

BULLETIN

483 April 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/>

Call for Submissions to Mad Pride Toronto 2013

Monday, July 8 to Sunday, July 14
www.madprideto.com

Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad people, folks the world has labeled “mentally ill”, and those in solidarity with us.

Mad Pride is about:

- remembering and participating in mad history
- challenging discrimination
- advocating for rights
- affirming mad identities
- developing and empowering mad communities
- having fun!

Our lives and contributions are valuable and need celebration!

Do you want to host a consumer/survivor-driven event, performance, talk, presentation, film, or panel discussion at Mad Pride Toronto 2013? Please let us know via our event submission form – which will be available on our website at www.madprideto.com or by calling Tina at 416 926-9762 x 245. **Contact: events@madprideto.com**

Do you want to submit to our second juried Art Exhibition? We invite two dimensional, sculptural, or time-based art submissions from psychiatric survivors, consumers, and mad people. **Contact: [Martine at martinematthews@soundtimes.com](mailto:martineatmartinematthews@soundtimes.com)**

If you are a consumer/survivor and would like to display/sell your art, crafts, buttons, t-shirts, knitting, zines, books, music, baked goods or promote your blog, website, group, network, idea, consider requesting a table at the Mad Market. **Contact: outreach@madprideto.com**

Deadline: Friday, April 26th, 2013

Do you want to get involved in making Mad Pride Toronto 2013 happen? Check out www.madprideto.com for more information on joining the Mad Pride Toronto 2013 Organizing Committee and to complete a Statement of Interest.

Computer Column by Martha, The Computer Gal



Connectivity..or.. The ?!*#!??* Internet


Save money and frustration by using an alternative ISP (Internet Service Provider) to Big Red and Big Blue...Rogers and Bell. I've been using Pathways Communication, or Pathcom, for many years. Also good are Teksavvy and YesUpNet. You can get up- to- date information about ISP's on Facebook, the page is called 'CanadianISP'.

Don't use Internet Explorer to access the internet. The alternative browsers, like Firefox and Chrome, are much safer. They are free. You can download them by doing a Google search for the websites. 'Mozilla Firefox and Google Chrome.

The best way to get free internet is to get a cheap laptop. Hunt through Craigslist and Kijiji for used laptops. ReBoot (<http://www.rebootcanada.ca/>) and Computation (<http://www.computation.to/>) are good sources as well. Try coffee shops or the library for free available WiFi sources, and don't forget McDonald's and Tim Horton's also have free internet access. You don't need to pay for an expensive laptop if all you're going to do is internet searches and email.


To get online with your laptop when you're at the library, etc, double click on the little WiFi icon at the bottom

right side of your desktop. It looks like this...  or this...  . There might also be a key somewhere on

your keyboard that looks like this...  It might not be your F8 function key, but the icon will be similar. Make sure you have it set for WiFi. Some laptops have an external switch to toggle between wired and WiFi, it will have a WiFi icon beside or above it.

To get the internet at home, you need a modem. When you sign up for the internet, the company will send you one and hopefully some instructions as to how to connect your computer and phone line to it. The modem will have one connection to the phone jack and one to your computer. There will also be a power cord to plug it into the wall. Make sure you have a 'filter' or 'adapter' for the phone cable if you use the same phone jack for both the modem and your phone.

If you want WiFi capability, the modem will come with a router. There will be a little aerial on it, to distribute the wireless signal. Operating systems since Windows XP have a wizard to help you through the setup process. With Windows 7, go to 'Start', then 'Control Panel'. Choose 'Networks and Sharing', and then 'Set up a new connection or network'.

Once you have everything set up, check to see if you're connected to the internet by going to Start, Control Panel, Network and Sharing Centre. There will be a diagram at the top of the window that shows if you're connected to the internet or not. This window gives you lots of information about your network connections, and if you ever have to phone tech support, the techie will probably ask you to go there. (You can also click on an icon at the bottom right side of your desktop, wired connection looks something like this ... )

All internet connections are 'down' once in a while. If you can't access the internet for several hours, the problem is either at their end or yours.

