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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.*

October 15, 2008

Bulletin 380

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

**You are invited to
The Consumer/Survivor
Information Resource Centre's
Annual General Meeting**

Wednesday, October 22, 2008
5:30 pm – 7:00 pm

Malcolmson Lecture Theatre
Queen Street Site of CAMH
1001 Queen Street West

Wheelchair Accessible

**Social Determinants of Health –
Supportive Housing**

Speakers: Linda Chamberlain
The Dream Team

Appetizers and beverages will be provided

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DOING IT FOR OURSELVES

Innovators Council Cooling Centre Pilot Project

It was the spring of 2008 when the City of Toronto approached the Innovators Council* about running the city's Cooling Centres this summer. It seems as though the Red Cross was unable to continue as the agency responsible. Both the city and the council felt as though this would be a wonderful opportunity for people with direct experience in mental health, addictions and/or poverty to develop, administer and implement an important project. And such it was.

I was asked to be one of the coordinators on the project in the early stages. As I recall, we only had a few days to recruit people and make arrangements for training. Brian Clarke from Toronto's Emergency Services Department and the folks at Toronto Public Health were very helpful and patient while we put this project together. Brian even went so far as to spend a couple of days with our group reviewing policies and procedures.

Mark Aston, Executive Director of the Fred Victor Centre, offered administrative support and a meeting space for this project and it was greatly appreciated by all. We spent many a day working out of the Fred Victor Centre and asking a lot of questions. The staff was very gracious and helpful.

We were all very anxious about the first extreme-heat alert as we did not have any direct experience in running a centre and this project had come together so fast. We had no idea what to expect! That day finally came in early June and, though there were some rough patches, it went a great deal better than any of us had expected. We all put in long hours (a 19-hour day for me) and were very tired at the end. We (the coordinators) had a long debrief a couple of days later and reviewed the day. We had to face some things that we had inadvertently done wrong and we vowed to do better.

During the course of the summer, we had 8 more extreme-heat alert days, concluding with a 3-day stretch in August. By the end of our run we were clicking on all cylinders and managed to impress not only ourselves but the city as well. So much so that they approached us about taking on a fourth Cooling Centre.

Everyone directly involved with this project is a survivor and we all have a sense of pride about what we were able to accomplish this summer. We proved that good things happen when we are given an opportunity. And that is what it is all about, having an opportunity to do something real.

Phil Hozer

*The "Innovators Council" is a web of over 40 service-focused organizations, businesses, and people who have experience with homelessness, to share, innovate and implement new solutions across the GTA. The Council aims to improve the current support system for individuals and families in the GTA who are either homeless or in danger of becoming homeless. Some of the groups involved include: Fred Victor Centre, United Way of Greater Toronto, City of Toronto's Shelter Housing and Support Administration, Voices from the Street, Eva's Initiatives, Ecuhome, Toronto Community Housing Corporation, Parkdale Activity-Recreation Centre, Houselink, the Dream Team, Toronto North Support Services and Media Profile.

STAND UP FOR MENTAL HEALTH

A call to a suicide hotline that resulted in a referral to the Mood Disorders Association of Ontario was the first step of Michael Cole's journey from distress to peer support group member, to peer support group facilitator, and, currently, the trainer and coordinator of the STAND UP FOR MENTAL HEALTH comedy troupe. Inspired by the program created by Vancouver's David Granirer, Michael approached MDAO with a

plan to make it happen in Toronto and a pilot program was launched in 2005. It has since been established as a cultural event that celebrates the unique humour generated by consumer/survivors.

Michael explains that he tries to select applicants who are not at all sure they can do it, for whom the program offers a life changing experience and supports the development of self-esteem and a sense of accomplishment. This year there were 50 applicants, 15 of whom were chosen. Participants meet 3 hours a week for 15 weeks to support each other and develop the material for their acts. Currently, Michael is working with MDAO on developing STAND UP FOR MENTAL HEALTH further by training a graduate, Emma, to become a trainer/facilitator. They will start advertising for applicants in November and start the next training session in January 2009. The program is free.

