

PLEASE  
SHARE,  
POST, COPY,  
DISTRIBUTE,  
SUBSCRIBE



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.*

---

**September 15, 2008**

Bulletin 378

---

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday PHONE HOURS: 9-5 Monday-Friday  
LOCATION: 252 College Street, 3<sup>rd</sup> 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](mailto:csinfo@camh.net)

Hello Subscribers,

September 27 and 28 is **Survivor Pride Weekend** so we are beginning this edition of the Bulletin with the Coalition Against Psychiatric Assault's (CAPA) announcement of their first lifetime achievement award.

In addition, we are introducing several new features. First, an oldie but goodie: we are bringing back *Newsbytes*, a regular item produced by Glen Dewar, the founder of the C/S Information Resource Centre of Toronto, in the early years of the Bulletin.

In *C/S Online* we showcase excellent websites about topics of interest to our subscribers.

You may notice that *Free and Low Cost Activities* has been revamped. Instead of listing activities for each day of the week, the activities are organized under event categories.

Finally, *Doing It For Ourselves* highlights local organizations that are led by consumer/survivors. The idea behind this is to facilitate familiarity (for ourselves and our subscribers) with a variety of consumer/survivor initiatives in and around Toronto. In this edition we feature **Friends and Advocates**, a Toronto group that provides high quality recreation and peer support to low-income consumer/survivors.

Thank you for the warm welcome. I am delighted to be here!

Colleen

## Contents

Centre News  
Page 1

Doing It For  
Ourselves  
Page 2

Newsbytes  
Page 3

C/S Online  
Page 4

Yak and Snack  
Page 4

Wish List  
Page 4

Announcements  
Pages 5-7

Places to go...  
Pages 8-9



The Coalition Against Psychiatric Assault is proud to present the first  
CAPA Award for Lifetime Antipsychiatry Activism  
To

**Sue Clark-Wittenberg.**

Sue Clark-Wittenberg is an antipsychiatry and anti-shock activist, antipoverty activist, a public speaker and writer who lives in Ottawa, Ontario. Sue experienced a traumatic childhood and suffered domestic violence in her two former marriages. She documents this in her blog called *The Sue Clark Story* <http://suzyo.wordpress.com>.

Sue is a former psychiatric patient. She was frequently incarcerated and psychiatrized for eighteen years, from 1972 to 1990, in five different psychiatric hospitals in Ontario. During that time, she was labelled with fifteen different psychiatric diagnoses and forcibly drugged with fourteen medications. Sue is also an electroshock survivor. She suffers from permanent memory loss and has difficulty learning new things as the direct effects of electroshock (ECT). Sue and her husband Steven founded the group called The International Campaign to Ban Electroshock (ICBE) in 2007. <http://icbe.wordpress.com>. Sue and Steven want electroshock banned all over the world.

Sue is also the founder of several psychiatric survivor groups in Ottawa: Ottawa Advocates for Psychiatric Patients (OAPP), established in 1988, and its successor, Psychiatric Survivors of Ottawa (PSO). The latter is still active with six paid staff members, all psychiatric survivors. She also founded the Canadian Advocates for Psychiatrized People (CAPP), a lobby and support group that lobbies all levels of government. In the 1990s, Sue was hired by the Royal Ottawa Hospital as a public speaker. She focused on antipsychiatry issues in the *Consumers-As-Experts Programs*. Since 1990, Sue has been completely free of psychiatry.

In addition to the ICBE website, Sue has two other antipsychiatry websites:  
Psychiatry: The Medical Fraud <http://psymedfraud.wordpress.com>  
Sue Clark's Psychiatry Buster Home Page <http://geocities.com/sueclark2001ca/1.html>

Come and celebrate as Sue Clark-Wittenberg receives her award at Psychiatric Survivor Pride 2008!  
The award ceremony will take place on Saturday, September 27th at 3:30 pm in the 7th floor Peace Lounge at 252 Bloor Street West, Toronto, Ontario.