See what lights are on at the front of the modem. The 'Power' connection should be solid green. Then there will be several 'Ethernet' connections, this is the cord that plugs into your computer. It will be green as well; don't worry if it's flashing. If you use the wireless capability of your modem, the WLAN light will be on. The last one, for 'internet' will be green, either flashing or solid.

Next step is to go to 'Network and Sharing Centre' (see above) to see if there is a solid line between your computer and the network, and between the network and the internet. If the line is broken, make sure all the

plugs are plugged in. Where the blue cable is plugged into your computer, there should be a green light. Then reset the modem by disconnecting it from the electrical outlet, and waiting for 30 seconds.

Give the modem a few minutes to boot up, and see what lights are on. If the 'internet' connection doesn't have a green light, call your ISP.

If there isn't a green light for 'power', the modem isn't plugged in properly, or it's defective. Call your ISP; it might need an update of some kind.

Tech support for the different ISP's varies tremendously. Big Red and Big Blue have outsourced, (contracted it to an overseas company) so you might get someone for whom English is a second language.

If you find it too frustrating to communicate with a tech, or you feel they aren't sure what they're talking about, say goodbye and call back to get a different techie. You're paying for a service that you're not happy with, and it is their responsibility to fix the problem, not yours. They need to be clear and patient with their directions to you. Most of all don't give up. Often these problems take time to figure out but are simple to solve.



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

Community Announcements

Federal trans bill passes third reading

FEDERAL POLITICS / Adding trans Canadians to Human Rights Act now in Senate's hands

Bradley Turcotte / National / Excerpt from Thursday, March 21, 2013 Xtra Magazine

The House of Commons erupted into spontaneous applause March 20 as NDP MPs celebrated with transgender community members who were in attendance when Randall Garrison's private member's bill, **C-279**, passed third reading by a vote of 149 to 137.

The bill aims to add gender identity to the list of protected grounds under the Canadian Human Rights Act.

Prime Minister Stephen Harper voted against the bill, which received the support of 18 Tories — four more than the expected 14 — who said they would vote in favour of C-279 only if gender expression were removed.

Toronto trans activist Susan Gapka dubbed the original group "the fabulous 14."

Conservative MPs who voted in favour of the bill included John Baird, Laurie Hawn and Shelly Glover.

The bill will now go to the Senate.

Liberal leadership candidate Justin Trudeau did not attend the vote.

"It's an important step forward," Garrison told Xtra at the victory reception. "It represents work from trans people and organizations from all across the country."

In his post-vote speech, Garrison thanked several organizations, including Jer's Vision, Gender Mosaic and Egale Canada for their efforts in getting the bill passed.

PREFER Information Session

Are you interested in learning more about **Peer Support and Recovery**? Are you thinking about getting more **involved in your community or working as a peer**? Come to an Information Session about the Peer Recovery Education for Employment & Resilience (**PREFER**) project! PREFER is an innovative community of learning and mutual support and we are hoping to welcome new members into our education and training program in the coming spring.

Wednesday May 1st 5:00 pm - 6:00 pm

Krasman Centre, 10121 Yonge Street, Richmond Hill

Thursday May 2nd 2:00 pm – 4:00 pm

CAMH, 1001 Queen Street West Training Room A, Toronto

More info? www.cultureofrecovery.org Tel: [905 780-0491 x 125](tel:9057800491x125) Toll-Free: [1 888 780-0724](tel:18887800724)



ARE YOU A RACIALIZED PERSON WITH A DISABILITY?

**INTERESTED IN CONNECTING WITH OTHERS TO LEARN ABOUT YOUR
TENANT RIGHTS AND SHARE EXPERIENCES RELATED TO HOUSING?**

THEN JOIN US FOR OUR INTERACTIVE DISCUSSION GROUPS!

Wednesday April 10, 2013, Wednesday April 24, 2013, Wednesday May 8, 2013, Wednesday May 22, 2013,
Wednesday June 5, 2013,

TCHC 2nd Floor Library, 341 Bloor Street West. (at St. George) Attendant Care and light refreshments provided, TTC Tokens provided on request.

