

BULLETIN

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

The next C/S Info Session will be about Smoking Awareness: Considering Change

Come and hear from the experts about why you should consider changing your smoking habits and the resources available to help you. Please join the Consumer/Survivor Information Resource Centre and our guests for a lively and informative discussion with plenty of time for questions and answers.

Monday October 22, 2012

Room B-40 in the Basement of Unit 4

CAMH (Centre for Addiction and Mental Health)

1001 Queen Street West

Reminder that we've changed the meetings to the afternoons

Please join us at our new time - 1:30 to 3:00 pm

Everyone welcome Refreshments will be served

Topics covered:

- Your thoughts on smoking
- Change as a process,
- Strategies and tools for quitting/reducing your tobacco use
- Medical treatment options
- Importance of Community Support

Please join The Consumer/Survivor Information Resource Centre and Alexandra Andric, RN CAMH and Kristine Tomcheski, MSW, CAMH, and Bronwyn Sims, Peer Support Worker, CAMH

Please RSVP helen.hook@camh.ca or 416 595-2882

Do you experience (Post-traumatic Stress) or Trauma symptoms?

Individuals over the age of 18 are invited to participate in a research study of Yoga for post-traumatic stress. The yoga in this study is easy to learn and does not require flexibility or physical fitness. Participation will require a screening and assessment, 8 week classes, and completion of questionnaires and interviews.

Next 8 week class: October 18 – December 20, 2012. There are only 10 spaces available.

Register now to confirm your spot.

For information please call:

416 934-4524

Email: gfs.khalsa@utoronto.ca

Ontario Institute for Studies in Education, University of Toronto

The Reva Gerstein Legacy Fund

We are currently seeking submissions for 2012/2013. This is the Sixth year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community.

Last year we were able to fund People and Pets, PhACS and Mad Pride Toronto. We also helped two students with tuition and other costs that allowed them to continue their education and become great role models for other psychiatric survivors.

We are looking to receive proposals by November 2, 2012 so that we can meet with the groups in early December and distribute the money early in 2013. Proposals should have a budget of no more than \$4,000.00 and should be sent to the Gerstein Centre, 100 Charles Street East, Toronto, M4Y 1V3 or emailed to pquinn@gersteincentre.org.

Where's Mental Health in Chronic Disease Prevention? Toronto and Online

Tuesday, October 30 from 1 pm until 3 pm
Located at CAMH 33 Russell Street. Toronto, ON

This forum will focus specifically on mental health with the objective of increasing the understanding of the dynamic interrelationship between physical health and mental health, and identifying opportunities to take collaborative action in Ontario.

Ontario Chronic Disease Prevention Awareness Panel Discussions are open to all and include a Q & A period. There is the opportunity to participate in-person or virtually.

To register for this event, please click here: <http://www.ocdpa.ca/PDMentalHealth.gk>

Light a Spark evening, Toronto

Thursday October 4, 2012 from 5:30 pm to 7:30 pm
Metro Hall Rotunda located at 55 John Street, Toronto, ON

Please join us for a unique networking evening in celebration of the first UN International Day of the Girl and Girls Action Foundation's inspired work to empower the next generation of leaders.

- Keynote address by Pamela Jeffery
- Speed networking
- Girls' Testimonials

Cocktails & hors d'oeuvres will be served.

Please share this invitation with your networks! Everyone welcome.

Girls Action Foundation is a national charitable organization. We lead and seed girl's programs across Canada. We build girl's and young women's skills and confidence and inspire action to change the world.

For information: 1-888-948-1112

melissa@girlsactionfoundation.ca

Putting a roof over inadequate housing: Home Safe Toronto Documentary Screening and Panel Discussion

Thursday October 11 from 7:00 to 9:00 p.m.

The Royal Theatre at 608 College Street, Toronto ON

Please RSVP to ipph-ispp@uottawa.ca

Please join us to watch inspiring clips from the Skyworks documentary Home Safe Toronto which delves into the lives of some of Toronto's families who are struggling to keep a roof over their heads, put food on their plates, and stay healthy.

