

BULLETIN

480 Feb 1 - 15, 2013

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/>

C/S Info Centre Updates

Save the date: Our next C/S info session will be Monday March 18th and will be in Room 1123 in the Doctor's Association Building, formerly known as the Parking and Utilities Building at 101 Stokes Street. I know, I know, it doesn't fit the pattern of the last Monday of the month, AND it's not in B-40. No rooms were available on March 25th and even switching dates didn't get us into B-40. Room 1123 is pretty ritzy, though. I'll put a map in a Bulletin closer to the date. The topic will be Housing.

The date after that we'll be back to our old haunt in B-40 and it will be April 29th. John Stapleton, the well-known activist around poverty issues will be here to talk about Retiring on a Low Income and Maximizing Your GIS (Guaranteed Income Supplement). John retired from the Ministry of Community and Social Services and we think he's even busier now.

Please take note that there will not be a Bulletin for February 16, 2013. Our next issue will come out on March 1st. As well, the Info Centre will be closed from January 31st to February 13th inclusive and will re-open on February 14th.

Please welcome two more new Tax Volunteers, Debbie and John. They will join Doug to offer our biggest Tax Clinic ever. We will be receiving the tax software from the Canada Revenue Agency in late February and we will start making appointments then. Please call, starting in mid-to-late February, for an appointment with one of our tax experts.

Helen

A New Column by our Volunteer, Martha The Computer Gal

Computer Maintenance

Part 2....Cleaning the Software

Your computer is just like a car. Regular maintenance will help it run longer, faster and more efficiently. And just like a car...or your body, for that matter!...the older it gets, the more TLC it needs.

NB NB NB Danger Danger Will Robinson...Back up all your data on a regular basis. All your documents, pictures, music, movies, everything. And if you use Outlook (not Outlook Express) be sure you save all your emails. If you use Hotmail, or another free email program, your saved emails, contacts, 'sent' messages, etc, are stored on the Hotmail server. With Outlook, data is stored on your computer. Recovering those files if your computer crashes is possible but difficult. And expensive. (Something I learned the hard way, incidentally!)

1. Keep up to date. Windows updates are crucial, and missing an update can throw everything off. With Windows Vista and later, go to Control Panel and click on 'Windows Update'. Set it for automatic update, and the time it's best for you. Updates sometimes take a while to 'configure' when you shut down your computer. Don't worry; eventually it will digest all that new information. Updating your antivirus and antispyware is also important. There are new viruses every week. Java and Adobe also update themselves regularly.
2. Keep your hard drive clean. Run 'disk cleanup' (All Programs>Accessories>SystemTools>DiskCleanup) every week or so. This will clean up file fragments and copies of files that your computer doesn't need. Disk Defrag, the other disk optimization utility, is usually set to run automatically. If not, run it every month or so. It is also in the Accessories>System Tools folder.
3. Clean your internet cache and history with CCleaner. <http://www.piriform.com/ccleaner>. This is a free program. CCleaner (Crap Cleaner! That really is its name!) will also clean your registry. Extra toolbars like Bing, Yahoo, etc., will slow your internet speed. They are usually installed when you install another program like WinZip, iTunes etc. Uninstall them from ControlPanel/ Programs and Features. Or with WinXp, ControlPanel /Add or Remove Programs. When you install a program from the internet, be careful not to check the little box that will add extras that you really don't need.
4. Run a manual scan with your antivirus at least once a week. No antivirus or antispyware program will give you 100% safety, and if a bug gets through your defence, an after-the-fact scan might pick it up. Run a manual antispyware scan at least once a week if you're on the internet a lot.
5. Get the best antivirus program you can afford if you do a lot of downloading, especially from busy sites like Facebook, Youtube, Twitter, etc. At the moment, the best antivirus (in my humble opinion of course!) is ESET NOD32, and for antispyware it's a toss-up between SuperAntiSpyware and Malwarebytes. The best free antivirus is AVG.

6. Don't use Internet Explorer as a web browser. Get Mozilla Firefox, or Google Chrome. They're both free and much safer than I.E.

Next...printers/webcams/speakers etc. and Internet Issues. (or, 'You really don't have to spend the next 2 hours dealing with a Rogers technician!)

Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, PhotoShop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you. Remember for this month, we're closed until February 13th.



If you missed Part 1... Cleaning the Hardware, you can look it up on our website www.csinfo.ca Issue # 479.

Announcements

Warning About Cholesterol-lowering Drugs - Statins

Health Canada is informing Canadians of a labelling update for all cholesterol-lowering drugs (also known as statins) regarding the risk of increased blood sugar levels and a small increased risk of diabetes among patients already at risk for the disease.

For more information, please visit: www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2013/2013_11-eng.php

Unraveling the Mysteries of Eating Disorders

WHAT: A Free Public Education Evening hosted by Bellwood Health Services

WHEN: Thursday, February 7, 2013 7:00 pm to 9:00 pm

WHERE: Best Western Roehampton Hotel and Suites, 808 Mount Pleasant Road

Join us for this education evening and learn about eating disorders, recovery, and treatment options. This presentation will be of interest and practical help to those affected by an eating disorder (anorexia, bulimia, or compulsive overeating), families and friends, educators, the general public, and anyone working with individuals struggling with an eating disorder.

To register, visit www.bellwood.ca or call 416 495-0926.

New Microlending Program Helps Low-Income Women Start Businesses

Minister Broten has announced a new initiative; the Microlending for Women in Ontario Program.

In addition to offering microloans, this program provides low-income women financial literacy training, entrepreneurial mentoring and skills development to support them in starting and growing new businesses. This investment supports government action to create new opportunities for jobs and growth.

For more information about this program visit the Ontario Women's Directorate website at:

www.ontario.ca/owd

Follow us @OntWomen Flickr.com/photos/OntWomen

Webinar - Who's taking care of Mum and Dad? A look at the aging population of women who provide Canada's long term residential care

Join us for a free event presented by the Canadian Women's Health Network (CWHN)

WHEN: Wednesday February 6, 2013 from 12:00 pm to 1:00 pm

WHERE: This is an online event.

To register, please go to <http://www.cwhn.ca/en/node/45740>

Presented by Prof. Pat Armstrong, York University

Moderated by Anne Rochon Ford, CWHN Executive Director

Professor Pat Armstrong leads "Reimagining Long-Term Residential Care: An International Study of Promising Practices," a seven-year global study of long term residential care. In this webinar, she will present results that relate to the aging labour force. The goal of the research is not simply to highlight problems in long term care systems - Armstrong and her team want to recommend better practices from the systems they are studying that may provide solutions to longstanding problems leading to better working and living conditions for care workers. Armstrong will respond to audience questions after her presentation.

Caring for Our Kids, Caring for Ourselves

Raising an LGBTQ (Lesbian, Gay, Bisexual, Transgender, Transsexual, Queer) child can sometimes be confusing and overwhelming. Many of us struggle with hard questions; Will our children be ok? Will they get bullied? Will our communities accept us? How can we keep our families strong? Are we saying and doing the right things to support our children and families?

This FREE series of 5 workshops will provide a safe, non-judgmental and confidential space for parents and caregivers to explore the challenges and to celebrate the great things too! We will have a chance to share our experiences and learn from each other about how we care for ourselves and how we care for our kids.

WHEN: The next session runs on 5 consecutive Monday evenings 6:30 - 9:00pm from Feb 4th - March 18th, 2012. There is no workshop on Family day. Workshops start at 6:30 sharp. Please arrive at 6:15 for refreshments.

WHERE: Delisle Youth Services, near Yonge and Eglinton. The space is wheelchair accessible, food and beverages will be provided and the cost of transit can be subsidized.

WHO: This workshop is for all parents and caregivers of LGBTQ youth. The workshops are facilitated by Nadia Bello and Lorraine Gale, 2 highly skilled and experienced facilitators.

HOW: For information or to register contact Maria Papadimitriou by email at mpapadimitriou@delisleyouth.org or phone 416 482-0081 x 265

Facebook Event:

https://www.facebook.com/theSTARSPROJECT/events#!/events/194383290699885/?notif_t=plan_edited

North York Women's Centre - Building Connections

In this weekly group meeting, you will learn about available resources and build connections with other women in the community. Speakers will provide workshops such as: Women, Power and Art; Meditation and Stress Management; Nutrition and Healthy Living on a Budget; Positive Parenting; and Learning to say No.

