused on strengths, empowerment and can create sustainable positive change.

## 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](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!*



## Sun Safety For Our Furry Friends

Written by: Robin and Cassandra

We think of pets as part of our family and our 4-legged friends need protection from the elements too. Through years of pet parenthood, this is what we've learned works for our pets in the sun:

- Vehicles can get extremely hot: never leave pets unattended
- When leaving home, always leave fresh water out
- When travelling, have fresh water on hand
- Concrete heats up in summer; remember paws get hot too
- Dogs can get skin cancer too, so cover your pet's skin or use sunblock
- Keep coats long because coats help regulate temperature
- Walk during cooler parts of the day; the sun is hottest between 11 am and 2 pm so try to walk your pets in the morning or later in the afternoon
- Have air conditioning? Leave it on low for your pets. If not, leave a fan on
- Look into getting or building a pet friendly First Aid Kit
- If you're spending time in the water with your pet, look into getting a pet life jacket

Stay tuned for seasonal updates...

**“Our perfect companions never have fewer than four feet.”**

- Collette



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## Parkdale Walking Group

High Park Happenings:

Wednesday, August 23 – meet at 10:45 am, Departing at 11 am  
**from the ‘west doors’ outside**

High Park TTC Station

Join in on the neighbourhood Wednesday Walks! All are welcome. For more information contact: [parkdalewalkinggroup@gmail.com](mailto:parkdalewalkinggroup@gmail.com) or visit: <https://parkdalewalking-group.wordpress.com/>

## Crazy Talks

Henrik Kartna is a psych survivor playwright who's worked with Toronto's Friendly Spike Theatre Band for many years. Henrik will be discussing his new play "The Group," which deals with Cold War history, psych politics and surveillance. Join the discussion:

Tuesday, September 5  
7 pm - 8:30 pm  
OISE, Room 12-274 (12th floor)  
252 Bloor Street West,  
at St. George Subway Station

Crazy Talks is a monthly discussion event on psych and mad politics. Join local writer Erick Fabris and guest speakers, who start each discussion with a presentation. Everyone is invited to participate and contribute.

Crazy Talks is not affiliated with any mental health agency or university program. Our meeting space is wheelchair accessible and ASL interpretation is available upon request. We meet every FIRST Tuesday of the month.

For more info., please email [madly@teksavvy.com](mailto:madly@teksavvy.com) or call: 647-478-4241.

## Reclaim Your Voice

Saturday, August 19, doors open at 12 pm  
 Event starts promptly at 1 pm and will run until 5 pm  
 Scarborough Civic Centre, 150 Borough Drive,  
 in Committee Room  
 Open to all age 18+, Free

Every month, Reclaim Your Voice hosts free events where people who have experienced abuse in its many forms can share their stories or listen to others share. They are announcing their August 19th event: Sexual Assault & the Blurred Lines of Consent. This event will feature three people sharing stories of abuse. As always, audience members are not required to share and are welcome to just listen.

Ready to share your story or interested in performing your poetry at this event? Connect with them at:  
[info@reclaimyourvoice.org](mailto:info@reclaimyourvoice.org)

If you are under 18 and interested in attending, please email: [info@reclaimyourvoice.org](mailto:info@reclaimyourvoice.org)

Please note that this Reclaim Your Voice event may feature detailed survival testimonials about psychological abuse, sexual abuse and domestic violence. There will also be spoken word performances and creative group exercises. Join as we celebrate our courage, strength and resilience.

Directions To Scarborough Civic Centre by TTC:  
 Take Line 1 (Yonge-University) to York Mills Station. Take the 95 bus to Ellesmere Rd at Borough or Kennedy station:  
 Take Line 3 (Scarborough RT) to Scarborough Town Centre and follow signs for Civic Centre

Driving Directions:  
 Exit McCowan Road from the 401 and head south to Ellesmere. Make a right and follow the signs to the Civic Centre (some signs say Municipal Centre). Parking is off of Brian Harrison way. You must buzz the gate to get in and state you are here for an event. Alternatively you can park at Scarborough Town Centre and walk over.