---

## DOING IT FOR OURSELVES

In this edition we highlight **Friends and Advocates**, a consumer/survivor-led non-profit group whose focus is to provide "a leading-edge recovery-based peer-supportive environment for its members". One of the ways they are accomplishing their goal is by working closely with members to create a whole lotta fun! Friends and Advocates was born in 1977, when C/S's from Etobicoke General Hospital and others who were dissatisfied with the mental health system came together to discuss their experiences and concerns. The group met under the auspices of CMHA in classrooms and each other's homes. Lenette Powell-Flowers, the executive director, was 19 years old, a recent graduate in social work, and this group was her first placement. In 1981 the group attained their independence from CMHA and became incorporated. They have approximately 170 members, 57 of whom work 2 hours per week for \$100/month through Ontario Works. Membership is free and all activities are either free or very low cost. Lenette explained that an important goal of Friends and Advocates is to decrease social isolation by facilitating and maintaining long-term connections with its members. There are members who have been part of Friends and Advocates for 30 years ("lifers"). All

decisions are made at the AGM based on majority vote and the executive director has no power of veto. Twenty-four members work as volunteer leaders who welcome and orient new members, monitor and mediate issues that arise among the membership and organize the recreational activities. A quick glance at *Crazy Chronicles* for the month of September reveals: a summer barbeque, a 4 day camping trip, movie night, pot luck dinner, poker night, BINGO, crafts, salsa dancing, jewellery making, crocheting, a wide variety arts and crafts and, most important, karaoke and euchre! The centre also operates as a drop-in for casual socializing which leads to many informal activities such as watching the game on TV, and spontaneous group discussions at the big table in the main area. Importantly, as Lenette reminded us, Friends and Advocates is unique in holding a full Christmas dinner on **Christmas Day!**

Helen and I visited their location last week and received a warm welcome from the staff and members. We chatted about the structure of the organization, the success of a recent bake and craft sale, new funding initiatives and ongoing social/recreational projects, while fussing over a little dog who is a regular visitor at the centre. The space features a TV and music area, a quiet room, a fridge, sofas, and 7 computers (email and internet accounts for members). The computers are available to all members during the centre's hours of operation (9 am to midnight). Lennette emphasized that they are desperate for a larger space with a kitchen for preparing food.

Friends and Advocates  
2340 Dundas St. West #G27 in the Crossways Mall  
416 234-9245  
Open 365 days a year

---

## Newsbytes

**Minister of Health announces a \$130 million funding commitment over 10 years.** On August 18, 2008 the Minister of Health announced a \$130 million funding commitment over 10 years to the Canadian Mental Health Commission. The Mental Health Commission was recommended by a Standing Senate Committee report and launched by the Prime Minister on August 31, 2007. In Budget 2007, the Government committed \$55 million over five years towards a mental health commission and today the Government confirms a total investment of \$130 million over 10 years as follows: \$5.5 million in 2007/08; \$7.5 million in 2008/09; \$12 million in 2009/10 and \$15 million per year starting in 2010/11 until 2017.

Through Budget 2008 the Government of Canada also committed an additional \$110 million to the Mental Health Commission of Canada for research projects to help Canadians with mental illness who are homeless. The three key initiatives of the Commission are to conduct a 10-year anti-stigma campaign, build a pan-Canadian Knowledge Exchange Centre, and elaborate a national mental health strategy for Canada. (Health Canada press release dated August 18, 2008) (Please consult Health Canada for full text of press release.)

[http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/\\_2008/2008\\_134-eng.php](http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/_2008/2008_134-eng.php)

**Health Minister launches online database for licensed natural health products.** OTTAWA - The Honourable Tony Clement, Minister of Health, today launched a new online database that will improve access to information on licensed natural health products. The Licensed Natural Health Products Database will allow Canadians to quickly and easily search for more detailed information on natural health products that have been authorized for sale in Canada. Canadians will be able to use the database to search for information on approved natural health products including authorized health claims and recommended uses, risk information such as warnings and cautions, and medicinal ingredients associated with the product. It will be updated regularly as more products are licensed. (Consult Health Canada News Release 2008-155, September 5, 2008 for full text.)

