

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](mailto:csinfo@camh.ca) • [www.csinfo.ca](http://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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### Toronto West OCD Group



*Welcome Back!*

### 1st Meeting of Season 2017-2018

*Thursday September 21st*

7:00PM - 9:30PM

Romero House Centre  
1558 Bloor Street West

*Topic Presentation  
Food & Mood, Part 2*

**Mary Pearson,**

**Holistic Nutritionist & Lifestyle Coach**

### C/S Info Annual General Meeting + 25th Anniversary of The Bulletin!

**Wednesday, October 25, 2017,**

**Refreshments 5:30 pm**

**Meeting 6:00 pm to 8:00 pm**

**CAMH, 1001 Queen Street West, in Training Room A,  
in the Community Centre**

Please join the Board of Directors and staff of the C/S Information Resource Centre for a review of the activities of the past year and vote for Directors standing for re-election. All are welcome!

Please RSVP to: [csinfo@camh.ca](mailto:csinfo@camh.ca) or 416-595-2882.



## Disability Tax Credit (DTC) & Registered Disability Savings Plan (RDSP)

At the recent C/S Info workshop delivered by **Woodgreen Community Services**, participants told us they wish they knew about the programs sooner. Here are a few details about the different programs. You can find additional information about the application process and criteria on the C/S Info website:

[http://www.csinfo.ca/blog\\_detail.php?blog\\_id=29](http://www.csinfo.ca/blog_detail.php?blog_id=29)

Or by contacting:

**Woodgreen's Financial Empowerment Program** directly:  
416-645-6000 ext. 1330 or [fe@woodgreen.org](mailto:fe@woodgreen.org)

Application forms and guides are available on the **Canada Revenue Agency** website:

<https://www.canada.ca/content/dam/cra-arc/migration/cra-arc/E/pbg/tf/t2201/t2201-16e.pdf>

or by calling: 1-800-959-8281

### Disability Tax Credit (DTC)

Disability Tax Credit is a non-refundable tax credit that can help people living with disabilities or their supporting persons reduce the amount of taxes they may owe.

#### Benefits of the DTC

- Can reduce the amount of taxes you owe
- Can be transferred to an eligible family member
- Can be applied retroactively for 10 years
- May qualify for the Working Income Tax Benefit Disability Supplement
- May qualify for the Child Disability Benefit
- Provides opportunity to open a Registered Disability Savings Plan

### Registered Disability Savings Plan (RDSP)

A registered disability savings plan is a plan for people who are eligible for the disability tax credit, to save money for their future needs.

- Encourages people living with disabilities to save for future...asset building!
- Generous government contributions, even if you cannot invest money yourself
- **An exempt asset from social assistance benefits (e.g.: ODSP)**
- Family and friends can contribute to your RDSP
- Variety of investment options – your money will grow!
- Must begin receiving annual withdrawals at age 60
- There are no restrictions on how RDSP withdrawals are spent

### Canada Disability Savings Bond

Canada Disability Savings Bond is money the government contributes to the RDSPs of low-income individuals depending on family income.

- Bonds of up to \$1,000 a year
- Lifetime bond limit is \$20,000
- Not necessary to make **any** contributions
- Paid into the RDSP until age 49

### Canada Disability Savings Grant

Canada Disability Savings Grant is a program where the government matches contributions you (or your family or friends) deposit into the RDSP.

- Must make contribution to receive grant
- Matching grants up to \$3,500 a year, depending on contribution/income
- Lifetime grant limit is \$70,000
- Paid into the RDSP until age 49

*"Be kind whenever possible. It is always possible."*

Dalai Lama

*"To err on the side of kindness is seldom an error."*

Liz Armbruster

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

The Toronto Writers Collective (TWC) 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 collaborating with health care providers like Anishnawbe Health, CAMH-LEARN, and TEGH-REACH. There are also workshops at locations like Workman Arts, Elizabeth Fry and the Toronto Rape Crisis Centre.

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. The list of locations includes: the 519, Mustard Seed, Fred Victor Mission, Progress Place, LOFT TAY and Baycrest (for health care providers). 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.

