

BULLETIN

September 1 – 15, 2011

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto
Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4
Tel: 416-595-2882 csinfo@camh.net <http://www.csinfo.ca/>

Letting Go of Should

"We don't should on ourselves, and we don't should on each other..."

This is one of my favourite ideas that pops up in support group settings, which I first heard in a WRAP group, suggested by the facilitator Ann Thompson. We had a bit of a giggle, uncertain of the corny humour, but curious. After a brief conversation exploring what it might mean in the practical terms of how we were going to try to work with each other for the next few weeks, we decided that we liked it and added it to our "comfort agreement".

Years previous I had spent most of a year 150 feet underground in an office in a cave hewn from the soft, beige rock of Wessex, writing operating procedures for an engineering division. My training for this, a business-writing course, included learning the conventions of shall and should in such documents. I was comfortable with shoulding: I was a trained and experienced shoulder.

Where does should come from?

In modern usage, especially in North America, shall is typically reserved for only the most formal usage, yet we might hear "should" all day long.

We might not notice that we are doing it, we might not even intend it that way, but when we use should we set out a kind of expectation or obligation – especially if we are perceived as holding a position of power.

Recovery and shoulding

In recovery, one of the key values that we hold is that we each have the right to know or to discover what is best for us. We each have a right to choose, including getting things wrong. Should is an uneasy fit with that.

If I "should" on someone – intentionally or not – I chip away at their self-determination. When I share a personal reflection about something that works for me, that is the limit of what I can do. I cannot possibly know how it will work for you or anyone else. I simply have no grounds to should it on you.

Not shoulding

At first, it was about my becoming more conscious of how I was talking, being more careful not to suggest that I might know what's best for you, or anyone else. I was good with this. I often find it challenging enough to know what's best for me in my own life – I don't want the extra responsibility of knowing what is best for you in your life.

Later, I came to realise how the word **should** was a linguistic device that my brain used to make "rules" about the world:

should do, shouldn't do; should have, shouldn't have; should this, should that; should, should not; you should, I should; we should; they should; should-should.

I started to notice when I used the word, not only in my speech but in my thinking too. And I started to practice reworking, rephrasing my idea without using should.

It was challenging but revealing: I was learning to practice not-shoulding, beginning to un-should myself. I was sometimes still thinking *should* but was able to make a conscious choice to not should.

Over time, I came to realise a few things about should:

Shoulding can be about judgment. It can be about me thinking my idea is better, me thinking that I know better – maybe sometimes about me thinking I am better.

More often, shoulding was about me judging myself – usually pointing out my deficiencies, my inadequacies – and keeping me down when already at some low point.

Shoulding on you

When I should on you, intentionally or not, my “you should...” implies that I expect that you will do your part to oblige me, maybe to satisfy something inside me.

It might be that all I mean to convey is “I would choose this...” but you are not me and I really would rather you make your own choices.

It might simply be that I’m tired or rushed, frustrated or confused and so can’t think clearly – but it has the same effect.

Mostly, when we should on each other, I think that we are slipping into what Chris Argyris calls “defensive routines”, unthinking, automatic behaviours that we fall into to create safety: understandable and forgivable but rarely useful beyond the short term.

Should, shame and vulnerability

Brene Brown researches, writes and talks about shame – the shame of not feeling enough. I think shoulding is a key instrument for the propagation of shame. From Brown I learned how we might use should to construct protective layers around us hoping to inure ourselves from feeling inadequate. We kid ourselves that our should-shield protects us from feeling, and being, vulnerable. In a world that expects us to be all knowing, all successful, all perfect, all the time, the urge to should can be too difficult to resist.

Shoulding on me

When I should on myself I avoid practising self-determination and self-advocacy. Hiding behind should, I skip asking myself questions like:

What do I really want? What would I prefer?

I think self-advocacy is not about me shoulding on the universe but engaging with the world, thinking about it, making choices and asking for what I’d like, or what I’d prefer, and then figuring out what I can do to make it more likely to happen.

