

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 Centre's Annual General Meeting

Wednesday, October 25, 2017

Light Dinner at 5:30 pm

Meeting from 6pm to 8pm

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

Everyone is invited to The Consumer/Survivor Information Resource Centre of Toronto's Annual General Meeting. At this year's meeting we'll also be celebrating the 25th Anniversary of the Bulletin!

Join the board of directors and staff of the C/S info Centre as we review the activities of the past year and vote for directors standing for re-election.

There will be prizes! All are welcome!

Please RSVP to 416-595-2882 or csinfo@camh.ca to let us know that you will be joining us.

We can't wait to see you there!



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Combating The Blues - Light Therapy Lamps

Some of us start to feel symptoms of SAD (Seasonal Affective Disorder) as soon as the cold, dark weather hits the streets of Toronto. Low energy and mood can bring an array of other issues: weight gain, lethargy and sleep disorders. Research studies have shown that these symptoms can be helped with light therapy lamps available at three library branches in the city:

- Agincourt: 155 Bonis Avenue, 416-396-8943
- Brentwood: 36 Brentwood North, 416-396-5240
- Malvern: 36 Sewells Rd, 416-396-8969

Each branch has two lamps available on first-come, first served basis and cannot be taken out of the library.

<http://www.torontopubliclibrary.ca/using-the-library/services/light-therapy-lamp.jsp>

"We are all a little broken. But last time I checked broken crayons still colour the same."

- Trent Shelton

The Empowerment Council Presents Housing and Rights: Six Session Workshop for Women

November 13, 14, 20, 21, 27 and 28 from 1pm - 3pm

Are you a woman (trans, cis-gendered, two spirit identified) who has at some point been found unfit to stand trial, or not criminally responsible on account of a mental health issue? Have you had a hard time finding housing? Do you know what landlords can and can't use to deny you from housing, or evict you?

The Empowerment Council is looking for 10-12 women who have been involved with the mental health forensic system or the criminal justice system to participate in a free, six-session education and advocacy workshop. Together we will share information about our experiences and learn more about housing rights, child services and income supports.

Participation in all classes is mandatory, and there will be some small homework assignments. To apply, please email: jessica.evans@camh.ca or call us at: 416-535-8501 ext. 33013.

Getting On With Life and Its Challenges: A Mental Health Support & Skill Development Program

**Wednesdays, from 1:30pm - 3:30pm
at Regeneration Community Services
2238 Dundas Street West, Suite 307**

Free Fall 2017 Workshop Series:

Change Your Ways For The Better

October 18 - Outing to Harbourfront

October 25 - Super Foods and more

November 1 - Staying positive in hard times

November 8 - Yoga 101

November 15 - Do you have problems with sleep?

November 22 - Making decorations for the holidays

November 29 - How to handle arthritis and stress

December 6 - Emergency preparedness: Fire Safety

December 13 - Enjoy a Festive Meal!

For more information call Ela at: 416-604-1046.

Workshops are on a drop in basis.

safeTALK

**Wednesday, October 18 from 6:45 pm - 9:30 pm
Miles Nadal JCC, 750 Spadina Ave., at Bloor, Free**

October is Depression Awareness Month. In an effort to advocate joyful living and help educate the general public about suicide prevention, on offer is a free workshop, safeTALK: http://mnjcc.org/images/MNJCC/Wellness/Talks_on_Wellness/safeTALK-Information-Sheet.pdf

SafeTALK is a half day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide helper and is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Space is limited. To register call the information desk: 416-924-6211 ext. 0.

About the Facilitator:

The workshop will be facilitated by Nicki Casseres, a dedicated community partner and a seasoned facilitator with over 25 years of experience in community mental health and crisis intervention.

As part of their commitment to mental health issues, The Gerstein Centre has indicated their willingness to offer a FREE workshop on safeTALK at the MNJCC. The Gerstein crisis center is a 24-hour community based crisis service for adults 16+ in the City of Toronto, who are dealing with serious mental health issues, concurrent or substance use issue and are currently in crisis. Their services range from telephone crisis intervention, mobile crisis as well as substance use crisis management and follow up team.

Over the years, the Gerstein Crisis Center has had an amazing partnership and relationship with the MNJCC, and with funding from the Bell Let's talk, they have offered wellness and recovery groups to the community thereby promoting mental health and recovery.

The Gerstein Center has a long history of helping people meet their needs, and understand the broad range of factors that can influence a person's mental health and well-being. They also offer workshops that are tailored to fit the needs of the community and organizations they partner with.

<http://mnjcc.org/browse-by-interest/wellness/talks-on-wellness/928-safetalk>

For further inquiries: joolip@mnjcc.org

Ontario is Improving Mental Health Services for people within the province

The province of Ontario is expanding psychotherapy programs for people across the province.

Over the next three years programs will roll out across Ontario helping people with mental health conditions like anxiety and depression.

One way people can access these programs is by contacting ConnexOntario: <http://www.connexontario.ca/>

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling. They are funded by the Government of Ontario.

ConnexOntario operates three helplines:

Drug and Alcohol Helpline 1-800-565-8603

Mental Health Helpline 1-866-531-2600

Ontario Problem Gambling Helpline 1-888-230-3505



MADx by night

Queen
for the night

Fri 27th Oct 2017
8.00pm to Midnight

The Imperial Pub
Downstairs, back room
54 Dundas St E.
Toronto

www.MADx.ca
@MADx_ca
@MADx.TO

At The Door **\$5**

National Eating Disorder Information Center

The National Eating Disorder Information Centre (NEDIC) is the only National toll-free helpline for eating disorders that provides direct support, information and resources to people struggling with food and weight issues; their family, caregivers and friends.

Their focus is to promote positive body image and self acceptance at any age as well as prevention. Current information, blogs, webinars, events and more are available on their website: www.nedic.ca

Toll Free: 1800-NEDIC-20

Local: 416-340-4156

"It's not our bodies that need changing, it's our attitudes."

How has the Bulletin made a difference in your life?

This November marks the 25th Anniversary of the Bulletin and we're inviting you, our loyal readers, to join us in the celebration. Over the years we've strived to include varied postings of events, support groups, workshops, articles and fun stuff of all kinds - something for everyone!

We're planning the special edition and would like to include your comments about how the Bulletin has made a difference in your life.

Please call or email us with your feedback!

Stories of Care: A Creative Writing Workshop for Caregivers of Persons with Dementia

This creative writing workshop will bring a small group of caregivers who care for family members with dementia together to write and share personal stories of their caregiving journeys, and their lives outside of those journeys.

No formal training or previous experience with writing is necessary, just a desire to explore your own stories through writing. This is a highly accessible workshop, guided by trained Toronto Writers Collective facilitators.

Dates: Thursday afternoons, 1:30pm - 3:00pm from September 28 – November 30, 2017

Location: Baycrest, 3560 Bathurst St. (5 blocks south of Wilson Avenue)

More Info: Melissa Tafler at 416-785-2500 ext. 2578 or mtafler@baycrest.org

Fee: This program is free of charge.

Note: You will be asked to complete some questionnaires at the beginning and the end to evaluate the program.

Phishing and How To Recognize It

By Martha Gandier

A phishing email, phone call, or pop up will ask you to do something. It will require you to go to a specific website, download and install a file, or to give the author permission to enter your computer system. If you download the file and install it as instructed, you will be putting malicious software on your computer. That software will send information about you to the author of the phishing site.

Don't click on any links. Read through the email first and look for spelling mistakes and weird grammar. Cybercriminals are not known for their writing skills! Also look for threats. 'Your email account will be deleted', or 'Your system has 200 viruses and will shut down immediately' are common threats. You and your computer are safe, as long as you don't download the offered software.

Spelling and grammatical errors are a sure sign that the email is a spoof. Legitimate companies and organizations make sure their written communication is letter-perfect. Sometimes the easiest way to recognize fake emails is a spelling mistake.

Your bank or a site like eBay would never ask you to give them personal or sensitive information by email. If they call you to verify some information you have to jump through a series of hoops, including your password and security code and mother's maiden name and your first pet etc., security questions you gave them when you signed up.

If the salutation is something like 'Dear Customer', or 'Dear Scotiabank Account Holder', ignore it. Your real bank would use your real name!

Threats are common, in phishing scams. Don't worry, your computer doesn't have 200 malicious viruses on it! And your email account or PayPal account won't be shut down. Threats are another sure sign of phishing for information.

Look for details about how to contact the sender. If you're really curious, see if the phone number or email address is valid. Again, don't click on any links! That's how you get caught. Lack of contact information will indicate a scam.

Phishing is getting more sophisticated, and scammers are much more professional than a few years ago. Be skeptical about all emails asking you to do something.

Currently, people have received what looks to be a letter from Canada Revenue Agency reporting a tax refund. The letter is addressed to 'Dear Taxpayer' and contains a link to verify information. There is no phone number anywhere, the email came from the domain 'polytechnique.edu'. The sender's name was Magelan Lizzzie. Hmmm.

If you do follow any link in a phishing email, you have a nasty piece of malware that will produce masses of invasive pop ups and drastically slow your system. There are some excellent antimalware programs that will clean out the gunk:

AdwCleaner:

<https://www.bleepingcomputer.com/download/adwcleaner/>

Combofix:

<https://www.bleepingcomputer.com/download/combofix/>

Zemana (free download):

<https://www.zemana.com/en-US/AntiMalware>

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!



"Tough times don't define you, they refine you." - Unknown author

Women & Substance Use - Tailoring Services to Meet Diverse Needs

Friday, 27 October 2017

from 2pm - 5pm

**Women's College Hospital,
Auditorium and Pink Cube,
76 Grenville Street, Free**

Join in for an important discussion on the experiences of women and youth facing substance use challenges and how tailored and trauma informed support services can improve treatment and facilitate recovery.

Admission is free but seating is limited. Registration is required:

<https://www.eventbrite.ca/e/women-substance-use-tailoring-services-to-meet-diverse-needs-registration-37737668382?aff=erelexpmlt>

"Turn your wounds into wisdom."

- Oprah Winfrey

App 4 Independence

You can participate in a research project exploring how an app for people with schizophrenia spectrum challenges could be helpful.

The smart phone app is designed to:



- Connect you with your care providers
- Connect you with other people like you
- Provide you with strategies and tools designed with other people like you

The App 4 Independence Research Project is for people who:

- Are 18 years old and over
- Have a diagnosis in the schizophrenia spectrum
- Own and use an Android OS smartphone (iPhones not eligible)
- Have a talk and data plan
- Read and speak conversational English



Surveys will take place in person at a CAMH downtown site for Toronto residents and will be done online for those outside of Toronto who cannot attend an in-person meeting. Participants will be compensated for their participation.

If you or someone you know would be interested in an app like this, please contact Laura Feldcamp, Research Analyst 2, at 416-535-8501 Ext.30698 or drop us an email at laura.feldcamp@camh.ca



For more information about programs and services at CAMH please visit <http://www.camh.ca> or call 416-535-8501 (or 1-800-463-6273)

REB #: 84-2016

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.

Voice Yoga

Monday, October 16 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. 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 and gain confidence.

Registration and information:

creativevocalizationstudio@hotmail.com or call C/S Info at: 416-595-2882

Career Development

Program Coordinator

The Consumer Survivor Information Resource Centre of Toronto (C/S Info) was established to meet the information needs of consumers/survivors in the Toronto area. The Centre provides information, outreach, and related services with the goal of removing the information barriers that may prevent consumers/survivors from achieving an optimal quality of life. It seeks to raise awareness and understanding of mental health challenges and addictions. It also aids people in the competent use of the health care system and social support agencies and strives to raise awareness of the factors that influence health.

Responsibilities:

- Community Engagement
- Info Centre
- Bulletin
- Workshops
- Tax Clinic

To see the full job description, qualifications and how to apply, please visit the C/S Info blog:

http://www.csinfo.ca/blog_detail.php?blog_id=34

Contract Position – November 2017 to March 31, 2018

Part-time

Range: \$21-25 per hour

Application deadline: Wednesday, October 21, 2017

Please email your cover letter and resume as a **single pdf** document to csinfo@camh.ca

Application deadline: Wednesday, October 18 at 3pm

No phone calls please

As a consumer/survivor organization, we are particularly interested in encouraging qualified applicants with lived experience of mental health or addiction challenges from all communities to apply. We are committed to a selection process and work environment that is inclusive and barrier free. We ask applicants to make any accommodation requests when contacted for an interview.

The Workplace Essential Skills Partnership (WESP)

Are you a job seeker with a disability? Do you have post-secondary education or equivalent work experience?

The Workplace Essential Skills Partnership (WESP) is a free dynamic cross-disability employment program for professional job seekers with disabilities.

- Increase your confidence and grow your network
- Enhance your resume, cover letter, and interviewing skills
- Learn about disclosure and accommodation in the workplace
- Access employers hiring qualified candidates with disabilities

Income Supports (ODSP, OW, EI, etc.) are not required to attend WESP. Registration is now OPEN for:

- November 13 – 24, 2017 (two-week workshop)

Please complete the pre-screening intake questionnaire available online at www.ccrw.org/wesp

self referrals are welcome. Got questions? Contact: cmacdiarmid@ccrw.org or 416-260-3060 ext. 232

Brought to you by the Canadian Council On Rehabilitation and Work and funded by Employment Ontario.

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 mail, walk-in or e-mail:

The Raging Spoon Catering

1658 Queen St. West

Toronto, ON M6R 1B2

416-504-6128 or ragingspoon@workingforchange.ca

City of Toronto Career Information Event

Thursday, October 26 from 10am - 3pm
Toronto Reference Library, 789 Yonge Street,
Elizabeth Beeton Auditorium

The City's 6th annual Career Information event will take place as part of Workforce Development Month:
<https://www1.toronto.ca/wps/portal/contentonly?vgnextoid=459aa345ff9b2410VgnVCM10000071d60f89RCRD>

This event will feature City staff from more than 35 divisions sharing information about careers at the City of Toronto. Speakers will provide tips on how to apply for City opportunities. Info sessions about how to apply for city jobs will take place throughout the day.

You can preview participating divisions at: toronto.ca/jobs

Note: applications for City of Toronto job opportunities are accepted online only.

Registration is not required.

If you have any questions about the career information event, please join in for TO Talent Talk on www.facebook.com/CityTOjobs or www.twitter.com/CityTOjobs every Thursday from 11:30 am - 12 noon to speak with a live HR Representative.

Tips on Applying to City Opportunities:

Each hour, beginning at 10:30 am, a City of Toronto Human Resources Representative will conduct a ½ hour presentation. Join in for any one of these interesting and informative sessions to learn tips for applying to City of Toronto job opportunities. Seating is limited and available on a first come first serve basis.

ASL interpretation provided for the presentations.

The Workplace Essential Skills Partnership (WESP)

Are you a job seeker with a disability? Do you have post-secondary education or equivalent work experience?

The Workplace Essential Skills Partnership is a free dynamic cross-disability employment program for professional job seekers with disabilities. Income Supports (ODSP, OW, EI, etc.) are not required to attend WESP. Registration is now OPEN for:

- November 13 – 24, 2017 (two-week workshop)

Please complete the pre-screening intake questionnaire online at www.ccrw.org/wespcmacdiarmid@ccrw.org or 416-260-3060 ext. 232.

GAINING EMPLOYMENT WITH DISABILITIES SEMINAR

Discover your employment abilities and strengths
Explore asking for accommodations in the workplace
Identify when and how to disclose your disability
Network with others experiencing barriers
Learn about employers who hire people with disabilities

Thursday, October 19th 2017
Starts promptly at 1:30 PM

Limited seating available. Please sign up.
416-863-0499 ext. 2080
esc.info@dixonhall.org



Dixon Hall Employment Services
 402 Shuter Street
 Toronto, ON
 M5A 1X6



SECOND CAREER INFORMATION SESSION

Second Career is a grant for laid-off workers to pursue training for jobs in high-demand occupations.

Eligibility:
 Laid off on or after January 1, 2005
 Unemployed or working an interim job
 Occupational demand for training request
 Positive employment prospects within Ontario

Tuesday, October 17th 2017
Starts promptly at 2:00 PM

Limited seating available. Please sign up.
416-863-0499 ext. 2080
esc.info@dixonhall.org



Dixon Hall Employment Services
 402 Shuter Street
 Toronto, ON
 M5A 1X6



THINGS TO DO

Drop, Swap & Shop

Sunday, October 22 from 10am - 3pm

Evergreen Brick Works, 550 Bayview Avenue

**Admission is \$5 on the day of the event,
\$2 if you drop off items in advance**

If you recycle an end-of-life electronic with Presenting Sponsor Recycle My Electronics on the day of, you get free entry to the event!

If you haven't been to the bi-annual swapping mall at Evergreen Brick Works yet, now is the time. Declutter your home, purge the things you really don't need and pick up a few treasures you'll actually use while you're at it. Pick-up one-of-a-kind items from a variety of Swap Stores, recycle your electronics, contribute to the sharing economy and connect with your community at this cool event.

Presenting Sponsor Recycle My Electronics will be on site to help you recycle your end-of-life electronics in a safe and sustainable way.

How It Works:

For each item you drop off you will be given 1 ticket in return. If you bring 10 clothing items, 2 casserole dishes and 1 framed art piece, you will get 13 tickets in return. Each item dropped has equal value.

Please note there is a 25 item maximum. All items must be gently used, clean, and functional.

Shopping Categories:

Baby Supplies, Children's Clothing & Toys, Men's and Women's Clothing & Accessories, Housewares & Art Media/Entertainment

Advance Drop Off Times:

Location: Fido Classroom in the Young Welcome Centre at Evergreen Brick Works

Thursday, October 19, 5:30pm - 7:30pm

Friday, October 20, 5:30pm - 7:30pm

Saturday, October 21, 10am - 1pm

October 22, 10am-2pm

Getting There:

Enjoy increased Shuttle Bus service from Broadview Station provided by Mulmer Services Ltd. Buses will run every 15 minutes between 10am and 5pm on October 22.

info@evergreen.ca or 416-596-7670

<https://www.evergreen.ca/whats-on/event/drop-swap-shop/>



New program by: Cota + TORONTO PUBLIC LIBRARY

CREATIVE EXPRESSIONS DROP-IN

FREE

An inclusive environment for adults where individual support is offered together with interactive art and music based programs.

*Light snacks, coffee and water provided

Every Wednesday 2-4pm
Parkdale Library
1303 Queen Street West

13th Annual Pumpkin Parade at Sorauren Park

Wednesday, November 1 at dusk

Sorauren Park, 289 Sorauren Ave., Free



Bring your pumpkin and a tea light and let your jack o' lantern live on for one more night!

Every year on the day after Halloween, almost 2,000 pumpkins line the pathway at Sorauren Park, donated by people in the Parkdale and Roncesvalles neighbourhoods and from across the city.

Festivities begin around dusk and continue through the evening. This is a free event.


<http://www.toronto.com/events/sorauren-park-pumpkin-parade/>

Things To Do

Are you writing poetry, fiction, or memoir?

Join the Toronto Writers Collective's free expressive writing workshop to express your creativity!



Evelyn Gregory Library
120 Trowell Avenue

Starting Tuesday, 6:00-7:30 pm
October 10 - December 12

Contact:
Richard Austerberry,
Branch Head

rausterberry@torontopubliclibrary.ca
416-394-1006

Art: By Rachel Scrivo

Halloween on Church!

**Tuesday, October 31, 6:30pm – 2am,
Church and Wellesley Village, Free admission**

Canada's annual biggest and best Halloween block party returns to Toronto.

Watch as The Village transforms into the city's most wicked street party on Halloween night. The pedestrian-only boulevard opens up at 6:30 pm and the wave of Halloween-dressed revelers begins. Thousands fill up six blocks along Church Street (Wood Street to Gloucester Street).

Grab your friends, grab your costume and grab a spot in the action. The Village's shops and cafés will be open all night long.

CIUT 89.5 FM will be pumping out the tunes north of Wellesley, with special guest DJs.

Toronto Reference Library Record Swap

**Monday, October 16 from 6:30pm - 8:30pm
Toronto Reference Library, 789 Yonge St.,
5th floor, Arts department, Free**

Vinyl is back, and Toronto is a great city for record collectors! Join us on the 5th floor of the Toronto Reference Library to trade a record or two, or just talk vinyl with other like-minded enthusiasts.

While you're here, check out a sample of the library's collection of over 15,000 records, as well as the other areas of our music department including CDs, concert posters, band photos, books and scores.

Note: This is a swap, not a sale, so bring records to trade but not sell. Admission is free.

416-395-5577 or <http://www.torontopubliclibrary.ca>

Repair Cafe Storefronts

**Sunday, October 22 and Sunday, October 29,
12 noon - 4pm
830 St Clair Ave. W., Free**

The Repair Café is fixing small appliances, home electronics, and household items. Visitor registration ends at 3:30pm.

http://repaircafetoronto.ca/ecwd_calendar/test-calendar/

Pedestrian Sunday at Kensington Market

**Sunday, October 29 from 12 noon - 10pm, Free
Kensington Market: Augusta Ave., Nassau St.,
Baldwin St., Kensington Ave., St. Andrew St.**

This is the final, car-free, street party and gathering in Kensington Market this year. Expect pop-up performances, vendors and a street party.

https://www.facebook.com/pg/Pedestrian-Sundays-in-Kensington-Market-128141573930920/events/?ref=page_internal

Tales of Mount Pleasant Mount Pleasant Cemetery

Saturday and Sunday October 21 and October 22, times listed below

Mount Pleasant Cemetery, 375 Mount Pleasant Road

Spend two hours walking through historic Mount Pleasant Cemetery, enjoying the sights, admiring the leaves, and learning about some of Toronto's lesser known past. Three different tour times: Saturday at 3pm, Sunday at 11am, Sunday at 3pm

Meet at Yonge Street Gate, two blocks north of St. Clair Subway Station. Tour route walks over pavement and grassy areas. Please wear appropriate footwear. Parking and Washrooms located at Yonge Gate.

<https://www.facebook.com/events/514548848906074>

Toast to Autumn festival

**Sunday, October 22 from 1pm - 7pm, Free
Lithuanian House, 1573, Bloor Street West**

Celebrate the 7th Annual Toast to Autumn festival, featuring live music, food, art vendors, giveaways, children's activities, & more! Bring your friends and family for free pumpkin carving, face painting, button and soap making, crafts & more. Local restaurants dishing out \$5 food specials.

<http://www.toronto.com/events/toast-to-autumn/>

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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"Difficult roads often lead to beautiful destinations."

-Unknown

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!

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