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According to Statistics Canada, more than half of Canadian women have experienced at least one incident of sexual or physical violence and only 1 in 10 report it due to humiliation or fear of revictimization. Men are less likely to file a report, for the same reasons and other social stigmas. From these daunting numbers, it is apparent that abuse thrives on silence. By sharing your survival story, you can help save lives.

<http://www.reclaimyourvoice.org/>

## Mad Stories

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 meetings.

Tuesday, August 29  
 7 pm - 8:30 pm  
 OISE, 12th Floor, Room 12-274  
 at 252 Bloor St. West - St. George Subway

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

Contact Erick Fabris, Toronto writer on psychiatric industry and practices. Email Erick: [madly@teksavy.com](mailto:madly@teksavy.com) or call: 647-478-4241.

**“It’s the possibility of having a dream come true that makes life interesting.”**

- Paulo Coelho



## Reader Submission

By An Anonymous Survivor submitted on July 8, 2017

Getting past my life-long social discomfort was surprisingly simple when I eventually discovered what I needed for it to happen.

It has been a process of sensing my way in the dark or without a map. What first was clear to me was that I had to **talk about what I called being 'socially uncomfortable'.** Just that step became clear. When I had done that a while then another step became clear, etc. I had no plan, except to get past it.

When I had found enough safe spaces and people in my life, where people try to be non-judgmental and where people are accepting, I talked about my social discomfort. This was not always in a support group for social anxiety. And I did not have anxiety to the point of panic attacks in social situations. I did suffer with social isolation for very many years. I eventually became frustrated with what seemed to be a lack of progress with simply talking.

I spontaneously one day decided I would start saying 'Hello' or in some way greeting people as I waited at bus stops. I don't know why that seemed like a good idea, but it did. And I was going on my instinct, one step at a time.

After about two times of trying this, someone I spoke to smiled. I don't remember what I had said. I just seemed to strike a chord with that person. It could have been something as simple as, 'It looks like it's going to rain'.

I kept doing this. Sometimes a short conversation would happen. Then I separated from the person to get on the bus and find my seat. I found these short conversations worthwhile, like, I had actually engaged someone, initiated and held a short conversation. Wow. And then I realized that I was enjoying these brief conversations! This was a turning point. I was enjoying people! This was new for me.

*This is Part 1 of a 2 part submission, stay tuned for part 2 in an upcoming issue.*

## Do you have a story to tell? We want to hear it.

The Toronto Writers Collective provides free, drop-in writing workshops open to writers of all genres – poetry, fiction, memoir, and anything else! There are several locations across the city hosting the workshops, including Mustard Seed, Fred Victor Mission, the 519, and the Toronto Rape Crisis Centre. Several other workshops are in collaboration with health care providers like Anishnawbe Health, CAMH-LEARN, LOFT and TEGH-REACH.

**The Toronto Writers Collective's program focuses on** generating new expressive writing. Led by experienced facilitators, members develop confidence as they express their creativity and share stories in a supportive environment.

Starting in September, several workshops will begin a 10 week research project to assess the effectiveness of our program. To participate in any of the workshops, please contact: [info@torontowriterscollective.ca](mailto:info@torontowriterscollective.ca) or visit our website: [www.torontowriterscollective.ca](http://www.torontowriterscollective.ca) for locations and times.

Our first anthology: Front Lines: Voices From The Toronto Writers Collective is now available as an e-book or paperback. These inspirational stories are written by authors from diverse communities, revealing our shared humanity.

## Landlord and Tenant Rights

Thursday, August 24 from 6 pm - 8 pm

Toronto Public Library - Parliament Street Branch  
269 Gerrard Street East

Attend a legal information session to learn about your rights and responsibilities as a tenant and as a landlord.

Topics include:

- When I am looking for an apartment, what things can a landlord ask me?
- When can a landlord refuse to rent to me?
- Once I become a tenant, what are my obligations to the landlord?
- **What are the landlord's obligations to me?**
- How much can the landlord raise my rent?
- How can a landlord evict me?
- Where can I go for legal advice about my situation?

All interested participants are welcome.  
Registration is not required.