RSVP to Melissa with any accommodations or dietary needs.
416 901-5454 or E-mail to melissa.simas@gmail.com

**ARCH Disability Law Centre invites you to a presentation of the
History of the Disability Rights Movement and the Launch of the ARCH Public Library on**

Thursday, April 18, 2013 from 4:00 – 6:00 p.m. at
ARCH Disability Law Centre, 425 Bloor Street East, Suite 110, Toronto

To access the invitation in plain word and large print formats, copy and paste or click on the link below:

<http://archdisabilitylaw.ca/?q=launch-arch-public-library-%E2%80%93-april-18-2013>

Please Note: ASL interpreters, real-time captioning and attendant services provided. If you require other disability accommodations or have special dietary needs, contact Theresa at ARCH by Thursday April 4, 2013.

RSVP To Theresa at scibert@lao.on.ca

Tel: 416 482-8255 or 1 866 482-2724 TTY: 416 482-1254 or 1 866 482-2728

ARCH's office is physically accessible & fragrance-free.

We appreciate the financial support of the Law Foundation of Ontario.



From Craig's Facebook Page: Craig (aka Crusty Craig) has been a part of the Boston punk rock community since 1988. He has been active playing in several bands, putting out the long running Upheaval Fanzine and also set up DIY shows for 15 years.

Craig also has lived with the symptoms of mental illness his entire life. In the past several years, Craig experienced a remarkable recovery process which enabled him and empowered him to learn effective coping skills and to get a handle on his mental health struggles.

Currently, after an amazing several years of intense struggle, Craig now is in recovery from his symptoms and works as a peer mental health counselor in Boston. Craig has the beautiful job of helping others improve the quality of their lives while drawing on his own lived experience.

Craig has successfully rehabilitated himself and while he continues to struggle from time to time, he hopes that his inspirational story will be of benefit to his peers. Craig is determined to help his peers who struggle with mental illness and addictions, live happier and healthier lives. Please come out to hear Craig tell his recovery story.

This discussion is hosted by Erika Fenner, St. Stephen's Community House
ferika@ststephenshouse.com, (w) 416 964-8747 x 231

FB event: <https://www.facebook.com/events/123116347865535/>

The Empowerment Council (EC) is once again seeking CAMH clients who would like to promote the Bill of Rights on CAMH program and centre-wide committees. We are currently specifically looking to fill positions for two advisories, i) the next phase of CAMH redevelopment and ii) the new hospital program structure.

As a client on a committee you are responsible for:

- Speaking up as a representative of the EC
- Promoting the outlined values of “CAMH clients on committees”
- Promoting the Bill of Client Rights
- Meeting regularly with the EC to report on your advocacy efforts

For those selected, we are offering an orientation session and support on how to be a strong advocate for clients.

For more information contact 416 535-8501, x 33013 or email ec.volunteer@camh.ca to express your interest.

Please send a sentence or two about your area of interest (mental health or addiction) and why you want to be a volunteer with the Empowerment Council.

The Consumer/Survivor Timebank of Toronto (CSTB)

Do you have a skill or talent you would like to share?

Are you looking for a creative and free way to get support and learn new things without having to access social services?

Have you ever had experience with mental health services/the mental health system? Do you identify as mad, consumer, psychiatric survivor and/or as a person with a mental illness?

If yes, then The Consumer/Survivor Timebank of Toronto (CSTB) is looking for you. We are establishing a peer-based alternative currency system. Members list the things they would like to do, and the things they need help with. People earn time dollars by helping each other out, and can spend them by "purchasing" help from the Timebank. No goods or money is exchanged. Everyone is equal. Timebanks have been shown to reduce isolation and improve quality of life. This project has been made possible thanks to a grant from the Reva Gerstein Legacy Fund.

Contact us at c.s.timebanking@gmail.com or visit our web site at www.cstb.timebanks.org

Mental health among sexual and gender minority (LGBTQ) women: What are the issues? Webinar Resource recording is now online! View the webinar (90 minutes).

This free event was presented on March 4, 2013 by the Canadian Women's Health Network in collaboration with Rainbow Health Ontario and the Centre for Addiction and Mental Health. Presented by Dr. Lori Ross, Senior Scientist in the Social and Epidemiological Research Department at the Centre for Addiction and Mental Health Moderated by Anne Rochon Ford, CWHN Executive Director.