I attended the October 1st show (the graduates of the Summer 2008 program) and it was a howling success. It was great to hear consumer/survivors transforming challenging experiences into laughter. In addition to the annual show, open to the general public, STAND UP FOR MENTAL HEALTH performs at AGMs and other functions for a modest fee.

Colleen

Newsbytes

Health Canada Advisory on Life Choice, Healthy Choice, Doctor's Choice and Your Choice products. Health Canada is advising consumers not to use any unauthorized health products sold under the brand names Life Choice, Healthy Choice, Doctor's Choice and Your Choice. All of these unauthorized health products have the same identifying image on their label. Health Canada issued a **Public Warning** on two other Life Choice products, Ephedrine 30mg and Kava Kava, on August 21, 2008. Twenty-two unapproved products reportedly contain ingredients that are prescription drugs and are being sold without a prescription or are intended for use under the supervision of a health care professional only. In addition, Health Canada has determined that three of the products, Healthy Choice Lean & Trim, Life Choice Folic Acid, and Life Choice Raw Desiccated Thyroid Glandular are contaminated with bacteria. (Advisory 2008-152, September 03, 2008. (For full text and list of products visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2008/2008_152-eng.php.)

Smoking Increases Risk Of Major Depression For Women - Royal College Of Psychiatrists. Women who smoke are at greater risk of developing major depressive disorder, according to new research published in the October issue of the *British Journal of Psychiatry*. Researchers from the University of Melbourne studied a group of women in Australia, who had been followed for a decade as part of the *Geelong Osteoporosis Study*. The odds more than doubled for heavy smokers (those who smoked more than 20 cigarettes a day) compared with non-smokers. The researchers concluded that smoking increased the risk of major depressive disorder by 93%. (01 Oct 2008 - 2:00 PDT. (2008) Tobacco smoking as a risk factor for major depressive disorder: population based study, *British Journal of Psychiatry*, 193: 322-326. Visit <http://www.medicalnewstoday.com/articles/123679.php>.)

C/S Online

<http://moodgym.anu.edu.au/welcome>

For those of you interested in learning about and applying CBT in your own lives, here is another free online course that looks quite good. The MoodGYM Training Program/Mark III is dedicated to "delivery of cognitive behaviour therapy for preventing depression". It has 200,000 registered users and is run by the Australian National University.

C/S Information Session (CSIS)

The first C/S Information Session was held on October 8th at the Parkdale Activity-Recreation Centre. The panelists explained how harm reduction is more than simply handing out drug safety kits and can involve a holistic approach to wellness. The C/S Info Centre would like to thank Phil Hozer for putting together a diverse panel of experts to produce an in-depth and highly informative presentation. Phil wants to get the word out about the importance of peer-to-peer

support for coping with substance addiction and mental health issues. Thank you Phil. We couldn't have done it without you. The next C/S Information Session is to be held on November 4th. The topic is What Is Recovery? It will be led by Greg Kim, of the Consumer Participation Initiative, Canadian Mental Health Association, Toronto Branch, and Chair of the C/S Information Resource Centre.

What Is Recovery?
1001 Queen Street West
Malcolmson Lecture Theatre
November 4, 2008
7:00 pm – 8:30 pm

Wish List

Hello Bulletin Readers,

This issue the centre has received a donation of 12 holiday-themed wine glasses in their original packaging and a carpet sweeper that works. We have received a request for a single bed. 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.

Job Postings

The Community Social Planning Council of Toronto is looking for a **full time Project Coordinator** (35 hours per week).