If you like, try this experiment: rather than “I should” try “I choose” and notice how much more revealing and powerful it can feel.

Tyranny of the Shoulds

Should is more than just a word or an idiom of speech, it can be a straightjacket on our thinking.

Philosopher and psychiatrist Karen Horney wrote about the Tyranny of the Shoulds. She described how we compare our real self with our ideal self then formulate a series of shoulds detailing how our real self falls short. This can be useful but can also become distorted: the shoulds form a tyranny, constantly reminding us we are not as good, as successful as we “should” be, nagging us about what we have failed to do, judging our failures – judging us. They form the very basis of anxiety: Horney called this “basic anxiety”.

Choosing to free my mind of should

Not-shoulding is not about simply avoiding the word should – it is about owning what I want, owning my ideas and owning how I express them.

Of course, it is much harder to not should, at least at first. But, like anything that takes practice, I find it becomes easier and more natural. I get what I want more often and feel less disappointed when I don't.

Lately, I rarely think should except to explain how I don't believe in should. When the word does pop out from my lips it is a surprise, and I notice I can feel more compassion.

When I feel a should coming on, I make a point of noticing it, how it feels, and can be grateful for that. I ask myself "where from within me does that come from?" I try to work with that stuff that's mine.

Then I can smile, breathe, and I find I can just let the should go.

© Kevin Healey Aug 2011

Kevin Healey is a survivor – mostly of his own missteps, mistakes and misdeeds but also of a life of never quite fitting in: anywhere. Having built a rewarding career working in organisational learning and development he decided to make life more difficult again and moved to Canada. A couple of years later, lost, disconnected, and increasingly isolated, he found his world getting smaller and smaller till he realised that life had become more difficult than he was able to cope with. A few good people held out their hands and helped him find some thicker ice to walk on. Slowly he came to realise he was not alone living a life gone sour in a seemingly crazy, inhospitable and uncompromising world – and he began the process of learning afresh how to live.

His work draws on a lifetime of learning the hard way and over two decades of experience facilitating groups helping people work together to transform their dysfunctional organisations into great places to work and to do amazing things together. He reads widely and draws on ideas from many disciplines and from all around the world but learns most about life from his nine-year-old daughter. He now spends some of his time helping people find their own, easier ways to learn and grow.

Amongst other endeavours he is coordinator for recoverynetworktoronto.wordpress.com, helps run recovery programmes and support groups, and is part of building a Hearing Voices community in Toronto – he shares the role of co-ordinator in Canada for INTERVOICE, the international hearing voices community. www.INTERVOICEonline.org He also designs and offers highly participative learning workshops: including one on learning to let go of should, and a unique series for those wanting to develop their own facilitating skills.

Contact: <mailto:kevinhealey@hotmail.com>

Touched By Fire Art Show and Sale: Call for Submissions

The Touched By Fire Art Show and Sale is now accepting submissions.

Touched By Fire is open to all artists, professional or amateur, who are living with depression, anxiety or bipolar disorder.

Original art works in oil, watercolour, latex, acrylic, drawings or mix media can be submitted.

The deadline for submission is **Friday, September 30, 2011.**

Submissions can be made on the [Touched By Fire website](#).

The art show and sale will take place on Thursday, December 8, 2011.



Vote for Housing: Provincial Election Debate on Livable and Affordable Housing



Vote for Housing, a city-wide coalition of community groups working to put the issue of livable and affordable housing on the provincial election agenda, invites you to take part in this special debate dedicated to housing issues. Bring your housing questions for the candidates!

Toronto Centre Candidates: Martin Abell, Conservative Party (invited); Cathy Crowe, New Democratic Party (confirmed); Mark Daye, Green Party (confirmed); Glen Murray, Liberal Party (confirmed)

Vote for Housing platform and fact sheets: www.voteforhousing.ca

Sep 8, 2011 from 7:00 pm to 9:00 pm at Metro Central YMCA, 20 Grosvenor Street, 2nd Floor Auditorium
No registration required.

Contact Social Planning Toronto at 416-351-0095 ext.257 or beth@socialplanningtoronto.org.