Dr. Lori Ross leads the Re:searching for LGBTQ Health Team of the Social and Epidemiological Research Department at the Centre for Addiction and Mental Health. The team's research focuses on understanding how lesbian, gay, bisexual, transgender, transsexual, Two-Spirit, and queer (LGBTQ) people experience their health, and how they access health services.

In this webinar, Ross discussed why sexual orientation and gender identity matter to women's mental health. She described mental health disparities associated with sexual orientation and gender identity, and discussed the possible reasons for these differences. Ross also summarized research examining the challenges that many LGBTQ women have when they attempt to access mental health care. She discussed the role that women's organizations can play in recognizing and raising awareness about the specific health needs of LGBTQ women. Ross responded to audience questions after the presentation.

Video on the unequal situation across the GTA where rooming houses are allowed in some areas and not in others. Published March 12, 2013 by the Scarborough Tenants Group. Roominghouse.tsg@gmail.com
<http://www.youtube.com/watch?v=zUxnoEWv-Do&feature=share> 7 minutes and 44 seconds

OCAP Community Organizing Course Call for participants - April 2013. Following the great success of our first course in October 2012, OCAP is holding a second course to offer people some of the knowledge and skills they will need to mobilize in their communities to resist poverty and austerity.

DATES: 4 consecutive Saturdays - April 6th, 13th, 20th, and 27th

TIME: 2 – 5 pm, followed by a meal each week.

Childcare and transportation costs will be provided and the location will be wheelchair accessible. An exciting four week children's program is in the works!

COURSE OUTLINE:

Week 1 (April 6th): A brief introduction to OCAP. How do capitalism and colonialism work? How do they produce poverty? What is the austerity agenda and how is it playing out in our communities?

Week 2 (April 13th): How do the law and the welfare system regulate the poor? How does OCAP organize actions to defend people under attack by these systems?

Week 3 (April 20th): How can poor people use disruptive action to defend themselves and win victories? How are effective campaigns and actions organized?

Week 4 (April 27th): Histories of anti-poverty resistance in Toronto. Presentations by course participants. What have we learned and how are we going to take that knowledge into our communities?

This course is for people who want to fight back. Those who participate will be presented with ideas and methods that OCAP has developed over more than twenty years of organizing in poor communities. We can offer knowledge and skills that they don't teach in schools and you won't get from the newspapers. We intend the sessions to be lively, engaging and informative. The opinions and proposals of those who attend will be vital to the success. If you are interested in being part of this course, contact OCAP as soon as possible. We want to stress that all who agree to participate should make a serious commitment to attending all four sessions. Please don't reserve a spot, unless you can make that commitment. Space is limited to allow for maximum engagement with participants.

How to apply: **Please email or call us with the following information AS SOON AS POSSIBLE:

Name; Email and/or phone contact; What do you hope to get out of the course? What area of Toronto will you be coming from? Do you need childcare? Do you have any accessibility concerns?

Send to: the Ontario Coalition Against Poverty at: ocap@tao.ca / 416 925-6939

Employment Matters

This is to advise you that **The National Job Fair & Training Expo** will take place on April 3 and 4, 2013. The Job Fair will be held at: Metro Toronto Convention Centre, North Building from 10:00 am – 6:00 pm. There will be more than 150 booths and career opportunities in the GTA, other regions in Ontario, other provinces and even other countries.

Admission tickets are \$4.95. If you would like a **free ticket** to attend this event please visit us at Regent Park Employment & Social Services office located at 530 Dundas Street East.

Hope to see you there! Sean and Crystal, Tel: 416 392-3456

Are you interested in a career in catering?

A job fair is being held on Friday, April 5th where the employer will be looking to hire up to 40 people to work as Food Handlers. Successful candidates will be trained by the employer. You do **not** need to have your Smartserve or Food Handler's certificate to apply for these jobs.

To **register** for this event, please sign up online at our EC portal which can be found at the following link <http://tinyurl.com/b77th22>. Simply click on "Events" for the list of events, and then register for the **Food Handlers Job Fair**. For any questions, please call us at 416 392-3456.