The Project Coordinator (ANC Mount Dennis) is responsible for leadership and coordination of an Action for Neighbourhood Change (ANC) neighbourhood development project in the Mount Dennis area. Building on accomplishments of ANC Phase 1, the project coordinator will develop and implement a strategic plan to engage residents and facilitate their leadership and participation in on-going initiatives to strengthen the neighbourhood and create a better environment for all who live there. The project coordinator will build and maintain good working relationships with agencies, organizations and groups serving the community. These include public, private and voluntary organizations. Integral to this task is facilitating supportive connections between these organizations and residents of Mount Dennis.

The qualifications in this job posting include (but are not limited to):

- A minimum of five years experience in community development work, including at least two years of experience in project coordination.
- Post-secondary education or equivalent in social policy and/or community development or equivalent experience in the field.

The CSPC-T is committed to employment equity, and welcomes applicants from the full diversity of the community. The successful candidate will become a CUPE 1777 member.

Salary range: \$42,500 to \$58,250 plus benefits.

Interested candidates are asked to submit a resume and covering letter outlining how they meet the above criteria to:

Maria Serrano, Director of Operations
Community Social Planning Council of Toronto
1001-#2 Carlton Street
Toronto, Ontario M5B 1J3
Fax: 416-351-0107
E-mail: cspc@cspc.toronto.on.ca

The deadline for applications is October 22, 2008 at 4:00 p.m.

(For full details of the Responsibilities and Qualifications listed in the job posting please contact the C/S Info Centre. We can mail, email or fax the entire job posting to you.)

Job Developer/Job Coach (Toronto)

Assistant Cook Extended Training (ACET) is a program at George Brown College (GBC) launched in partnership with the Centre for Addiction and Mental Health (CAMH), designed to help people recovering from addiction and mental health problems, take the first steps towards a job in Toronto's culinary industry.

ACET will provide job-focused culinary training, short-term work placements, integrated support during the training and initial employment period, Assistant Cook certification, and post-training employment in the food service industry. The program includes classroom and lab instruction, work placement and workshops with support and tutoring available through program coaches.

Qualifications listed in the job posting include (but are not limited to):

- University Degree or related Community College Diploma with experience in Job Development
- Proven ability to work with a wide range of job seekers including people with employment barriers (i.e. social assistance recipients, Foreign Trained professionals, consumer survivors)

Compensation: 40-45 K depending on experience.

Please send covering letter and resume (application deadline: October 30, 2008) using only one (1) method to:

Augmented Education
Assistant Cook Extended Training
Fax 416-415-2870
E-mail: auged@georgebrown.ca

(For full details of the Duties and Qualifications listed in the job posting please contact the C/S Info Centre. We can mail, email or fax the entire post to you.)

ANNOUNCEMENTS

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

You are invited to
Community Resource Connections of Toronto's 34th
Annual General Meeting

Thursday, October 30th, 2008
3:00 pm – 6:00 pm

YMCA Metro Central
Auditorium, 2nd Floor
20 Grosvenor St.

Wheelchair Accessible

Perspectives on Women and Mental Health

Speakers: Parvathy Kanthasamy
Michele Edwards

Appetizers and beverages will be provided.

RSVP to JANA: 416-482-4103

11TH ANNUAL MENTAL HEALTH INFORMATION FAIR

Mental Health & Addictions Services in South East Toronto

- Information on a wide range of mental health services
- Resources for consumers, workers and family
- Many information booths with people available to answer questions
- Free admission, light refreshments, and a raffle
- Videos about important mental health issues

Wednesday, October 22

12:00 to 4:30 pm

East York Civic Centre, 850 Coxwell Avenue

(Sponsored by COTA Health, Toronto East General Hospital,
St. Michael's Hospital, CAMH, St. Clair O'Connor Community, Home Healthcare)

EMPOWERMENT COUNCIL PRESENTS:

PATIENT ROUNDS 2008

Second Smoking Meeting About Possible Tobacco-Free Policy at CAMH

The Empowerment Council held a meeting on Sept. 26th 2008 regarding CAMH's plans to create a tobacco-free policy. At this meeting clients expressed anger about some units where staff are already no longer holding cigarettes. Clients also expressed concerns and questions about this initiative. The Empowerment Council will therefore have a second meeting to continue discussions and hear feedback from clients.

