

BULLETIN

AUG 1 – 15, 2012

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.ca <http://www.csinfo.ca/>

PREFER Annual Summit

Saturday, September 22nd, 2012

The Summit is a province-wide conference that enables PREFER participants, consumer/survivors, families, allies and professionals to gather and educate one another, be educated, network and share their experience on peer support.

10:00 am - 5:00 pm

Branson site - North York General Hospital
555 Finch Avenue West*, Auditorium (lower level)

Keynote Speaker: Nora Jacobson
Peers as Dignity Workers

How dignity violation and dignity promotion affect individual and collective health and how peers are well-suited to be dignity auditors.

"Setting Limits in Peer Support"

ART! Show & Sale by PREFER participants & consumer survivors Panel Discussion & Guest Speakers NETWORKING OPPORTUNITIES

REGISTRATION: FREE for Consumer/Survivors. There is a \$25.00 fee for professionals, family members and allies. Lunch is included in registration.

Contact us at: prefersummit2012@gmail.com or by telephone @ 647-203-3726 For details:
www.cultureofrecovery.org



THANK CUCKOOS:

*The Mad Pride Toronto 2012 Organizing Committee is **crazy about:***

- Everyone who attended events this year – particularly our first-timers and those travelling from New York, Waterloo, Guelph, Halton, Richmond Hill, and other geographically or emotionally “far away” places!
- Lunatics who celebrated Mad Pride on their own/elsewhere. Extra mad love to those who told us about their parties!
- Nutters who dressed up – with mad gear, costumes, hats.
- Photographers who asked permission before snapping shots.
- People who forwarded promotional materials and Facebook spammed.
- Our helpful “helpers” who told their colleagues and our fellow “clients” about Mad Pride.
- The weekend and night staff at the Kinkos at Bloor/Bathurst who donated rubber bands and welcomed mad women into their store to use their paper cutters (hey, that’s sharp!).
- Our wonderfully wacky event volunteers and voluntolds who chalked side-walks, counted heads, painted faces, refilled water jugs, cut fruit, prepared sandwiches, played music, chauffeured stuff, sold t-shirts, set up tech, managed our website, took notes, gave directions, folded brochures, hung up posters, rearranged furniture, carried equipment/supplies from one site to another in the heat, opened doors, and were happy to be put to work just because they showed up early or were able to stay a bit late.
- The organizations that donated printing/photocopying (you know who you are – well, some of you don’t... :) and posted flyers in their spaces (or chose not to remove the ones we posted).
- The organizations that donated food or grocery gift-certificates.
- Organizations who celebrated Mad Pride with us and answered panicked phone calls, lent out equipment, and supplies that were needed at the last minute (hey, who knew Mad Pride would require so many serving spoons!) and welcomed our insanity warmly into their spaces.
- Everyone who committed loonies to our Mad Pride Loonie Bin or donated their sense to create more nonsense!
- Sarafin who created the Mad Pride Toronto logo
- All of the presenters, performers, hosts, facilitators, musicians, artists, artisans, authors, actors, comics who shared and showcased their work during Mad Pride Toronto 2012 events.
- Members of the Organizing Committee who managed finances and fundraised, made telephone calls, wrote emails, scheduled events, scouted space, designed logos, drafted promotional materials, created posters, engaged in outreach, communicated with media, arranged access, coordinated volunteers and did things that needed to get done.
- The Public Butter for donating our Mad Pride Toronto t-shirts and to David Oaks and MindFreedom International for donating two Mad Pride t-shirts for a raffle.
- Special thanks to the Reva Gerstein Legacy Fund for funding most of the madness.
- **Folks who filled out our “Assessment” / “Discharge” survey and shared ideas about Mad Pride. There’s still time! Complete the survey online at www.surveymonkey.com/s/3XPN7FB. Download/print a copy from our website at www.madprideto.com or pick up/drop off at the Consumer/Survivor Information Resource Centre of Toronto (contact info on the first page of this Bulletin). We’d love for you to fill it out whether or not you attended “official” Mad Pride Toronto festivities this year.**

Gerstein Centre and Houselink are participating in the Scotiabank Waterfront Marathon Charity Challenge

Run, walk, wheel...join the Gerstein Centre/Houselink team at the Scotiabank Toronto Waterfront Marathon on Sunday, October 14th and help the thousands of Torontonians living with mental health difficulties.

