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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 15, 2007
Bulletin 352

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

S.M.A.R.T.E.R. GOAL-SETTING

S.M.A.R.T.E.R. goal-setting involves breaking broad goals down into action steps that can be achieved daily or weekly. Next time you set out to accomplish something, ask yourself this: is your goal S.M.A.R.T.E.R.?

- Specific:** Are you setting one goal at a time? Does your goal consider who, what, where, when, why and how?
- Measurable:** How will you know when you have achieved your goal? What does success look like? If you're not sure, your goal is probably not specific enough.
- Acceptable:** Will you feel good about achieving this goal? Do you want to do it, or are you 'shoulding' on yourself?
- Realistic:** Are you realistically able to do it? Are you setting yourself up to fail?
- Timely:** Are you in a rush to "do it all right now"? Is this the right goal – or part of a goal – at the right time? Should you wait?
- Evaluate:** Are you checking to make sure you are on the right track? Do you need to modify your goal or any of your strategies? Can you change your mind if other priorities have arisen?
- Reward:** What are you doing to support yourself in achieving your goal? Are you patting yourself on the back, or taking care of yourself in other ways consistent with your goal?

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Announcements

Inclusion of an announcement is *not* an endorsement of the views of any organization or individual.

VOLUNTEERS WITH SCHIZOPHRENIA NEEDED FOR RESEARCH STUDY **Practice-Related Learning in Schizophrenia: An fMRI Investigation**

Volunteers with schizophrenia are required to take part in a functional magnetic resonance imaging (fMRI) study to better understand brain activity in learning and practice in schizophrenia. The study will be conducted at the PET Centre at the Centre for Addiction and Mental Health (250 College Street) and the Rotman Research Institute (3650 Bathurst Street). It will involve 2 fMRI scans done on separate days (3 visits in total). Participants will receive financial compensation for their time.

Participation:

Male and female adults 18-50 years of age with a diagnosis of schizophrenia are eligible to participate in this study. Additionally, the following criteria must be met:

- Be native English speakers and have been raised in Canada or the United States
- Have no history of addiction to drugs or alcohol
- Be competent to provide informed consent
- Have no metal implants, a pacemaker or severe claustrophobia

For more information:

Contact Heidi, Research Analyst, CAMH, 250 College Street at 416 535-8501 x 6412 or at heidi.marcon@camhpet.ca

TODAY WE MARCH! TOMORROW WE VOTE! **Rally at Queen's Park on Saturday, August 18, 2007 at 1:00 pm** **to demand action from the McGuinty Government:**



Tenants Rights / Rent Freeze / Rent Control! \$10 Minimum Wage Now! Reign in Payday Lending!
Public Social Housing, Not Private! \$1.9 Billion for Affordable Housing Now! Recognize International Credentials!
Community Access to Public Schools! Increase Social Assistance Rates By 40%! Addiction Service Funding Now!
For more information call the Association of Community Organizations for Reform Now (ACORN)
at 416 461-9233 or visit www.canada.acorn.org

ALL-PARTY DEBATE ON POVERTY AND HEALTH **Tuesday, September 25, 2007 at 7:00 pm, Innis Town Hall** **Northwest corner of St. George Street and Sussex Avenue, just south of Bloor Street**

The Liberal, New Democratic and Progressive Conservative Parties will be participating in a debate on poverty and health with moderator Carol Goar of the Toronto Star. The event is sponsored by Health Providers Against Poverty, Income Security Advocacy Centre and the Registered Nurses' Association of Ontario. For more information contact Kate Melino at kmelino@rناو.org or 416 408-5613.



PSYCHIATRIC SURVIVOR PRIDE WEEKEND



The MAD PRIDE Organizing Committee, supported by the Friendly Spike Theatre Band, Parkdale Legal Community Services, Parkdale Activity-Recreation Centre, Sound Times Support Services and Houselink Community Homes, presents:

- FRIDAY, SEPTEMBER 28TH 'Now, Who's Crazy Now!', a one-woman show about recovery by Elly Litvak. 6:00 pm to 8:00 pm, Parkdale Library Auditorium, 1303 Queen Street West.
- SATURDAY, SEPTEMBER 29TH Awards Celebration, Lunch, Community Presentations, and the Friendly Spike Theatre Band production of 'The Edmond Yu Project'. 11:00 am to 4:00 pm, Parkdale Library Auditorium, 1303 Queen Street West.
- SATURDAY, SEPTEMBER 29TH Historical Patient Built Wall Tour. 6:00 pm to 8:00 pm, Centre for Addiction and Mental Health, 1001 Queen Street West.
- SUNDAY, SEPTEMBER 30TH The Cemetery Project. An acknowledgement of 1,511 former patients of Lakeshore Asylum who were buried at the corner of Evans Avenue and Horner between 1890 and 1974. Details to follow.