Thank you, Regent Park Employment Services
530 Dundas Street East, Tel: 416 392-3456

Are you a College/University grad with a disability? Are you looking for work?

The **Workplace Essential Skills Partnership (WESP)** is a FREE dynamic cross disability employment program for professional job seekers with disabilities.

- ✓ Increase your confidence and grow your network
- ✓ Enhance your resume, cover letter, and interviewing skills
- ✓ Gain exclusive access to WESP Career Development Sessions
- ✓ Access employers hiring "qualified" candidates with disabilities

Income Supports (ODSP, OW, EI, etc.) are NOT REQUIRED to attend WESP

Registration is now OPEN for Spring 2013: April 8 – May 3 or May 21 – June 14

Contact our Intake Coordinator for more info or to book an intake appointment – self referrals are welcome!
416 486-2500 x 8307 www.ccrw.org/wesp wesp@ccrw.org 1929 Bayview Avenue.

Places To Go... Things To Do...

Free and Low-Cost Events April 1 – 15, 2013

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

Arts and Events



April through to May 5th ongoing. **Beat Nation: Art, Hip Hop and Aboriginal Culture** The Power Plant, Harbourfront Centre, 231 Queen's Quay West. www.thepowerplant.org Artists remix and weave together old and new to reinterpret Aboriginal culture. Free.

April 7th 2:00 pm The Power Plant Harbourfront Centre. **Brad Tinmouth will speak on Beat Nation**. Brad is an artist living and working in Toronto. Tinmouth is the co-director of Butcher Gallery, a founding member of Pro Click Dot Biz and Studio Manager for Kent Monkman. His work has been shown at Nuit Blanche in Toronto, Esam Caen in France, Preteen in Mexico and Dokfest in Germany. 231 Queen's Quay West. Free.

April 4th to April 18th **Sheridan Ceramics Graduate Show**, The Gardiner Museum 111 Queen's Park, Avenue Rd just south of Bloor Street. Discover the next generation of Canadian ceramic artists! The Gardiner presents its annual showcase of work by this year's graduating class of Sheridan College's Ceramics Crafts and Design program. Note that an RSVP is necessary for the opening reception, which is April 4th 6:00 pm to 8:00 pm. www.gardinermuseum.on.ca. Free.



Farmer's Markets



April 1st, 8th & 15th [Mondays] 3:00 pm to 7:00 pm **Sorauren Farmer's Market** presented by West End Food Co op, 50 Wabash Ave, Sorauren and Dundas Street West. www.westendfood.coop Year around market in Sorauren Park which goes inside to the Wabashi Field House for the winter [November to April] Vendors are local farmers and food producers who focus on food sustainability.

April 2nd and 9th [Tuesdays] 3:00 pm to 7:00 pm **Withrow Park Winter Market** moved indoors for the winter to Danforth Baptist Church 60 Bowden Ave [Broadview & Danforth] Fresh Ontario produce [winter vegetables, meat and eggs] prepared good and baked goods.

For History Buffs

April 3rd 7:00 pm **Candy and Commemoration: The Case of Laura Secord** presented by Heritage Toronto, Free but registration required 416 338-1339. Who was the real Laura Secord and how did her story change as it became legendary throughout Ontario? Hear Dr. Cecilia Morgan, co-author of *Heroines and History*, reveal answers to these questions. Mimico Centennial Library, 47 Station Rd. Free



April 8th 2:00 pm to 3:45 pm. **Explosion 1813 Film at Toronto Reference Library.** A documentary film argues that the intentional detonation of Upper Canada's main ammunitions supply was the key to thwarting the US conquest of Canada. Toronto Reference Library, 789 Yonge Street Just north of Bloor Street. Free.