### Ongoing TWC Workshops:

- The 519, (519 Church Street ) on Sundays at 12:00-1:30 pm
- Fred Victor Mission, (519 Church Street ) on Mondays, between 5:30-7:00 pm

- Mustard Seed, (791 Queen Street East) on Tuesdays between 2:00-3:30 pm

### **NEW**TWC workshops will begin at:

- Workman Arts, 651 Dufferin Street, on Monday, September 18 between 2:00-4:00 pm
- Progress Place, 576 Church Street, on Saturday September 16 between 3:00-4:30 pm.

There is also a new workshop starting at Baycrest, 3560 Bathurst Street, specifically for health care providers. Start date and time in September to be confirmed. Preregistration is required. For more information contact Jesse Cohoon, [info@torontowriterscollective.ca](mailto:info@torontowriterscollective.ca)

Please note that The 519, Fred Victor Mission, Mustard Seed and Workman Arts are open drop-in workshops. LOFT-TAY, Progress Place, and Baycrest have membership requirements or intake protocols.

All of the workshops, apart from Workman Arts, are participating in a research project funded by a Trillium Foundation SEED Grant. This research will study the benefits of the program to our members and help us to further our work and outreach. Workshop participants will be consulted about their participation in this project.

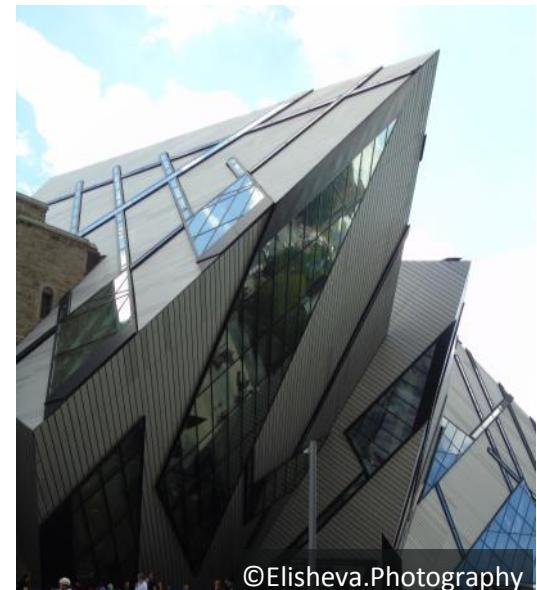
On September 24 at Harbourfront, located at 235 Queens Quay West, the TWC will have an information booth at the Word On The Street event between 9:00 am to 4:00 pm.

## Low Income Retirement Planning - Four things to think about

Recently through my wanderings on the internet, I came across another great resource about low income retirement planning. John Stapleton of Open Policy Ontario, has been making presentations on the topic at various libraries over the past year. If you are like me and haven't been able to attend a presentation, this guide provides information about income security programs, some considerations, eligibility, application process and more!

The guide is available by visiting:

[http://openpolicyontario.com/wp/wp-content/uploads/2017/08/Low-Income\\_Maximizing-GIS -Determining-OAS-and-GIS-booklet\\_Aug-2017-FINAL-R1.pdf](http://openpolicyontario.com/wp/wp-content/uploads/2017/08/Low-Income_Maximizing-GIS -Determining-OAS-and-GIS-booklet_Aug-2017-FINAL-R1.pdf)



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## WRAP—Fitness for Youth (16-29)

**Wellness Recovery Action Plan** (WRAP) is about promoting growth, recovery and wellness.

In a group setting, youth will develop their WRAP—a list of tools to keep themselves feeling well in their day-to-day lives, including employment, volunteering or educational/training opportunities.

Physical fitness will complement their WRAP by improving overall health, relaxation, stress reduction, and improved self-esteem. Plus, it's fun to work out with a group!

This program is offered in partnership with the Gerstein Crisis Centre and the Miles Nadal Jewish Community Centre

**Info Session:** Sunday, October 1: 2:30 to 3:30 pm

8 week program—Sundays

October 15 to December 3: 1:00 to 4:30 pm

Tokens and snacks will be provided

Call: 416-924-6211 ext. 0 to reserve your spot

For more information contact:

Jooli Park

[joolip@mnjcc.org](mailto:joolip@mnjcc.org) or call 416-924-6211 ext. 574

750 Spadina Avenue (at Bloor)

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

## Peer Support Community of Practice: Networking for Work and Life

**When:** First Thursday of Every Month,  
4:00 pm - 6:00 pm

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

**Next Meeting:** Thursday, October 5, 2017

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.