Wednesday, November 5th
Empowerment Council Office
1001 Queen Street West
4:00 pm – 5:30 pm

Women's Meeting for Clients of CAMH

This meeting is for women who currently or have (in the past) received services at CAMH. The purpose of the meeting is to discuss systemic issues in women's mental health services. We will also be discussing an upcoming project looking at how women's sexuality gets taken up in mental health.

Friday, November 7th
Room 2066
1001 Queen Street West (2nd Floor- take elevator in front lobby)
4:00 pm - 5:30 pm

For more information call Lucy Costa at 416-535-8501 x3013.

YIMBY OR WHY YES?

The *Yes, In My Backyard Festival* creates a fair-like atmosphere where people interested in citizen-based community development can exchange ideas. Come out and see what happens behind the scenes of making Toronto such a great city. Talk to people who are making a difference! Join groups and get informed!

Gladstone Hotel, 2nd Floor
Saturday, October 25.
11:00 am to 5:00 pm.

Call Magda Olszanowski at 416-531-4635 x7117 or email magda@gladstonehotel.com FREE

The Third Annual Shirley Shipman Memorial Lecture

Presents

GROWING POVERTY AND SOCIAL INEQUALITY IN TORONTO

What are the facts? Why should we care? What can we do?

Poverty and social inequality are increasingly pressing issues for Torontonians, and housing affordability has become a crucial concern. Join a topical discussion on income disparity issues and challenges affecting Toronto's 2.5 million people.

Panelists:

David Hulchanski, Director, Centre for Urban and Community Studies, University of Toronto, and lead author of *The Three Cities Within Toronto*, a recent study on income polarization among Toronto neighbourhoods, 1970 – 2000

Pat Capponi, Lead Facilitator, Voices From the Street, a group offering a 12-week curriculum to those living in poverty who wish to engage in leadership and public speaking, and author of two books detailing her direct experiences with poverty and mental illness

Avvy Go, Clinic Director, Metro Toronto Chinese & Southeast Asian Legal Clinic, and member of the Colour of Poverty Campaign

Marvyn Novick, Professor Emeritus in the School of Social Work at Ryerson University and current Policy Consultant for Campaign 2000/Social Planning Network of Ontario

Ryerson University
Room LIB 72, Library Building
350 Victoria Street
Sunday, October 26, 2008
1:30 pm to 3:30 pm

Call 416-351-0095 or email cspc@cspc.toronto.on.ca

*Light refreshments will be served following the presentations and audience questions.
This event is open to the public and admission is FREE.*

Centralized Assessment, Triage and Support Program (CATS)
and the Women's Program at CAMH are proud to host

AN EDUCATION GROUP FOR FAMILY MEMBERS

This education group is being offered to *family members* (partners, spouses, siblings and children) and *friends* of individuals who experience mental health and/or substance use disorders. The sessions are held every Monday from October 20 to December 1 at 6:00 pm. The sessions will be 90 minutes in length. You may attend any number of sessions you like. All sessions are located at the Centre for Addiction and Mental Health at 250 College St. Call Susan Green, RN at 416-535-8501 x4089 or Sunday Kayaras, RSW at x4412.

Consumer/Survivor Builder Project Call For Proposals

The intent of the project is to provide a series of recommendations to the Ministry of Health and Long Term Care outlining how the Ministry can best support and enhance consumer/survivor initiatives throughout the province. Questions regarding the proposal will be forwarded to memberservices@ofcmhap.on.ca with all the answers posted at the Ontario Federation of Community Mental Health and Addiction Programs website.

Proposal submissions must be received as a paper copy and electronic copy no later than midnight Oct. 17, 2008.