For more information, please call: 416-393-7663 or visit:

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT302573&R=EVT302573)

[Entt=RDMEVT302573&R=EVT302573](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT302573&R=EVT302573)

*Thanks to one of our readers for informing us about this!*

# Career Development

## Need Help With Your Resume?

Employment Centres help with resume and cover letter writing. (No appointment is necessary.):

- Metro Hall Employment Services, 55 John Street (Entrance off of King Street), 416-338-2749
- Cliffcrest Employment Services, 2985 Kingston Road, 416-392-1460
- Crossways Employment Services, 2340 Dundas Street West, 3rd floor, 416-338-1818
- Rexdale Employment Services, 21 Panorama Court, Unit #21, 416-392-2644

For a complete list of Toronto Employment Centres and their services visit: <https://web.toronto.ca/> or call 311. You can also call C/S Info for help: 416-595-2882.

More community organizations that offer employment help:

- St Stephen's (1415 Bathurst St. near St. Clair) 416-925-2103 or <http://www.sscto.ca/employment>
- West Neighbourhood House (1033 King St. West) 416-848-7980 or <http://www.westnh.org>

**Please Note: For the week of August 21, C/S Info will be on a limited drop-in schedule. Please call ahead if you plan to visit us: 416-595-2882. Thank you.**



**Take Control of your future with  
Toronto Youth Job Corps!**

**Are you motivated to make a change in your life?**

Toronto Youth Job Corps (TYJC) is a full-time employment program that could be exactly what you need to take that next step.

Toronto Youth Job Corps offers team building, volunteering, life skills training, paint site work experience and the possibility of a work placement

### To participate you must be :

- Between the ages of 16-29
- Out of school
- Available Mon-Fri 9-5
- Living in the City of Toronto
- Canadian Citizen, Permanent Resident or Convention Refugee
- Motivated to find employment

### What to expect:

- Participate in paid employment preparation (5 weeks)
- Develop painting skills and earn references
- Build your resume and learn how to prepare for interviews
- Opportunity for a paid employment placement

### Get in touch to learn more

416-848-7980  
tyjc@westnh.org

[facebook.com/westnhtyjc](https://facebook.com/westnhtyjc)  
[@WestNHouse](https://twitter.com/WestNHouse)  
westnh.org



## DECIEM is Hiring Production Line Workers

Hiring Event at West Neighbourhood House, 1033 King Street West Thursday, August 17, 2 pm - 4 pm Call to Register: 416-848-7980 ext. 301

Additional info. about the position:

- Full-time
- 3 pm - 11 pm shift
- \$15/hour
- Benefits after probation
- Downtown location
- Core duties: filling, labelling and packaging for a growing beauty product manufacturing company

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

## Houselink Job Fair

Thursday, September 28, 1 pm - 4 pm  
The 519 Community Centre,  
519 Church Street,  
Ballroom (2nd Floor)

This is your opportunity to meet and network with employers and service providers recruiters, educational and training providers. Open to everyone. For registration please email your resume to: [angelaza@houselink.on.ca](mailto:angelaza@houselink.on.ca) or call: 416-516-1422 ext. 268.

## Requesting Accommodation: Post-Secondary Education

By Joan and Cassandra

Joan had the chance to visit **OCADU's** Centre for Students with Disabilities.

A friendly and helpful staff member explained the intake process and gave Joan the forms to apply for different types of accommodations.

At OCADU, accommodations like peer notetaking exist to help those with a disability.

George Brown has most of their accommodation information online: <http://www.georgebrown.ca/accessible-learning-services/accommodations.aspx>

In 2011, Cassandra attended UTM (UofT's campus in Mississauga) and was able to access their AccessAbility department. Cassandra remembers having to have a doctor sign off on some forms and was then able to access accommodations like peer note takers and extra

time for exams. While pursuing her studies, she found this very helpful and encouraging.

---  
If you have a disability and feel like you need accommodations at school, reach out to the appropriate department and find out how the process works. If you feel like you need help advocating for yourself, bring a support person.

Sometimes you can walk into the department, other schools require a meeting in person, or over the phone.

**If you're looking at starting or going back to school, remember you're not alone in the process.**

If you think accommodations are something that could be helpful to you, research and get in touch with the appropriate department at your school. You can always call us too: C/S Info: 416-595-2882 and we can help you find the info. All the best in your education journey!