## October's Topic: Resources & Where to Find Them

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

Past topics have included: Networking for Work and Life, 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](mailto:christine.miranda@camh.ca) or call: 416-595-2882.

*F.E.A.R. has two meanings:*

*Forget everything and run*

*OR*

*Face everything and rise.*

*The choice is yours!*

## Taste the bounty at the Sunshine Garden Market

Taste delicious, hand-picked produce at the Sunshine Garden Market!

What's the Sunshine Garden?

The Sunshine Garden Market is a recreational, therapeutic gardening program that FoodShare runs in partnership with the Centre for Addiction and Mental Health. The pioneering garden began in 2002 and FoodShare now works with over 30 CAMH clients who garden two to three times per week.

Taste the food!

Check out the just picked organic produce at the Sunshine Garden Market until October

**When:** Wednesdays from 11:30am - 1:30pm.

**Where:** Markets happen at the southwest corner of 1001 Queen Street West and Gordon Bell St.

They have everything from kale to garlic, carrots, heirloom tomatoes and more!

# Career Development



## Road to Employment

### “JOBS & CAREERS FAIR” Networking Event

**Monday September 18, 2017 Time: 1-3:30pm**

**The 519 Community Centre**

**519 Church St (1 Block North of Wellesley)**



**RBC**  
Royal Bank



**Additional Employers & Agencies will be joining Houselink's Road to Employment Event**

**For Registration, please email: [angelaza@houselink.on.ca](mailto:angelaza@houselink.on.ca)**

**or Call: 416-516-1422 Ext. 268**

**Open to everyone, including people with Mental Health & Homeless**

# Things To Do

## Chess Club

Saturdays through to December 16:

1:00 pm to 2:30 pm

Toronto Public Library - Gerard Ashdale Branch  
1432 Gerrard Street East  
2nd Floor of the library (by the fireplace)

Players of all skill levels are invited to play in a friendly and welcoming environment. Drop-in.

Call 416-393-7717 for more information.

Or visit:

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19532&R=EVT19532>

## ROMWalk: St. James Cemetery

Sunday, September 17: 2:00 pm

**Starting Point:** Cemetery entrance on east side of Parliament Street, north of Wellesley Street

Look for the **purple** ROMWalks umbrella

Discover the oldest operating cemetery in Toronto including the chapel of St. James-the-Less, a national historic site, and the burial plots of the notable and notorious residents who had an impact on our city, province and country.

## ROMWalk: Heart of Toronto

Sunday, September 24: 2:00 pm

**Starting Point:** Front doors of New City Hall (north and west of Queen & Bay Streets)

Look for the **purple** ROMWalks umbrella

**TTC Access:** Queen Station on Line 1

Our original ROMWalk. Discover the newly refurbished, dynamic 50-year old Nathan Phillips Square abutted by two extraordinary City Halls, and view nearby historic buildings. Hear about the civic, political and legal challenges spanning two centuries.

For more information about ROMWalks contact:

416-586-8097 - Monday to Saturday,  
between 9:30 am and 3:30 pm.

[info@rom.on.ca](mailto:info@rom.on.ca)

## Enduring Wilderness: Toronto's Natural Parklands

Tuesday, September 19:

7:00 pm to 8:00 pm

Toronto Public Library - Riverdale Branch  
370 Broadview Avenue

Toronto's extensive network of sunken rivers, forested vales, and expansive shoreline has been too often overlooked, neglected, or forgotten. However, the last 25 years has seen these distinctive landscapes rediscovered and even embraced as great civic spaces.

*Enduring Wilderness: Toronto's Natural Parklands* was commissioned by the City of Toronto to chronicle the wonders of these wilderness parks.

Meet renowned photographer Robert Burley who will discuss the parklands as integral parts of urban life, from breathtaking lake views of the Scarborough Bluffs to glimpses of the densely wooded trails in the Carolinian forests of Rouge Park, Canada's first and only urban national park.