Discussions will focus on how you can use these connections and resources to improve your daily life! Free Childminding is available. All three groups are on Tuesdays. There's a morning group from 10:30 am to 12:30 pm; an afternoon group from 2:00 to 4:00 pm; and an evening group from 6:30 to 8:30 pm. Registration is required; please call 416 781-0479 or go to www.nywc.org.

Examining Canada's Human Rights Obligations under the Convention on the Rights of Persons with Disabilities (CRPD): How Can a Civil Society Shadow Report Improve Accountability?

Thursday Feb 14, 2013 1:00 - 3:00 pm

Campbell Conference Facility, Munk School of Global Affairs, 1 Devonshire Place

Panelists: **Steve Estey** was a member of the Canadian delegation that helped draft the CRPD. He chairs the International Development Committee of the Council of Canadians with Disabilities. **Penny Hartin** is CEO of the World Blind Union, representing over 285 million people in almost 190 countries. She was on the 1st UN Panel of Experts to monitor the Standard Rules on the Equalization of Opportunities for Persons with Disabilities. **David Shannon** is Director and CEO of the Nova Scotia Human Rights Commission. This session is free. The venue is accessible. ASL/English interpreters and CART services (captioning for hard of hearing) available. Space is limited.

To attend in person, please register at:

<http://webapp.mcis.utoronto.ca/EventDetails.aspx?eventid=13480>.

To view the live webcast: <http://hosting.epresence.tv/MUNK/1/live/230/asp>



Come take part in our photo contest, **Visions of ONE WORLD!**

From January 14th to February 14th 2013, submit your photo which, in your opinion, best expresses Crossroads International's vision! Crossroads International believes in ONE WORLD where poverty is eliminated, equality prevails and the rights of women and girls are fulfilled.

It's easy: visit our **Facebook** page to share your hands-on volunteering experiences and your favourite photo. Winning photos will be published on the Verge Magazine website!

You can win one of many prizes, such as the publication of winning photos on Verge Magazine's Website and a one year's subscription to the magazine, Canada's leading magazine for people who like to travel with a purpose.

We are looking forward to seeing your vision of ONE WORLD!

www.cintl.org [facebook.com/canadiancrossroads](https://www.facebook.com/canadiancrossroads)

Free Poetry Workshop. Room is a consumer survivor initiative helping young women 16-30 yrs. old who identify as living with mental health and/or addiction issues through peer support and arts programming.

Come flex your creative muscles in a supportive environment.

Wednesdays 2:00 - 4:00 pm at the Fort York Food Bank (797 Dundas Street West @ Bathurst).

To register, please call 647 708-1112 or email roomintoronto@gmail.com for more information.

Upcoming Conferences

March 14 – 15, 2013, Peer Support in Addictions and Mental Health

Symposium. Toronto. Addictions Ontario, the Ontario Federation of Community Mental Health and Addictions Programs, the Self Help Alliance and Evidence Exchange Network invite you to participate in the Peer Support in Addictions and Mental Health Symposium at the Toronto Marriott Hotel on March 15th with an opening reception on March 14, 2013. This is an opportunity to share your experiences, learn from others and help shape the future of peer support in the province. This event is free and some subsidies may be available for travel expenses. Space is limited. To reserve your spot, please email Sherry Bondy at sbondy@addictionsontario.ca.

February 25: George Brown College Mental Health Conference on Humanizing the Workplace

Presented by George Brown College's *School of Work and College Preparation* in partnership with the *Centre for Addiction and Mental Health (CAMH)*.

This one-day conference will address the workplace environment: how employers and employees can contribute to a psychologically healthy work life. Promoting well-being in the workplace and reducing the impact of mental health issues at work is a significant task. Both employers and employees have important roles to play to bring about a cultural shift, addressing challenges more effectively and lessening the stigma associated with mental health issues.

Conference participants will learn about current issues in workplace psychological health and safety as well as innovative approaches to create workplaces that both maintain and promote mental health and well-being.

Speakers will address business, legal, research and personal perspectives on the issues and opportunities will be provided for questions from conference participants.

