

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.

Patient engagement: More than paint colours	2
Peer Support Work and the Mental Health Care System	3
Wheel-Trans	4
Career Development	7
Things To Do	8

Upcoming C/S Info Centre Workshops:

Beads, Bagels and Banter!

Friday, December 22nd from 1pm - 3pm

CAMH, 1001 Queen St. West, Unit 4, room 186, Free

Join us for a bracelet making workshop right before the holidays. Make one for you and one for a friend.

Space is limited, please call us at: 416-595-2882 or email: csinfo@camh.ca to register for this workshop.

This workshop is free of charge, refreshments and TTC tokens will be provided.



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Disclosure and Accommodation in the Workplace

Friday, January 12 from 1pm - 3pm

CAMH, 1001 Queen St. West, Training Room A, Free

Please call to register: 416-595-2882 or email: csinfo@camh.ca

Accommodation

- What it is
- What it isn't
- How you might ask for it
- When you might ask for it
- Employer obligations
- Employee obligations

Disclosure

- Reasons for disclosing
- Is it necessary or advantageous to disclose
- Who would you disclose to
- When might you disclose
- Police checks/criminal records

Workshop led by: David Oddie, B.Sc., M.A., M.S.W., R.S.W:

David is a Social Worker with 33 years working in vocational rehabilitation (assisting individuals/groups who have barriers to employment and/or education) as a front-line clinician, manager and rehabilitation consultant to insurance companies (car, Long Term Disability) and Workers Safety & Insurance Board (Labour Market Re-entry). He is currently employed at the Centre for Addiction & Mental Health (since 2001) as a member of the Social Determinants of Health (SDH) Service, part of the Complex Care & Recovery Program.

How has the Bulletin made a difference in your life?

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

Here is another note about Bulletin:

Less than a year ago, I began to help with the Bulletin mailing. I started by putting labels on the mailing envelopes. Next step, was learning how to fold the Bulletins and put them in the envelopes.

I have attended three Bulletin Committee meetings to learn how to research for the Bulletin and attended my first AGM.

I see how much work goes into creating the bi-monthly newsletter and also the running of C/S Info office.

Thank you for answering my questions and assisting me in meeting others.

Joan

Please note: The holiday edition this year has been moved to December 16, 2017—January 15, 2018.

The holiday edition will be mainly filled with fun things to do coupled with support for the holiday season.

Our regular edition of the Bulletin will resume on January 16. If you have any fun, free or low cost holiday activities that you'd like to share with other readers send us an email or write to us.

We truly appreciate your contributions to the Bulletin. Thank you so much!

Save The Date: Holiday Insights Walk

Wednesday, December 20 from 10:45am - 12pm

Meet at Parkdale Library, 1303 Queen St. West, outside at "the globe" or inside library doors if cold/raining

- Meet at 10:45am, leave at 11am
- Wear comfortable and weather appropriate clothing
- Bring beverage to keep warm and hydrated
- Accessible with assisted devices
- Everyone is welcome, including pets

parkdalewalkinggroup.wordpress.com

Patient engagement: More than paint colours

By Lucy Costa, Empowerment Council

'Patient engagement' and 'co-production' are becoming familiar terms in mental health care. While the shift from engagement to co-production holds the promise of improving care by involving mental health patients in decision making that impacts service delivery, evidence shows the lack of a level playing field means there aren't always leadership opportunities for service users that go beyond sharing personal stories or choosing paint colours for new spaces. The work of inclusion and engagement isn't easy; it's usually uncomfortable and requires service providers to let go of power and control and remain open to alternative viewpoints.

Allowing room for different views and frameworks is how you build trust and foster meaningful change.

This July, the [Empowerment Council](#) – in partnership with Ryerson's School of Disability Studies – took a positive step towards meaningful change, designing and delivering a six-session, competency-based curriculum for Postgraduate

Year One (PGY1) students enrolled in the University of Toronto's Department of Psychiatry. The pilot project, led by myself and Lauren Munro, a community psychology researcher who has worked with the Empowerment Council on numerous projects, aimed to introduce eight medical students to the voices and experiences of service users; to teach them that the people they will be working with come from an array of backgrounds that require an understanding.

Drawing on our own experiences in the mental health system, and years of combined professional know-how (having engaged with many other service users), we delivered *Centering Madness: Building Competencies for Communities*.

The introductory sessions offered a range of assignments aiming to advance students' skill and understanding about the voice and experiences of service users. These classes privileged, protected, and preserved mental health service user knowledge, and incorporated discussions about the importance of understanding intersectionality, First Nations

knowledge, critical race, feminist, disability and queer theory. The classes encompassed evaluations from the psychiatric residents, but more importantly, the teachers were able to evaluate the students on the basis of attendance, participation and synthesis of course material into a final presentation. This was unique and pushed the students to learn more and move out of their comfort zones.

"After the class sessions we've had thus far, I can recognize paradigms and be more culturally aware when seeing patients; have a more holistic approach to patients," said one student in their course evaluation. "I feel more open-minded and can identify and challenge assumptions, focusing on the individual needs of service users while providing care," said another.

It's been rewarding to see the patient voice recognized in an academic setting, and to have been part of this first-of-its-kind course presented by the Empowerment Council. I look forward to bringing the patient voice back to a full class of U of T residents again in summer 2018!

We are indebted to the trust of U of T Graduate Director Dr. Mark Fefergrad who allowed room for creativity, pedagogical exploration and trust-building throughout this process. And thank you to all of the other advisory members who informed the conversation and understood this key point: to truly involve patients in the process of improving care, they must have access to resources and the opportunity to take on leadership opportunities themselves for their voices to be heard.

Peer Support Work and the Mental Health Care System

By Randi Storfer

Peer support work creates valuable opportunities to break down barriers within a system which too often fails the people it was designed to serve. Who better than those who have already walked the often labyrinthine paths of mental health care to help pave the way for people yet to come? It provides a much-needed opening for peers to get involved in the processes of change and ensure the needs of all persons living with mental health and addictions challenges will be met. As peers, we all have the power to create positive change in our own lives, to impact the people we meet as well as the system of which we partake.

In the context of mental health and addictions, a peer can be defined as a person who has lived experience of particular challenges. So it follows that a peer support worker is someone who decides to use the wisdom gained from their experiences to help their peers navigate their journey of recovery.

There is tremendous value in having a role model from whom to draw inspiration. Peer support can be an empowering tool in regaining and building hope as well as motivation to create a meaningful life. It also provides an opportunity for all parties involved to challenge ingrained beliefs that may be doing more harm than good. Many of those who go on to become peer support workers have any number of reasons why they decide to do so, in either a volunteer or paid capacity. Common motivations can include gratitude for help received in their own journey, a desire to 'pay it forward,' to ease others' pain, to draw meaning and purpose from their own history, as well as to fill a gap in needs not being met within the system.

Traditionally, peer support work was more commonly found in community mental health, but in recent years it has been increasingly making its way into the medical model as well - often as part of a multi-disciplinary team in clinical settings. The University of Toronto's innovative 'From Surviving to Advising' program pairs people with lived experience with psychiatry residents, widening their knowledge base beyond a strictly medical model. Future psychiatrists are educated on the lived experience. Ideally, combining peer support work with the medical model provides an opportunity to educate service providers on how to best create person-centred care in order to ensure clients' needs will be met. In a larger (and non-therapeutic) context, peer support work can also include advocating for better mental health policies in the workplace or increasing mental health and addictions services in schools. Joining an advisory committee, participating in focus groups, getting involved with consumer initiatives, public speaking or writing a blog are other ways to help make a difference on a less personal level. Although peer support workers do not yet have a governing body, standardized training and universally recognized certifications as is the case for many types of service providers (such as social workers or doctors), this is a goal of many advocates. Currently, individual agencies often carry out specialized trainings for peers related to their organization. Clients interested in becoming peer support workers can inquire with their service providers to see if they qualify for various training programs, such as Mental Health First Aid, WRAP levels 1 and 2, ASIST, and more.

WRAP - Wellness Recovery Action Plan

ASIST - Applied Suicide Intervention Skills Training

Wheel-Trans now available for all disabilities!

TTC Wheel-Trans provides a safe and reliable transit option for persons with disabilities to travel with freedom and dignity. Applicants may be eligible for Wheel-Trans service if their disability prevents them from using TTC's conventional transit for all or part of their trip.

Disabilities may be permanent and/or temporary and are those identified in the Ontario Human Rights Code including, but not limited to physical, sensory, cognitive and mental health disabilities.

If your disability prevents you from using conventional transit some or all of the time, then you may wish to apply. Eligibility is not based on disability type, income or age. It is based solely on the presence of a disability that impacts a person's ability to travel on conventional transit.

Visit the website for the application and for more information:

<http://www.ttc.ca/WheelTrans>

The Works Van

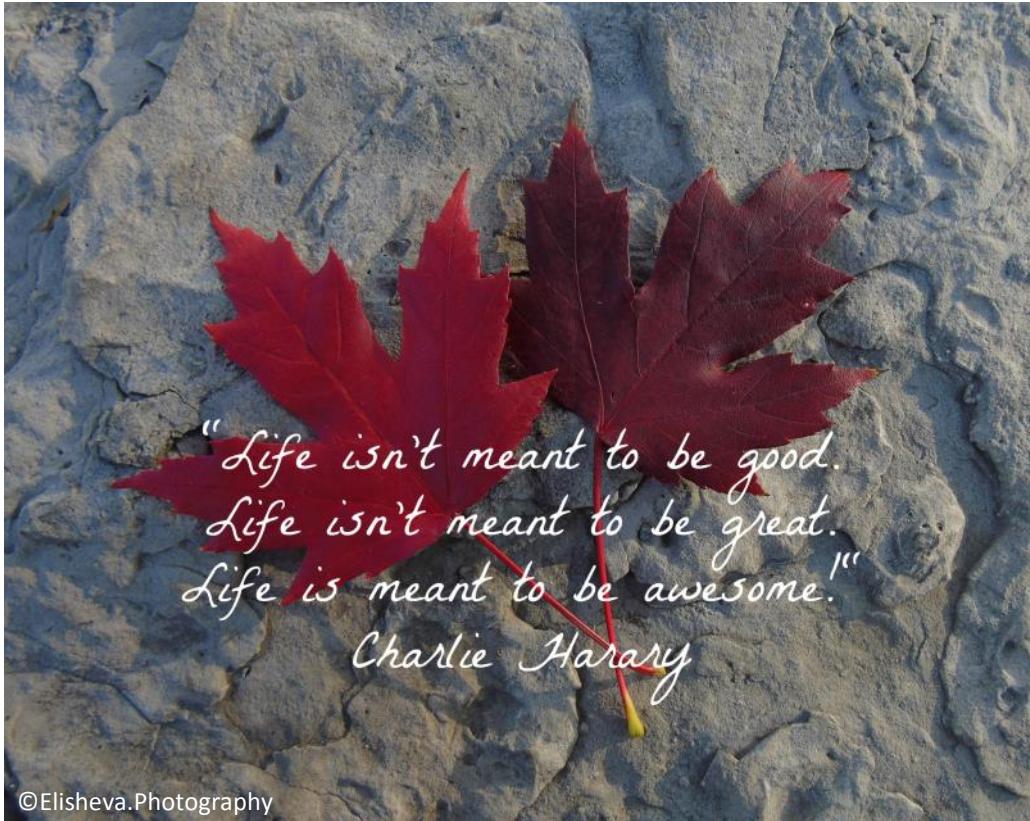
On the road Mon. - Sat. from 6:30pm – 11:30pm

Some services include:

- distributing harm reduction supplies & counselling
- testing and vaccinations

Drop In: 277 Victoria St. from Mon. - Fri., 10am - 5pm

Outreach Van: Mon. - Sat, 6:30pm - 11:30pm (call after 4:30pm to make an appointment) phone: 416-392-0520



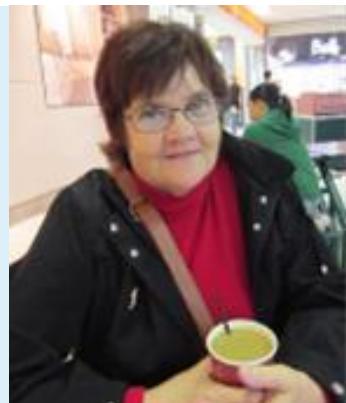
©Elisheva.Photography

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!



Support For Young Folks With Mental Health &/or Substance Use Challenges

LOFT's Community Evening and Weekend Treatment program offers a variety of open and closed groups designed to support youth, aged 16 – 25, living with mental health and/or who are using substances. This truly unique program offers groups on Tuesday and Thursday evenings as well as on Saturdays. Using a variety of therapeutic modalities, including DBT, ACT and CBT, Community Evening and Weekend Treatment groups provide youth the opportunity to engage with treatment, wellness and social skills.

The program also offers coordinated case management support where Community Treatment Workers meet one to

one in the community with individuals to identify challenges and support them to achieve the goals they set for themselves. Assessment, supportive counselling, goal setting, skills teaching, system navigation, linking to resources, advocacy and monitoring are all aspects of an individualized coordinated care plan. For case management services please apply through the Access Point at:

<http://theaccesspoint.ca/>

Groups (for Transitional Aged Youth 16 – 25) for December 2017 are listed in the calendar below:

December 2017 @LOFT

Improv! With Bad Dog Theatre	Tuesdays 6 -7:30pm	ACT-informed Recovery Group	Wednesdays 4 – 5:30pm	Thursdays 4-7:30pm	Drop-in 4-7:30pm	Fridays 2-3:30pm	Saturdays 1-3pm
Tuesday, December 5th, 2017 Join us for our once monthly Improv Group! In lieu of our usual ACT group, we will learn improv basics from our guest instructor, Lisa, from Bad Dog Theatre. No experience necessary! <i>Drop-in welcome!</i>	Tuesdays 6 -7:30pm Skills for coping with, and thriving through, mental health and substance use challenges. <i>Drop-in welcome!</i>	ACT-informed Recovery Group 10 week skills training group. In The Game December 12th & 26th A group for folks with experience working in, or are currently considering, sex work. <i>Drop-in welcome!</i>	Wednesdays 4 – 5:30pm DBT Skills Training Registration required. Please contact tay@loftcs.org for information or to register!	Thursdays 4-7:30pm Unstructured time to hang out with and get to know new people. Meet LOFT staff and peers. Enjoy food, video games, and board games in a safe, relaxed, and inclusive space. Life Skills & Homework Group Learn the skills you need to get through the day-to-day in this peer-led group. Develop the skills needed to thrive in school and get time to work on your homework! These groups will run during Drop-In and are optional to all participants. <i>Come by and say 'hi' or stay all evening!</i>	Drop-in 4-7:30pm DBT Skills Training 10 week skills training group. Life Skills & Homework Group Learn the skills you need to get through the day-to-day in this peer-led group. Develop the skills needed to thrive in school and get time to work on your homework! These groups will run during Drop-In and are optional to all participants. <i>Come by and say 'hi' or stay all evening!</i>	Fridays 2-3:30pm DBT Skills Training Registration required. Please contact tay@loftcs.org for information or to register!	Saturdays 1-3pm DBT 2.0: Comic Book Edition Participate in the collaborative creation of a DBT skills informed comic book. Artists, writers, editors, DBT experts, and wannabe's of all of the above encouraged to attend! <i>Drop-in welcome!</i>

All groups (unless otherwise noted) are now hosted at the TAY Hub at 721 Bloor St. West (across from Christie Station), Suites 301 and 303. For more information please e-mail: TAY@loftcs.org or call or text **416-432-3195 / 416-434-9172**

Housing Help

Finding affordable housing in Toronto is a major challenge at the best of times, and if you are living on a limited income, even more so. The City of Toronto has developed a Housing Hub website:

<https://www1.toronto.ca/wps/portal/contentonly/vgnext/toid=48631a2c74e30510VgnVCM10000071d60f89RCRD>

There are links for services to help with:

- Finding housing
- Avoiding an eviction
- Applying for housing subsidies
- Making staying at home easier—for seniors and individuals with disabilities

Some useful numbers:

- 24/7 info on community-based services: **2-1-1**
- Info on tenant rights: **Tenant Hotline 416-921-9494**
- Rent Bank loans: [**Housing Help Centres**](#)
- Info about disputes with your landlord: **Landlord Tenant Board 416-645-8080**
- If you need emergency shelter call 311 or **Central Intake at 416-338-4766**; 1-877-338-3398 for referral 24/7
- **Assaulted Women's Helpline** 416-863-0511; or 1-866-963-7868

The National Black Canadians Summit: Moving Forward

Monday, December 4 - Wednesday, December 6

Toronto Reference Library, 789 Yonge St.

Bram & Bluma Appel Salon

December 4-6, will mark the International Decade for People of African Descent with the National Black Canadians Summit: a convergence of hundreds of people of African descent and stakeholders.

With three days of high-energy keynotes, cultural performances, and strategic planning sessions for social change, the groundbreaking event will draw from decades of Black community organizing and awareness raising to serve as a springboard to accelerate collaboration around an inclusive Black Canadian agenda, grounded in an anti-oppression perspective.

Workshops for the morning of Tuesday, December 5, 2017 (participants will have the chance to choose two):

- Democratic Participation
- Access to Affordable Housing and Shelter
- Black Ownership 1
- Black Ownership 2

Film Screening - Michaëlle Jean: A Woman of Purpose (in Partnership with the National Film Board)

Workshops for the afternoon of Tuesday, December 5, 2017 (participants will have the chance to choose two):

- Generating Black Wealth 1
- Generating Black Wealth 2
- Accessing Justice
- Migration and Inclusion

Workshops for the morning of Wednesday December 6, 2017 (participants will have the chance to choose two):

- Media Representation, Arts and Black Identity 1
- Media Representation, Arts and Black Identity 2
- Community Safety
- Migration and Inclusion

Film Screening (in partnership with the National Film Board)

Workshops for the afternoon of Wednesday, December 6, 2017 (participants will have the chance to choose two):

- Mental Health
- Physical Health
- Education 1
- Education 2

Film and Black Advocacy Panel (in partnership with the National Film Board)

416-395-5577 or <http://www.torontopubliclibrary.ca/detail.jsp?Em=1&Entt=RDMEVT21995&R=EVT21995>

Hearing Voices Café

Monday, December 4 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.

www.recoverynet.ca

Career Development

Sound Times Seeks Community Service Interns

Multiple Positions Available

One Year Paid Internship, with shifts each day Monday through Friday

Afternoon and Evening Shifts Required

Location: 280 Parliament Street, Toronto

2340 Dundas Street West, Toronto

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use, or have used, the mental health system.

We are expanding our staff group to include Consumer/ Survivors committed to completing a year-long intensive

internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work.

There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

Candidates interested in applying should submit a resume (if available) to hiring@soundtimes.com. Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity.

Deadline for applications is:

Wednesday, January 31th, 2018.

Not all applicants will be selected for an interview.

Have you heard about Charity Village?

Charity Village has been around since 1995 and has become the Canadian nonprofit sector's largest job search website.

In addition to paid employment opportunities in the nonprofit sector, you can also search for volunteer opportunities.

Visit: www.charityvillage.com to begin your search.

Call For Board Members

Are you interested in being part of a board of directors with Accent on Ability, a charitable non-profit organization? Accent on Ability is currently looking for board members. The organization raises community awareness regarding physical activity and mental health.

Call 416-888-4198 or email jward775@gmail.com

Cooking For Life

Monday, December 18

21 McGill St.

16 week paid pre-employment program that prepares youth for entry level employment in the culinary industry.

- Must be ages 16 - 26.
- Must have status in Canada and a valid SIN #
- Cannot be a full-time student or a recipient of EI benefits

Start dates: December 18, February 5

Contact Aleksander for further inquiries and registration:
asalao@covenanthouse.ca

Job Search

Monday, December 4 from 5pm - 6:30pm

Don Mills Library, Auditorium,

888 Lawrence Ave. East, Free

Maximize your job search potential and uncover the hidden job market. Learn effective techniques to connect with employers, expand your professional network, and access hidden jobs. Presented by the Centre for Education and Training.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT20962&R=EVT20962> or
 416-395-5710

THINGS TO DO

Free Concert

Friday, December 1 from 7pm – 9pm

Beach United Church, 140 Wineva Ave

Free admission

Lonny's Smile, a children's charity, is hosting a live music event at Beach United Church, featuring songs from the heart and the stories behind them by award-winning artists Barry Canning and Jory Nash.

A silent auction with items from local businesses will also be held. Donations are gratefully accepted.

Join in for a special evening of live music and help us send kids with congenital heart disease to camp.

Check out the link and click register to get your free tickets: <http://bit.ly/2yVwQv9>



Crazy Talks

Tuesday, December 5 from 7pm - 8:30pm

OISE, Room 12-274 (12th floor)

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

Ellen Cohen has worked to create a national presence for consumers and survivors with the National Network for Mental Health. She's had a number of roadblocks and wants to talk about funding troubles, federal commissions, and inclusion policies.

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.

DeClute Light Up the Beach

Friday, December 1 from 7pm – 8:30pm

Leuty Avenue (one street east of Lee Ave, which has a streetcar stop at Queen St. East)

Free admission

Santa magically illuminates the lights Friday December 1 at the foot of Leuty Avenue.

DeClute Light Up The Beach was conceived as a way of making the Boardwalk and Beach more of a destination for local residents in the cold winter months.

DeClute Real Estate dedicates an enormous amount of resources and hours every year carefully stringing Christmas lights as high as 65 feet above the Boardwalk through mature oak, maple and willow trees lining the shores of Lake Ontario.

More than 80,000 individual LED bulbs on 20,000 linear feet of wire are hung every Fall and removed every Spring.

The result has attracted attention from people around the world who come to marvel at the sight.

The lights will sparkle nightly from December 1 at 7pm until mid-February along the Boardwalk from Leuty Light-house eastwards to the Balmy Beach Club.

info@declute.com or <http://www.lightupthebeach.com/>

Repair Café Toronto—Toss it? No Way!

Repair Cafe Storefronts

Sunday, December 3 and Sunday, December 10 from 12pm - 4pm

830 St Clair Ave. West, in the Toronto Tool Library & Sharing Depot

They will be fixing small appliances, home electronics, and household items.

Visitor registration ends at 3:30 p.m.

Repair Cafés are always free, donations are welcome.

“Light tomorrow with today.”

- Elizabeth Barrett Browning

Things To Do

Sorauren Craft Market

Monday, December 11 from 3pm - 7pm

50 Wabash Ave., in the field house, Free admission

Please note: The Sale will be located on the second floor of the field house and unfortunately it does not have elevator services.



The Taste of Regent Park's Holiday Market

Thursday December 7 from 5pm - 8pm

Regent Park Community Food Centre, 40 Oak Street

Free admission

The Taste of Regent Park's Holiday Market is a magical market showcasing unique gifts from Regent Park vendors and world-class food from community caterers. Enjoy delicious hot soup and freshly baked pretzels from their wood bake oven. Children can decorate gingerbread cookies while you enjoy the market. In support of a revitalized neighbourhood that is full of magic.

<http://www.toronto.com/events/taste-of-regent-parks-holiday-market/>

"The earth has music for those who listen."

- Shakespeare

Evergreen Winter Village

Saturday, December 2 - December 31, 10am - 5pm

Every December weekend + December 26-29

The Evergreen Brickworks, 550 Bayview Ave.

Free Admission

Eat, shop, play and experience the magic of winter at Evergreen Winter Village.

This year's Winter Village features a new line-up of outdoor activities all offering a unique and active way to experience winter in the city. Cozy up to campfires, enjoy food from local food trucks and shop at the Evergreen Garden Market and the Etsy Holiday Market.

Join in the winter-themed scavenger hunts around the Brick Works and kid-friendly nature-based activities and crafts in the Children's Garden.

The Winter Village starts Saturday, December 2, 2017 and is open 10 am - 5 pm every weekend in December (including December 24 and 31, 2017), plus weekdays from December 26 to 29, 2017. There will also be winter-themed scavenger hunts around the Brick Works and kid-friendly nature-based activities and crafts in the Children's Garden.

<https://www.evergreen.ca/whats-on/wintervillage/>
info@evergreen.ca or 416-596-1495 ext. 495

Myseum Presents: Music From People City

A City-Wide Celebration Dedicated to Canadian Music

Now - January 12, 2018

Various Locations in Toronto, Free Admission

Myseum turns Toronto into a city-wide music museum and invites Torontonians to get to know, tour, and explore our city's most influential music venues, neighbourhoods and

impresarios in new ways. Experienced through 17 different pop up events, exhibits and experiences (including performances and concerts, backstage venue tours, workshops with renown DJs and music video directors, interactive talks and more). For the full schedule: <http://www.myseumoftoronto.com/exhibition/music-from-people-city/>

Brick 100 Launch

Monday, December 4 at 7:30 pm
Super Wonder Gallery, 584 College St.
Free admission

International literary journal Brick will be hosting an extra-special launch, celebrating 40 years & 100 issues at Super Wonder Gallery.

Featuring Karen Solie, Aisha Sasha John, Melanie Mah, Michael Redhill, and Linda Spalding.

There will also be music, door prizes, a literary silent auction, party hats, and tasty treats by chef Sang Kim.

We are sorry to note that the venue does not have accessible washrooms.

<http://www.toronto.com/events/brick-100-launch/>

Movies at the Library

Friday, December 1 from 6pm - 8pm
 Toronto Reference Library, 789 Yonge St., 416-395-5577

Wednesday, December 6 from 2pm - 4pm
 Riverdale Library, 370 Broadview Ave., 416-393-7720

Thursday, December 7 from 2pm - 4pm
 Barbara Frum Library, 20 Covington Rd., 416-395-5440

Thursday, December 7 from 6pm - 8:15pm
 Palmerston Library, 560 Palmerston Ave., 416-393-7680

Come see a great movie at any of the branches above. Admission is free and you can bring your own refreshments to enjoy.

Contact the branch to see what's playing.

Holiday Fair in the Square

Friday, December 1 - Saturday, December 23, closed on Mondays

Nathan Phillips Square, 100 Queen St. West

Weekdays: 4pm - 10pm, Weekends: 12pm - 10pm,

Free admission

Returning for its second year to Toronto's Nathan Phillips Square, Holiday Fair in the Square is a European-style holiday market and carnival that will feature artisan crafts, gourmet snacks, a holly jolly Midway, Santa visits and skating on the Nathan Phillips Square ice rink. The fair is in support of Epilepsy Toronto.

<http://fairinthesquare.ca/>



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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

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!

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