TORONTO RESIDENTS VOTE

We Need a Strong Voice for Tenants at Queen's Park

It's tough times for tenants. This year, the Ontario government announced the highest allowable rent increase for tenants in many years. In 2012, landlords will be allowed to increase rents up to 3.1% - up from 0.7% in 2011 - with the possibility of even greater increases through the approval of the Landlord and Tenant Board. For vacant units, there's no rent control at all. Once a tenant moves out, the landlord can charge whatever the market will bear.

Maintenance issues are another ongoing concern for tenants. Thousands of tenants in private rental units live in buildings that are poorly maintained by their landlords. Social housing tenants face the 'downloading' legacy of the 1990s, when Ontario Premier Mike Harris gave municipalities the responsibility for social housing without the funds to maintain it. Today, the capital repair backlog at Toronto Community Housing is estimated at \$650 million. The provincial government needs to step up to the plate to keep these homes safe, healthy and habitable. The City can't do it all on its own.

Discrimination in rental housing is an all-too-common experience for many renters. The Ontario Human Rights Commission in its groundbreaking and comprehensive report, *Right at Home*, documented the widespread experience of discrimination faced by tenants in Ontario. The Centre for Equality Rights in Accommodation's research reported similar findings in Toronto on the basis of single parent status, ethno-racial status, experience of mental illness, and social assistance receipt. Provincial leadership is vital to ensuring the fair treatment of Ontario tenants.

Ask your candidates:

- ✓ What are your party's plans to improve access to justice for tenants?
- ✓ Will your party introduce rent controls for vacant units?
- ✓ What investments will your party make to address the maintenance backlog at TCHC?

Resources:

Advocacy Centre for Tenants Ontario: www.acto.ca

Centre for Equality Rights in Accommodation: www.equalityrights.org

Federation of Metro Tenants' Associations: www.torontotenants.org

Ontario Human Rights Commission, Right at Home:

www.ohrc.on.ca/en/issues/housing

Social Planning Toronto, 2 Carlton Street, Suite 1001 416-351-0095

www.socialplanningtoronto.org www.voteforhousing.ca



Booking a Home Visit from Elections Ontario

Voters who may have difficulty going to their local returning office to vote in Ontario's provincial election on October 6, 2011 may request a home visit from Elections Ontario. Home visits will take place between September 8 and October 5, 2011.

You may apply to vote by Special ballot in your home if you:

- ✓ Are eligible to vote in the October 6th, 2011 provincial election, and
- ✓ Find it impossible or unreasonably difficult to personally go to the returning office in your electoral district, and
- ✓ Need assistance with making an application to vote by Special ballot, because of a disability or because an inability to read or write

Call 416-649-1046 or 1-866-275-1583 between September 7 and October 5 to book your appointment. Elections Ontario will forward your request to your local Returning Officer and you will receive a call from a Special Ballot Officer who will schedule a time to visit you at home so you can mark your ballot.

www.elections.on.ca

(from ARCH August 16, 2011 Alert: <http://www.archdisabilitylaw.ca/?q=read-august-16-2011-arch-alert>)

C/S Info Centre Call for Board Members

The Consumer/Survivor Information Resource Centre of Toronto is looking for board members.

C/S Info Centre exists to meet the information needs of consumer/survivors in the Toronto area. As a board member you will work with other consumer/survivors to protect and promote the Centre's mission. Board members work together in a supportive and non-judgemental environment.

If you identify as a Survivor, Consumer/Survivor, MAD or CRAZY, then we want to hear from you.

We are looking especially for youth, people from LGBT communities, and people of colour to apply.

If you have experience with boards or committees, a positive outlook, and a sense of humour, we want to hear from you. Please send an email with the following information to csinfo@camh.net:

- your name
- your e-mail address
- your telephone number
- a brief statement about why you want to be on the C/S Information Resource Centre of Toronto's board.

Please type **Board Member Recruitment** in the Subject line of your e-mail message. We must receive your e-mail by September 12th and we will be contacting people the same week for an interview.

C/S INFO is an inclusive resource centre that fully respects diversity.

We hope to hear from you!

Free Computer Help Available

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



Living with a Disability?

Find out about the Registered Disability Savings Plan (RDSP), Grant and Bond, available to help people with disabilities save for the future. To attend a free information session: 1-800-361-4642 TTY: 905-576-3129
www.northernlightscanada.ca nlinfo@northernlightscanada.ca

Funding for these information sessions is provided by the Government of Canada.

Next Information Session: OW/ODSP Recipients' Support Group

Queen West Community Health Centre, 168 Bathurst St., Toronto, ON

Friday, September 16, 2011 from 1 – 3 pm

Low-Income Energy Assistance

The Ontario Energy Board's (OEB) Low-Income Energy Assistance Program (LEAP) is being rolled out in stages in 2011. LEAP was established as a result of the OEB's consultation on low-income energy consumer issues in 2008 in which ACTO [Advocacy Centre for Tenants Ontario], through the Low-Income Energy Network, actively participated. LEAP has three components:

Emergency financial assistance – a year round program as of January 1, 2011. Funded through the rates of electricity and gas distributors, grants will be given to eligible low-income customers who are experiencing short-term difficulty paying current arrears.

More flexible customer service rules for low-income consumers – These rules come into force October 1, 2011. Eligible low-income consumers will be able to access waivers for security deposits, service charges and late payment fees, and extended payment plans for bill arrears.

Targeted energy conservation programs – to assist low-income energy consumers in reducing overall energy usage and costs. homes. similar to those in place for electricity distributors. Programs are being offered by both gas and electricity utilities and include weatherization retrofit programs at no cost, free energy saving devices, free direct-installation of energy efficiency measures and conservation education to low income residential electricity consumers that focus on deep retrofits to help qualifying participants reduce their electricity use and manage their utility costs in the longterm.

For more information about LEAP and how to access the measures, please visit the OEB web site at:
www.ontarioenergyboard.ca/OEB/

(From the Advocacy Centre for Tenant's Ontario Summer 2011 Newsletter:

<http://www.acto.ca/assets/files/docs/ACTO%20Newsletter%20Summer%202011.pdf>)

Harm Reduction 101 Workshop

This free two-day workshop is organized by Toronto Public Health Sexual Health Promoters and community partners. It is designed for people who work with people who use substances. The workshop takes place on September 7 - 8, 2011 from 9:30 am - 4:30 pm at Metro Hall, 55 John Street.

The main focus of the workshop is to raise awareness about:

- ✓ Safer substances use and risk reduction to prevent the transmission of HIV, Hepatitis C and other infections
- ✓ Strategies to reduce the stigma and barriers experienced by people using substances that prevent them from accessing equitable services
- ✓ The policies and politics that affect the lives of people who use substances and their communities

For more information and to register, please contact Toronto Health Connection at 416-338-7600.

Public Evening Forum -- Welfare rates are making us sick: Poverty, health and fighting austerity.

Calling all health care providers, health and public sector workers, poor people, anti-poverty activists and allies! The Ontario Council for Hospital Unions, Ontario Coalition Against Poverty, Ontario Nurses Association and Health Providers Against Poverty invite you to join us for an important and timely public forum and conference on poverty, health, austerity and how we can fight back together.

Thursday September 6 from 6 – 9 pm.
Steelworkers Hall, 25 Cecil Street

Friday September 9. One-day Conference. Pre-registration is requested to determine accessibility needs, space and meals. For information and registration please contact: raisetheratescampaign@gmail.com or 416-925-6939
FREE

Scarborough Hospital Health Fair: Breaking Barriers: Stigma, Families and Mental Health

We invite you to attend our free health fair and forum. Parking, refreshments and a package of resource guides are included. Moderator: Dr. John Wright, President & CEO, The Scarborough Hospital (TSH)

Speakers:

- ✓ Who Should I Call for Help? Navigating the Mental Health System – Faiza Khalid-Khan and Jeanine Tuitt, TSH Social Workers
- ✓ Myths and Facts: Psychosis and Substance Abuse – Dr. Thomas Choy, TSH Psychiatrist and Roberto Mazzei, TSH Social Worker
- ✓ Dementia: A Few Key Points to Remember – Dr. Stephen Barsky, TSH Chief of Psychiatry and Shefali Raja, TSH Occupational Therapist
- ✓ Having the Conversation: Understanding Depression and Anxiety – Dr. Karen Shin, TSH Psychiatrist
- ✓ Town Hall Update – Michael Jordan, Member, The Scarborough Hospital Board of Directors

Thursday, September 15, 2011 from 6 – 9:30 pm. The Scarborough Hospital, General Campus, Auditorium, 3050 Lawrence Avenue East

Space is limited, so please reserve your seat today. RSVP Elaine, 416-431-8200 x 6661 or epolgar@tsh.to

Lost Therapy Bird

One of our readers has lost his therapy bird, Baby. Baby is about 4 inches long, yellow with a little bit of cinnamon right above her beak. She is very tame and will perch on your finger or your shoulder. She is much loved and greatly missed.

It is possible that she has been rescued by a white male, approximately 6 feet, with a tattoo on the back of his neck and 2 earrings, walking a brindled American Pit Bull terrier. Baby was last seen at Queen and Dufferin St. If you have found her please call Michael Koo at 416-273-8544 or email him at Michael.koo.ca@gmail.com.

Places to go... People to see...

Free and Low-Cost Events for **September 1 - 15, 2011**

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

ART

Thurs 1 to Sept 30. **Being There** by Hoda Ghods. Works exploring the experiences of immigrant women and identity. Yorkville Library, 22 Yorkville Avenue 416-393-7660 www.torontopubliclibrary.ca FREE

Thurs 1 to Sept 30. **Earthly Essence** by Alison Loucks. Abstract mixed media paintings with beads, chains and resin. Oakwood Village Library and Arts Centre, 341 Oakwood Avenue 416-394-1040 www.torontopubliclibrary.ca FREE

Fri 2 to Mon 5 from 11 am – 6 pm. **Artfest at the Distillery**. Outdoor art show. Distillery District, 55 Mill Street 416-364-1177 <http://artisansatthedistillery.com> FREE

CHILDREN

Mon 12, 19 and 26 from 4:30 pm - 5:30 pm. **Crafts for Children**. Make something to take home using paper, scissors, colours and your imagination! Albion Branch, 1515 Albion Road 416-394-5170 www.torontopubliclibrary.ca FREE

FESTIVAL & CELEBRATION

Fri 2 to Mon 5. **Hot & Spicy Food Festival**. Culinary arts, music, films, and dance featuring DJ Niterider. Plus Barbadian cuisine, an iron chef competition, and more. Harbourfront Centre, 235 Queens Quay West 416-973-4000 <http://harbourfrontcentre.com> FREE

Fri 2 to Mon 5. Friday starts at 7 pm. Sat, Sun & Mon starts at 3 pm. Times TBA. **30th Anniversary Hispanic Fiesta**. Music, dance, food from over 20 Latin speaking countries. Over 300 performances. Not to be missed. Mel Lastman Square, 5100 Yonge St. 416-240-9338 info@hispanicfiesta.com <http://www.hispanicfiesta.com/> FREE

Sat 10 and Sun 11 all day. **Toronto Chinatown Festival 2011**. East side of Spadina Avenue, between Dundas Street West and College Street 416-260-9800 torontochinatownfestival@chinatown.com FREE

FITNESS & WELLNESS

Saturdays to Oct 31. **Drop-In Do-It-Yourself Bike Repair**. Bring your bike and they'll provide the space and tools. Evergreen at the Brick Works, 550 Bayview Avenue 416-596-7670 <http://ebw.evergreen.ca> Pay What You can (plus parts (Suggested \$7/hour)

Saturdays in September from 11 am to 12:30 pm. **Sahaja Yoga Meditation**. Sahaja Kundalini yoga helps you relax and manage physical, mental and emotional stress. Mount Dennis Branch, 1123 Weston Road 416-597-2489 www.torontopubliclibrary.ca FREE

Sun 4 at 1 pm. **Laneway Walking Tour**. Walk through Queen West, Trinity-Bellwoods and Little Portugal neighbourhoods. View Graffiti Alley, laneway homes, and more. Meet at Pizza Pizza on the corner of Queen Street West and Bathurst Street. info@graemeparry.com FREE

GAMES

Tuesdays at 7:30 pm. **Pub Stumpers.** Weekly trivia night. Stout Irish Pub, 221 Carlton Street East
647-344-7676 www.stoutirishpub.ca FREE

HISTORICAL TOURS

Thurs 8 at 6:30 pm. **Labour Walks: Cecil Street.** Maureen Hynes and Sue Smith lead a walking tour on the Fashion District's labour history. Meet at 33 Cecil Street 416-516-9546 www.catalystcentre.ca FREE

Sat 10 at 10:30 am. **Lawrence Park: A Garden Suburb.** A Heritage Toronto walking tour. Meet at the William McDougall Heritage plaque (SE corner of Lawrence Ave. E and St. Edmund's Drive. 416-338-0684
www.heritagetoronto.org FREE

Sun 11 at 1:30 pm. **Atop the Davenport Hill in the 1920s.** A Heritage Toronto guided walk. Meet at Spadina Historic House, 285 Spadina Road 416-338-0684 www.heritagetoronto.org FREE

LABOUR DAY

Mon 5 starting at 11 am. **Labour Day Parade.** The annual parade celebrating the strength and solidarity of workers starts at Queen Street and University Avenue, travels West along Queen Street West to Dufferin Street and South to the CNE. <http://theex.com> FREE (includes free admission to CNE)

LEARNING

Thurs 8 at 7 pm. **Opera Talks at the NYCL.** Learn how history and modernity come together in Robert Carsen's re-imagining of one of the oldest operas still presented on stage – *Iphigenia in Tauris*. North York Central Library, Auditorium, 5120 Yonge St. Register at 416-395-5639. www.coc.ca FREE

Wed 14 from 6 – 9 pm. 2011/2012 ACT Forum Series Begins: **Bridging The Gap: Barriers to HIV Treatment.** Ramada Plaza Hotel, 300 Jarvis St. 416-340-8484 x 219 fax: 416-340-8224
<http://www.actoronto.org> FREE

WRITERS

Sat 3 from 2:30 - 4:30 pm. **Phoenix Poetry Workshop.** A monthly poetry meeting and workshop. College/Shaw Library. 766 College Street 416-393-7668 www.torontopubliclibrary.ca FREE

Wed 7 at 6 pm. Brian Francis launches his new novel, **Natural Order.** Gladstone Hotel, 1214 Queen Street West. 416-531-4635 www.gladstonehotel.com FREE

Wed 14 from 12:30 pm - 2 pm. Helen Humphreys: **The Reinvention of Love.** A reading from her novel on the love triangle of Charles Sainte-Beuve, Adele Hugo, and her husband Victor Hugo. Northern District Branch, 40 Orchard View Boulevard 416-393-7610 www.torontopubliclibrary.ca FREE

To subscribe call the C/S Info Centre at 416-595-2882 or email us at csinfo@camh.net.

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www.csinfo.ca www.twitter.com/CSInfoCentre

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.

The C/S Information Resource Centre of Toronto
Annual General Meeting

PARC (Parkdale Activity-Recreation Centre)
1499 Queen Street West
Monday, September 26, 2011
6 pm – 8 pm

The business meeting will begin at 6 pm and our special guests,
The Parkdale Drummers, will perform immediately afterwards.

Please join us. Everyone is welcome.

General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.
Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.
If you are already a member, you must renew your membership before the end of every two years for your membership to remain 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 - You must be a consumer/survivor from the Greater Toronto Area.

Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature _____

Date _____

Name (please print) _____

Organization (optional) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Fax _____ Email _____

Please Note: We must receive your signed application **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 the Bulletin.