Date: Monday, February 25, 2013

Time: 8:30 am – 4:00 pm

Place: 290 Adelaide Street East

Contact: Daniella Ceci at 416 415-5000 x 3539 or send an email to

mentalhealthconference@georgebrown.ca. Full conference details available at www.georgebrown.ca/mental-health-conference.

Peer Support and WRAP Announcement

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!

61 Pelham Park Gardens -- drop-in Fridays 3:00 pm - 5:00 pm
WRAP Mondays 5:30 pm - 7:30 pm (group starts January 7, 2012)

220 Oak St -- drop-in Wednesdays 12:00 pm - 2:00 pm
New *WRAP* and *Pathways to Recovery* groups starting soon! Drop-in for info or call.

200 Wellesley St. East Community Corner
New WRAP group starts Mondays 4:00 - 6:00 pm
Welcome to join us until February 11, 2013.

Need more information? Have questions? Call the Centre for Building a Culture of Recovery at 905 780-0491 x 125 or email: admin@cultureofrecovery.org

Places to go...

Free and Low-Cost Events for Feb 1 to 15, 2013

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

ART

February 1st 11:30 am to 4:00 pm. **The Wonderment of Life – The Art of Julia Hacker.** A new collection of vibrant and whimsical paintings by Russian born, contemporary mixed media artist Julia Hacker explores several directions. The theme the Wonderment of Life reflects on her travelling through life with a curious eye. Wychwood Barns Gallery, 76 Wychwood Avenue. 647 999-5130 <http://facebook.com/juliahackerart> Free

February 1st from 6:00 pm to 8:00 pm. **It's a Dirty World: Mixed Media Art Exhibit About The Earth. Opening Reception.** This exhibit runs until Sat March 2nd. Curator Danica Loncar. Art Works Art School Limited. 238 Jane Street. Free

Black History Month

February 1st to 3rd. **Kuumba.** Toronto's longest-running and largest celebration of Black History Month has become synonymous with showcasing the best local and international artists of African heritage. Join us for three days of music, theatre, food, dance, film, youth initiatives, family activities and more. All events are at Harbourfront at the York Quay Centre, 235 Queens Quay West. 416 973-4000 or www.harbourfrontcentre.com/winter All Events are Free

- Friday 8:00 pm – 10:00 pm. Dwayne Morgan will release **Everyday Excellence**, an inspirational memoir, followed by an evening of soul music and spoken word. Brigantine Room.

- Friday 10:00 pm – 12:00 am late Night Kuumba Films: **The Story of Lover's Rock**. Often dubbed "romantic reggae," lover's rock is a unique genre of British music, developed against a backdrop of racial tension, the Brixton riots and sound systems in the late '70s and '80s. It went from being a small UK scene to become a global phenomenon that defined a generation through artists such as UB40 and Maxi Priest. 96 minutes. You can watch the trailer for the film on Harbourfront's website. Also I'm Santana the Movie. Studio Theatre.
- Saturday 4:00 pm Kuumba **Urban/Hip Hop Dance Workshop**. Instructor Tristan Robinson will teach a raw, hip hop style of dance that's aggressive and energetic for all ages to enjoy. Lakeside Terrace.
- Saturday 7:00 – 9:00 **Kuumba Hair Show, Film Screening and Panel Discussion**. Come out and celebrate the beauty of our hair! From kinky coils to flowy wavy lengths, to fades and bald heads, bantu knots and corn rows, fiery reds and platinum blondes, we embrace the diverse story of our crown and glory. At the Kuumba 2013 Hair Show Showcase, we capture the essence of black hair in ways that will have you falling in love with yourself all over again. Our textures tell our stories. Hair designers and stylists from around Toronto will be talking about the importance of black hair and the many ways it should be embraced. The audience will be able to share their feedback from the documentary that will be screened. Studio Theatre.
- Sunday 4:00 pm – 5:00 **Hiplife Showcase**. Hiplife music is an innovative, West African fusion of highlife and hip hop. It can also be compared to a mix of reggaeton, dancehall, reggae and West African highlife music. Hiplife is rapidly gaining popularity throughout West Africa and abroad, especially in the UK, US, Canada and Germany. Featuring Kobe and Stevano UGO from UGO Crew.
- Saturday 2:00 pm – 8:00 pm and Sunday 2:00 pm – 6:00 pm. **The Known Unknown: Top 10 Emerging Artists Unplugged Edition**, hosted by Tika Simone, (MTV's The Hills Aftershow, hip hop songwriter) A different artist will be featured on the hour between the allotted times each day.