Following the film segments, take part in an interactive discussion with researchers about the evidence on inadequate housing, health outcomes, and food insecurity and hear from participants featured in the film.

This free event is hosted by the Canadian Institutes of Health Research.

Information available here: <http://www.cihr-irsc.gc.ca/e/45754.html>

Art is a Brush with Life

Come and see the exhibition from September 25th to October 26th, 2012. We are located at 999 Dover court Road, Toronto, Ontario and open from 10:00 am to 5:00 pm Tuesday thru Friday. The gallery is closed on weekends.

We are a creative Spirit Art Centre that is celebrating over 20 years as a public art gallery and studio. We are dedicated to "advancing the creative power in artists with disabilities." If you have any questions please call us at 416 588-8801 or email us at csac@creativespirit.on.ca. Our website is www.creativespirit.on.ca

Please join us to learn more about: PREFER

Peer Recovery Education for Employment & Resilience (PREFER) program. We ask that you let us know you are planning on coming so that we can plan for enough chairs, but we may not be able to return your call before the information session. **Leave your name and contact information** and the session you would like to attend **by email: e.carvalho@krasmancentre.com** or **phone 905-780-0491 ext: 125** or **Toll-Free: 1-888-780-0724**

Tuesday November 6th, 2012 5:30 pm – 7:00 pm Krasman Centre at 10121 Yonge St., Richmond Hill, ON L4C 1T7 (one block north of Major Mackenzie Drive) ****Ground floor access with small threshold; friendly senior cat on premises. **Free parking. Accessible by public transportation.**

Thursday November 15th, 2012 2:00 pm – 3:00 pm North York General Hospital — Branson Site (Maple Room), 555 Finch Ave., West, Toronto (just west of Bathurst St.) ****Wheelchair accessible.. **Free parking across the street at North York Centennial Arena at 580 Finch Ave. W.**

Did you miss the PREFER Summit? PowerPoint presentations from the Summit are now available online. Visit www.cultureofrecovery.org

Workout + WRAP

- Do you want to use physical activity as part of how you take care of your emotional and mental wellbeing?
- Did you used to be active?
- Do you want to try physical activity for the first time?
- Are you having trouble getting motivated and making changes to your routine?
- Want to try working with a group?
- Do you want to develop a routine that means you won't have to keep going to a gym?

Please join us for this special 9-week WRAP group. **fitness & me** Workout + WRAP

Information Session: October 9th at 11:00 am. Spaces are limited.

If you would like more information, please contact Nicki at 416-929-0149

Do you live in a Toronto Community Housing (TCHC) Building?

Did you know that there are peer support drop-ins in some of the TCHC buildings? Drop-ins are open for two hours a week.

Wellness Recovery Action Plan (WRAP) groups will be starting soon in some of the drop-ins. Drop-in to find out more! Or call us at 416 981- 5500.

WRAP PEER SUPPORT DROP- IN'S CURRENTLY OFFERED AT:

- Mondays from 4:00 pm-6:00 pm located at 200 Wellesley St. East Community Corner
- Wednesdays from 1:00 pm-3:00 pm located at 220 Oak St
- Thursdays from 2:00 pm-4:00 pm located at 40 Fir Valley
- Fridays from 3:00 pm-5:00 pm located at 61 Pelham Park Gardens.

Come out and learn how to help yourself, the same way we have learned; with the help of others. Snacks will be served

More about: Community Events and Community Support

Every Thursday from 2:00 pm till 3:00 pm - St. Michaels Hospital. The Urban Angel is a Social Support Peer Self Help Group that is for consumers and it is run by consumers. If interested please phone Margaret at 416 425-8957 or Donna at 416 752-2870.