<http://www.hc-sc.gc.ca/dhp-mpps/prodnatur/applications/licen-prod/lnhpd-bdpsnh-eng.php>

**Consumer-run crisis residential programs more successful.** A recent study has shown that consumer-run crisis residential programs are more successful at promoting recovery, as well as more cost-effective, than traditional locked inpatient facilities. The study, published online by the American Journal of Community Psychology, compared outcomes for 393 consumers admitted during mental health crises and found that those randomly assigned to a consumer-managed crisis residential program (CRP) did better than those assigned to a locked, inpatient psychiatric facility (LIPF). Source: <http://www.medicalnewstoday.com/articles/118619.php>

## Yak and Snack

September 25th at 2:30  
West Wing Meeting Room,  
1001 Queen Street West

Come down and yak about being a consumer/survivor and looking for work. This isn't a formal workshop, it's a chance to chat, share tips and war stories, get a bit of support and maybe some advice. Colleen, Helen and Diana Capponi, the Employment Works Coordinator at CAMH will be there to start things off. The Centre has received several calls already from people who are going to join us on the 25<sup>th</sup>. If you call and put your name down, we'll at least have an idea of how much Snack to buy for our very first Yak & Snack. Call 416 595-2882.

**If you're a consumer/survivor and you want to talk about looking for work,  
we'll see you there.**

## C/S Online

<http://www.selfhelp.on.ca/>

Are you interested in starting a self-help/peer support group? Check out the Self-Help Resource Centre of Greater Toronto's website for excellent suggestions on ways to go about it.

September 22-27 is Self-help Awareness Week. This year's theme is "Mutual Aid and Mental Health".

### Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean ups. Contact Martha at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416 595-2882 and we'll put you in touch.

## Wish List

Hello Bulletin Readers,

This issue, we have received a request for an air filter and for a portable piano keyboard. If you would like to donate any of these items please call the centre. The centre has received a donation of a 14" TV. 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](mailto:csinfo@camh.net).

---

# ANNOUNCEMENTS

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

---

## VOLUNTEER PET FOSTER PARENTS!



Become part of an important new service that provides foster care to pets when a consumer/survivor has to go into hospital. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda Chamberlain at [lichamb5702@rogers.com](mailto:lichamb5702@rogers.com) for more info and application forms.



---

## TOUCHED BY FIRE: CALL FOR SUBMISSIONS

The Mood Disorders Association of Ontario (MDAO) is organizing its second annual art exhibition, Touched by Fire, to celebrate the work of Ontario artists who suffer from a mood disorder (depression/bipolar). All pieces will be provided by artists living with, or recovered from, a mood disorder. Deadline for submissions is September 19, 2008. All proceeds from art sales will go directly to the respective artist/representative. In addition to the Show and Sale, MDAO has developed an on-line gallery, [www.touchedbyfire.ca](http://www.touchedbyfire.ca), where we will showcase the artists' work on an on-going basis. Last year's Touched by Fire Show and Sale was a huge success with over 70% of all artists selling their works. The exhibition will run from November 13-15, 2008 at the Gladstone Hotel where a by-invitation opening will be held on November 13th, 2008. Call 1 888 486-8236 or email [entries@touchedbyfire.ca](mailto:entries@touchedbyfire.ca).

---

## Psychiatric Survivor Pride September 27 & 28, 2008

252 Bloor Street West, 7<sup>th</sup> Floor Peace Lounge, Toronto

The Coalition Against Psychiatric Assault presents Psychiatric Survivor Pride Weekend, a celebration of psychiatric survivor resistance and community empowerment. This year's Psychiatric Survivor Pride marks CAPA's five-year anniversary. It will feature the first presentation of the CAPA Award for Lifetime Antipsychiatry Activism, premiere film screenings, an art installation, and discussion groups about psychiatric survivor community and resistance.

All events are at OISE, 252 Bloor Street West. All events are free and are wheelchair accessible. The schedule is as follows:

### Saturday, September 27<sup>th</sup>

- Psychiatric Survivor Pride Opening and Greetings from CAPA. 1:00 pm to 1:30 pm.
- Premiere Documentary Film Screenings. Featuring Bombarded By Drugs and The Electroshock Report. 1:30 pm to 3:30 pm.
- Presentation of CAPA's Award for Lifetime Antipsychiatry Activism. 3:30 pm to 4:00 pm.