February 7th at 6:45 pm. **African Theatre Ensemble: The Meeting**. Imagine a meeting between Malcolm X and Martin Luther King Jr. What would they say to each other? Two presentations at the Toronto Public Library – the one above is at Swansea Memorial Branch in The Town Hall, 95 Lavinia Avenue, 416 393-7695 or 416 392-1954 or frontdesk@swanseatownhall.ca, also at the Maria A. Schuka Branch, 1745 Eglinton Ave W, 416 394-1000 on February 19th at 6:00 pm. Free

Business

February 12 at 6:00 pm. **Small Business Network**. Learn about different small business resources and network with others starting or running a small business. Meet at the Business, Science and Technology Reference Desk, 3rd floor, Toronto Reference Library, 789 Yonge Street. 416 395-5577. Free

Chinese New Year

February 9th at 2:00 pm. **Celebrate the Year of The Snake**. Lion dancing, lucky draws, crafts and much more to welcome in the Lunar New Year. Co-Sponsored – Woodgreen Community Services and the Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. 416 393-7720. Free

Documentary Film

February 6th at 6:30. **The Home Safe Documentary Series**. Spanning three cities, Home Safe is a series of SkyWorks films dealing with how Canadian families live with the threat and reality of homelessness. Home Safe Toronto looks at the impact of the decline of manufacturing on low income earners. Home Safe Hamilton examines how laid-off steelworkers, newcomers and Aboriginal communities are dealing with growing poverty and homelessness. Facilitators will lead a discussion following each screening. **Home Safe Toronto** will be seen at the time and date above at the Toronto Public Library, Lillian H. Smith Branch, 239 College Street. 416 393-7746 and also at the Queen/Saulter Branch, 765 Queen Street East, 416 393-7723, on March 21 at 6:30 pm and at the Toronto Reference Branch, 789 Yonge Street, 416 395-5577, on March 26th at 1:00 pm. **Home Safe Hamilton** will be screened at the Lillian H. Smith Branch, 239 College Street, 416 393-7746, on February 13th at 6:30 pm. Free

Gardening

February 7th 6:30 – 8:00 pm. Lakeshore Environmental Gardening Society Meeting. Are you interested in finding out how to use more herbs and fresh foods from the garden in your diet? Come out to the February meeting and find out from our special presenter, Jolene Casella. As always, we will share tips, seeds, plants and ideas. Long Branch Public Library, 3500 Lakeshore Blvd W. 416 394-5320. info@legsetobicoke.ca Free

Money Matters

February 6th at 1:00 pm. **Fight Back: 81 Ways To Help You Save Money and Protect Yourself From Corporate Trickery.** Toronto Star columnist and Moneyville blogger Ellen Roseman helps you navigate through the blind alleys and pitfalls of corporate and consumer rip offs. Toronto Public Library, City Hall Branch, 100 Queen Street West. 416 393-7650. This program will also be presented at the Gerrard/Ashdale Branch, 1432 Gerrard Street East, 416 393-7717, on February 12th at 7:00 pm, and at the Runnymede Branch, 2178 Bloor Street West 416 393-7697 on February 27th at 7:00 pm. Free

Music

February 5th at 7:30 pm. **Small Jazz Ensembles.** University of Toronto Faculty of Music. Upper Jazz Studio, 90 Wellesley Street West. 416 408-0208. Free

February 7th at 12:00 noon. **Piano Virtuoso Series: Painting with Sound.** Canadian Opera Company. Liszt: Harmonies du Soir; Nuages gris; En Reve; Mussorgsky: Pictures at an Exhibition. Rudin Lengo, piano. Richard Bradshaw Amphitheatre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free

February 7th at 3:00 pm. **CageSpace. York University Department of Music.** Multi-disciplinary celebration of John Cage's 100th birthday. Casey Sokol, director. Various rooms at the Accolade East Building, 4700 Keele Street. 416 736-2100 x 22926. Free