NEW Insights in HIV Management and Strategies for a Cure

Wednesday October 10, 2012 from 7:00 until 9:00 pm located at Ramada Plaza Hotel, 300 Jarvis Street, Toronto, Ontario. Light buffet will be served at 6:00 pm. We are delighted to announce that we have secured a line up of extremely distinguish speakers headed by Dr. Tae- Wook Chun from Johns Hopkins University and is one of the world's leading persons in the field. This is an open discussion for anyone living with HIV. If you require any further information please call Robin Rhodes at 416 340-8484 x 219. Free Admission

BOOST

This is a free six week food and health program happening at The Stop Community Food Centre this fall.

The program is called **BOOST** and for 6 Friday afternoons, participants and will be learning about healthy whole foods that help boost our immune systems.

We will meet at **The Stop's Green Barn** (601 Christie Barn 4) in the Artscape Wychwood Barns building **from 3 pm – 6 pm** on the following dates:

Oct 12, Oct 26, Nov 9, Nov 23, Dec 7 and Dec 21.

We'll taste energizing and healthful foods, make affordable recipes together, and share a meal each week. Please call or email if you'd like more information, or if you'd like to register for this exciting new program.

Kristyn Dunnion
Community Kitchen Coordinator
The Stop Community Food Centre
601 Christie St. Box 181 Toronto, ON M6G 4C7
t: 416 651-7867 x 23
www.thestop.org | **Follow us on Twitter: @thestopcfc**

GOWL – Getting on with life and its challenges – A Mental Health Support and Skill Development Program
Harvesting Health and Wellness Free Workshops

Wednesday October 10 from 1:30 till 3:00– Welcome to the workshop series / Sharing and Comparing Personal Interests
Wednesday October 17 from 1:30 till 3:00 – Feeling better through exercise relevant to your needs
Wednesday October 24 from 1:30 till 3:00– Outing to the Kensington Market
Wednesday October 31 from 1:30 till 3:00– Manage your finances

At Regeneration Community Services
2238 Dundas Street West Suite 307
For more information call Ela at 416 604-0640 x 1046 or Sandra at 416-703-9645 x 246. Workshops are on a drop in basis and are free.

Employment Matters

Social Enterprise for Canada (SEC) is a progressive charitable organization, dedicated to creating communities that exemplify Canadian values. SEC maintains its head office in Newmarket and provides direct human services for 19 programs, which include Supervised Access, Ontario Early Years, Boys & Girls Clubs of York Region, Welcome Centre's for Immigrant Services and numerous Before & After School and Childcare programs.

SEC is seeking candidates for: **Registered Early Childhood Educators (ECEs) for School Age Programs**

Two part time positions (2:30 - 6:00 pm Monday to Friday)

Positions Available at: Glen Shields PS - Dufferin and Centre St, Concord

Johnsview Village PS - Bayview and John St, Thornhill

On behalf of Social Enterprise for Canada, the ECEs will plan and implement School Age/Extended Day JK/SK programs.

Site Supervisor for School Age Programs

Monday to Friday - 7 Hours per day from 7:00 to 9:00 am and 1:00 to 6:00 pm totaling 35hrs/week

Positions Available at: Our Lady of Fatima CS Rutherford and Islington, Vaughan

We are recruiting experienced, registered Early Childhood Educators to provide high quality early learning and care services for children and families.

These positions will require flexibility and a willingness to work varying shifts, including evening and possibly weekend shifts. The qualifications, education and experience are available on the C/S Info's posting board at our office.

Interested applicants should submit a resume to the attention of the Hiring Committee on **or before October 11, 2012** and quote File # **ECE07 (for the ECE positions)** and File # **ECE08 (for the Supervisory position)**. Please indicate the position(s) of interest in your cover letter and in the subject line of your email.

By email: human.resources@socialenterprise.ca

Fax: 905 953-8241

ASSISTANT COOK EXTENDED TRAINING (ACET)

The Assistant Cook Extended Training program at George Brown College was developed in partnership with CAMH and is designed to help people with a history of mental illness or addictions take the first steps towards a job in Toronto's food service industry.

