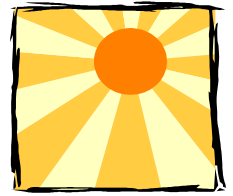


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The Consumer/Survivor Information Resource Centre
Distributed through generous support from CSRU Program (Community Support and Research Unit) of
[CAMH](#) (Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

August 1, 2006

Bulletin 328

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday

LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

Voices From The Street

Some time before October of 2005, a therapist I was working with passed to me an ad she'd seen in The Bulletin. It was a call for people who had experience with homelessness and/or mental health issues who were interested in being trained in public speaking. I answered the ad.

We were asked to submit a short narrative about what we felt qualified us and after being interviewed by six people, twelve of us were selected for this unique opportunity. This is one interview I didn't have to feign "normality" for, whatever that is, nor did I have to hide or feel shame over my life's experiences. Quite the contrary, all of a sudden I am smacked with credibility precisely because of my experience, and not in spite of it. What I use to suffer in silence and alone could now be used for the good of others that they may not have to go through what I, and many others, have. This gives me purpose and a sense of worthwhileness; this I need, like anyone else, as much as bread and water.

Some four and a half months of exciting and intensive training followed both in the offices of the Ontario Council of Alternative Businesses (OCAB), and outside at various council meetings, police service meetings, and other like "forces" in the community. We were visited and taught by professionals in the field to develop and deliver our speeches-, which are really personal narratives.

Finally, we became the Toronto Homeless Speakers Bureau - "Voices From The Street". My name is Cheryl, and I am a proud and sometimes awestruck member; this in itself is a small miracle in my life. The fact that the door was not slammed behind me on my way out after a needed period of grace as it would've been in any other job I've held, is testament to the commitment and integrity of our talented mentors.

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We twelve are a diverse group, in culture, race, religion, sexual identity, gender and economic class. And, we are individuals, in body, thought and soul. Though varied, with our common experiences of homelessness and/or mental health issues (don't we ALL have those to different degrees), we share much and common themes emerge.

Myself, I am a third generation lifer in the system. I too gave birth to yet another generation. I'm happy to report that life is good for my children and grandchildren due to all the work and all the best in each of the generations.

Beginning at the age of four, I entered the system of foster homes and institutions. At the age of eleven, I saw my first psychiatrist and was given my first anti-psychotic at the age of twelve. Initiatives such as Voices From The Street improve the quality of life for us all over time. For example, the Children's Aid Society was first established to prevent cruelty towards animals and children alike. Some things have changed but atrocities still occur. We see the extreme in the news but it is not only the extreme that can be devastating for all concerned. There is so much work to be done.

We aim to speak to students of social work in their classrooms, businesses, service providers such as the police, social servers, policy makers and to the general public. We want to attack the stigma that feeds the shame. We tell our stories to shed light on the cracks in the system, to educate providers to better meet our varied needs, to protect the children yet to come and those already here. The potential is enormous. I have been treated with the utmost respect and dignity; a refreshing change from the service industry that left my soul as well as my body sore and was often a precipitator in temporary dysfunctional periods in my life. Try as I might, it simply made me sick.

We talk about the cracks in the system, and at the beginning of this process, some of us were quite cynical. One member said, "Cracks! There are big gaping holes!" Since that time, we've met wonderful people willing to listen to our stories and to learn from us as we learn from them. A dialogue is possible, is happening, and that's just the whispering of our voices growing stronger by the day. Not only that: in the fall, if funding permits, it's hoped that it will all happen again, and this time the trained members will help to facilitate the new training. Like a snowball.

Cheryl Smith
Voices from The Street

Toronto and Area Community Cooling Centres

During an Extreme Heat Alert the city opens four cooling centres at the Civic Buildings. Members of the public are welcome to use these air-conditioned centres to cool down.



The four Civic Centres are located at:

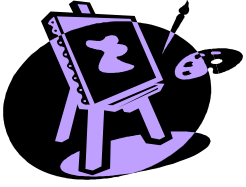
Metro Hall, 55 John St., **East York Civic Centre**, 850 Coxwell Ave.,
Etobicoke Civic Centre, 399 The West Mall, and **North York Civic Centre**, 5100 Yonge St.

Metro Hall will be open 24 hours while the three civic centres will operate from 11:00 am to 7:00 pm

The Centre for Addiction and Mental Health – CAMH will be opened as an informal cooling centre for CAMH clients needing relief during an Extreme Heat Alert at: **The Queen St. Site Mall**, 1001 Queen St. W., **College St. Site**, 250 College St., **Russell St. Site**, 33 Russell St. For more information on other CAMH cooling centre sites and times contact 416 535-8501.

Centennial College will open its air-conditioned libraries and cafeterias from Monday to Friday, 9:00 am – 4:00 pm until the end of August at its 3 Scarborough campuses at **75 Ashtonbee Rd.** (Eglinton Ave. East and Warden Avenue), **941 Progress Ave.** (east of Markham Road) and **755 Morningside Ave** (at Ellesmere Road).

Free & Low Cost Events



Tuesday, August 1st

Power Plant Exhibitions. Free. The Power Plant summer exhibition includes: Angela Bulloch's sculptured installations and Annie Pootoogook's contemporary drawing installation. The Power Plant, 231 Queen's Quay W. Info: 416 973-4949 or www.thepowerplant.org. Admission is free throughout the summer. Exhibition open, Wed., 12:00 noon - 8:00 pm. Tues. – Sun., 12:00 noon – 6:00 pm.

Discover Downtown Yonge Walk. Free. Walk explores the past, present and future of the area. Meet at Yonge-Dundas Square, Yonge Street and Dundas Street E. Info: www.downtownyonge.com. Tours at 11:30 am and 3:30 pm.

"Alien" Movie. Free. Outdoor film screening. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 9:00 pm.

Wednesday, August 2nd

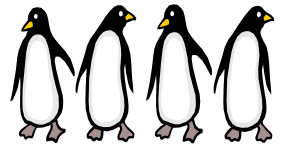
Dee Kaye Ibomeka Music Performance. Free. Classic jazz/ blues music. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 12:30 pm - 1:30 pm.

Jarvis Street Historical Walk. Free. ROM walk. Meet at Bloor St. East and Church St. Info: 416 586-5513 or www.rom.on.ca. 6:00 pm.

Yoga and Meditation Class. Free. Learn gentle physical exercises, breathing and meditation techniques. Bring your own mat. College Shaw Library, 766 College St. Info: 416 393-7668. 6:30 – 8:00 pm.

Thursday, August 3rd

March of the Penguins Movie. Free. Afternoon at the Movies presents March of the Penguins. Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 2:00 – 4:00 pm.



"New Bus on the Old Tree" Music Concert. Free. Singer Adrienne Cooper and pianist Marilyn Lerner perform Yiddish songs. Toronto Music Garden, 475 Queens Quay W. Info: 416 973-4000 or www.harbourfrontcentre.com. 7:00 pm.

Beaches Book Club. Free. Drop in book discussion. New members welcome. Beaches Library, 2161 Queen St. E. Info: 416 393-7703. 7:00 – 8:15 pm.

Public Astronomy Tour. Free. Department of Astronomy and Astrophysics presentation and tour of telescopes viewing the night sky. Hilding Neilson, McLennan Physical Laboratories, University of Toronto, 60 St. George St., MP. 134. (use north end doors). Info: 416 946-5832 or www.astro.utoronto.ca. 9:00 pm.

Friday, August 4th

Island Soul Festival. Free. Caribbean Festival celebrating the arts, culture and food of the Caribbean. Live Reggae, Soca and Calypso jump up alongside fire dancers, a RastaFest, roti and jerk cooking classes, a film series and family activities. Festival continues to August 7th. Harbourfront Centre, 235 Queens Quay West. For events and times contact: 416 973-4000 or www.harbourfrontcentre.com. 6:00 – 11:00 pm.



5th Annual Irie Music Festival. Free. Celebration of all aspects of Caribbean music, culture and history. Festival continues to August 6th. Nathan Phillips Square, 100 Queen St. W. For events, locations and times: 905 799-1630 ext. 28 or www.iremusicfestival.com. 12:00 noon – 11:00 pm.

Saturday, August 5th

Caribana Parade. Free. The Annual Parade of costumes, Mas bands and more. Begins at the Canadian National Exhibition and proceeds along the Lakeshore to Sunnyside. Info: www.caribana.ca. 10:00 am.

Vale of Avoca Ravine. Free. Toronto Field Naturalists Nature Arts walk with leader Yoshie Nagata. Meet at southeast corner of St. Clair Ave. E. and Avoca Ave. (at the bridge east of St. Clair subway station, east of 85 St. Clair Ave. E.) Bring what you need for drawing, painting, writing or photography. Info: 416 593-2656 or www.sources.com/tfn. 10:30 am.

Korean Festival. Free. Music, dance, arts and more. Mel Lastman Square, 5100 Yonge St. Info: 416 395-7582. 11:00 am – 9:00 pm.

Saturday Writers' Group. Free. Read from and discuss prose, poetry and essays and works in progress. High Park Library, 228 Roncesvalles Ave. Info: 416 393-7671. 11:30 – 1:30 pm.

Artist Talk. Free. Artist Noriko Saito talks about her painting exhibition, Waterscape. Exhibition continues to August 18th. Japan Foundation, 131 Bloor St. W. Info: 416 966-1600 ext. 0 or [ww.jftor.org](http://www.jftor.org). Exhibition open, 12:00 noon – 5:00 pm. Talk, 2:00 – 3:00 pm.

Sunday, August 6th

Antony and Cleopatra. PWYC. Shakespeare in the Rough outdoor performance. Play runs to Sept. 4th. Withrow Park, south of Danforth Ave., between Pape Ave. and Chester. Info: 416 556-6226. Performances, Wed. – Sun. 2:00 pm.

Monday, August 7th

Simcoe Day at Gibson House. Free. Costumed guides, homemade ice cream and more. Gibson House, 5172 Yonge St. Info: 416 225-0146. 12:00 noon – 5:00 pm.

Tuesday, August 8th

Tremors Movie. Free. Outdoor film screening. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 9:00 pm.

Wednesday, August 9th

The Brickworks Ecology Walk. PWYC. The Toronto Bay Initiative and Evergreen presents this educational walk of the area. The Brickworks, 550 Bayview Ave. Info: 416 596-1495 ext. 249 or www.evergreen.ca. 5:30 – 8:30 pm.

ROM and its Neighbours Historical Walk. Free. ROM walk. Meet in front of the ROM. Royal Ontario Museum, 100 Queen's Park. Info: 416 586-5513. 6:00 pm.

Thursday, August 10th

Health by Choice, Not by Chance. Free. A talk about nutrition and avoiding common problems such as heart disease and arthritis. Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 2:00 – 3:30 pm.

Family Fun Summer Festival. Free. Outdoor activities and a performance by the Dufflebag Theatre. Earl Bales Park, 4169 Bathurst St. Info: 416 395-7873. 5:30 pm.

German Mills Park Walk. Free. Toronto Field Naturalist Evening Ramble Walk with leader Theresa Moore. Meet at the northeast corner of Steeles Ave. E. and Leslie St. Info: 416 593-2656 or www.sources.com/tfn. 6:45 pm.

Screening of Japanese Culture. Free. The video screening series introducing aspects of contemporary Japanese life. Showing: Food and Meals, Families Fostering the Forest and Weekend Farmers. Japan Foundation, 131 Bloor St. W, Suite 213. Info: 416 966-1600 or www.jftor.org. 7:00 pm.

Brass Tacks III: Like a Ray of Sunshine Piercing the Clouds. Free. Sounds of late Renaissance and early Baroque music. Toronto Music Garden, 475 Queens Quay W. Info: 416 973-4000 or www.harbourfrontcentre.com. 7:00 pm.

Friday, August 11th

Hot & Spicy Food Festival. Free. The eighth annual festival features a wide variety of food, dance, films and children's activities. Festival continues to August 13th. Harbourfront Centre, 235 Queens Quay W. For events and times contact: 416 973-4000 or www.harbourfrontcentre.com. 6:00 – 11:00 pm.

The 13th Annual Taste of the Danforth Festival. Free. Enjoy the culture of Greece. There will be 2 stages with live bands and lots of food samples. Festival continues to Aug. 13th. Danforth Ave., between Broadview and Jones Ave. Info: 416 469-5634 or www.tasteofdanforth.com. 6:00 pm – 1:00 pm.



Saturday, August 12th

Alley Jaunt. Free. The 4th Annual event where the back alley garages surrounding Trinity Bellwoods Park are transformed into venues that showcase visual art, installations and performance. Participants follow a path marked by chalk drawings and flags through the neighbourhood. Exhibition continues to Aug. 13th. Trinity Bellwoods Park, 1053 Dundas St. W. Info: 416 532-7666 or www.alleyjaunt.com. 12:00 noon – 6:00 pm.

Kurdish Community Festival. Free. Entertainment, food and more. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 11:00 am – 8:00 pm.

Antigone Play. PWYC (Suggested donation). The Stone Circle project presents this Sophocles classic. Bring a picnic blanket. Production runs to Aug. 13th. Jackman Ave. Public Schoolyard, 79 Jackman Ave. Info: 416 910-3518 or www.stonecircleproject.ca. Performances, 2:00 and 7:00 pm.

Sunday, August 13th

Kensington Market Pedestrian Sunday. Free. The Market's car-free Sunday presents, Blackout Kensington Unplugged, a celebration of music, entertainment, activities and food. Kensington Market, Info: www.pskensington.ca. 12:00 noon – 10:00 pm.

Parkdale and its Neighbours. Free. ROM Walk. Meet in front of Parkdale Public Library, 1303 Queen St. W. Info: 416 586-5513 or www.rom.on.ca. 2:00 pm.

"Words of Mercury, Songs of Apollo" Music Concert. Free. 17th Century Italian Baroque music. Toronto Music Garden, 475 Queens Quay W. Info: 416 973-4000 or www.harbourfrontcentre.com. 4:00 pm.

Monday, August 14th

Walking Tour of Osgoode Hall. Free. Learn about the history and architecture of this historical building dedicated to law. Osgoode Hall, 130 Queen St. W. Info: 416 947-3315. 1:15 pm.

Announcements

The Empowerment Council invites all CAMH clients to their
Annual General Meeting

Tuesday, August 1, 2006 at 5:00 pm
Queen St. Cafeteria, 1001 Queen St. W.

Elect your representatives, give the Empowerment Council direction for the coming year

Edmond Yu Safe House Project
An emergency shelter for those with mental illness

5th Annual Boat Cruise Fundraiser Buffet Dinner and Dance Aboard the "River Gambler"

Boarding at Pier 27, Yonge St. and Queens Quay E. (across from the Toronto Star building)

Wednesday, August 16, 2006 from 6:00 – 11:00 pm

Tickets are \$50.00 per person

Includes a 5 hour cruise, buffet dinner, live entertainment, DJ and dancing. Smoking permitted on upper deck.

For more information or tickets contact: Sita at 416 755-4382 or pick up your tickets at Parkdale Activity and Recreation Centre (PARC), 1499 Queen St. W.



The Leadership Project presents a **FREE** Conference day for Consumer/Survivors

Recovery PSY-'COZY'-UM 2006

A day to talk about: Our Struggles and Strengths / Our Stories and Environment / Our Health and Human Rights / Our Creativity and Courage / Our Contacts and Connections / Our Involvement with Peers

Making Recovery Happen in our communities. Exploring possibilities and actions in an interactive setting with local facilitators. Our 'Open Space' Sessions will include international guests.

Wednesday, November 15th 2006 from 8:00 am – 7:30 pm

United Steelworkers Hall, 25 Cecil St.

(1 block south of College and Spadina St. – east on Cecil St. – 3 blocks)

Registration is necessary as seating is limited. Refreshments and Entertainment are provided.

For registration forms email: heinz_klein@hotmail.com

For more information contact: 416 482-4103 ext. 510 or e-mail, heinz_klein@hotmail.com and meligstarkman@yahoo.ca.

PSY-'COZY'-UM is a Pre-Conference leading up to the Leadership Project Conference

International Recovery Perspectives: Implications, Innovations, Implementation

Critical and creative explorations of groundbreaking approaches in Mental Health Recovery

Thursday, November 16 and Friday, November 17, 2006

Hart House, 7 Hart House Circle, University of Toronto

Cost for the conference is \$300.00.

There are a limited number of subsidized seats (\$40) for Consumer/Survivors and Families on a limited income. Contact Brian McKinnon at bmckinnon@iprimus.ca or 416 285-7996 ext. 227 for more information and a registration form.

12th Annual Don River Run for Recovery **Sunday, August 27 10:00 am at the Brentcliffe Road Site of CAMH**

This annual event presented by the Centre for Addiction and Mental Health has a new twist this year:
A-Way Express Courier is their Community Partner !

You can participate in the 10 km Run, or the 5 km Run/ Fun Walk or
You can volunteer on the day at water stations, registration tables, etc. or
You can pledge and sponsor a runner or

You can bring donations of running shoes or sweats for the client fitness program at CAMH

Proceeds go to the Wellness Program at A-Way Courier and the Fitrap Program at CAMH, whose mandate is to promote physical fitness in addiction and mental health clients as a vital part of their recovery, health and well being. To sign up, forms are available at the host Running Room, 2629 Yonge Street or

www.runningroom.com.

To volunteer on race day, call John Malcolm at CAMH 416 535-8501 x 6032 or
Pam Lahey at A-Way Courier 416 424-2266.

Bulletin readers can pick up an entry form at the C/S Info Centre 252 College St.



Educational Evening for Family Members

The CAMH Family Addiction Service is offering a 2 hour educational evening for family members who would like to learn more about substance use. The evening will focus on: understanding addiction; motivation and change; effects of substance use on families; coping strategies and treatment options.

Wednesday, August 30, 2006 at 6:00 pm
Centre for Addiction and Mental Health, Russell St. Site, 33 Russell St.

To register or for more information contact:
416 535-8501, Sukhi Bubbra, Ext. 6789 or Linda Tait, Ext. 7065.



Final Report of the Senate Standing Committee on Social Affairs, Science and Technology: "Out of the Shadows"

Printed, bound copies of this report are available and may be ordered from the Committee at no charge. Orders should be emailed to Louise Pronovost at pronol@sen.parl.gc.ca. People can also call a toll-free number, 1-800-267-7362, to register a request for copies. Copies are sent out the same day requests are received, although at present there may be a delay due to the re-print of the report.

A full text of the report and the executive summary can be viewed in html or PDF. format at:

http://www.parl.gc.ca/Common/Committee_SenRecentReps.asp?Language=E&Parl=39&Ses=1

Wellness and Recovery Newsletter – A reminder about our new quarterly publication – It isn't an automatic subscription for anyone who gets the Bulletin. Our second issue is now out. It's free to receive, but you have to tell us you want it. If you haven't already, call us at 416 595-2882 or email us at csinfo@camh.net.

Research

The Bulletin does not endorse or recommend any of these research studies. We are posting them here for your information only. Please make your own choices as to whether to participate in any of the studies we post.

Teens and Parents Wanted for a Research Study

The Child, Youth, and Family Program at CAMH is looking for healthy teenagers with and without ADD/ADHD (Attention Deficit/Hyperactivity Disorder) and their parent(s) to participate in a study. Teens must be ages 12-16 years old. Participants will receive information about ADD/ADHD and complete some questionnaires. Teens will also receive brief educational testing as part of the study. Parents and teens will receive financial compensation for their participation.

Benefits:

- Brief educational testing for your teen
- Feedback from the educational testing
- In-depth information about ADD/ADHD and treatment options
- Contribution to research

If you are interested in participating or learning more please contact the

Teen ADHD Research Study at 416 535-8501 x 4374

Volunteer Opportunity

The Toronto International Film Festival is looking for festival volunteers September 7 – 16, 2006. A variety of opportunities will be available for individuals who enjoy films. Recruitment sessions for both new and returning volunteers will be held on Wednesday, **August 2nd at 6:30 pm** and **Saturday, August 12th at 1:00 pm** at Roy Thomson Hall, 60 Simcoe St. (south of King St., West of University Ave.). Use the Artists Entrance on the south side of the building, off the parking lot at Wellington and Simcoe Sts. Bring a résumé with contact information for two references (either work, volunteer or character). Arrive on time and be prepared to stay for 2 hours. **For more information contact:** 416 967-7371 or www.tiffg.ca.

Employment and Training

Self-Employment Program for People with Disabilities

BIZ FUTURES is a 50-week skill development and business support program designed specifically for adults with disabilities who wish to start and manage their own small business on a full or part-time basis. Candidates must be: 18 years of age or older; eligible for ODSP Employment Supports; able to articulate a business concept or idea; have sufficient skills and experience which allows them to deliver the goods and services they hope to offer; prepared to commit to full attendance and participation in program activities.

There will be an information session on **August 15, 2006** at the Toronto Business Development Centre, 1071 King St. W. for the next program beginning in the fall. For more information on the time and to register contact: Maureen Kelly, 416 345-9437 or mkelly@tdbc.com.



GERSTEIN CENTRE

Community Crisis Worker Training Position Available **Consumer/Survivor**

The Gerstein Centre is offering a **training position** for a **consumer/survivor of the mental health system** who has demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

The position is a **one year contract** designed to train the individual as a **Community Crisis Worker**, to work as part of a team providing telephone support, mobile team visits, and supportive counselling in the residential setting. While most of the training will be on-the-job, workshops, conferences and educational opportunities will be a part of the training. The trainee will receive one-to-one supervision.

Applicants must have:

- experienced barriers to employment due to personal mental health issues
- at least 6 months of full-time employment, volunteer work or educational experience in any area within the past year
- a demonstrated interest in the mental health field
- a good support system for themselves
- a personal philosophy compatible with that of the Gerstein Centre
- working ability to speak, read and write English
- flexibility, with an ability to work under pressure
- availability to work shift-work including nights, weekends and holidays

How to apply:

Please send your resume to:

Nicki Casseres
Coordinator of Training and Education
Gerstein Centre
100 Charles St. East
Toronto, Ontario
M4Y 1V3
Fax: (416) 929-1080
Email: admin@gersteincentre.org

Deadline for applications:

Friday, August 18th, 2006

Salary:

\$36,236. plus benefits

We regret that only those selected for an interview will be contacted.

Our Annual General Meeting will be September 28, 2006 in the Meeting Centre, Room 2029 at the Russell Street site of CAMH. Please mark the date and stay tuned for further details. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

General Members Application Consumer/Survivor Information Resource Centre of Toronto

If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/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. It serves the Greater Toronto Area and there is no charge.

- Regular Member from the Greater Toronto Area only (consumer/survivor)
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature _____

Date _____

Name (please print) _____

Organization (optional, if applicable) _____

Address _____

City/Prov. _____ Postal Code _____

Phone (____) _____ Work Phone (____) _____

Fax (____) _____

Email _____

YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.