Sunday, September 28<sup>th</sup>

- Resistant Art: Understanding and Exploring Psychiatric Oppressions. Open only to survivors and mad people. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 10:00 am to 12:00 noon.
- What was, what is and what will be: Looking at psychiatric survivor, antipsychiatry, and mad organizing and action. Open only to artists and activists involved in the psychiatric survivor, antipsychiatry or mad movements. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 1:00 pm to 3:00 pm

Call For Artists

Psychiatric survivors, mad people and allies are invited to display their art at the Psychiatric Survivor Pride Art Exhibit. If you are interested in submitting your art for display, please email [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) or call 647 345-4810.

---

**LHIN News**

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) will be on September 17, 2008 from 4:00 pm to 6:00 pm at 425 Bloor Street East, Suite 210. For more information call 416 921-7453 or 1 866 383-5446.

---

**THE LAKESHORE ASYLUM CEMETERY PROJECT  
INVITES YOU TO JOIN US FOR A:**

**“Fall Visit and Clean-Up”**



**Saturday October 18<sup>th</sup>, 2008**  
(Rain Date: Sunday October 19<sup>th</sup>)  
2:00 pm

To remember and honour in a dignified and respectful way the lives of the 1511 people buried in the Lakeshore Psychiatric Hospital Cemetery and to acknowledge their contributions to our community.

We will be gathering to do some yard work and freshen up the grounds. Grass/Hedge clippers and Lawn-edgers will be useful. You are welcome to join us. Donations of artificial flowers would also be appreciated.

For More information please contact  
Deb Quiggin at 416 251-8666.

Directions to the Cemetery:

TTC – From the Royal York Subway take the #15 Evans bus to the northeast corner of Evans and Horner Avenue where the cemetery is located. (From Kipling Subway, taking the Kipling South Bus to Evans Ave. and walking east works as well)

Cars – The cemetery is just south of the onramp to the QEW where Evans and Horner meet. There is a parking lot on the south side of Evans Ave.

PLEASE NOTE: The graveyard is not wheelchair accessible; there is little shade, and no water supply.

**QUEEN STREET PATIENT ROUNDS**

Friday September 26<sup>th</sup> 2008  
2:00 – 3:00 pm  
Empowerment Council Office



1001 Queen Street, Room 160

## SMOKING

A Focus Group for CAMH Clients

CAMH is planning to create a tobacco free policy. This means clients will no longer be able to keep cigarettes on site. (Staff won't hold them).

**We want to talk to clients and hear your feedback. Come share your opinions.**

Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment.

For more info call Lucy Costa - 416 535-8501 Ext 3013

---

### **The Corpse Has Been Keeping Long Enough. Are You in this Book?**

Find Out October 1<sup>st</sup>. Attend the launch of Pat Capponi's new book "The Corpse Will Keep".

Wednesday October 1 From 7:00 - 9:00 pm

PARC

1499 Queen Street West

For info Email at [books@anotherstory.ca](mailto:books@anotherstory.ca) or visit [anotherstory.ca](http://anotherstory.ca).

Published by Harper Collins Canada [www.harpercollins.ca](http://www.harpercollins.ca)

---

## **TAX CLINIC**

**Never  
Too  
Late To  
Come  
In and  
Have  
Your  
Taxes  
Done...  
For  
Free**

Even though April 30 has come and gone, the C/S Info Centre is still doing tax returns for Consumer/Survivors. We do the current tax year – 2007 – and we go back as far as Canada Revenue Agency will allow, that's 10 years, folks!! So call for an appointment if you meet the following guidelines set by the Canada Revenue Agency:

- Low income is defined as \$20 - \$25,000 for people with no dependants, \$25 - \$30,000 for a couple or one adult with a child, and \$2,000 for each dependant,
- No complicated returns, which means:
- No self employment income,
- No rental income, i.e. no one pays rent to you,
- 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 2007, and give us a call to set up your appointment. Please don't call until you have everything in hand. There is no charge for this service. Make sure you tell us when making the appointment if we'll be doing more than one year.

## **PLACES TO GO... PEOPLE TO SEE...**

Free and Low-Cost Events for September 15 to September 30

---

## Art

SCOTIABANK NUIT BLANCHE. October 4. 6:52 pm to sunrise. More than 155 destinations across downtown Toronto. Email [scotiabanknuitblanche@toronto.ca](mailto:scotiabanknuitblanche@toronto.ca). FREE

OUTDOOR SCULPTOR TOURS. From now through October, the Art Gallery of York University offers guided tours of outdoor sculptures on Keele campus. The University's collection includes sculpture by influential artists from the 1960s as well as more recent acquisitions. AGYU. 116 Accolade East Building. Wednesdays from July 2 to October 29. 12 noon. Call Heather at 416 736-5169. FREE Tours

## Comedy

STAND UP FOR MENTAL HEALTH. Comedy Showcase. Features graduates of the 2008 Summer program. 40 Orchard View Blvd. Room 200. Eglinton and Yonge. Wed. October 1, 2008. 7 pm. Call 416 486-8046. FREE

## Drop-in

SUNDAY DROP-IN. A year round programme featuring meals, movies, meeting place, and resource information for homeless people. The 519 (Church and Wellesley St.) Sundays 10 am to 3:30 pm. Lunch is served at 1 pm. Call 416 392-6878 x 105. FREE

MEAL TRANS PROGRAM. Meal Trans is a multi-service drop-in primarily for lower-income and street-active transsexual and transgendered people. A place for ts/tg people to get together over a healthy meal, learn with and from each other, and build a stronger community. The 519 Church Street Community Centre. Every Monday from 6 pm to 10 pm. Call 416 392-6878 x 104 or email [mealtran@the519.org](mailto:mealtran@the519.org). FREE

AMONG FRIENDS. An LGBTQ refugee and immigrant initiative. Let's help each other find ways to cope with the stress, isolation and issues related to our refugee process. The 519 Church St. Community Centre. 519 Church St. The 2nd and 4th Wednesday of each month from 8:00 pm to 10:00 pm. Call Diego Macias at 416 392-6874, x 130 or email at [diegomacias@the519.org](mailto:diegomacias@the519.org).

WHAT NEXT! Peer Support/Drop-in Centre. BINGO. 1859 Leslie St. Red Cross Building. Tuesday September 16. 2 pm to 4 pm. FREE

## Festivals

5<sup>TH</sup> ROMANIAN FESTIVAL OF TORONTO. St George Romanian Orthodox Church. 5100 Yonge Street, two blocks north of Sheppard. September 27. 11:00 am to 8:00 pm. Visit [www.RomanianChurchToronto.com](http://www.RomanianChurchToronto.com). FREE

CARIBBEAN WEEK TORONTO 2008. Caribbean showcase. Yonge-Dundas Centre. Friday, September 26. 10:00 am to 4:00 pm. Visit [www.caribbeanweek.ca](http://www.caribbeanweek.ca). FREE

## Movies

RAINBOW CINEMAS. Two-Toonie Tuesdays. Woodbine Centre – 500 Rexdale Blvd., 80 Front Street East, Promenade Mall, Hwy 7 & Bathurst Street. Every Tuesday. All day. Call 416 494.9371 or visit [www.rainbowcinemas.ca](http://www.rainbowcinemas.ca). \$4.00.

## Music

TORONTO NEW MUSIC MARATHON. The Lollipop People, Allison Cameron, Eve Egoyan, Bitchin' New Adventures in Sound Art, Tidal Pool, Contact, and more. Younge-Dundas Square. Saturday, September 20. 2 pm to 10 pm. FREE

VIA SALZBURG CHAMBER ORCHESTRA AND MICHAEL SWEENY. Lullaby for String Orchestra and Bassoon Concerto. Four Seasons Centre for the Performing Arts. 145 Queen Street West. Noon – 1:00 pm. Tuesday, September 23. [www.coc.ca](http://www.coc.ca). FREE