Burley's photos are augmented with selections of poetry and prose by some of Toronto's best-known writers, including Toronto's Poet Laureate Anne Michaels who will be joining Robert for this special presentation at Riverdale Branch.

Presented as part of Toronto Public Library's [Our Fragile Planet](#) program series.

For more information,  
call: 416-393-7720

Or visit: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT301947&R=EVT301947>

## ROMWalks:

Walks are free of charge and take place rain or shine  
Both are approximately 90 minutes to 2 hours long  
Registration is not required

Visit the website for information about other walks  
<https://www.rom.on.ca/en/whats-on/romwalks>

# Things To Do

## Open Streets TO

Sunday, September 17

10:00 am to 2:00 pm

Parts of Bloor Street and Yonge Street

Open Streets TO is the city's largest free recreation program, unlike any other in Toronto or Canada. We've created a world-class program that connects our diverse neighbourhoods and people across the city.

Open Streets are programs where the streets are temporarily opened to people and closed to cars. People traffic replaces car traffic, and the streets become "paved parks" where people of all ages, abilities, and social, economic, and ethnic backgrounds can come out and improve their health.

For more information visit:

<https://www.openstreetsto.org/>

Email us at [info@openstreetsTO.org](mailto:info@openstreetsTO.org)

Or call: 647-206-9815

## Fall Festival at Gibson House

Saturday, September 23

11:00 am to 4:00 pm

Gibson House

5172 Yonge Street -

North of the North York Centre Subway Stop

Featuring local community groups, vendors, heritage demonstrations, hands-on activities and games, a farm animal petting zoo, it's sure to be a day of fun for all ages. Meet your neighbours, tour the museum and try your hand at our games of skill and chance! Visit the new Gibson Park apple orchard and learn about the historic apple orchard that grew on the Gibson's farm, and be sure to check out our new exhibition Gibson House Preserves.

For more information call: 416-395-7432

Email: [gibsonhouse@toronto.ca](mailto:gibsonhouse@toronto.ca)

Visit: <http://www.toronto.ca/museum-events>

## Treasures of the CNE: A Special Presentation by Author Lee Shimano

Monday, September 18

7:00 pm to 8:00 pm

Toronto Public Library - Alderwood Branch

2 Orianna Drive

TPL presents local author and enthusiast Lee Shimano who will intrigue everyone with her newly released and celebrated book "Treasures of the CNE: Memorabilia and Tales from the Canadian National Exhibition."

For more information and to register for this

**free** program:

call 416-394-5310

or visit

<http://www.torontopubliclibrary.ca/detail.jsp?>

[Entt=RDMEVT306327&R=EVT306327](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT306327&R=EVT306327)

*If "Plan A" didn't work, the alphabet has 25 more letters ... Stay Cool!*

*Unknown*

## Adult Colouring Fridays

Fridays through to December 15

2:30 pm to 3:30 pm

Toronto Public Library - Bendale Branch

1515 Danforth Road

Colouring is not just for kids! Join us for a stress free zone where adults can colour or work on their own art projects. A selection of colouring sheets and crayons will be available, or feel free to bring your own!

Drop in. No registration required.

For more information

call: 416-396-8910

Or visit: <http://www.torontopubliclibrary.ca/detail.jsp?>

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## Things To Do

### Roncesvalles Polish Festival

Saturday, September 16 to Sunday, September 17

11:00 AM until 11:00 PM

Roncesvalles Avenue

from Queen Street to Dundas Street West

The Roncesvalles Polish Festival is North America's largest celebration of Polish culture. Over two days, visitors see some of the best Polish bands and dance groups from across Canada and the United States. Activities along Roncesvalles Avenue include multiple stages of live music and dance, cultural displays, Polish and international foods, crafts vendors, extended restaurant patios, beverage gardens, buskers, and kids rides.

An outdoor euro dance party is held Saturday night under the stars. Folklore dancers stroll the street and our symbolic festival ambassadors -- the Starosta and Staroscina attired in traditional dress -- greet visitors.

For more information visit:

<http://polishfestival.ca/>

[info@polishfestival.ca](mailto:info@polishfestival.ca)

### The Word on the Street - Toronto Book and Magazine Festival

Sunday, September 24 from 11:00 am – 6:00 pm

Harbourfront Centre

235 Queens Quay West

Free

Participate in hundreds of author readings, discussions, and activities, and shop in a marketplace that boasts the best selection of Canadian books and magazines you'll find anywhere. There's plenty to see and do at Canada's largest FREE book and magazine festival!

For more information

call 416-504-7241 or

visit <http://www.thewordonthestreet.ca/wots/toronto>

*It doesn't matter how slowly you go as long as you do not stop.*

Confucius

### Toronto Ukrainian Festival 2017

Friday, September 15 from 5pm – 11pm

Saturday, September 16 from 9am – 11pm

Sunday, September 17 from 10:30am – 7pm

Bloor West Village,

between Jane St. and Runnymede Rd., Free

Celebrating its 21st anniversary, the Bloor West Village Toronto Ukrainian Festival welcomes you to come and enjoy everything the Ukrainian culture has to offer. North American's largest Ukrainian Festival happens with three days of entertainment, music, dancing, vendors, community awareness and food. Discover Ukrainian culture in Canada and share the Ukrainian spirit.

<http://toronto.ukrainianfestival.com/index.html>

### Nuit Blanche Toronto 2017

Multiple Venues across Toronto

Saturday, September 30 at sunset until sunrise on Sunday, October 1

The 12th edition of Toronto's free, city-wide sunset-to-sunrise celebration of contemporary art returns with installations and works transforming spaces all around us for one night only.

Nuit Blanche Toronto is a free, annual, city-wide celebration of contemporary art, produced by the City of Toronto in collaboration with Toronto's arts community.

For one sleepless night, from sunset to sunrise, the familiar is discarded and Toronto is transformed into an artistic playground for a series of exhilarating contemporary art experiences in unexpected public spaces.

Since 2006, this award-winning event has featured nearly 1,400 art installations by approximately 4,900 artists, generating over \$311 million in economic impact for Toronto.

For more information:

[nuitblancheTO@toronto.ca](mailto:nuitblancheTO@toronto.ca)

<https://nbto.com/>

## 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.**

## Scarborough, Look Again!

Ongoing until October 31  
12:00 noon to 5:00 pm  
Scarborough Museum - 1007 Brimley Rd

This outdoor exhibit highlights people of Scarborough who have helped shape Canada over the past 150 years. Find out about the hidden heroes whose choices and voices have made an impact both in the community and on a larger scale.

This exhibit is presented as part of TO Canada with Love, the City of Toronto's year-long program of celebrations, commemorations and exhibitions honouring Canada's 150th birthday.

For more information:  
Call: 416-338-8807  
Or visit: <http://www.toronto.ca/museum-events>

## Harvest Day at Toronto Botanical Garden

Saturday, September 23  
12:00 PM to 4:00 PM  
Toronto Botanical Garden  
777 Lawrence Avenue East

Finish the growing season with TBGKids! Stroll up to the Teaching Garden to sip cider, plant bulbs and enjoy some family-friendly garden activities. Make crafts with DiscoverAbility and harvest veggies from the Teaching Garden for the North York Harvest Food Bank. Stroller accessible.

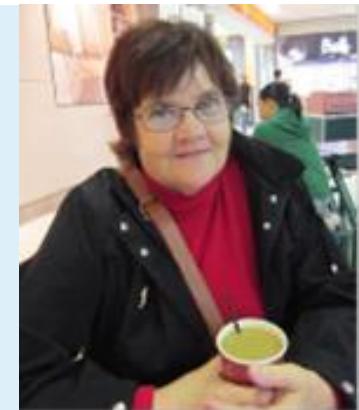
For more information please  
call: 416-397-1341  
Or visit: <http://torontobotanicalgarden.ca>

## 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!



## 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](http://facebook.com/csinfocentre)

**Twitter:** [twitter.com/CSInfoCentre](http://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.

Thank you from the C/S Info Bulletin Team and all of our wonderful volunteers!

**Go green; get The Bulletin by email!**

### Supported by:

