

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

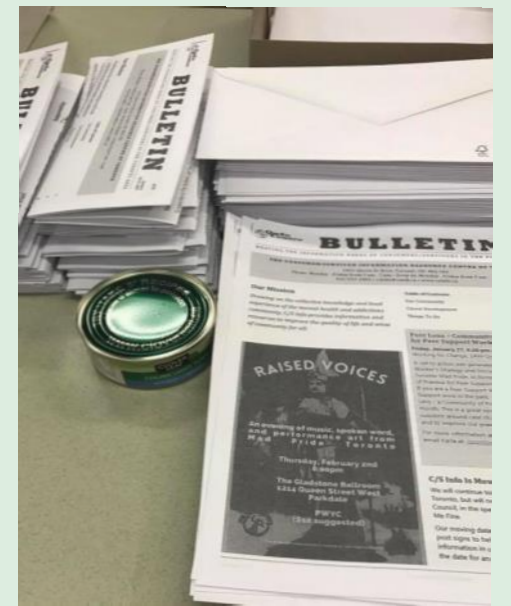
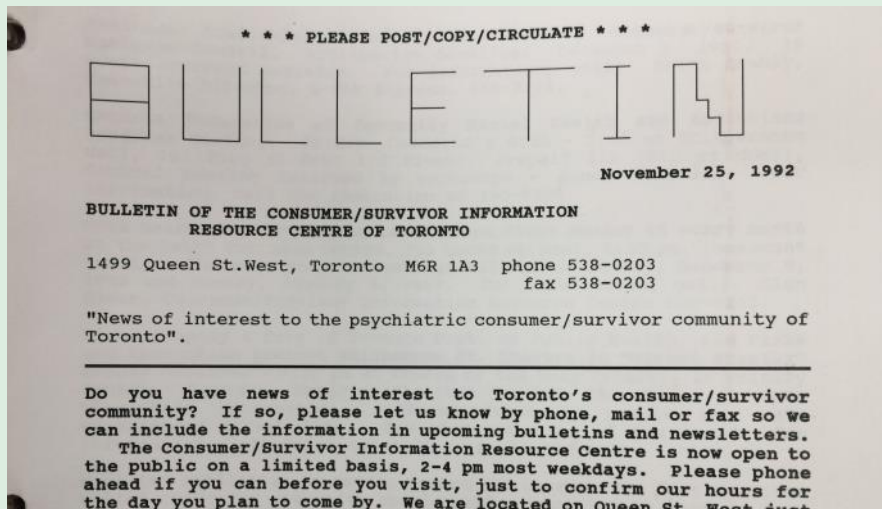
Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm
416 595-2882 • csinfo@camh.ca • www.csinfo.ca

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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Happy 25th Anniversary of The Bulletin!



25 years of the Bulletin—Then and Now! The first issue (or the earliest issue we could find) was published on November 25, 1992. At the time, contributions were accepted by mail, phone and fax. Today, email is the most popular method to both contribute to and receive the Bulletin.

Photos: (left) Copy of the first issue's cover page and (right) mail room preparing to stuff envelopes. Please see page 2 for personal stories about how the Bulletin has played a part in people's lives.

Thank you for supporting the Bulletin—we couldn't prepare it without the strong support of our community, volunteers who help put it together and readers whose feedback keeps us going.
Thank you!

How has the Bulletin made a difference in your life?

November marks the 25th Anniversary of the Bulletin and we invited you, our loyal readers, to join us in the celebration.

Here are your comments about how the Bulletin has made a difference in your life:

The Bulletin – An Invaluable Resource from Honey Novick, facilitator, Voice Yoga

First and foremost THANK YOU!!!

I first found the Bulletin on the table at the Secret Handshake and immediately knew this newsletter was vitally important to the health of a community. The listings and offerings were necessary.

When I started my "Voice Yoga" group at the Secret Handshake Gallery, the Bulletin was there for me and still is.

How could I reach out to a community that I hoped would benefit from singing, having fun, being heard, learning how to use the voice? The Bulletin asked pertinent questions like how does this work empower the community, and who can benefit. When these answers were used as part of the Bulletin blurb, I know I found another voice.

Thank you BULLETIN for being another important and lovely voice.

The Bulletin team has also heard from readers over the years about how the free and low cost things to do (back pages) have made a difference in their lives.

Some readers have mentioned that just knowing that there are affordable things to do in the city is reassuring and comforting, even if they can't make it out to the events.

Other readers have reported that being able to attend events that are within their budget help them get out of the house and socialize, making a big difference in their lives and personal wellbeing.

Congratulations on the upcoming anniversary, and here's a little note about how the Bulletin has helped me.

It was 2014 and I was still having severe anxiety and depression after a cancer diagnosis and subsequent treatment. I had recently moved to Toronto from Richmond Hill, and a close friend, who had been associated with CAMH in her career as a mental-health nurse, e-mailed me a copy of the Bulletin saying that it had lots of useful information that might help me.

Her words were prophetic. The very next month I saw a notice from an organization about a leadership program for women, emphasizing that the organization welcomed all communities and ages and particularly those who felt marginalized by society.

Details of that program really interested me, despite the fact that the location was in a neighbourhood I had never visited or even known about, so I sent the required essay about myself and why I wanted to be in that program. Much to my surprise and joy, I was then interviewed and selected for what proved to be (due to funding issues) the last edition of that particular program.

The program was called 'Women Speak Out', and the organization was Working for Change, and three years on, I'm proud to report that I work, albeit part-time, at the same organization! More significant is the fact that it was my window to the world of social justice, an introduction to issues that impact this city and to an awareness of my responsibilities and rights as a new Canadian.

Today I'm involved in many social-justice initiatives, and feel a fresh purpose at the new direction my life has taken. I have developed more compassion and understanding of the issues that prevail in our communities, and feel blessed that I have found support and help myself in the process.

And all this from reading the Bulletin and finding something that was of interest to me! I have lost of how many times I have forwarded its link to those of my friends and acquaintances who might benefit too from this little treasure trove of community information.

Thank you, and a happy 25th!

Best,

R.K.

New Workshop at Routes: How to Effectively Research Mental Health

A Google search for 'mental health' gives more than 49 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, think analytically and find information that will help empower them in their mental health. 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.

Dates: Part 1: Thursday, Nov. 2, 2017 12:30 pm – 2:00 pm & Part 2: Thursday, Nov. 9, 2017. 12:30 pm – 2:00 pm.

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

Location: Routes: 2700 Dufferin Street, Unit 90, Toronto

To Register or Further Information: Email Tania Barrie: tbarrie@cmhato.org or Andrea Ferkranus: aferkranus@cmhato.org

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

Registration Deadline: Tuesday, October 31, 2017.

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.

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 mean a person is automatically sentenced to misery, poverty or learned helplessness – everyone has the ability to create a life focused on strengths, empowerment and can create sustainable and positive change.

Tips for a better night's sleep

By: Ellye

Regularly called "sleep hygiene" our readers have asked, "How could I get a better night's sleep?" Here are some ideas:

1. Make your bedroom as dark as possible. Use a blackout drape, sleep mask, etc. Also no phones, tablets, etc.
2. Reduce food, caffeine and alcohol several hours at least before retiring to bed. Also, avoid drinking too much water later in the evening. No one wants to get up several times!

3. Try for some regular daily physical activity—even walking around the block a few times. (reduce anxiety and stress + promotes relaxation.) Or if you like, meditate before sleep.
4. Warm snuggly pj's and blankets are good. Also a heating pad or hot water bottle on sore joints.
5. Finally invest in the right pillows. One that supports the neck at the right angle. Firmness is up to you. But not too soft.

Here's to a better sleep at night—happy days ahead!

"The more you celebrate your life, the more there is to celebrate!" Oprah Winfrey

Free Educational Event Canadian BFRB Support Network

Saturday, November 18, 2017 from 1:15pm – 4:15pm
Fort York Library, 190 Fort York Blvd

Body-Focused Repetitive Behaviours

What is it? A set of disorders in which a person either picks, pulls, bites or scratches at their skin, hair or, nails. They are categorized as Obsessive-Compulsive Related Disorders (OCRD) in the DSM -5.

The behaviors can lead to significant impairment in people's lives resulting in missed work days, hospitalization, and shame.

Register at: Canadianbfrb.org

General Inquiries: info@canadianbfrb.org

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

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.

The Living Meditation Centre

Thursdays from 6pm - 8:45pm,

Starts October 19 for 8 weeks until December 7

The Secret Handshake Gallery, 170A Baldwin St.
(In the market just west of Spadina)

Free (a donation of any amount, per class, is appreciated but not required. All monies go to the Secret Handshake Gallery).

"Mindfulness Improv", having fun learning to be who you really are. If you can't be here now, you can get there later.

Instructor: Miles Cohen has performed with theatres across Canada including "The Second City Touring Company." He has taken many mindfulness courses and taught "Living Meditation" at The Ralph Thornton Centre. He developed Mindfulness improv first while teaching in day programs at CAMH - and later on in various CAMH wards (sponsored by Workman Arts). The technique is appropriate for those experienced with meditation and those who find traditional mindfulness courses too difficult to approach. Thanks to Kate Ashby for her amazing inspiration.

Kindly RSVP ASAP to gmllesc@gmail.com as space is limited.

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.

For details, contact Erick Fabris, Toronto writer on psychiatric industry and practices. Email Erick: mad-ly@teksavvy.com or call: 647-478-4241.

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!



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) and 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 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.

Refreshments will be provided



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Crazy Talks

Tuesday, November 7 from 7pm - 8:30pm

Every First Tuesday of the month

OISE, Room 12-274 (12th floor)

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

"Is it time to end Mad Pride Week. If so, what's Next?"

Tim Brown and **Dana McCool** were organizers for Toronto Mad Pride Week 2016. Ideas, critiques and feedback wanted.

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 information, please email madly@teksavvy.com or call 647-478-4241.

Voice Yoga

Tuesday, November 14 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 and we'll email Voice Yoga for you.

"Nothing is impossible, the word itself says
'I'm possible!'"

Audrey Hepburn

Toronto Writers Collective Seeks Facilitators

The Toronto Writers Collective has 14 workshops ongoing. The newer workshops at Evelyn Gregory Library, Progress Place, Renascent Munro Centre, Workman Arts, Baycrest, and LOFT-TAY are opportunities for a growing number of writer/members to share their stories in a safe environment. Another new workshop will begin next week at Native Child: our first workshop in Scarborough! Further growth to Mississauga and outlying areas in the GTA are being planned.

The ongoing workshops at Anishnawbe Health, the 519, Mustard Seed, CAMH-LEARN, Fred Victor Housing, the Toronto Rape Crisis Centre and Elizabeth Fry continue to support the growth of their members.

There is a new training session for facilitators December 1-3. For people who may be interested in joining, applications can be found online at: <http://torontowriterscollective.ca/contact-twc/>. There will be a need for facilitators for between 20-25 workshops by the beginning of the New Year.

Please visit our facebook page for more information about upcoming events that the TWC supports.

Front Lines: Voices From The Toronto Writers Collective, has sold over 170 copies and is available at Toronto Public Library branches, and for sale directly at info@torontowriterscollective.ca. The writers, mentors and artists involved went above and beyond to make this book a success.

Thank you for your support of the Toronto Writers Collective.

Hearing Voices Café Begins Its Third Year

Monday, November 6 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.

2017 Future Meeting: Monday, December 4, 2017

www.recoverynet.ca

Make a Will Month

At the Toronto Public Library, November is Make a Will Month. Learn how having a will and powers of attorney can help you and your family.

Lawyers who have expertise in wills and estate law speak about why you need a will, what happens if you don't have one, what are powers of attorney and why they are important. Check your local branch for more details.

Some Library Branches and times:

Albert Campbell: Nov. 2 from 6:30pm - 7:30pm

McGregor Park: Nov. 2 from 2pm - 3:30pm

Riverdale: Nov. 2 from 7pm - 8pm

Jane/Dundas: Nov. 4 from 2pm - 4pm

Northern District: Nov. 4 from 2pm - 3:30pm

Pape/Danforth: Nov. 6 from 6pm - 7:30pm

Kennedy/Eglinton Nov. 7 from 6:30pm-8 pm

Runnymede Nov. 8 from 6:30pm-8 pm

Danforth/Coxwell Nov. 15 6:30pm-7:30 pm

Don Mills Nov. 15 from 7pm-8 pm

Ten Healthy Habits of Financial Management

Sunday, November 15 from 2pm - 3pm
Barbara Frum Library, 20 Covington Road

Learn how to get your financial house in order by assessing your level of financial fitness and setting financial goals.

Call or visit the branch to register: 416-395-5440

"The way to get started is to quit talking and begin doing."

Walt Disney

Career Development



SKILLED TRADES EXPO

ENGAGE - INFORM - CONNECT

PROUDLY SPONSORED BY:



ONTARIO COLLEGE OF TRADES
ORDRE DES MÉTIERS DE L'ONTARIO

WHEN

November 15, 2017
9:30am - 1:30pm

WHERE

Metro Hall (Rotunda)
55 John Street, Toronto, ON M5V 3C6

REGISTER AT:

SfCTradesExpo2017.eventbrite.ca

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(905) 754-0202 x101

Email:
tradeswin@SkillsforChange.org

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Hilary M. Weston Scholarship for Social Work

This program will grant two scholarships to students who are, or plan to be, enrolled during the 2018-19 academic year in a graduate-level social work program at a publicly funded university in Ontario. Applicants must have a demonstrated interest in, and commitment to, mental health issues and must be residents of Ontario. All applications will be reviewed and recommended by an independent selection committee. Each recipient will receive a one-time scholarship of \$7,500.

To submit an application for this scholarship:

1. Visit ontario.ca/honoursandawards
2. Select the Community category
3. Click on Hilary M. Weston Scholarship
4. Download the PDF form
5. Read the eligibility criteria and instructions carefully
6. Fill out the form, then submit it along with supporting documentation no later than December 15, 2017. Instructions for submitting an application package can be found on the website

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

Peer Support Worker Job Opportunity

Michael Garron Hospital (MGH) currently has an exciting opportunity for a Peer Support Worker.

The Peer Support Worker works as part of an interdisciplinary ACT Team, utilizing the recovery model and their experience as a consumer/survivor, to support clients with mental illness in their home environment and in a community setting. The Peer Support Worker assists clients to connect with community supports and services, provides recreational and peer support groups and other tasks as needed to support clients in their recovery process. To view the full job posting: <http://www.tegh.on.ca/undercareers> or [click here](#).

If you are ready to join MGH, please email your resume indicating ACTP1704 Peer Support Worker in the subject line to: hr@teghn.ca

THINGS TO DO

Rendezvous With Madness Film Festival

Friday, November 3 – Saturday, November 11

The first and largest mental health film festival in the world, Rendezvous with Madness Film Festival, by Workman Arts, proudly presents its 25th Anniversary.

Rendezvous with Madness Film Festival uses art to investigate and to illuminate the realities and mythologies surrounding mental illness and addiction as presented by both Canadian and international filmmakers, as well as by visual and media-based artists.

The nine-day festival showcases 16 features and 34 short films from across the globe, including a series of curated short film programs, vital discussions and enlightening exhibitions.

Festival Highlights include:

Friday November 3, 7pm (OPENING NIGHT GALA)

Mad To Be Normal (UK, 2017) by Robert Mullan, starring David Tennant and Elisabeth Moss

+ DE-INSTITUTE - Workman Arts Exhibition: Opening Reception

SATURDAY NOVEMBER 4, 5:00 PM

Inside the House of Psychotic Women: A Conversation with Kier-La Janisse About Horror, Women, Madness and Horror Movies

SATURDAY NOVEMBER 11, 7:00 PM (CLOSING NIGHT)

Holden On (USA, 2017) by Tamlin Hall

And MANY MORE!

CLICK HERE FOR FULL SCHEDULE:

<http://www.rendezvouswithmadness.ca/festival2017/>

GET YOUR TICKETS HERE!:

<http://rendezvouswithmadness.eventbrite.ca/>

\$12 general (limited Pay What You Can tickets available at the door only for persons on fixed incomes)

\$15 opening night film

Pay What You Can: Matinee screenings at CAMH are by donation and fully accessible venues

Pay What You Can: Students

Website: www.rendezvouswithmadness.ca

A Candle for Leonard Cohen, with George Elliot Clarke and Honey Novick

Thursday, November 9 from 7pm - 8pm

Toronto Reference Library, 789 Yonge Street, Beeton Hall, Free

Celebrate the remarkable work of the late Canadian singer, songwriter, musician, poet, novelist, and painter, Leonard Cohen.

With Canada's Poet Laureate George Elliott Clarke, journalist Denise Donlon, poet John B. Lee and journalist/folksinger, Malka Marom. Hosted by singer/poet Honey Novick.



New program by:  + 

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

Things To Do

Storytelling Through Spoken Word for Adults

Thursdays: November 2, 9, 16 from 5:30pm - 7:30pm
Toronto Public Library, Fairview Branch, Room 2

Spoken Word is using our voice to tell our stories in a creative and expressive way! Adults can expect to gain confidence through active storytelling and public speaking! Drop In. No Registration Required. First come first served.

Presented by Fairview's Artist In The Library Ashima Suri.

Stress Management through Restorative Meditation

Brentwood Library November 6 from 7pm - 8pm
Maryvale Library November 11 from 11am - 12pm

Sessions begin with methods of mantra meditation using breath and music, followed by yoga postures. Courtesy of Meditation Toronto. Classes at a beginner pace but all are welcome regardless of experience level. A yoga mat may be required. Call the branch for more information.

The Woodgreen Women's Beading Group

Fridays, 2pm - 4pm, Free
650 Queen Street East, one stop west of Broadview

Free and open to all women. Women can make necklaces, bracelets, and earrings. Materials and instruction are provided.

Access the world's largest online music library with your Toronto Public Library card!

Where? Naxos Music

Main categories: Opera, Operetta, Concerto, Chamber, Orchestral & Vocal Works and Film Music

www.tpl.ca/naxos

Regent Park Film Festival

Wednesday, November 15 - Saturday, November 18
Daniels Spectrum, 585 Dundas St. East
Tickets are free, Complimentary childcare is available

Join the Regent Park Film Festival in celebrating 15 years of storytelling at Toronto's Daniels Spectrum. Toronto's only free community film festival, the Regent Park Film Festival returns for four days with culturally diverse film screenings, interactive workshops, panels, virtual reality experiences and more.

Opening night: Emerging Directors' Spotlight: <http://regentparkfilmfestival.com/program/emerging-directors-2017/>, the best of Canada's emerging talent, highlighting short films from female directors under 26 years of age.

Closing night: Signature Move: <http://regentparkfilmfestival.com/program/closing-night-2017/>, screening and awards ceremony.

For more information:
<http://regentparkfilmfestival.com/2017-schedule/> or
 416-599-7733 (office hours Monday to Friday 10am-6pm)
info@regentparkfilmfestival.com

Pumpkin Parades!

Wednesday, November 1 starting around 6pm
Various Parks around the city, Free

Pumpkins from Halloween all lined up in one place.

Sorauren Park, Bellwoods, Centennial Park and Riverdale Park West are the most popular spots, with hundreds of jack-o-lanterns on display.

Matthew Weiner: Heather, The Totality

Thursday, November 9 at 7pm
The Bram & Bluma Appel Salon at the Toronto Reference Library, 789 Yonge Street, Free

The creator of Mad Men presents his first novel, Heather, The Totality, the chilling tale of a privileged family and a dangerous young man.

416-393-7131, salonprograms@torontopubliclibrary.ca

Voices: Artist on Art

Now – December 24, 2017

**Harbourfront Centre's Artport Gallery,
235 Queens Quay West, Free admission**

Voices: artists on art, is an exhibit curated by Yvonne Lamerich and Ian Carr-Harris, that takes over the Harbourfront Centre's Artport Gallery.

Voices: artists on art opens a door into 51 studios of artists currently working across the country. Artists include such varied Canadian treasures as Calgary's Eric Cameron, Montreal's Raphaëlle De Groot, Toronto-based Indigenous artist Robert Houle and Vancouver's Paul de Guzman.

This project is comprised of two components: a rare opportunity to access the 51 video interviews and to present artists' multi-media installations that bridge the historical with the contemporary.

<http://www.toronto.com/events/voices-artists-on-art/> or 416-973-4000

Mini-Repair Café

**Saturday, November 4 from 1pm - 4pm , registration closes at 2pm, Toronto Chinese Mennonite Church,
1038 Woodbine Ave., Free**

Small appliances, home electronics, household items, bikes and clothing only.

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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Reminiscing Damascus

Friday, November 10 at 6:30pm

**Isabel Bader Theatre, 93 Charles St. West,
Free Admission**

Rana Hatmal (Syria/Canada)

Reminiscing Damascus/Syrian Artist Gallery

A Syrian artist, that has participated in many exhibitions in Paris, Beirut, Damascus and Toronto between 2007 and 2017 (Full of Hope, Last Supper Exhibition and more). This project deals with one overriding theme, namely "hope" and specifically hope for and of liberty, as reflected by two symbolic elements. The first element is represented by the extremities—feet and hands—with their free-flowing movements, compounded in different interlaced compositions marked by spontaneity, in one hand; while the birds represent the second element, that of free movement. Both elements converge in their symbolic meaning, and their representation of motion.

The drawings employ the acrylic on canvas technique, however, a different medium was added in one of them, with the aim of creating a relief-type of raised surface on the canvas. This helps highlight the contrast between the black and white, while simultaneously displaying the harmony between the two basic elements—the feet and the birds.

416-585-4498 or <http://www.ranahatmal.com/hatrana/>

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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