## Radio



CANADIAN MULTICULTURAL RADIO. FM 101.3. South Asian owned and operated station serves 20 ethnic groups in more than 24 languages. Features many programs including: Asian Connections, Band Baja, Caribbean Gospel, Hum FM, Ipathalaga Ang Pinoy, Radio Golis, Radio Pakistan, Radio Sinhala, Radio Tibet, Radio Voice (Punjabi, Hindi and Gujarati), Saukofa, Saptarung, Melodia, Spanish Radio, Namaste Radio, Telugu Bharathy, Thamil FM, Voice of Ethiopia, Radio Arabia. Every day. Call 416 593-9300 or email at [info@cmr.fm](mailto:info@cmr.fm) FREE

## Recreation

ADULT FITNESS AND WELLNESS PROGRAMS. Birchmount Bluffs Neighbourhood Centre. Classes in Aqua Fitness, Muscle Water Workout, Cardio Challenge, Body Sculpting, Step and Pump, Yoga, Power Yoga and Pilates and Qigong taught by qualified instructors. Daytime and evening classes designed to accommodate persons of different physical ability levels. 93 Birchmount Rd. Call 416 396-4310 or email <mailto:info@bbnc.ca>. Membership Fee of \$5.00 entitles members to participate in almost all programs.

## Theatre

BUDDIES QUEER YOUTH PROGRAMME. Young, queer and creative? **Buddies in Bad Times** invites all queer-identified youth ages 15 to 25 to take part in our weekly Wednesday night events. Between September and June, you can take workshops with some of Canada's finest theatre artists, see shows on Buddies' mainstage, and get onstage yourself at [QueerCab](#), our monthly open-mic. And it's all FREE!

## Workshops

SKILLS DEVELOPMENT WORKSHOP FOR VOLUNTEER INTERPRETERS. Scarborough Women's Centre. Interactive presentation using video and audio clips presented by the Multilingual Community Interpretation Services. 2100 Ellesmere Road, Suite 245 (Markham and Ellesmere). September 27. 10 am to 3 pm FREE

## Writers

CANADIAN WRITERS IN PERSON. *Violet Miranda* by Emily Pohl-Weary. York University. Accolade West Building, Room 206. Tuesday, September 16. 7 pm. Call Gail Vanstone at 416 736-2100 x 33957. FREE

CALL FOR SUBMISSIONS. Krasman Centre. For a compilation of consumer/survivor stories. Material must be donated. 1021 Yonge St. Richmond Hill. October 15 deadline. Visit [www.krasmancentre.com](http://www.krasmancentre.com) or email [jlambert@tjsolutions.net](mailto:jlambert@tjsolutions.net).

THE WORLD IN SIX SONGS: HOW THE MUSICAL BRAIN CREATED HUMAN NATURE. University of Toronto Bookstore Reading Series. 80 Queen's Park. Walter Hall (Edward Johnson Building, basement). Tuesday, September 16. 4 pm to 6 pm. Call 416 640-5836 or email <mailto:events@uoftbookstore.com>. FREE

THE WORD ON THE STREET. National Book and Magazine Festival. Queen's Park. Sunday, September 28. 11 am to 6 pm. FREE

BOOK LAUNCH. *The Corpse Will Keep*. Pat Capponi's second mystery will at last be launched. Sheeee's back! I don't know about you, but I can't wait (Helen). Parkdale Activity-Recreation Centre, 1499 Queen Street West. 7:00 pm to 9:00 pm. FREE

## WORDS TO LIVE BY

I'd like to continue Deb's *Words to Live By* but with a twist. Send us *your* favourite quotation. Call or email them to us and we'll make sure that consumer/survivors have the last word!!

Ronny Yaron emailed us with this favourite:

"Live simply so that others may simply live."

**The C/S Info Centre's Annual General Meeting is coming up on October 22nd.**

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.

**Our AGM will be held in the Cafeteria at the Queen Street Site of CAMH at 1001 Queen Street West. Please join us at 5:30 for refreshments. The business meeting will begin at 6:00 pm and our guest speakers, Linda Chamberlain and The Dream Team will begin immediately afterwards. All are most welcome.**

## **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.

- 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 \_\_\_\_\_

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.**