Learning

April 3rd 6:00 pm to 7:00 pm **Entrepreneurship 101 Lecture** presented by MaRS Discovery District. Free with one time registration [ongoing Wednesday lectures]. Do you have an idea but don't know where to start? This is a free weekly lecture series to guide you through the basics of business, from startup to marketing. MaRS Auditorium, 101 College St. at University Ave. www.marsdd.com entrepreneurship101@marsdd.com. Free



April 4th 7:00 pm to 8:15 pm College/Shaw Library Program Room. **Listening for Black Holes: Einstein's Unfinished Symphony** With Dr. Kipp Cannon. Did you know black holes make sounds? They do, and physicists around the world are building gravitational wave detectors--enormous microphones--that we hope will hear the faint chirps, whistles and pops of distant black holes. A PASSION FOR ASTRONOMY is presented in partnership with the Dunlap Institute, Astronomy and Astrophysics, University of Toronto. College/Shaw Library, 766 College Street 416 393-7668 Free.

Apr 9th 1:00 pm to 3:00 pm **Debtocracy and the Causes of the Debt Crisis**, Toronto Reference Library, Elizabeth Beeton Auditorium Free. A screening of the documentary "Debtocracy", which seeks the causes of the debt crisis affecting Greece, will be followed by a discussion led by David Langille who teaches public policy at York University and the University of Toronto, Toronto Reference Library, 789 Yonge Street 416 395-5577. Free.



April 9, 2013 7:00 pm to 9:30 pm presented by Newton Brook United Church. Free. **Mental Health and the Justice System** engage with the panel of knowledgeable involved people Ms. Denise Allen from Toronto Support Services, Rev. Harry Nigh Chaplin with Corrections Canada and Ms. Amber Kellan a Director with John Howard Society RSVP 416 222-5417. Newtonbrook United Church, 53 Cummer Ave., Yonge Street and Cummer Avenue. Free.

Outdoors in Spring

April 14th 2:00 pm to 4:00 pm at Downsview Park **Nature Connection**. Downsview Park staff will take you on a free indoor/outdoor park program based on nature themed topics to get you exploring the natural world. Each two hour program will explore a natural theme and will start at 2 pm in the Discovery Center. Activities will be flexible to reflect the interests of participants. All ages are welcome. Please RSVP to learn@DownsviewPark.ca. Discovery Centre (West side door), 35 Carl Hall Rd. Keele and Sheppard. Free.



More Music for Music Lovers

April 2nd at 12:00 noon. **Canadian Opera Company**. Dance Series: Akshongay. Excerpts from new, contemporary dance work based on classical Indian dance technique. Nova Bhattacharya and Louis Laberge-Côté, dancers/choreographers. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free.

April 3rd at 12:30. **York University Department of Music**. Music at Midday. York University New Music Ensemble. Tribute Communities Recital Hall, Accolade East Bldg., 4700 Keele Street. 416 736-2100 x 22926. Free.

April 4th 12:00 to 1:00 pm Dance Series **Ballet Express!** Dancing into Canadian hearts for 25 years, Ballet Jörgen Canada returns to present a diverse program of classical and contemporary ballets. Showcasing gems from the repertoire celebrating the company's silver anniversary, the program will feature excerpts from the great classics, cutting edge contemporary works and intimate dance pieces capturing the beauty of life. Richard Bradshaw Amphitheatre, The Four Seasons Theatre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free.



April 7th at 3:00. **Hart House Music Committee**. Sunday Concerts: Mercer-Park Duo. Rachel Mercer, cello; Angela Park, piano. Great Hall, Hart House, 7 Hart House Circle. 416 978-2452. Free.

April 7th at 7:30. **University of Toronto Faculty of Music**. Percussion Ensemble Concert. Beverley Johnston and Mark Duggan, conductors. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416 978-0492. Free.

April 11th 12:00 to 1:00 Chamber Music Series **A Verdi Celebration**. In celebration of the 200th anniversary of the birth of one of opera's greatest composers, artists of the COC Orchestra perform Verdi's only surviving chamber work, the *String Quartet in E Minor*, written in Naples during a production of *Aida*. The quartet is paired with the enchanting *Three Madrigals* for violin and viola by Czech composer Bohuslav Martinů. Richard Bradshaw Amphitheatre, The Four Seasons Theatre for the Performing Arts, 145 Queen Street West. 416 363-8231. 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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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 Centre, c/o CAMH, The Mall, 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.ca. Your Mother Earth will thank you. Helen