For more information, call 416 516-4740 or email friendlyspike@primus.ca

PSYCHIATRIC SURVIVORS' SOCCER TOURNAMENT 2007

Hosted by Parkdale Activity - Recreation Centre (PARC)
1499 Queen Street West

On Thursdays at about 1:00 pm, the members of PARC play soccer at Sorauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun! For more information, contact 416 432-9690, or Hume Cronyn or Zephie James at 416 537-2591. The Tournament will be held in September; location and times to be announced. If you belong to an agency or organization, consider setting up your own team and practice sessions. You can register for the Tournament as an agency team.

Get active in summer. Kick the ball.



POETRY AND SHORT READING 'EXTRAVAGANZA'

Friday, August 17th, 2007 at 6:00 pm at PARC

Share your original works of poetry and short prose at this Mad Pride event, sponsored by Project Parkdale Read and PARC. Registration is necessary; call Hume Cronyn at 416 537-2591 on Thursdays and Fridays, or email heinz_klein@hotmail.com, Topic: PRE 07.



CRACKING UP
CBC Passionate Eye Documentary
on Using Comedy to Fight Mental Illness
Rescheduled to August 30th, 2007 at 9:00 pm on CBC's Doc Zone



Cracking Up is a life-affirming documentary about people with mental illness who embark on a quirky quest to become stand up comics. The film follows 11 courageous people living with schizophrenia, obsessive compulsive disorder and manic depression as they pursue a year of stand-up comedy. Part fun and part therapy, the course 'Stand Up for Mental Health' is the brainchild of counselor and stand-up comedian, David Granirer. For more information visit www.standupformentalhealth.com or www.cbc.ca/doczone.

STAND UP FOR MENTAL HEALTH



Fall 2007 Program Starting October 10, 2007 ~ Wednesday Evenings from 7:00 pm to 9:30 pm
Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602

This 14-week program is a repeat of 4 successful projects led by Michael Cole in the last 2 years. The course is limited to 15 people. Selected applicants will participate in a short interview to assess suitability and commitment. The program will conclude with a "Comedy Showcase" in January 2008 featuring a brief comedy routine by each participant, in front of friends, family, guests and other supportive individuals.

- **Participants learn how to:** face their own particular mental health challenge(s); use humour to cope more positively with their illness; communicate more effectively
- **The program will:** help empower participants; break down isolation and anxiety; help convert their experiences into a short stand-up comedy routine; build self-esteem of participants

Applications must be received by Monday, October 1, 2007

For more information and application forms, contact Michael Cole at 416 486-8127

DIABETES SELF-MANAGEMENT PROGRAM
FOR MENTAL HEALTH CONSUMER/SURVIVORS
Mondays from September 10th to October 1st, 2007, 2:00 pm to 4:00 pm
South Riverdale Community Health Centre, 955 Queen Street East (at Carlaw)

DEC NET is pleased to offer a program to the East Toronto community especially tailored to meet the needs of individuals experiencing mental illness and diabetes.

Participants will learn in a positive and supportive environment:

- How managing your blood sugar can make you feel better physically and mentally
- Helpful strategies for healthy eating including cooking and shopping on a tight budget
- Daily exercise options
- And more...

- Small group classes are offered in 4 meetings of 2-hour duration in a community setting led by a Nurse and Dietician
- Family members, case managers, and caregivers are invited to accompany participants
- Programs are offered at no cost to participants; TTC tickets will be provided to participants

PLEASE PHONE DENISE AT 416 469-6580 X 3157 FOR MORE INFORMATION OR TO REGISTER

13th Annual DON RIVER RUN FOR RECOVERY

Sunday, August 26, 2007, 10:00 am
CAMH, Brentcliffe Road Site, 175 Brentcliffe Road (Laird and Brentcliffe)
RUN.....WALK.....VOLUNTEER.....HAVE FUN!