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for October 15 - November 1

Art/Exhibits

DESIGN FOR THE OTHER 90%. Focuses on low-cost ways to improve life for the "other 90 per cent" – i.e., the 5.9 billion people in this world who don't have the material advantages most North Americans take for granted. OCAD Professional Gallery. 100 McCaul St. **October 4, 2008 to January 25, 2009**. Call 416-977-6000 x265 or visit <http://www.ocad.ca/home.htm> FREE

LOOP GALLERY. *Last Garden* by Mark Adair. *Playing Off the Grid* by Elizabeth Babyn. 1174 Queen Street West. **Now until October 19**. Wednesday to Saturday from 1 pm to 5 pm, and Sunday from 1 pm to 4 pm. Artist is in attendance on Sundays. Call 416-516-2581 or visit <http://www.loopgallery.ca/>. FREE

Cultural Events

OCHAKAI TEA GATHERING. Experience a traditional Japanese tea ceremony, enjoying seasonal sweets and green tea from Japan. Japanese Canadian Cultural Centre. 6 Garamond Court (Don Mills and Eglinton). **October 26**. 10 am – 4 pm. Pre-registration is required. To register, call Ms. Baba at 416-494-6296 or Mrs. Shin at 416-493-6776 or email <mailto:katsuya.sokyu@gmail.com>. FREE

WICCAN HALLOWEEN SHOW. The Black Swan Tavern. Themis (a Toronto Wiccan Gothic band), Linda Mercer, Tyranny of Love, and more! 154 Danforth Avenue (at Broadway St.). **October 31**. 9 pm to 12:30 am. Call 905-841-9279 or visit www.themismusic.com. \$5

Dance

THE TORONTO SALSA PRACTICE. Weekly gathering of hundreds of salsa dancers of all levels. Diverse, friendly, well lit, alcohol-free – and cheap. A regular event since 2002. All levels welcome. No lessons, just practice. Trinity-St. Paul's Centre. 427 Bloor Street West. **Saturdays** from 3:30 pm - 5:30 pm and 5:30 pm - 8:00 pm. Call Jim Gronau at 416-536-7663 or email jgronan@direct.com or visit www.CoyoteVirtual.com/salsa \$4.00

TORONTO DANCE PRACTICE. All levels, all forms of ballroom dancing. No lessons, just practice. Trinity-St. Paul's Centre. 427 Bloor Street West. **Sundays** 5:30 pm – 7:30 pm. Visit www.torontodancepractice.com. \$5.00

Film

VIEW POINTS: A rare screening of *A Kick to the Head*, a documentary on the power and influence of soccer in Toronto. Also, a special screening of *Who Cheers for Canada*, a short documentary produced by Regent Park Focus Youth Media Arts Program. Harbourfront Centre. Brigantine Room. Queen's Quay Terminal. **Thursday, October 16**. 6:30 pm. Call 416-973-4000. \$5

Music

SUNDAY SERENADE CONCERTS. Scarborough Civic Centre. The Rotunda. 150 Borough Drive. *Harmony Show Band* performs on **Sunday, October 19**. 2 pm – 4 pm. Call 416-338-3295. FREE

JAZZ VESPER. An evening service of music, prayer, and a jazzy congregational hymn with some of the finest jazz artists in Canada. Christ Church Deer Park. 1570 Yonge Street - 2 blocks north of St. Clair (5-minute walk from St. Clair Station). *Alex Dean Trio* performs on **Sunday, October 19** at 4:30 pm. Phone: 416-920-5211 or email <mailto:jking@thereslifehere.org>. All are welcome. FREE

Peer Support

THE WARM LINE. A *non-crisis* telephone peer support line for individuals or family members. Consumer/survivors of the mental health system provide informal support to callers. Lance Krasman Memorial Centre for Community Mental Health. **7 nights a week**. From 6 pm to midnight. Call 1-888-777-0979 for peer support line. For further information call 905-780-0491 or visit www.krasmancentre.com or email warm.line@krasmancentre.com.