## Things To Do



### Dundas Square - City Cinema

Tuesdays, weekly (see below) from 8 pm - 11 pm  
Yonge-Dundas Square, Free

Each feature film screening will be preceded by a film by the National Film Board of Canada (NFB).

Tuesday, August 22: Men With Brooms  
Tuesday, August 29: NOW Audience choice (TBD)

<https://www.ydsquare.ca/city-cinema.html>

### Harbourfront: Beats, Breaks and Culture

Friday, August 18 - Sunday, August 20, various times  
235 Queens Quay West

New Canadian hip-pop and dance artists and innovators in genres like post-rap and electropop are performing at the Harbourfront. The cost is free for some and low cost for others. <http://www.harbourfrontcentre.com/festivals/beatsbreaksandculture/> or 416-973-4000

### The Beach Village Movie Nights

Every Wednesday until August 30, beginning at dusk  
Screenings rotate between Kew Gardens and  
Ivan Forrest Gardens Park (see below), Free Admission

Experience these movies under the stars in our beautiful parks. You voted for your favourites. Free popcorn too.

Wednesday, August 23: The Secret Lives of Pets at  
Ivan Forest Gardens, 131 Glen Manor Drive

Wednesday, August 30: Ferris Bueller's Day Off at  
Kew Gardens, 2075 Queen Street East

<http://thebeachvillage.com/2017/06/movie-nights-in-the-park-2/> or 416-693-2242

# Things To Do

## Under the Stars: Free Screening of Hidden Figures

Wednesday, August 16 from 7 pm – 11 pm  
 Regent Park (The Big Park), 620 Dundas St. East, Free  
 Regent Park Film Festival will be hosting an outdoor movie (rain date: August 23). Come join in for a movie and fun activities!

Award winning film: Hidden Figures  
 2h7m | USA | 2016 | Comedy | Rated: PG

### Synopsis:

Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

Pre-show activities at 7 pm, movie at sundown (around 9 pm).

Come early for Taste of Regent Park. Starting at 5 pm you can grab food from the market, enjoy a community meal, watch food demos and a whole lot more!

\*Rain Date\* – In the event of rain, it will be rescheduled on Wednesday, August 23

Regent Park is an accessible venue.

If you have any questions regarding the accessibility of the park, please contact [info@regentparkfilmfestival.com](mailto:info@regentparkfilmfestival.com) or <http://regentparkfilmfestival.com/events/event/under-the-stars-hidden-figures>

## Live on the Patio: Los Poetas

Thursday, August 17 from 5 pm – 8 pm  
 Roy Thomson Hall Patio, 60 Simcoe Street  
 Doors at 5 pm, Music starts at 6 pm, Free

With members hailing from El Salvador, Chile, Argentina, Panama and Colombia, via Canada, Latin Hip Hop collective Los Poetas sounds like nothing you've ever heard before.

For more events at the Roy Thomson Hall Patio visit: <https://roythomsonhall.com/tickets/los-poetas> or 416-872-4255

## A Century of Ontario Photographs

Wednesday, August 16 from 7 pm – 8 pm  
 S. Walter Stewart Library, 170 Memorial Park Ave.  
 All ages, Drop in, Free

This presentation examines some highlights of the Archives of Ontario's extensive photograph collections and explains how these records are managed and preserved.

It showcases photographs produced by Ontario government photographers and by amateur and professional photographers based in Ontario. Presented by a speaker from the Archives of Ontario. No registration required.

<http://torontopubliclibrary.ca/> or 416-396-3975

## A Midsummer Night's Dream

Withrow Park, 725 Logan Ave.  
 August 16 – September 3 from 7:30 pm – 9:30 pm  
 Pay what you can, suggested donation \$15.00

Taking up its much anticipated spot as an end of summer tradition in Withrow Park, Shakespeare in the Ruff presents 'A Midsummer Night's Dream'.

Diving deep into the world of dreams, this version of the play brings together Ruff's celebrated approach to re-defining Shakespeare's classics, while integrating a community choir to provide the haunting dream scape with an ethereal tone.

Bringing a fresh take to this classic, the night will plunge you into an upside down world where love, humour, and magic intermingle with the summer stars.

