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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.*

February 15, 2007

Bulletin 341

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

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Poverty Action

Both Finance Minister Greg Sorbara and Community and Social Services Minister Madeleine Meilleur were quoted in the Toronto Star saying that poverty will be a theme in the upcoming provincial budget, which is expected to be in late March / early April following the federal budget. That means just two more months to convince the Liberal caucus to roll-out a concrete anti-poverty strategy that includes immediately ending the NCBS clawback, increasing social assistance rates for everyone on OW/ODSP and increasing the minimum wage to \$10 / hour. The Liberal Government needs to know that the public is concerned about poverty. They need to hear from you!

MEET WITH YOUR MPP AND CABINET MINISTERS

Let Premier McGuinty and his Cabinet know that you want governments to make ending poverty more of a political priority. Many MPPs are in their ridings, eager to meet with constituents leading up to the provincial election. Call your MPP to set-up a meeting today. Helpful background materials to help you prepare are available at:

<http://www.incomesecurity.org/campaigns/handsoff/January2007updates.html>.

To find out the contact information for your MPP, go to:

<http://olaap.ontla.on.ca/mpp/daCurMbr.do?locale=en>

Letters to the Premier should be addressed to: Dalton McGuinty, Premier; Legislative Building; Queen's Park; Toronto, ON M7A 1A1. Don't forget that letters to the Premier need a stamp.

SEND AN E-CARD TO THE PREMIER

If you've already sent a Hands off! e-card calling on the Premier to end the clawback of the National Child Benefit Supplement, send another one! Go to the Hands off! website at

<http://www.incomesecurity.org/campaigns/handsoff/ecard.cfm>. Or go to the Premier's website at www.premier.gov.on.ca/feedback and send an email in your own words.

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ORGANIZE A HANDS OFF! POSTCARD BLITZ IN YOUR NEIGHBOURHOOD!

Get as many Hands off! postcards signed as you can and send them directly to the Premier.

To order Hands off! postcards (available in English or French) and posters (in English only): contact Genny Merino at 1-866-245-4072, ext. 5179 or by email: merinog@lao.on.ca. Please indicate the number of postcards/posters you need and your mailing address. Please include a telephone number or email where you can be reached in case we need more information to complete your order.

HANDS OFF! POSTCARD BLITZ IN TORONTO - FEBRUARY 21st

On Wednesday, February 21st, from 8 - 9 am, join Hands off! supporters for a postcard blitz at the Dufferin subway station in Toronto. Don't let the Premier forget his promise to end the NCBS clawback before the next provincial election. Talk to commuters and get hundreds of postcards signed. We'll be inviting the media too so we can get the word out to even more people!

Meet outside the Dufferin subway station at the northwest corner of Dufferin and Bloor (in front of the large church bulletin board). ISAC will bring postcards, pens, clip boards and - most importantly - hot tea and coffee!

Please **RSVP** to Dana Milne at milned@lao.on.ca or call 1-866-245-4072, ext. 5151. Please leave your name and a contact number or email address where we can reach you.

Not from Toronto, can't get to the Dufferin subway station, or can't make it that day? Organize a postcard blitz in your own community! ISAC would be happy to mail you postcards free-of-charge. If you can organize something for Feb. 21st, let us know and we'll mention your postcard blitz in our press release. Please contact Dana Milne at milned@lao.on.ca or call 1-866-245-4072, ext. 5151.

Thank you for your ongoing support of the Hands off! Campaign.

CITY OF TORONTO JOINS THE HANDS OFF! CAMPAIGN

Throughout January, giant blue Hands off! posters were put up in bus shelters across Toronto, driving home the urgent need to end the clawback of the National Child Benefit from families on social assistance. The Hands off! campaign received several calls from commuters outraged that the provincial government continues to clawback \$120 a month from the poorest children in Ontario. To view the poster, go to: <http://www.incomesecurity.org/campaigns/handsoff/documents/poster.pdf>.

A big thank you to the sponsors who helped make this happen:
<http://www.incomesecurity.org/campaigns/handsoff/Feb2007Updates.html>

To find you what you need to do to convince your municipality to put up posters, contact the Hands off! Campaign at 1-866-245-4072, ext. 5150.

WWW. Websites Worth Watching

Another good one for you sent by Ann Thompson, recovery educator via Brian McKinnon, ORC. Joanne Books of the CMHA in Thunder Bay is currently completing a project and finding it awesome, to use her words. People reflect on and describe their own recovery process and use cameras and photos to tell the story. The website is about setting up a photovoice storytelling project and examples of the resulting art. www.photovoice.com

Wish List.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Events



Thursday, February 15th

Parkdale Knitters. FREE. If you want to learn to knit, brush on the basics or learn a few new tricks, drop by for a visit. Bring your own yarn and needles, work in-progress and questions to these informal sessions. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 7:00 to 8:00 pm.

Friday, February 16th

G'DAY TORONTO: Great Aussie Expo. FREE [with ticket] Torontonians will have the opportunity to participate in many Australian themed and styled activities. Immerse yourself in everything Australian: food, art, sport, music and culture. Performances showcasing the best in Australian travel, lifestyle and entertainment: Mick's Whips, the worlds best whip cracker, Aussie cattle dog show, aboriginal cultural performances and cuisine demonstrations. Info and free tickets: www.australiaweek.ca/events. Australian Biosphere, Yonge Dundas Square. 12:00 noon to 4:00 pm.



Armchair Travel. FREE. Slide presentation with raconteur Irwin Patterson. Free refreshments served during intermission. Hillcrest Library Auditorium, 5801 Leslie St. Info: 416 395-5830. 1:30 to 3:30 pm.

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Playing tonight – Who Killed the Electric Car? Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 – 8:00 pm.

Saturday, February 17th



Lunar New Year 2007: Year of the Pig. \$10.00 [\$8.00 advance] Celebrate the Lunar New Year: Kung Fu Show, Feng Shui Predictions, acrobatic performances and much more. Exhibition Place, 105 Princes' Blvd. Info: 416 483-8218. 10:00 am to 12:30 am.

Sunday, February 18th

Science on Sundays: University Automotive Research as an Asset for Canada. FREE. The North American automotive sector is under significant competitive pressure and so must innovate. The presentation will examine how Canada can benefit from more academic work in key areas such as auto manufacturing which employs more than 500,000 people across the country. Macleod Auditorium, Medical Sciences Building, 1 King's College Circle. Info: 416 977-2983. 2:15 pm.

Sunday Serenades: Chinese New Year Celebration. FREE. Chi Ping Dance Group. Scarborough Civic Centre Rotunda, 150 Borough Drive [McCowan Rd north of Ellesmere]. Info: 416 864-5551. 2:00 to 4:00 pm.



Monday, February 19th

Toronto Celebrates Canada Reads 2007, FREE. Toronto Public library and CBC 99.1 invite you to a special evening with featured guests from the arts and media community. They will be celebrating and spotlighting the books nominated as Canada Reads books. Hosted by Matt Galloway. Info: www.keeptorontoreading.ca Toronto Reference Library Atrium, 789 Yonge Street. 7:00 – 9:00 pm.



Tuesday, February 20th

Take the Brrrr out of Cold Calling. FREE. A facilitator from Centennial College Job Connect will present a hands on workshop on how to take the fear out of making telephone calls to prospective employers. Albert Campbell Library, 496 Birchmount Rd. Info: 416 396-8890. 6:00 to 8:00 pm.

Book Club: The Forest Lover by Susan Vreeland. FREE. Come and discuss contemporary books. Meetings are led by a librarian or a guest author Please register by calling 416 395-5672. North York Central Library, Room 2, 5120 Yonge Street. Info: 416 395-5535. 2:00 to 3:30 pm.

Wednesday, February 21st

Deekali: Roots Re-lived II Excerpts. FREE. COBA [Collective of Black Artists] presents Collective's Creations, evoking the true heart and soul of African and Caribbean dance. Portrait is a provocative trio set to the legendary Nina Simone; Saraca is a Yoruba ritual of celebration and thanksgiving. Four Seasons Centre for the Performing Arts, Richard Bradshaw Theatre, Corner of University and Queen Street West. Info: 416 636-8231. 12:00 noon to 1:00 pm.

Uptown Author Series: Charles C. Hill. FREE. Curator of Canadian art at the National Gallery of Canada, Charles C. Hill discusses the Emily Carr Exhibit opening at the Art Gallery of Ontario on February 24th. North York Central Library Auditorium, 5120 Yonge Street. Info: 416 395-5535. 7:00 to 8:00 pm.

Thursday, February 22nd



Watched by Heaven, Tied to the Earth: Summoning the Animals on Chinese Children's Shoes: FREE Thursday evenings.

Revealing the most charming and long-lived tradition involving the footwear of Chinese children. This exhibit examines how Chinese culture uses animal symbols on shoes and other garments to convey notions of protection. Over 200 items on display,

some of which have never been exhibited before. Bata Shoe Museum, 327 Bloor Street West. Info: 416 979-7799 or www.batashoemuseum.ca. Free admission Thursdays 5:00 – 8:00 pm.

Income Tax Clinic. FREE. This is a community income tax clinic offered by volunteers who are trained by the Canada Revenue Agency. It is available to single persons with income under \$20,000 or families under \$25,000. Volunteers help individuals fill out their 2006 Income Tax returns. Please bring all necessary forms [T4's, T5s, T5007, etc.] and receipt as well and a copy of your completed 2005 return. Sessions are 45 minutes long and are on a first come first served basis. North York Central Library, Concourse Level, 5120 Yonge Street. Info: 416 359-5614. Tuesdays to Fridays ongoing to April 27th. 9:00am to 2:00pm.

Friday, February 23rd

Mad Pride Toronto Organizing Meeting. FREE. Help organize this September's events. Parkdale Community Legal Services, 1266 Queen Street West. 2:00 – 4:00 pm.

Natrel Skating Rink. FREE. Harbour Front Centre, 235 Queen's Quay West. Info: 416 973-4000. 10:00 am to 10:00 pm.

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Playing tonight – Flicka. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 – 8:00 pm.

Saturday, February 24th

Black History Month: Pan Man Pat, A One-Person Pan Assembly. FREE. Enjoy popular genre of Caribbean music with an excellent pianist and music teacher, Pan Man Pat. Malvern Library, 30 Sewells Rd. Info: 416 396-8969. 12:00 to 2:00 pm.

Icefest 2007: 11th Annual Sassafras Ice Carving Competition. FREE. Ice sculptures created by professional ice carvers. In and around the Bloor Yorkville neighbourhood. Info: 416 928-3553 x 24. Noon to 5:00 pm.



Black and Caribbean Heritage Talent Show FREE. Take centre stage and celebrate Black History Month. Auditions for all performances [song, dance, skit, poetry] took place in January. Each piece must reflect some aspect of Black or Caribbean culture. Cedarbrae Library, 545 Markham Rd. Info: 416 396-8850. 2:30 to 4:30 pm.

Sunday, February 25th

Science on Sundays: Regeneration of the Injured Spinal Cord – Pipedream or Reality. FREE. The past 15 years have seen dramatic advances in our knowledge of the mechanisms underlying spinal cord trauma. The presentation will explore the promise of regenerative medicine. Macleod Auditorium, Medical Sciences Building, 1 King's College Circle. Info: 416 977-2983. 2:15 pm.

Metropolitan Silver Band In Concert. FREE. Fran Harvey Conductor. Scarborough Civic Centre, 150 Borough Drive [McCowan and Ellesmere] 416 864-5551. 2:00 to 4:00 pm.



Monday, February 26th

Osteoporosis Support Group Meeting: Exercising for Osteoporosis. FREE. Scarborough Village Recreation Centre, 3600 Kingston Road. [at Markham Rd] Info: 416 396-4051. 10:00 am to 12:00 noon.

Information session on Disordered Eating. FREE. Learn how to identify and address the underlying hormonal, physiological, mental and emotional issues that underlie disordered eating. Learn how to address them using naturopathic modalities. For information and registration: 416 498-1255 x 263. Canadian College of Naturopathic Medicine, 1255 Sheppard Avenue East (at Leslie Subway). 7:00 – 8:30 pm.

Tuesday, February 27th

University of Toronto Faculty of Music. FREE. A concert of recent electroacoustic music featuring works by Scott Wyatt, Suk-Jun Kim, and graduate students from the faculty of music. Program prepared by Dennis Patrick. Four Seasons Centre for the Performing Arts. Richard Bradshaw Theatre, 145 Queen Street West, University and Queen Street West. Info: 416 363-8231. 12:00 noon to 1:00 pm.



Learn How to Get an Office Job. FREE. A facilitator from Centennial College Job Connect presents a workshop for newcomers on the skills needed to obtain an office job. Albert Campbell Library, 496 Birchmount Road. Info: 416 396-8890. 6:00 to 8:00 pm.

Pride Toronto General Meeting. FREE. Get involved. Come out and vote for the Grand

Marshal and Honoured Group for Pride Week 2007. 519 Church Street Community Centre, Auditorium. Info: www.pridetoronto.com. 7:00 pm.

Wednesday, February 28th

U of T Faculty of music: Small Jazz Ensembles. FREE. Edward Johnson Building, 80 Queen's Park. Info: 416 978-3744. 7:30 pm.

Racism Discussion. FREE. The Empowerment Council presents: Racism and Psychiatry. Joanne Murray Ormandy will talk about Racism and Psychiatry in British Colonial South Africa followed by an hour of discussion of racism in psychiatry in Canada. For more info, see the announcement section. Empowerment Council Office, 1001 Queen Street West, Room 160. 11:00 am – 1:00 pm.

An Afternoon with Dan Fisher. FREE. Presentation/meeting for Consumer/Survivors and interested others, to discuss recovery-oriented systems, province-wide and national organizing. For more info, see the announcement section. Workman Theatre, 1001 Queen Street West. 1:00 – 4:30 pm.

Announcements

Toronto Star - Disabled students get cap - February 01, 2007, Daniel Girard, Education Reporter

College students with disabilities are getting a break. Queen's Park announced today that those students who take longer to complete their studies because of their disability will have their tuition fees capped at the same level as their able-bodied counterparts. It's a move that's expected to cost the province about \$1 million per year. There are about 30,000 students with disabilities at post-secondary institutions in Ontario, split almost evenly between colleges and universities. While universities typically charge tuition by the course, colleges do so by the semester of study, meaning that students who take longer to complete their college programs can often pay hundreds, or even thousands, of dollars more.

This information was sent to us by Brian McKinnon of the Ontario Recovers Campaign:

Exploring Empowerment and Recovery
March 1, 2007 9:00 am – 1:00 pm

George Brown College is holding its 8th annual Mental Health conference. This year's theme is "**Exploring Empowerment and Recovery**". The keynote speaker is Dr. Dan Fisher, the well-known survivor activist and critical psychiatrist. He is the co-founder of the National Empowerment Center, the co-author of the PACE model of recovery, and a recent member of the President's New Freedom Commission on Mental Health (known for its controversial but recovery-friendly report). Date and time is Thursday, **March 1, 2007, 9:00 am – 1:00 pm**. The location is George Brown College, St. James Campus, Centre for Financial Services Education, 290 Adelaide Street East, Room 406, Toronto, ON. The price includes breakfast - \$50 or \$15 (for consumers/survivors). (Note: +GST). See the website link below for registration info. <http://www.georgebrown.ca/mental-health-conference/index.aspx>

For more information, contact 416 415-5000 x 4141 or wmhd@georgebrown.ca.

**The Alliance for Education in Community Mental Health Hosts:
A Highly Interactive Workshop with Live Demonstration on
Complementary and Alternative Mental Health Care**

Date: **Wednesday, March 7, 2007**
Venue: Royal Canadian Legion, 243 Coxwell Avenue, Toronto #416 465-0120
(north of Dundas and South of Gerrard)

Registration: Begins at 12:30 p.m. Workshop from 1:00 pm. to 4:00 pm.
Refreshments will be served at the break
Lunch is not provided

Registration Fee: \$25.00 (includes materials) **Please register by February 27th, 2007.**

A Follow up to last year's workshop:

Presenter:

Dr. Hung-Tat (Ted) Lo, MBBS, MRC Psych, FRCPC

President of FACTS (Friends of Alternative and Complimentary Therapies Society)
Professor of the University of Toronto, Staff psychiatrist at CAMH and Mount Sinai

**A limited number of bursaries are available for Consumer/Survivors who are not sponsored by agencies.
Please register early.**

The Alliance for Education in Community Mental Health: Consumer/Survivor representation, Habitat Services, CRCT, COTA Health, Homeward, Houselink Community Homes, Progress Place, CMHA West, Wilkinson Housing and St. Michael's Hospital.

Please submit your registration by mail no later than **February 27th, 2007**

**A limited number of bursaries are available for consumer/survivors who are not sponsored by agencies.
Please check the appropriate box:**

- I am requesting a bursary in order to attend.
Please note: Individuals requesting bursaries may register by telephone by calling Elizabeth O'Malley at 416 482-4103 x 315.

Or

- I have enclosed a cheque payable to
"COTA Health – Education Workshop"
In the amount of \$25.00.

(Please note: Payment must accompany registration.)

Mail to: Elizabeth O'Malley, CRCT, 366 Adelaide Street East, Suite 230, Toronto, Ontario, M5A 3X9

Name(s): _____ Organization: _____

Address _____

Date: **Wednesday, March 7th, 2007**

Registration: **12:30 pm. Refreshments will be served during the break. Lunch is not provided**
Time: 1:00 pm to 4:00 pm.

DEC NET

Diabetes Self-Management Group for Consumer/Survivors

4 afternoons in March from 2:00 to 4:00, March 5th to March 26th

South Riverdale Community Health Centre, Queen and Carlaw

For more information, and to register, call Denise at 416 469-6580 x 3157.

Do You Have a Friendly Dog?

Please pass this on to anyone who has a dog and is interested in volunteering at CAMH with the dog therapy program. We are evaluating dogs on March 3. In order to be part of the pet therapy program the dogs must pass the evaluation. Please call me for further info and location. Thanks

Theresa Conforti, Co-ordinator, Volunteer Resource, Inpatient Programs,

CAMH, 1001 Queen Street West

Tel: 416 535-8501 2995 Fax: 416 583-4612 e-mail: Theresa_conforti@camh.net

**Call for Submissions
Logo Contest**

The CSI Network seeks creative Consumer/Survivor with advanced graphic arts capabilities to submit a design for a CSI Network logo and tagline. This is an open competition that will run from February 2 to February 28. The chosen design will be awarded a cash prize of \$200.

Interest and questions should be directed to Pam Lahey at 416 424-2266 or lhin7_csi@awaycourier.ca

To be eligible for the cash prize, submissions must be received by 12:00 pm on February 28th by email or CD directed to Pam Lahey, CSI Network Lead at A-Way, 2168 Danforth Avenue, Toronto ON M4C 1K3

Ruth Ruth of the Friendly Spike invites us all to the next MAD **Pride Toronto** Organizing Meeting, which will be held from 2:00 pm – 4:00 pm at PCLS, Parkdale Community Legal Services, 1266 Queen Street West, on **Friday Feb 23rd 2007**. If you are unable to attend, but would still like to be kept up to date on the organizing, email friendlyspike@primus.ca or call 416 516-4740.

Tax Clinic

The C/S Info Centre's Annual Tax Clinic is kicking into high gear !!

You are probably aware that we do income tax returns for low income people who need help preparing their returns all through the year. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by Canada Revenue Agency:

- Low income is defined as \$15 – \$20,000 for people with no dependants, \$20 – \$25,000 with dependants,
- No self employment income,
- No rental income, ie no one pays rent to you,
- No complicated returns,
- No widowed people with the tax returns of a deceased spouse,
- No bankruptcies,

- No capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2006, and give us a call to set up your appointment.

Please don't call until you have everything in hand.

Appointments will start on March 12, 2007

An Afternoon with Dr. Dan Fisher

**Presentation/Meeting for Consumers/Survivors
(and interested others)**

An Afternoon with Dr. Dan Fisher

Dan is a long-time survivor activist who also happens to be a psychiatrist. He is the co-founder of the National Empowerment Center (<http://www.power2u.org/>) in the Boston area, the co-author of the PACE (Personal Assistance through Community Existence) model for recovery, a committee member of the President's New Freedom Commission on Mental Health, and more recently, he is assisting in the development of the (US) National Coalition of Mental Health Consumer/Survivor Organizations. ("The National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO) will ensure that consumer/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community." <http://www.ncmhcs.org/index.htm>)

Dan is interested in meeting with the Toronto/Ontario consumer/survivor community to discuss recovery and empowerment issues. He will provide an overview of recovery, and discuss progress in the States to 'transform the institutionally-oriented mental health system to a recovery-oriented system'. Dan will engage directly with representatives from various local/Ontarian survivor agencies and groups, and he will provide information and recommendations relating to province-wide and national organizing.

Time & Location

1:00 – 4:30, Wed. Feb. 28, 2007

Workman Theatre

CAMH, 1001 Queen St. W. (Queen & Ossington)

This event is FREE. Donations gratefully accepted.

Light refreshments will be provided at break-time.

The presentation/meeting is sponsored by the Ontario Recovers Campaign, the National Network for Mental Health, Workman Arts (and others, TBA)

For more information, contact:

Brian McKinnon, 416-285-7996, ex. 227 or bmckinnon@iprimus.ca

Stand Up For Mental Health

The application deadline for this latest Stand Up For Mental Health (free) program is February 20, and there are still a few spaces. This is a 14 week program starting on March 6 and running on Tuesday afternoons from 1:00 to 4:00. It will be held at the Mood Disorders Association of Ontario, 40 Orchard View Blvd. Suite 215. Course is limited to 15 people. The course will conclude with a comedy showcase in mid June 2007 featuring a brief comedy routine by each participant in front of friends, family, guests and other supportive individuals.

Call 416 486-8046. Michael Cole, Director, Stand Up For Mental Health Comedy Program (Toronto).

the **EMPOWERMENT COUNCIL** presents: **DISCRIMINATION & PSYCHIATRY**

Info Session for Survivors/Consumers/Clients of Colour

MEET AT:

Empowerment Council Office Room 160

1001 Queen Street

February 28th 2007

11:00 - 1:00PM

PLEASE RSVP

Refreshments Provided

Racism happens. Racism is a prejudice and happens when someone judges you because of race, colour, religious belief, ethnic background, or the language you speak. Racism can make you feel bad about who you are as a person.

Hour 1

Racism and Psychiatry in British Colonial South Africa.

Guest Speaker, Joanne Murray Ormandy is a Mad activist and a student who recently worked in Namibia where she became interested on the history of psychiatry in Southern Africa. Her talk will focus on how racism played a key role in the history of asylums of the Cape Colony of South Africa. Joanne will also share some of her photos from her stay in Namibia.

Hour 2

Facilitated by Caroline Fei-Yen Kwok

We want to talk to clients/consumers/survivors about your experiences of racism :

What is racism?

Have you experienced racism within the psychiatric system?

What changes need to happen to improve services?

FOR MORE INFO CALL: Lucy Costa (416) 535-8501 ext. 3013

To Subscribe to The Bulletin or the Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month, on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto and the C/S Info Centre. It is published 4 times a year.

Both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the internet.

Helen Hook
C/S Info