DRUMMING TO OUR OWN BEAT. An expressive drumming group for individuals dealing with a mood disorder. MDAO. 36 Eglinton Ave. West. Suite 602. **Thursdays**. 1 pm – 3 pm. Call 416-486-8127 or email info@mooddisorders.on.ca or visit www.mooddisorders.on.ca. Registration is necessary. FREE

Recreation

THE ART STROLLERS. Art walks and discovery tours for mothers and children in strollers or walking. Fathers welcome. **Thursday, October 16** at 2 pm in Distillery District. **Thursday, October 23** at 2 pm in Yorkville. To register call 416-830-7335 or email veronika@artstrollers.com or visit www.artstrollers.com. FREE

Theatre

THE TRICK OR TREAT CABARET and MINDSTORM. The Friendly Spike Theatre Band. May Robinson Auditorium. 20 Westlodge Avenue (1 block east of Lansdowne, one block north of Queen). **Friday, October 31**. 7:00 pm – 9:30 pm. Call 416-516-4740 or email friendlyspike@primus.ca to register. FREE

Volunteer

KIDS ON THE Block seeks volunteer puppeteers for an education disability awareness program. No experience needed. Training provided. Must have own transportation. Call 416-964-9095 or e-mail kob@epilepsytoronto.org.

Workshops

CHRONIC FATIGUE AND FIBROMYALGIA INFO SESSION. This session will explain what CFS and FM are, how they are diagnosed and the treatments that are available. Please bring your questions. Facilitated by Antonia Benton, Nurse Practitioner. Scarborough Women's Centre. 2100 Ellesmere Road, Suite 245. **Tuesday, October 28**. 6:30 pm to 8:30 pm. Call 416-439-7111 or email adminassist@scarboroughwomenscentre.ca or visit <http://www.scarboroughwomenscentre.ca/>. FREE

Writers

YOUNG VOICES WRITERS' CONFERENCE. North York Central Library. 5120 Yonge St. **Saturday October 18**. 9:30 am – 4:00 pm. Work with professional writers on your creative writing! Meet other youth who like to write. Show your stuff at an open mic. Help to create an instant anthology. Call 416-395-5784 to register or visit <http://www.torontopubliclibrary.ca/ramp>. Food and Prizes. FREE

CANADIAN WRITERS IN PERSON. A Series of Free Public Readings. Douglas Glover, winner of the 2003 Governor General's Literary Award for Fiction reads from *Elle*. York University. 109 Accolade West Building. **Tuesday, October 21**. 7 pm – 10 pm. Email stars@atkinson.yorku.ca or visit <http://www.atkinson.yorku.ca/cdnwriters>. FREE

NORTH YORK CENTRAL LIBRARY. Find your *Personal Demon!* Canadian fantasy author, Kelley Armstrong, best known for her novels of werewolves and witches, reads from her latest novel in the popular series *Women of the Otherworld*. North York Central Library. 5120 Yonge St. **Wednesday, October 29**. 7 pm - 8:30 pm. Call 416-395-5672 to register. FREE

CALL FOR SUBMISSIONS. International Day of People with Disabilities' *Invitation to Poetry*. We are seeking poems about any aspect of disability. Selected poems will be read and/or displayed at the 2008 International Day of People with Disabilities (December 3) celebration. **Deadline for Submissions is November 15, 2008**. Call Carrie Wong at 416-338-4756 or visit http://www.toronto.ca/diversity/intl_day_disabilities.htm.

Words To Live By

Send us *your* favourite quotation and we'll make sure that consumer/survivors have the last word. Jane called the Centre with the following message from a 1980 greeting card that she has saved all these years because she finds the message so meaningful. Thank you Jane.

"When the dreams for our lives
Seem no longer true,
Be open to the universe,
It has dreams for us too".

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 Malcolmson Lecture Theatre at 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.