To learn more about this program and to see if it might be a good fit for you please attend one of our upcoming information sessions:

Friday, October 5, 2012

Friday, October 12, 2012

Tuesday, October 16, 2012

All of these sessions are in: Room: 358 E Time: 1:00 PM

At: St James Campus, 200 King St E

Application can be found

at: http://www.georgebrown.ca/uploadedFiles/GBCCA/_Program_Content/Related_Content/A105-ACET-Application.pdf

Application Deadline is October 19, 2012

Fresh Start

We are currently seeking consumer/survivors for snow removal services. Qualified applicants will be available for On-call work (beginning mid November to mid April) Monday through Sunday, including holidays anytime, have a valid SIN card, be easily reached by telephone, and be physically and emotionally capable of handling the heavy demands of hands-on shovelling and de-icing. Interested candidates should call Karen @ 416 504-4262, # 227 or inquire by email at Karen@freshstartclean.com asap. Only qualified candidates will be interviewed.

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

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

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

AUTHOR TALKS

Thursday October 11 at 7:00 pm - **Toronto Author Robert Rotenberg** – reads from one of his bestselling legal thrillers: *Old City Hall*, *The Guilty Plea*, or *Stray Bullets*, and answers questions from the audience. Located at Taylor Memorial located at 1440 Kingston Road. 416 393-8939. Free

COMEDY

Monday October 1st, 8th and 15th at 8:00 pm. **Not My Dog Comedy Show**. With stand up host Hannah Hogan. Located at 1510 Queen Street West. Free

Wednesday October 3rd and 10th at 8:30 pm. **Laugh at Slacks**. This show provides more stage time to female & LGBT comics than every other weekly show in the city (possibly more than the others combined!). The music open mic that follows is quickly becoming one of the most intimate ways to see some of the city's best musicians. Located at Slack's Restaurant at 562 Church Street. 416 928-2151. Free

CONCERTS

Tuesday October 2 at noon. **Canadian Opera Company Presents Jazz Series: Radical Cycle**. This is a classical art, songs combined with jazz, klezmer and improvisation. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts at 145 Queen Street West. 416 363- 8231. Free

Wednesday October 3 at noon. **Canadian Opera Company presents Vocal Series: The Shape of Things to Come**. Excerpts from Operas of Britten, Donizetti, Offenbach and Von Flotow. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts at 145 Queen Street West. 416 363-8231. Free

Sunday October 7 at 3:00 pm. **Hart House Music Committee Presents Sunday Concert Series**. Mauro Bertoli, piano. Great Hall, Hart House at 7 Hart House Circle. 416 978-2452. Free

CULTURE AND ARTS

Wednesday October 3 at 10:30 am. **Classic Movie Musicals** – Come and sing and feel good by joining us for classic movie musicals. Located at Toronto Library Barbara Frum at 20 Covington Road. 416 395-5440. Free

FESTIVALS

Thursday October 4 from 11:00 am until 11:00 pm. **Artsideout**. The University of Toronto Scarborough's largest multidisciplinary and student-run arts festival. Comprised of large scale installations, site specific works, exhibitions of student and class work, concerts, film screenings and variety of performances, the festival is a day-long celebration of creativity and the arts at UTSC. Located at University of Toronto, Scarborough at 1265 Military Trail. Free

HEALTH AND WELLNESS

Wednesday October 3 at 6:30 pm. **Laughter Yoga**. Find out the physical, emotional and social benefits of laughter exercises and yoga breathing and how they can transform your life. Located at Barbara Frum Library at 20 Covington Road. 416 395-5440. Free

Tuesday October 9 at 6:30 pm. **Alzheimer's disease: Heads Up For Healthier Brains.** A representative from the Alzheimer Society of Toronto talks about how changes we can make in our lives may reduce the risk of developing Alzheimer's disease. There are some risk factors beyond our control such as age, but many of the risk factors are associated with lifestyle choices. Located at Woodside Square Library at Wood Side Square Mall 1571 Sandhurst Circle. 416 396-8979. Free

Thursday October 11 at 7:00 pm. **Free Emotional Fitness Fun.** When you feel stressful emotions like anxiety, worry, anger or frustration, they zap the energy right out of you. It's possible to change that with meditative strategies. Located at Bloor/Gladstone Library 1101 Bloor Street West. 416 393-7674. Free

Saturday October 13 at 11:00 am. **Stress Management through Restorative Meditation.** This includes 20 minutes of meditation and 40 minutes of stress relieving exercises. Please bring your own mat or towel. Meditation workshops on at Oakwood Village at 341 Oakwood Avenue. 416 394-1040. Free

Monday October 15 at 2:00 pm. **Laughter Yoga.** Find out the physical, emotional and social benefits of laughter exercises and yoga breathing and how they can transform your life. Located at the Eatonville library at 430 Burnham Thorpe Road. 416 394-5270. Free

JOB FAIR

Tuesday October 2, 2012 at Scarborough Civic Centre, 150 Borough Drive, Toronto, Ontario. For people with Disabilities. Pre register online at WWW.NEXTSTEPS.CA or call 416 396-8100.

LECTURES

Tuesday October 2 at 12:30 pm. **Spiders of Toronto** - Live Green Toronto Speaker's Series present -- an entomologist presents images, facts and insights about the spiders that call Toronto home. Bring your curiosity and your questions about these fascinating eight-legged creatures. Located at North York Central Library Room 1 at 5120 Young Street. 416-395-5535. Free

Thursday October 4 at 7:00 pm. **Bullying: A Culture of Silence**- filmmaker, child/youth advocate and anti-bullying educator Sunnie McFadden-Curtis talks about bullying in our schools and society, and about her film bullying: a culture of silence. Located at Bloor/Gladstone Library at 1101 Bloor Street West. 416-393-7674. Free

PETS

Saturday October 6 and Sunday October 7th from 11:00 am until 5:00 pm. **Woof jocks Agility Team.** The Who's Walking Who Woof jocks are a high-energy dog/handler performance team specializing in interactive games and demonstrations of canine agility and obedience. We're purveyors of dog-approved fun! See FREE demos of today's most exciting canine sports! Located at 245 Queens Quay West, Toronto, Ontario.

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

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre—a Consumer/Survivor Initiative funded by the Ministry of Health and Long-Term Care. It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. 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 our funder, the Ministry of Health and Long-Term Care, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info, c/o CAMH, the Mall, and 1001 Queen Street West, Toronto, ON M6J 1H4.

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.net Your Mother Earth will thank you.

As the saying goes, membership has its privileges. Becoming a Regular Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting, vote for candidates to the Board of Directors and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

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, Toronto, Ontario, M6J 1H4.

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 _____

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.

Happy Anniversary CSinfo!



CSINFO celebrates 20 years
with a Mad Hatter
Tea Party!!

Monday, October 29th, 2012

5:30 - 6:30 Annual General Meeting

6:30 - 9:30 Dinner and Celebration



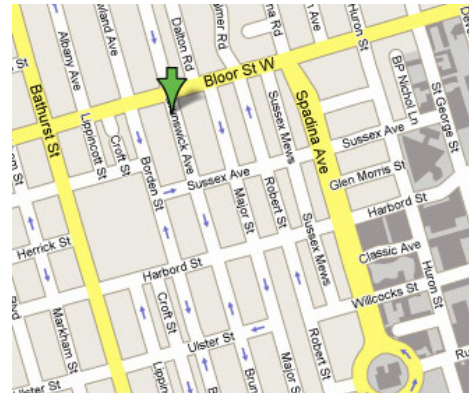
Join us for:

AGM, dinner, games, prizes, live music, and more!

Wear:

Your maddest hat!

Our party will be held
at The Tranzac in the
Main Hall located at
292 Brunswick Avenue
(Bloor and Spadina)



All those from the mental health community are welcome!!

Please **RSVP** by phone or email

no later than October 19th: 416-595-2882 or csinfo@camh.ca