Donations this year will be directed towards our FRESH program, Finding Recovery through Exercise Skills and Hope a peer support program in cooperation with Houselink that focuses on helping people get physically active. The program helps people enhance social interaction and connect with their communities. Some of the activities include gym groups, yoga, walking groups, hockey and information about nutrition.

Join the Gerstein Centre/Houselink Team today and help us reach our fundraising goal.

Register as a walker/runner at http://eventsonline.ca/events/crs_scotia/

Or if you can't participate on Oct 14th you can sponsor a member of the team at

<https://secure.e2rm.com/registrator/PersonalPage.aspx?eventid=85736&RegistrationID=1487649>

Active with F.R.E.S.H. in T.O.

By Fiona Seth, F.R.E.S.H. (Finding Recovery through Exercise Skills and Hope) Worker

Wayne, a participant of the F.R.E.S.H. program this summer, sat and talked with us a bit about the program's impact so far. Wayne loves the city of Toronto, hails originally from Barrie and is a die-hard Boston Bruins fan. He collects caps and owns 5 different Bruins caps, one over 25 years old.

Fiona: How did you learn about the F.R.E.S.H. program?

Wayne: Through my psychologist at St. Michael's. She knew about it and contacted Mike (Michael Aucoin, F.R.E.S.H. Program Co-ordinator) and then I called Mike. I wasn't doing nothing with myself. So I needed to get out. I'm glad I am.

Fiona: How has the F.R.E.S.H. program helped you personally?

Wayne: Well, I'm more outgoing now. Not so depressed. I just like the one-on-one walking. It's pretty good.

Fiona: How would like the F.R.E.S.H. program to grow?

Wayne: I guess they need more (workers) like yourself. Because there's a million people who need help and don't know how to get it. But I was lucky I found this program. It's changed me. Changed my life.

The F.R.E.S.H. project is offered through the Gerstein Crisis Centre in partnership with Houselink Community Homes, The Primary Support Unit (PSU) at the Maxwell Meighen Centre, 16 Ossington, Wellness Recovery Action Plan (WRAP) and Working for Change. The program is offered to past and present residents of Gerstein, Houselink and PSU. F.R.E.S.H. is a peer support model that focuses on helping individuals get physically active, learn new skills, interact socially and find ways to get involved in the community through recreational group activities and one-on-one recreational activities. Participants can choose what works best for them and leisurely walks are valued just as much as higher intensity pursuits.

Anxiety and Insomnia Product Gets Health Canada Warning

Fu Fang Zaoren Jiaonang, " an unauthorized natural health product promoted for anxiety and/or insomnia, has been removed from sale after testing by Health Canada confirmed the presence of the ingredient L-tetrahydropalmatine that could cause damage to vital organs such as the liver, most notably in pregnant women.

For more information, visit: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2012/2012_113-eng.php

Come Laugh Your Head Off!

The Mood Disorders Association of Ontario Presents: LAUGHING LIKE CRAZY Comedy Showcase
Featuring stand-up comedy performances by graduates of the 16 week Laughing Like Crazy Program

Writing comedy about experiences of the mental health system is crazy. That's why we do it.

Thursday, August 9, 2012

Doors Open at: 7:00pm

Show: 7:30 to 9:30pm

Central YMCA Auditorium, 2nd Floor 20 Grosvenor St, Toronto (closest subway stations: College or Wellesley)

Admission at the door: By Donation

Laughing Like Crazy finds the humour in some of life's most challenging experiences like diagnosis, suicide attempts, being committed and dating. By laughing at our difficulties we can rise above them. | 416 486-8046

laughinglikecrazy@mooddisorders.ca

www.mooddisorders.ca

We Need a New Look on The Web

We're looking for a student or a volunteer to help with re-designing our website. If you've ever tried to find a back issue of The Bulletin on-line, you'll know that our website is pretty old and tired looking. What a great project for a creative individual! What an addition to a student's portfolio! If you think you could be the person who could volunteer to help us create a vital new presence on-line, call Helen at 416 595-2882 or email us at csinfo@camh.ca. Have a look at the website at www.csinfo.ca.



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.

Employment Matters

Knocking Down Barriers to Employment & Moving Forward – a discussion group

- ✓ What happens when a door closes?
- ✓ What is your 'self-talk' when this happens?
- ✓ What are your options to move on?
- ✓ Let's talk about it.

Our next session will be August 8th 2 pm. We meet twice a month at Houselink at 805 Bloor St West.

We want to take everyone into our group, but our funder specifies: we require people's SIN; the group must be for people with a disability, who are not receiving Employment Insurance and who are entitled to work in Canada

Please call or email Charna to RSVP 416 516-1422 x 268 or charnago@houselink.on.ca

If you have attended one of our first couple of meetings, please note, our change in location.

Notes From the Last C/S info Session on Peer Support Work at CAMH

Diana Capponi is the Employment Works Co-coordinator at the Centre for Addiction and Mental Health (CAMH). She spoke recently at one in a series of workshops we hold. This one was really popular and even after the fact I got lots of calls from people who wanted to know what she said. Here are my notes from her talk. Shannon Quinn, one of the Peer Support Workers at CAMH also spoke about what it is like to be on the job. Thanks to both of these women who gave their time and talents.

Helen

Diana started off by saying not everyone with lived experience has the skill sets or competencies to be a Peer Support Worker. She reminded us that there are very few Peer Support Positions at CAMH. Of 2,900 staff only thirteen are identified peer support positions and only three of those are full time the rest are part time.

- ✓ The Centre uses the Intentional Peer Support Model - growing and learning together.
- ✓ PSW's are not counselors; this whole building is full of counselors, that's not a peer support worker role.
- ✓ PSW's travel with people through their recovery journey
- ✓ We're helping people de-personalize and to feel better about themselves.
- ✓ We're helping people increase their self-esteem and reduce their shame.
- ✓ Intentional peer support model comes from Shery Mead.
- ✓ We're looking for people who can question the whole notion of mental health/mental illness and question the system.
- ✓ People who have awareness around the history of psych survivors - knowing about the psychiatric survivor history and history of the survivor movement locally and internationally.
- ✓ People who know about purposeful disclosure
- ✓ People who don't use the position to deal with their own issues, people who are not continuously reiterating their own history with an 'I'm not okay' attitude. People need to know you are okay. Leave your personal stuff at home.
- ✓ You need to have strong written and verbal communication skills.
- ✓ You need to know about the significance of social determinants of health - the rights of citizenship - housing, job, friend. You should have a holistic view of health.
- ✓ You should be aware of the significance of diversity.
- ✓ You should have group facilitation skills or have personally been in a self-help group.
- ✓ You should be familiar with WRAP (Wellness Recovery Action Planning).
- ✓ You should be able to answer what does Recovery mean to me and be able to model Recovery.
- ✓ You should be optimistic and have a strengths-based approach.
- ✓ You must develop relationships with your coworkers and learn to pick your battles and bite your tongue at first.
- ✓ You have to know community services and how they treat people. It's a good idea to visit these places and get to know about the places that help people get back to work or school and how to help get housing for people.
- ✓ You should be familiar with psychiatric survivor history, the Empowerment Council, the Archives and so on.
- ✓ You have to have computer knowledge. CAMH does a lot of online documentation.
- ✓ You work with people not for them.

- ✓ You have to know about trauma informed care.
- ✓ You should know about GAM: Gaining Autonomy with My Medication.
- ✓ You should go to Pathways training.
- ✓ Remember that CAMH is about both mental health and addictions and Diana feels that people with addictions are as, if not more, discriminated against than people with mental health challenges.
- ✓ If you are a still client of CAMH, you can take a peer support worker job but not on the unit where you receive service question as that would be a conflict.
- ✓ What's part-time? That varies - 2 1/2 or three days a week. Full-time is 37.5 hours a week.
- ✓ The CAMH PSW jobs are permanent and unionized.
- ✓ The Mental Health Commission of Canada (MHCC) is working towards a training program and standardization and accreditation of Peer Support Workers.

Finally, Shannon put it bluntly when she said, “Lived experience is a pre-requisite, not a qualification.”

Youth Small Business Program

Do you have a small business idea? Need help converting your idea to a viable small business?

The Youth Small Business Program is designed for individuals aged 16-29 with a history of mental health or addiction challenges. This includes a group training program where participants will gain practical tools, business knowledge and confidence, while converting their business idea into a viable business plan. Completion of the program comes with a financial incentive as start up capital and the opportunity to access Rise financing to grow your business!

Eligibility

1. 16-29 years old
2. Have a history of mental health or addiction challenges
3. Have a great idea for a small business!
4. Have difficulty acquiring capital (financing) to turn your idea into a reality
5. Live in the GTA (training will be held at the Rotman School of Management – University of Toronto)

The program is focused on giving participants an opportunity to transform business ideas into achievable business plans. The sessions include: **Workshops:** Interactive sessions taught by Rotman faculty, alumni and guest instructors— industry experts. Participants work together and discuss business concepts to grow and develop their business goals. **Coaching:** Participants will receive one-on-one and team coaching from volunteers within the Rotman community (Rotman MBA alumni) and from the small business/ entrepreneurial community. **Self-Directed Learning:** Learning does not stop at the classroom door. At home, participants have access to online resources and support and use a specially designed Business Plan Workbook to develop their business plans throughout the program.

Expectations and Outcomes: All participants must complete a business plan and will have the opportunity to present their plan on the final day of the program to a panel of small business experts. Participants will receive a certificate upon successful completion.

Financing: All participants completing the program will receive a financial incentive of \$500 toward the start up of their business and will be eligible for Rise financing (up to \$25,000, with first loans averaging at \$5000).

When: The first iteration of program will run from September 18th - November 15th, 2012, on Tuesday and Thursday evenings from 6 - 8 pm. There will be two half day Saturday sessions. Applicants must demonstrate

a strong commitment to the program by attending regularly and completing a business plan at the completion of the program. Applicants will be accepted based on the viability of their business idea and their commitment to completing the course requirements.

Where: 149 College Street, Toronto, ON M5T 1P5

Cost: The program is free of charge for all participants!

To Apply: <http://riseassetdevelopment.com/youth/> to download an application and get dates for the next information session. You'll be called for an interview.

Email info@riseassetdevelopment.ca if you have any questions or to sign up for an information session today!

Rise, through the support of the Ministry of Children and Youth Services (MCYS), is expanding its services by offering a targeted program for youth, aged 16-29 years old, living with mental illness and/or addictions. With the continued support of the Rotman School of Management and the Centre for Addiction and Mental Health (CAMH), we will provide microfinancing, training and mentorship to youth entrepreneurs. Rise will leverage existing infrastructure and expertise to assist young entrepreneurs living with mental illness and/or addictions establish viable small businesses across Ontario.

Invitation - Attend a "lunch and learn" information session about RISE on **Tuesday, August 14th from 12:00 pm to 2:00 pm at Dixon Hall Employment Services Centre (489 Queen Street East, #300). Lunch will be provided.** Register by calling 416-956-4949 x 201 or esc.info@dixonhall.org.



Houselink & PARC have launched **The Silver Brush**; an **interior painting enterprise** with a **social purpose**. By providing competitive, quality painting services to the commercial residential market, the Silver Brush trains and employs people who are survivors of mental health challenges, long term poverty, and/or homelessness.

The Silver Brush
Part-Time Administrative Assistant
Twelve month contract
Candidate must be in receipt of OW

General Responsibilities

The Administrative Assistant is responsible for: completing specified administrative tasks and responding to enquiries for the the The Silver Brush (TSB) enterprise; maintaining electronic and mechanical key access systems; and supporting manager and other staff.

Required Skills & Abilities:

This position requires a person who has

- Proven office administrative skills
- Proven computer and database skills
- Ability to work in an organized manner
- Skilled at customer relations and problem solving
- Good verbal, listening, and written communication skills
- Ability to work as a team member
- Ability to work independently

- Able to use QuickBooks
- Ability to multi-task
- Excellent interpersonal skills

The funding for this position is from the City of Toronto TESS program. Successful applicants must be in receipt of Ontario Works. This is a one year contract with no possibility of renewal.

Starting Salary is \$18.00 per hour for a 21 hour week for 52 weeks. Receipt of OW and benefits (ie drug card, dental and vision benefits) through the City of Toronto may be negotiated.

Please email cover letter and resume by Friday, August 10, 2012, 5:00 pm to:

Direct resumes to: lorraine@silverbrush.ca

No phone calls please. Only those selected for an interview will be contacted.
Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.

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

Free and Low-Cost Events for **Aug 1 - 15, 2012**

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

ART & CULTURE

To Sun 12, Wed – Sat from noon - 5 pm and Sun from 1 - 4pm. **Collective Vision.**

Works by artists whose diverse practices have shaped the gallery across 12 years and 2 gallery spaces. 1273 Dundas Street West. 416-516-2581 www.loopgallery.ca FREE

Fri 10 to Sun 12 at various times. **Zine Dream 5.** Small press art festival with self-published books, comics, zines, handmade crafts, prints and more, plus performances, live music and DJs. Various venues. <http://zinedream.com/> PAY WHAT YOU CAN

Fri 10 to Sun 19 at various times. **Toronto Queer Arts and Culture Festival.** Queer poetry, cabaret, dance and music performances, sexy crafts, a community fair, Queer West Village bike tour, a youth conference and more. Various venues. 416-879-7954 <http://artsfestival.queerwest.org/> SOME EVENTS ARE FREE

DANCE

Wed 1 to Sun 5 from 7 - 9 pm. **Dusk Dances.** Bold and delightful dance works featuring some of Canada's most innovative dancers and choreographers. Withrow Park (located south of Danforth Avenue between Logan Avenue and Carlaw Avenue) 416-504-6429 ext. 41 www.duskdances.ca PAY WHAT YOU CAN

FESTIVALS

Thurs 2 to Mon 6 at various times and locations. **Festival Kompa Zouk Toronto.** Experience French Creole fever! Food, exhibitions, movie projections, conferences and live performances. Free concerts Aug 5 from 11am to midnight. David Pecaut Square, 55 John Street at King Street. 1-866-575-9994 <http://fkzo.ca/en> Many events are FREE

Fri 3 to Mon 6 from 1 -11 pm. **Island Soul**. This Caribbean festival commemorates the 50th Anniversary of the Independence of Jamaica and Trinidad & Tobago. Harbourfront Centre, 235 Queens Quay W. 416-973-4000 <http://www.harbourfrontcentre.com/summer/> FREE

Fri 3 to Mon 6 at various times. **Lakeshore Mardis Gras**. Great musicians including Alen Frew of Glass Tiger and Suzie McNeil, plus kids activities, rides, food and buskers. Colonel Samuel Smith Park, at Kipling Avenue and Lake Shore Boulevard West. 416-912-6254 www.lakeshoremardigras.ca FREE

To Fri 10 from 5 - 10:30 pm. **Cultura Festival Fridays**. A weekly Friday night summer festival celebrating food, art, music and film. Featuring unique performers, international food vendors and evening film screenings under the stars. Mel Lastman Square, 5100 Yonge Street. 416-395-6411 www.culturafestival.ca FREE

Fri 10 from 6 pm – midnight, Sat 11 from noon - midnight and Sun 12 from noon – 8 pm. **Taste of the Danforth**. Showcasing the best foods of our multicultural city plus world folk music and children's games. 416-469-5634 www.tasteofthedanforth.com FREE

Fri 10 to Sun 19 at various times. **Planet IndigenUS Festival**. The largest multidisciplinary, contemporary, international Indigenous arts festival in the world. Dance, music, art and more. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 <http://www.harbourfrontcentre.com/planetindigenus/> FREE

Sat 11 from 11 am – 5 pm. **Wheels on the Danforth & Fun in the Park**. A juried contest of 200 antique and classic cars, all lined up on the closed section of the street. Vendors, local restaurants serving on the street and great music, plus a Kid's Zone in the park. Danforth Avenue and Danforth Road. 416-693-8300 www.WheelsOnTheDanforth.ca FREE

FITNESS

Wed 15 from 6 – 8 pm. **Discover Ward 37 Ride**. A leisurely ride along the quiet streets of Ward 37 in Scarborough along a very safe route. Maps will be provided. Bring snacks and water. Ride starts at Thompson Park at Lawrence Avenue East and Brimley Road. 416-288-0293 <http://outingclubofeast york.org> FREE

HISTORY

Fri 10 from 10 am – 1 pm. **Gordon and Helliwell Walking Tour**. Gordon and Helliwell was a turn-of-the-century architectural firm that had a huge impact on the city. Explore their work, personal triumphs and tragedies. Todmorden Mills Heritage Site, 67 Pottery Road. 416-396-2819 www.toronto.ca/museums-events FREE

LEARNING

Sun 12 at 7:30 pm. **One World, One Sky**. Summer star party with activities, night sky observing and the Perseid meteor shower. Ontario Science Centre. 770 Don Mills Road. 416-696-1000 <http://www.ontariosciencecentre.ca/> FREE

Wed 15 from 6:30 - 8:00 pm. **Small Business Information Seminar**. A Canada Revenue Agency representative provides basic information about starting your own business. Learn about record keeping, fiscal periods, income and expenses to claim, payroll and HST. York Woods Public Library, 1785 Finch Avenue W. Call to register. 416-395-5980 <http://www.torontopubliclibrary.ca> FREE

MUSIC

Sundays to Aug 19 from 7:30 - 9 pm. **Sunday Serenades**. Dance under the stars to free live performances by some of the best acts in swing, jazz and big band music. Mel Lastman Square, 5100 Yonge Street. Tel. 311 www.toronto.ca/special_events/serenades FREE

Wednesdays to Aug 29 at noon. **Fresh Wednesdays.** Free outdoor concerts of Canadian music with a fresh market featuring Ontario-grown produce, flowers and delicious baked goods. Nathan Phillips Square, 100 Queen Street West. Tel. 311 www.toronto.ca/special_events/wednesdays FREE

Fri 3 to Mon 6 from noon - 10 pm. **IRIE Music Festival.** A celebration of music from Reggae to Salsa, Soul to African, including dance from the African Diaspora, spoken word and literature, visual arts plus delicious tropical food. Various locations. 1-888-222-6608 www.iriemusicfestival.com MANY EVENTS ARE FREE

READINGS

Sat 11 from 7 - 8:30 pm. **AUTHORS: Planet IndigenUS.** Thomas King previews his latest work *The Inconvenient Indian: A Curious Account of Native People in North America*; Drew Hayden Taylor presents his Governor General's Literary Award-nominated, *Motorcycles & Sweetgrass*; and Brian Wright-McLeod shares his first graphic novel, *Red Power*. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.readings.org FREE

Mon 13 from 2 – 3 pm. **Maori Storyteller Joe Harawira** tells stories from his homeland of New Zealand. Morningside Branch, 4279 Lawrence Avenue East. 416-396-8881 www.torontopubliclibrary.ca/detail.jsp?Entt=RDM116302&R=116302 FREE

SIMCOE DAY

Monday, August 6 from 11 am - noon. **City Building: Simcoe to Skyscrapers.** This Fort York Historic District Walking Tour highlights the founding of York (Toronto) by Lt. Governor John G. Simcoe, the Battle of York (1813), the fortification and development of the harbour, and the eventual industrial, recreational and residential growth of this vital area. Meet at the fort canteen/admission desk. Fort York National Historic Site, 250 Fort York Boulevard. 416-392-6907 <http://www.toronto.ca/culture/museums/fort-york.htm> FREE

WRITING

Wed 15 from 2 – 4 pm. **Write Like You Mean It!** Kristyn Dunnion guides teens ages 12 to 19 through the creative process from the initial brainstorming phase to final revisions, all with an eye to keeping the material fresh, original and urgent. Toronto Reference Library, 789 Yonge Street. To register, email Ken Sparling at ksparling@torontopubliclibrary.ca or 416-397-5970 <http://www.torontopubliclibrary.ca> FREE

To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.ca.

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How about converting to email and doing a favour for our planet? Call The C/S Info Centre at 416 595-2882 or email us at csinfo@camh.ca. Your Mother Earth will thank you.