You're encouraged to bring a picnic and a blanket to immerse yourself in the experience. On Friday nights there will be a hosted post-show bonfire talkback. Marshmallows included.

For a list of the dates, visit: <https://artsinthe parksto.org/event/a-midsummer-nights-dream/all>

If you don't have computer access, call C/S Info: 416-595-2882 and we can let you know which nights this event is taking place.

## What Does Being a C/S Info Member Mean?

Unlike a regular corporation, a nonprofit corporation does not have stockholders. This is because nonprofit corporations do not issue stock. Instead, nonprofit corporations can choose to have members. Members are individuals who support the work of the organization. Only current members are eligible to become directors on the Board.

Members of C/S Info participate by attending the Annual General Meeting and voting on the election of the board of Directors, approving the audited financial statements, appointing the auditor for the following year and other major decisions regarding the organization – such as becoming a registered charity, a merger or dissolution. General members are not liable for any acts, debts or obligations of C/S Info or for any claims, injuries, losses, transactions or other related issues. Membership is free and unrelated to accessing services like the Bulletin or our Tax Clinic.

If you have any questions about membership or about becoming a board member, please contact C/S Info.

## C/S Info - General Membership Application

Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and vote for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are welcome to attend our Annual General Meeting whether you are a member, or not. Details regarding date and location will be announced soon. Your subscription to The Bulletin continues without a break whether you are a member or not.

To become a member simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumers/survivors of the psychiatric and mental health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumers/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumers/survivors in the community.
4. To assist consumers/survivors in utilizing other resources, such as mental health and information services.
5. To identify gaps in the information resources available to consumers/survivors and to develop or promote the development of new information resources to fill those gaps.

6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre serving the Greater Toronto Area and understand there is no charge for membership.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province & Postal Code \_\_\_\_\_

Phone or Business Phone \_\_\_\_\_

Email \_\_\_\_\_

Please Note: We must receive your signed application at least 48 hours prior to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin. Thank you.

## Sail-In Cinema

Thursday, August 17 - Saturday, August 19

Sugar Beach, 25 Dockside Drive, Free

PortsToronto presents **Sail-In Cinema**, the world's first two-sided floating movie experience of its kind.

August 17: Edward Scissorhands

August 18: Indiana Jones and the Raiders of the Lost Ark

August 19: Beauty and the Beast (Most recent version)

Gates will open at 6 pm each night with the film starting at approximately 8:45 pm.

Movies will be shown under the open skies on a two-sided screen set atop a barge in Toronto Harbour. You can watch movies for free from Sugar Beach or Lake Ontario, and this year there are no tickets required to attend.

**If you're a landlubber, bring a chair, a cushion or a picnic blanket.**

While **Sail-In Cinema** is a free event, there is limited seating on the landside and entry is subject to availability of space. Boat mooring will be available on a first-come, first-serve basis.

Non-stop activities, food and entertainment will once again be offered by event sponsors prior to the start of **each night's feature film to provide a full evening of fun for all ages.**

<http://www.sailincinema.com/about.aspx>

## Pop Sherlock! Exhibit and Programming

August 19 - October 21

Exhibit, Toronto Reference Library, 789 Yonge Street  
TD Gallery, Main Level

Follow **Sherlock Holmes** as her ventures out of Arthur Conan Doyle's classic fiction realm into the worlds of stage, screen and comic arts. The exhibit includes books, manuscripts, music, graphic arts, TV stills and movie scripts, ephemera and more.

Thursday, August 24 from 6 pm - 8 pm

Write your own mystery!

Toronto Reference Library, 789 Yonge Street  
Beeton Hall

Write your own mystery! This program that will take you through the process of writing a mystery story and is facilitated by Angela Misri, author of mystery series, Portia Adams.

416-395-5577 or <http://www.torontopubliclibrary.ca/programs-and-classes/exhibits/pop-sherlock.jsp>

## Writers Group

August 28, 9:30 am - 11 am

High Park Library, 228 Roncesvalles Ave.

Read from and discuss works in progress.

Sometimes there are guest writers and speakers.

Call for more info: 416-393-7671

## 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:

