

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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Peer Support Community of Practice: Networking for Work and Life

When: First Thursday of Every Month, from 4pm - 6pm

Next Meeting: Thursday, September 7, 2017

Future Meeting: Thursday, October 5, 2017

Where: George Brown College, 341 King St. E., Rm. 413

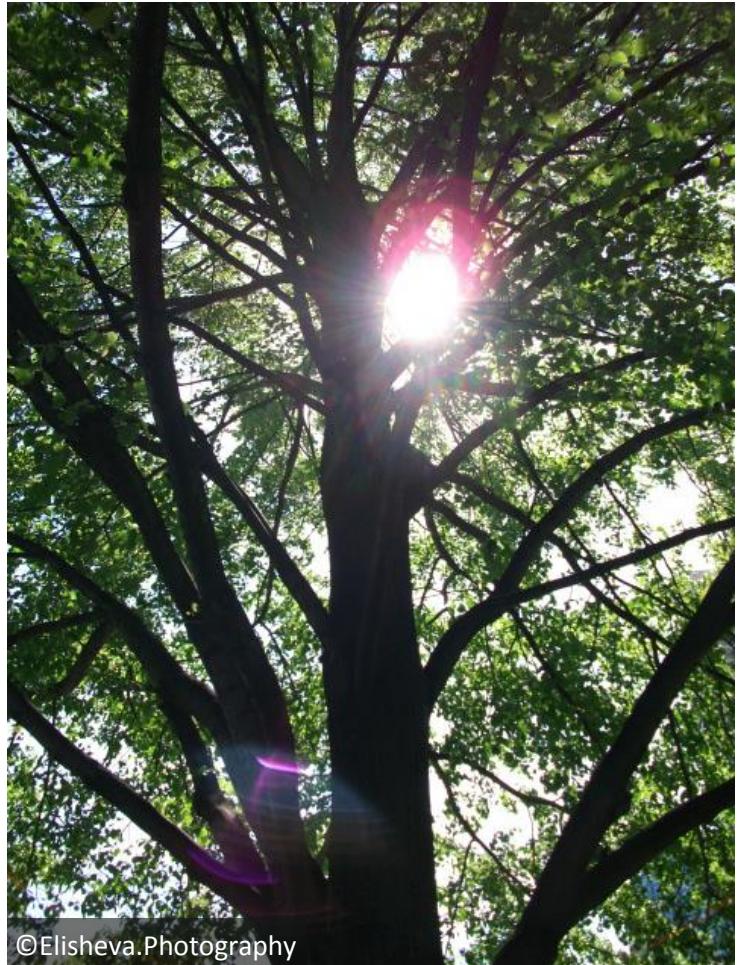
This Community of Practice is the continuation of a group formerly facilitated by the Self-Help Resource Centre. The group is an opportunity for peer support workers and individuals interested in peer support, to share valuable resources and experiences, learn and develop professional skills, and brainstorm solutions to challenges in the field.

September's topic: Networking for Work and Life, will explore how individuals can make connections in new communities for both professional and personal purposes.

Please note: This group is now self supported, participants are responsible for their own transportation and snacks.

Past topics have included: Police Reference Checks, Compassion Fatigue and Peer Worker - What it's really like.

All are welcome! For more information or to be added to the email list, please contact Christine at the C/S Info Centre: christine.miranda@camh.ca or call: 416-595-2882.



Save The Date: C/S Info Centre's AGM + the 25th Anniversary of The Bulletin

C/S Info's Annual General Meeting is happening soon. Please mark your calendars for this event: Wednesday, October 25, 2017. Stay tuned for an announcement in the next Bulletin about the time, location and how to register for the AGM.

JOIN PhACS for the Terry Fox Run at Woodbine Beach Sunday, September 17, 2017



FREE

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

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

Distance: 5 km

Length: 1-1.5 hours

Walk Start: **Woodbine Bathing Station Change House**,
west of the pool, by the boardwalk.



**Terry Fox Run has an Open Start anytime between
9:00 am to 12:30 pm.**

Enjoy the scenic site along the waterfront.
Bicycle, Stroller, Rollerblade and Wheelchair accessible.
Optional socializing afterwards.



- Wear comfortable shoes with good traction.
- Bring full refillable water bottle and snacks.
- Dress for the weather.

RAIN OR SHINE!

***Meet by the main doors of the Donald D. Summerville pool, south of the bus stop. We will leave together. Look for the "PhACS" sign.**
Take Bus 92 Woodbine, from Woodbine Subway Station, on Line 2 Bloor-Danforth; get off at Kew Beach stop. 1867 Lake Shore Blvd. E..
Plan your trip 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. phacsgroup@gmail.com

TORONTO WEST OCD GROUP *Progress not perfection*



WHO WE ARE

The Toronto West OCD Group is a volunteer run peer led support group that has been meeting for **over 25 years**. Our group endeavours to provide help and resources for persons afflicted with OCD, their family, friends and supporters in a comfortable and confidential environment. There is no registration and attendance is free.

MEETING TIME & LOCATION

We meet the 3rd Thursday of each month from September to June, 7:00PM to 9:30PM at Romero House Centre, 1558 Bloor Street West. The nearest TTC subway is Dundas West subway station and there is free street parking after 6PM.

OUR FOCUS

Our support group fosters an open forum for sharing common experiences and advocates for overall recovery with **Wellness Tools** presentations by health care practitioners, nutritionists and our own members. Topics have included Food and Mood, Exposure and Response Prevention Therapy (ERP), Adjusting Core Beliefs, Self-Care Planning, Building Resilience and Emotional Freedom Technique (EFT). We actively participate with IOCDF (International OCD Foundation), donate to the Sunnybrook Foundation for OCD research, host The Annual Toronto Area OCD Support Groups Forum and organize social gatherings for the OCD community.

3rd Thursday of September to June
7:00PM to 9:30PM
Romero House Centre
1558 Bloor Street West

torontowestocdgroup@gmail.com
Contact: Nathan, Co-Facilitator
Telephone: 647-290-9409

Crazy Talks

Tuesday, September 5

7pm - 8:30pm

OISE, Room 12-274 (12th floor)

**252 Bloor Street West,
at St. George Subway Station**

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.

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 or call: 647-478-4241.

CSI Network Forum Summary Report is now available!

On July 12, 2017, the Consumer/Survivor Initiatives Network (CSI Network) hosted a forum during Mad Pride week to engage the consumer/survivor community in exploring the future of the consumer/survivor movement. Allan Strong provided an overview of the history of the consumer/survivor movement followed by various brainstorming activities facilitated by Melissa Corcoran.

Click here for the summary report and presentation slides: http://www.csinfo.ca/blog_detail.php?blog_id=28

The report reflects recommendations provided by forum attendees based on the outputs of the various activities. The captured information will be used to inform the direction of future efforts of the CSI Network.

Several themes emerged from participant recommendations, including:

1. Enhanced communication, greater transparency, and collaboration among consumer/survivor initiatives and support services.
2. Focus on peer support employment and training.
3. Enhanced support services.
4. Permanent funding for peer support initiatives.
5. Creation of a peer support hub (model).

If you have any questions or comments about the report or if you require a printed copy of the materials, please contact C/S Info: csinfo@camh.ca or 416-595-2882.



Purple Entryway at CAMH?

Have you noticed the purple entryway and doors at CAMH located at 1001 Queen Street West?

CAMH has new signage on the Great Lawn facing north. The new signage signifies to CAMH's Queen Street neighbours that change is on the way.

CAMH will be adding 2 new buildings to the property in October; a part of Phase 1C of their redevelopment plan.

The doors also double as a selfie station welcoming the community onto the lawn to snap a picture.

Photo Credit: Joan

“Mistakes are proof that you are trying.” - unknown

Heads Up - The Empowerment Council

The Empowerment Council will soon be recruiting twelve consumer/survivors to participate in a six-week education and advocacy course around issues of women's (trans, cis-gendered, two-spirit identified) access to housing in Toronto.

They will be looking to include women who are in, or have been involved with the forensic or criminal justice system(s). This course begins in November, and will involve six, two-hour sessions. Come learn about, and share your stories around, access to housing in Toronto. More details will follow soon.

For more info email : jessica.evans@camh.ca or call: 416-535-8501 ext. 33013.

Voice Yoga

**Monday, September 11 from 2pm - 3:30pm
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. Sing traditionally, improvise, write a poem, make noise, laugh, read a poem. We feel energy and see ourselves in a new light. Let's sing, make some noise, share a poem, make a new friend, take a risk, gain confidence.

creativevocalizationstudio@hotmail.com or call C/S Info at: 416-595-2882 and we'll email Voice Yoga for you.



Next Workshop Series: Monday, September 18th, 25th and October 2nd – 6:30pm-8:30pm

To register contact Danielle Sutherland
Danielle.Sutherland@skylarkyouth.org
 416-482-0081 x 265



Reader Submission

By An Anonymous Survivor submitted August, 2017

Getting past my life-long social discomfort: In the last Bulletin I wrote about becoming comfortable with talking briefly to people by practising starting simple short conversations regularly, while waiting at bus stops. Taking this step led me to find that I was enjoying people, which was new for me! I think that trying out short conversations and becoming comfortable with those was very helpful in having longer conversations.

My process benefitted very greatly from my regular use of the Toronto Distress Centres phone line. I felt free to call here at any time I felt confused or frustrated about an interaction I'd had with someone. I also called when I would like to get past being acquaintances to being friends with someone and felt I simply didn't know how to do this.

Readers might or might not know - calling the Toronto Distress Centres line can definitely be for this kind of conversation. Calling here does not have to mean being in

a crisis! The Warm Line also is definitely for these kinds of conversations, among others (just not for crisis).

My life is very much improved through following a process of finding people whom I felt I could talk openly with, as well as in specific terms, about social discomfort experiences.

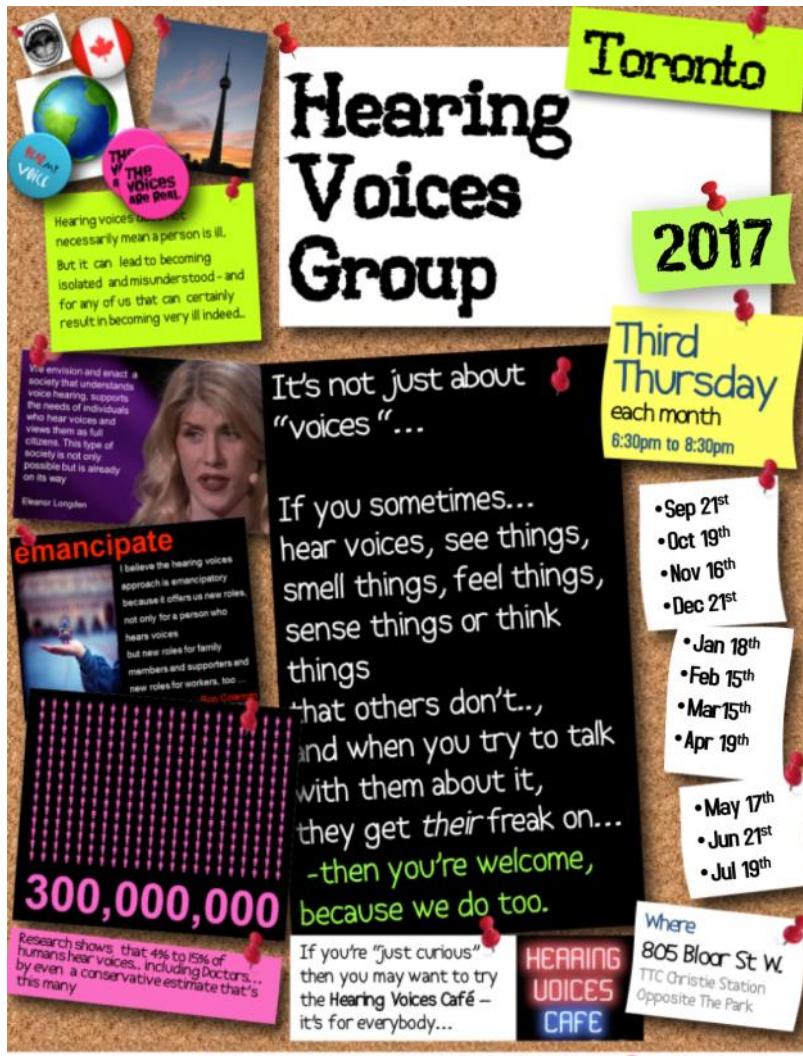
Toronto Distress Centres - 416 408-4357

When the lines are busy a caller is put on hold. In my experience the wait can be very short (a minute) to very long (20 minutes). I might read and wait.

Warm Line - Anyone concerned or needing to talk can call 416-960-9276 or text 647-557-5882. The online chat is available at www.warmline.ca. No referral is needed.

When the phone lines are busy the caller gets a busy signal.

This is part 2 of a 2 part submission. Please see the previous Bulletin #584 for part 1.



Hearing Voices Café - Begins Its Third Year

**Monday, September 11 from 6pm to 8pm
Coffee and All That Jazz, 72 Howard Park Ave.**

Hearing Voices Café is for everyone. Built on belief that we can talk about difficult experiences in ordinary places in ordinary ways-so we do.

Join us for different kind of conversation about what it means to be human.

Fall 2017 Future Meetings:

- Monday, October 2, 2017**
- Monday, November 6, 2017**
- Monday, December 4, 2017**

www.recoverynet.ca

“What we learn becomes a part of who we are.”

- unknown

Career Development

Houselink Job Fair

**Thursday, September 28 from 1pm - 4pm
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 or call:
416-516-1422 ext. 268.

The Raging Spoon is Hiring

The Raging Spoon is hiring a cook position for its catering service.

They offer a supportive work environment for consumer/survivors consisting of applicable culinary training and a deep awareness of survivor challenges in the workplace.

Previous commercial kitchen experience would be an asset. The Raging Spoon does not however, turn away consumer/survivor applicants based on lack of experience, but need to employ discretion when considering for the position.

Please submit your C.V./resume by the end of August 2017/mid-September either by mail, walk-in or e-mail to:

**The Raging Spoon Catering
1658 Queen St. West
Toronto, ON M6R 1B2**

Phone: 416-504-6128

Email: ragingspoon@workingforchange.ca

“The expert in anything was once a beginner.” - unknown

University in the Community

Since 2003, University in the Community has offered free non-credit university-level courses in the liberal arts, to people who would not ordinarily consider attending university. This program was inspired by the Clemente Course in Humanities.

Each year they offer free-of-charge, semester-long courses, to adults whose access to higher education has been limited by life circumstances. Students meet once a week at one of the two locations: Innis College (UofT, St. George campus) or CAMH (Queen and Ossington). This fall, courses are, "What makes Toronto unique?" and "Thought for food".

Who can enroll in University in the Community? If you have a passion for learning, but face barriers to higher education, possess basic English literacy skills and can commit to weekly attendance, please get in touch!

For more information or to register, email:
universityinthecommunity@gmail.com

Learn4Life & The Toronto District School Board

**Courses are now open for registration for Fall, 2017
Classes Begin: Saturday, September 16, 2017**

It's back to school season and the TDSB connects nearly 30,000 adult learners to 1700 classes to take up a hobby, learn or hone skills and meet new people with similar interests. They have something for everyone: art classes, sports, dance classes, crafts, computers, languages, hobbies and even personal wellness and development.

Many Torontonians received the fall catalog by mail and it is also available at Toronto Library branches as well as online:
<http://www.tdsb.on.ca/Portals/0/AdultLearners/docs/CompleteFall2017Brochure.pdf>

ODSP and OW recipients can take one course each semester for only \$10.50 plus material fees (if applicable); dependents over 18 years of age can register if they appear on your drug card or with a letter from your Social Assistance provider. Seniors (65 and over) benefit with a 40% discount on course fees. Please attach your current ODSP/OW statement with the registration form.

Registration can be done in person or online at: www.learn4life.ca or by faxing your ODSP/OW statement and registration form to: 416-394-3877 or mail the registration form, full payment (Credit Card, cheque or money order) and statement to: Continuing Education 2 Trethewey Drive, 3rd floor, Toronto, ON M6M 4A8.

Things To Do



Indie Fridays!

Fridays, September 1 and September 8 from 8pm - 11pm
Yonge-Dundas Square, 1 Dundas St. East, Free

Chevrolet Canada presents a free concert series featuring some of Canada's top indie musicians.

This year's lineup includes:

Friday, September 1 – Exco Levi and High Priest and The Human Rights
 Friday, September 8 – The Deep Dark Woods and Wildlife

<http://www.toronto.com/events/indie-fridays/?ri=8>

Fairmount at Greenwood Park Farm Market

Wednesdays, May - Oct, 3pm - 7pm
Greenwood Park, 150 Greenwood Ave.
Rain or Shine, Free

Shop at the market and stay for dinner while enjoying the weekly musicians! Enjoy the park with an outdoor swimming pool, children's water play area, ping pong table, soccer field and baseball diamonds.

Volunteers are also needed to help with set up, assisting vendors, the general operation of the market and tear down at the end of the day. Please e-mail for more information.

<http://www.fairmountmarket.ca/> or <https://www.facebook.com/fairmountfarmmarket/>
fairmountmarketatgreenwood@gmail.com

Lunchtime Live!

Mondays, September 4 and September 11, 12:30pm- 1:30pm
Yonge-Dundas Square, 1 Dundas St. East, Free

Free lunchtime live concerts at Yonge-Dundas Square. September's line-up includes:

Monday, September 4: Bruno Capinan
 Monday, September 11: Datu

For more scheduled artists check out the website or drop by on a Monday.

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

Summer Music in the Park

Until September 9, See below for times
Village of Yorkville Park,
115 Cumberland St., Free

The Bloor-Yorkville BIA is once again proud to present Summer Music in the Park.

Residents and visitors of Bloor-Yorkville will have the opportunity to enjoy live musical performances from a dynamic lineup of artists.

Visit the Village of Yorkville Park on Fridays from 11:30am to 2:30pm, and on Saturdays, Sundays and statutory holidays from 1:30pm to 4:30pm, to enjoy (weather permitting) musical acts from a variety of genres such as jazz, Latin, Celtic and pop. Visit the website for full line-up.

416-338-4386 or
<http://bloor-yorkville.com/musicinthe park/>

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

Things To Do

Touring the Toronto Music Garden

Wednesdays at 11am until September 27

**479 Queens Quay West (West of Harbourfront Centre),
Bathurst Street and Spadina Avenue, Free**

Learn about the fascinating story and design of the garden. The Toronto Music Garden can be appreciated on many levels - as a garden infused with the spirit of music, dance and artistic genius, as a public place for young and old alike to enjoy and learn, and as a meditative space to sit and quietly ponder nature. It is a symbol of Toronto's participation in the international community, and a place for everyone to enjoy.

The Toronto Music Garden is open year-round and there is no admission fee. The Toronto Music Garden is wheelchair-accessible.

Guided Tours

Take a 45-minute tour led by a volunteer guide from the Toronto Botanical Garden. Tours begin at the west end of the Prelude section. Reservations are not required and tours will run as scheduled unless there is heavy rain, lightning or extreme heat.

<https://www1.toronto.ca/wps/portal/contentonly?vgnext- toid=4b29dada600f0410VgnVCM10000071d60f89RCRD>

Summer Music in the Garden

Sunday, September 10 at 4pm

**Toronto Music Garden, 479 Queens Quay West (West of Harbourfront Centre),
Bathurst Street and Spadina Avenue, Free**

Les idées heureuses: Languir d'amour (Love's Lament). Intricate love songs from late medieval France and Italy.

Music by Guillaume de Machaut, Francesco Landini, Guiliemus Ebreo and others.

Performed by Angèle Trudeau (soprano), Esteban La Rotta (lute), Vincent Lauzer (recorders) and Natalie Michaud (recorders and direction).

Visit the website below to learn more about the artists and performers:

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

Veg Food Fest

Friday, September 8 from 4pm - 9pm

Saturday, September 9 from 12pm - 9pm

Sunday, September 10 from 12pm - 7pm

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

Vegans and vegetarians rejoice as the 33rd annual Veg Food Fest returns to Harbourfront Centre. Presented by the Toronto Vegetarian Association, this free weekend-long celebration is the biggest festival of its kind in North America attracting 35,000 visitors over three days.

The Veg Food Fest is a unique chance to sample a variety of vegan cuisine from over 140 vendors. Try locally-made cashew ice cream, cookies, cupcakes, artisanal vegan cheeses, pizza, sausages, samosas, salads, smoothies and more. Whether you have a sweet tooth or you're on health kick, there's something for everyone at the Veg Food Fest.

In addition to delicious food, there will be over 40 hours of programming including music, workshops, cooking demos, and presentations on healthy, sustainable, compassionate living.

<http://vegfoodfest.com/>

Roy Thomson Hall - Live on the Patio: Bernice

Friday, September 1, doors at 5pm, music at 6pm

Roy Thomson Hall Patio, 60 Simcoe Street, Free

Bernice, the project of Toronto-based vocalist/songwriter Robin Dann, blends "melodies reminiscent of artists like Sade with the playful sounds of artists like Deerhoof." This performance wraps up the summer season of Roy Thomson Hall's Live on the Patio.

<https://www.roythomsonhall.com/tickets/arts-and-crafts-night/> or 416-872-4255.

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.

BuskerFest

**Friday, September 1 - Monday, September 4,
See below for scheduled hours
Woodbine Park, 1695 Queen St. East, Free Admission**

Ontario's largest street performers' festival, BuskerFest, boasts a collection of musicians, sketch artists, artisans and entertainers.

The festival features over 100 performers from around the world in support of Epilepsy Toronto.

Friday, September 1 from 12pm – 11pm
Saturday, September 2 from 11am – 11pm
Sunday, September 3 from 11am – 10pm
Monday, September 4 from 11am – 8pm

<http://torontobuskerfest.com/>

Artfest Toronto at the Distillery

**Friday, Sept. 1 - Monday, Sept. 4 from 11am - 6pm
The Distillery District, 55 Mill St., Free Admission**

Artfest Toronto hosts 2 outdoor art and craft shows. Celebrating painting, photography, sculpture, fine craft, live music and more from Canada's top artists.

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

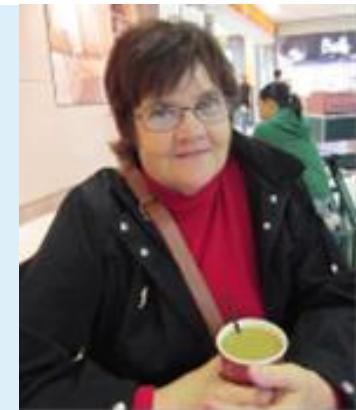


Computer Help!

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!



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: Joan and Martha (the computer gal)!

Go green; get The Bulletin by email!

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