The 13th Annual Don River Run for Recovery is a 10 kilometre run and 5 kilometre run or fun walk which will be held on Sunday, August 26, 2007 at 10:00 am. It caters to a range of participants: those who are interested in serious competition, those who are interested in fitness, those who are interested in good fun, and those who are interested in helping people. The run will be focussed on creating a fun-filled day for participants, with food, draw prizes and entertainment, while at the same time promoting public awareness about addiction and mental health issues which affect about one in four Canadians. All proceeds from the event will be directed towards making wellness-related activities more accessible to CAMH clients.

You can win a free registration into the Don River Run for Recovery by telling your story about how exercise has helped you to deal with mental health or addiction issues. For further details about free registration, contact john_malcolm@camh.net.

For paid registration, go to a Running Room location, visit www.runningroom.com, or visit www.camh.net and click on Don River Run for Recovery under Events.

Did You Know About...



FREE ART PASSES. Mayor David Miller and the Toronto Public Library have announced a new Museum and Arts Pass program. The Pass can be borrowed by Toronto Public Library card holders, much the way someone might borrow a book or a CD from the collection. The Pass provides full admission for up to two adults and four children to the Art Gallery of Ontario, the Bata Shoe Museum, the Gardiner Museum, the Royal Ontario Museum, the Textile Museum of Canada and the City of Toronto's Historic Museums, and more.

The Passes are initially being made available for borrowing through 24 branches of the Library. All you need is a valid Library card to choose one of the museums and galleries participating in the program. Quantities are limited; some borrowing rules apply. For further information and names of participating libraries, call the Toronto Public Library's Answerline at 416 393-7131 / TTY 416 393-7030 or visit http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp.

Wish List

Does anyone have a need for a Yonex championship-quality badminton racket, or a popcorn popper? We also have a gold-coloured desk clock and a white electric kettle available. Please call the centre if you are interested in any of these items.

If you have something to donate for 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 Activities

We will make every effort to indicate if a venue is not wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

WEDNESDAY, AUGUST 15

City of Toronto Fresh Wednesdays. Farmers' Market and live entertainment. FREE. Today: jazz by the Robin Boers Trio. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon to 2:00 pm. For more information call 416 395-0490.

Summer Serenades at Yonge-Dundas Square: Royal Wood. FREE. Featuring some of Canada's brightest vocal and piano talents. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

CityTV Street Screens. FREE. Lots of prizes! Summertime screenings under the stars. Tonight's feature film: *Meet the Family*. CityTV parking lot, 299 Queen Street West at John Street. 9:00 pm. For more information visit www.citytv.com.

THURSDAY, AUGUST 16

City of Toronto Tasty Thursdays: Peter Elkas. FREE. Featuring pop and soul sounds. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon. For more information call 416 395-0490.

OutTV Cover Guy Reality Series Finale. FREE. Live audience taping. Come by and be part of the audience! The Gladstone Hotel, Ballroom, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

FRIDAY, AUGUST 17

Poetry and Short Reading 'Extravaganza'. FREE. Hear original works of poetry and short prose by consumer/survivors at this Mad Pride event, sponsored by Project Parkdale Read and PARC. Parkdale Activity - Recreation Centre, 1499 Queen Street West. 6:00 pm. For more information call 416 537-2591.

Global Grooves at Yonge-Dundas Square: Tasa. FREE. Featuring some of Canada's best contemporary world music by this Urban Music Award-winning ensemble. 8:00 pm to 10:00 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

Canadian National Exhibition. General Admission \$14.00; \$10.00 for seniors and children under 13. Price includes admission to Ontario Place. Toronto's 128-year-old summer fair delivers a bit of old-fashioned big top (human canon balls) and a bit of the new (a Cirque du Soleil-style production called *Le Voyage des Aquareves*). Nostalgia buffs will enjoy The Village People, April Wine and polka king Walter Ostanek performing at the bandshell (August 17, 18 and 23, respectively). Other attractions include the SuperDogs, peewee baseball games, the midway, and Labour Day weekend's air show. The Ex continues through September 3rd at Exhibition Place, 10 Princes' Boulevard. Gates are open from 10:00 am to 10:00 pm, grounds from 10:00 am to midnight, and the casino opens at 12:00 noon. For more information call 416 393-6300 or visit www.theex.com.

World Routes 2007: Filipinos Making Waves. FREE. Treat yourself to the vibrant and colourful culture of the Philippines in this jam-packed Festival. Hear the music of the Philippines and see celebrities, Latino and ballroom dance, full-length Filipino film premieres and theatrical presentations. The Festival continues through Sunday, August 18th at Harbourfront Centre, 235 Queens Quay West. For more information and event times, call 416 973-4000 or visit www.harbourfrontcentre.com.

SATURDAY, AUGUST 18

Rally at Queen's Park. FREE. Join in the march on Queen's Park to demand action from the McGuinty Government on tenants' rights, minimum wage, affordable housing, and other urgent issues. 1:00 pm. For more information, see the announcement on page 2 of this issue.

Festival of South Asia. FREE. Featuring south Asian dancing, music and cuisine, the annual Festival of South Asia will take place on Gerrard Street East between Greenwood and Coxwell Avenues. The Festival runs from 2:00 pm to 11:00 pm on August 18th and from 12:00 noon to 11:00 pm on August 19th. For more information call 416 465-8513 or visit www.festivalofsouthasia.com.

SUNDAY, AUGUST 19

Lost River Walks. FREE. Natural Gardens Along Lost Creeks. Starts outside Northern District Library, 40 Orchard View Boulevard (north of Eglinton Avenue, west of Yonge Street). 2:00 pm. For more information call The Toronto Field Naturalists at 416 593-2656, or contact The Toronto Green Community at 416 781-7663 or info@ntgc.ca.

ROMwalk 2007: Rosedale. FREE. Highlights of the walk include James Ramsay House, Drumsnab, Hawthorn Gardens, Craighleigh Gardens, Mooredale House, Ancroft Place. Meet at 2:00 pm at Castle Frank Subway Station. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

St. James Cathedral Summer Sundays: Summer Delights III. FREE. Madrigals and lights organ music. 4:00 pm. 65 Church Street at King Street West. For more information call 416 364-7865 x 224.

Summer Music in the Garden: A Madre de Deus. FREE. Medieval Spanish songs, lively dances and pilgrims' songs from 13th century Cantigas de Santa Maria. Toronto Music Garden, 475 Queens Quay West. 4:00 pm, weather permitting. For more information call 416 973-4000.

Sunday Serenades: Priscilla Wright and the All-Girl Orchestra (Big Band/Swing). FREE. An entertaining and uplifting trip down memory lane led by the youngest Canadian ever to have an international hit record. Mel Lastman Square, 5100 Yonge Street, 2 blocks north of Sheppard Avenue. 7:30 pm to 9:00 pm. For more information visit www.toronto.ca/special_events.

MONDAY, AUGUST 20

Music Mondays at the Church of the Holy Trinity. \$5.00 suggested donation. Ensemble La Rota. Medieval music in historically-informed and creative style. 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521 x 304.

TUESDAY, AUGUST 21

Outdoor movies at Yonge-Dundas Square. FREE. Tonight's futuristic flick: *Minority Report*, starring Tom Cruise. Outer space in an outdoor place! 8:35 pm to 11:00 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

WEDNESDAY, AUGUST 22

ROMwalk 2007: Parkdale. FREE. Highlights of the walk include St. Mark's Anglican Church, Queen Elizabeth Hospital, Masaryk Hall, Melbourne Mews, and the homes of Mazo de la Roche. Meet at 6:00 pm in front of Parkdale Public Library, 1303 Queen Street West. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

CityTV Street Screens. FREE. Lots of prizes! Summertime screenings under the stars. Tonight's feature film: *Meet the Fockers*. CityTV parking lot, 299 Queen Street West at John Street. 9:00 pm. For more information visit www.citytv.com.

THURSDAY, AUGUST 23

City of Toronto Tasty Thursdays: Papa Duke. FREE. The 'duke' of gypsy violin, Vasyl Popadiuk fuses classical, Latin, jazz and pop. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon. For more information call 416 395-0490.

Buskerfest 2007. FREE (donations to benefit Epilepsy Toronto are welcomed). Toronto's eighth annual Buskerfest showcases more than 40 world-class performers from around the globe. Join the excitement as performers skateboard through fire or ride a unicycle across a slack rope while juggling; enjoy street theatre by comedians, contortionists, magicians, mimes, acrobats and more. Sample delicious treats or stroll the avenue of artisans and take in the sights and sounds of roving musicians, stilt walkers, chalk artists, and much more. St. Lawrence Market neighbourhood, between Scott and Jarvis Streets. 12:00 noon to 10:00 pm. For more information call 416 964-9095 or visit www.torontobuskerfest.com.

FRIDAY, AUGUST 24

Movies Under the Stars at Downsview Park. FREE movies, FREE food, FREE parking. Tonight's feature flick: *Nancy Drew*. Downsview Park, 35 Carl Hall Road (corner of Keele Street and Sheppard Avenue). 8:00 pm, rain or shine. For more information call 416 482-0973 or email info@ezrock.com.

Buskerfest 2007. FREE. Ontario's largest street performers' Festival continues in the St. Lawrence Market district from 12:00 noon to 11:00 pm. For more information, see listing under August 23rd.

SATURDAY, AUGUST 25

Buskerfest 2007. FREE. The Festival continues from 11:00 am to 11:00 pm. See listing under August 23rd for more information.

SUNDAY, AUGUST 26

Buskerfest 2007. FREE. The Festival continues from 11:00 am to 8:00 pm. See listing under August 23rd for more information.

Pedestrian Sunday in Kensington Market. FREE. Enjoy wide open, car-free streets and lots of great entertainment at this annual event on Kensington Avenue, Baldwin Street and Augusta Avenue. 1:00 pm to 7:00 pm (10:00 pm on north Augusta Street). For more information call 416 929-4900 or email info@kensington-market.ca.

Summer Serenades: Toronto Megacity Swing Band. FREE. An 18-piece jazz orchestra that performs big band classic hits as well as modern swing. Mel Lastman Square, 5100 Yonge Street, 2 blocks north of Sheppard Avenue. 7:30 pm to 9:00 pm. For more information visit www.toronto.ca/special_events.

MONDAY, AUGUST 27

Music Mondays at the Church of the Holy Trinity. \$5.00 suggested donation. Anya and Stephen Mallinger, violin and piano. Works by Prokofiev, Gershwin, and Ravel. 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521 x 304.

TUESDAY, AUGUST 28

Outdoor movies at Yonge-Dundas Square. FREE. Tonight: "*Trip-Hop*" *Metropolis*. Fritz Lang's silent 1927 masterpiece screened with live contemporary electronic musical accompaniment. 8:55 pm to 11:00 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

Java Knights at the Gladstone Hotel. No Cover Charge. ACT Toronto and the Gay West Community Network have formed a new partnership to present Java Knights, a monthly west-end social event to bring forth a group of individuals interested in discussions on various topics of interest. 7:00 pm to 10:00 pm. The Gladstone Hotel, Art Bar, 1214 Queen Street West. For more information call 416 531-4635 or email info@gladstonehotel.com.

WEDNESDAY, AUGUST 29

Summer Serenades at Yonge-Dundas Square: Treasa Levasseur. FREE. Ballads, blues, gospel-style testimonials, and rock by a unique and powerful voice. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

ROMwalk 2007: ROM and its Neighbours. FREE. Highlights of the walk include exteriors of the Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. Meet at 6:00 pm at the front of the Royal Ontario Museum. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

Hump Day Bump. No Cover Charge. Dance at the Gladstone Hotel's neighbourhood queer night with DJ'd music. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, AUGUST 30

Summer Music in the Garden. Esmerelda Enrique Spanish Dance. FREE. Flamenco dancing with guest singer Jose-Luis Perez. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 973-4000.

FRIDAY, AUGUST 31

Global Grooves at Yonge-Dundas Square: Kaba Horo. FREE. Balkan Gypsy sounds by the 2007 Juno Award Winners for Best World Music Album. 8:00 pm to 10:00 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

World Routes 2007: Ukrainian Zabava. FREE. Delve into Ukrainian-Canadian wedding culture! Explore Ukrainian culture and share in traditions and important rituals. The Festival continues through Sunday, September 2nd at Harbourfront Centre, 235 Queens Quay West. For more information and event times, call 416 973-4000 or visit www.harbourfrontcentre.com.



*When you come to the edge of all that you know,
you must believe one of two things:
There will be earth to stand on,
or you will be given wings to fly.*

~Author Unknown

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 (CRCT) and the C/S Info Centre. It is published 4 times a year. The next issue will be out at the end of September. Both are posted on the CRCT website at www.crct.org. 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 & Deb, C/S Info

The C/S Info Centre's Annual General Meeting will be held on October 3, 2007.

We're celebrating our 15th Anniversary and we'll go back to where we first started delivering service – at PARC. 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 Membership 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 for membership.

- 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.

You do not need to be a member to continue to receive your subscription to the Bulletin.