Science

February 6th at 7:00 pm. **The Quest for Dark Matter.** Dr. Anne-Marie Weijmans of the Dunlap Institute for Astronomy & Astrophysics looks at dark matter in galaxies, galaxy clusters and in our own solar system, and speculates on what its true nature could be. Toronto Public Library, Don Mills Branch, 888 Lawrence Ave East, 416 395-5710. Free

Self-Care

Saturday, February 9 from 10:00 am - 3:00 pm. **How to Achieve Your Goals.** Facilitator: Gabriella Puschel. This full-day workshop will help you to become closer to achieving your goals. Discover the importance of self-talk and affirmations, the five key points in goal-setting, and many effective tips to help you set and achieve your goals. Register by phone, fax, mail, e-mail or in person at: The Scarborough Women's Centre, 2100 Ellesmere Road, Suite 245 between 9:00 am and 4:00 pm Monday to Friday, or download and mail or fax a form to them. Their fax number is 416 439-6999; phone is 416 439-7111. No walk-ins at the event. adminassist@scarboroughwomenscentre.ca. **Tickets:** \$0.00 or Suggested Donation: \$25.00 or Donate What You Can

February 11 from 1:00 pm - 3:00 pm. **Turning Setbacks into Comebacks.** Facilitator: Darlene Montgomery. Has something in your life knocked you down? Discover how to see setbacks as comebacks by learning how to shift your attitude and take action even when confronted with fear and doubt. Share personal stories and learn journaling exercises to release the past and discover how dreams can give provide clues on how to move forward. Shift your attitude to turn your greatest setbacks into turning points that usher in your greatest dreams. Register at: The Scarborough Women's Centre, 2100 Ellesmere Road, Suite 245 between 9:00 am and 4:00 pm Monday to Friday, or download and mail or fax a form to them. Their fax number is 416 439-6999. Tel: 416 439-7111 adminassist@scarboroughwomenscentre.ca. Free or Donate What You Can.

Skating

Saturdays 8:00 pm to 11:00 pm. **DJ Skate Night. Transform your skating experience into a dance club on ice.** Toronto's hottest DJ's, skate rentals if you don't have your own \$8 for adults, \$6 for seniors and children, lockers, hot food to buy, licensed area. Feb 2 The Return of Soca on Ice with Dr. Jay de Soca Prince, Feb 9 LunarSkate with DJ Serious, Feb 16 V-Day Dance with DJ Lissa Monet, Feb 23 FLOW 93-5 featuring DJ P-Plus. The Natrel Rink, behind the York Quay Centre, 235 Queens Quay West, right up against the lake. The rink itself is open 10:00 am to 10:00 pm 7 days a week open til 11:00 pm on Fridays and Saturdays. For more info, call 416 973-4000 or www.harbourfrontcentre.com/winter. Free

Work

The **Workplace Employment Skills Partnership (WESP)** is taking registrations for the Winter 2013 session from March 4 - March 22. This is a free cross disability employment program for professional job seekers with disabilities. Income supports (ODSP, OW, EI) are not necessary to attend. Contact the Intake Coordinator for more information or to book an intake appointment. **416 486-2500 x 8307**

www.ccrw.org/wesp wesp@ccrw.org Canadian Council on Rehabilitation and Work, 1929 Bayview Ave.

February 2nd at 3:00 pm. **Looking for a Job.** Find out about the resources at the library to help you with your job search. Call 416 395-5613 to reserve your spot. The program takes place in the Learning Centre. Toronto Public Library, North York Central Branch, 5120 Yonge Street. Free

Writers

Saturday Feb 2nd 2:30 pm. **Phoenix Poetry Workshop.** Poets of all ages can bring their work in progress for constructive comments. Bring a poem with 6 – 10 copies for review by other attendees. Toronto Public Library, College/Shaw Branch, 766 College Street. 416 393-7668. Free

February 12th 1:00 pm. **Arthur Conan Doyle: Author, Patriot and Historian.** Doug Wrigglesworth, Chair Emeritus of the Friends of Arthur Conan Doyle Collection, discusses the life, times and far-reaching influence of Sherlock Holmes's creator Sir Arthur Conan Doyle. A tour of the collection will follow the program. Toronto Public Library, Toronto Reference Branch, 789 Yonge Street, Elizabeth Beeton Auditorium. 416 395-5577. 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. Helen
