

BULLETIN

490 July 16 – 31, 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/>

Please Join Us for Our Next C/S Info Session On:

The Consumer/Survivor Timebank of Toronto

Monday, July 29, 2013 from 1:30 to 3:30 pm in Room 1123 of the Doctor's Association Building at 101 Stokes Street at CAMH's Queen Street Site.

Find out all about how you can share you skills and talents with others and get your needs met by others in the consumer/survivor community - all without exchanging any cash.

Annette Smith and Andrea White, the founders of the C/S Timebank, will be on hand to explain how it works, get us started in enrolling and show us examples of some real Toronto exchanges. Find out more - no obligation to sign up.

Please register for this info session at 416 595-2882 or csinfo@camh.ca. See you there.

Helen & Andrea

Thanks to all of you who have submitted the survey. We are tabulating the results and will draw the winners on July 23rd and post the results on our Facebook page and in the next Bulletin.

Looking for information about an event or a group we previously posted? You can find Bulletins on our website at csinfo.ca.

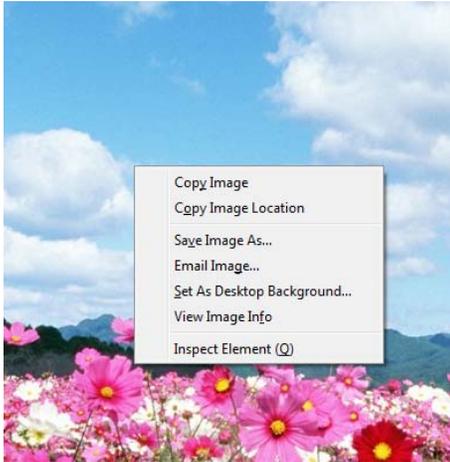
Computer Column by Martha, The Computer Gal

Using images

Capture any image from the internet

What if you see a cool image on the internet that you'd like to save, to use in your own composition, or as a desktop image or screensaver?

Move your cursor over the image. If it changes to a little hand, the image can be enlarged. Click on it to enlarge it. Now right click on the enlarged image. If you want your desktop to show this image, choose 'set as desktop background.' If you want to save the image to use somewhere else, click 'save as'. Save it to 'Documents', or 'Pictures', anywhere that's



handy for you.

Using Images in Documents

To add an image to your document, put your cursor where you want the image to be. Click 'insert' on the toolbar. Just below 'insert' you'll see the option 'picture'. When you click on that, navigate to where you've saved your picture and click on it. Budda bing! If it's too big, click on it and you'll see some little markers show up around the edges. Click and drag them till your picture is the right size.

See 'Set as Desktop Background'? Click that and it becomes your desktop.

Capturing any image from Facebook is a bit different, but also pretty straightforward. You need to have a Facebook page. Go to your friend's photo, and you will see a little hand appear over it. This means it can be enlarged...click just once. Right click on the enlarged image and choose 'save as', and the image is yours.

Snipping Tool

This is another way to save something you see on your computer screen. Go to Start>All Programs>Accessories. Look down the list of accessories till you see 'snipping tool' and click on it. The screen will fade a bit, and the 'Snipping Tool' window will come up. Now you can use your mouse to trace around whatever you want to save. Save it to your desktop, where it's easy to find...and you can insert it, as you would any image, anywhere you want.

There are tutorials available that will help you with just about anything. Do a Google search for what you're interested in...for instance 'Capturing internet Images' and then type 'tutorial'.

Next article... MS Word, and OpenOffice



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.

Found on the Internet by Helen:

- If at first you don't succeed; call it version 1.0
- I'm not anti-social; I'm just not user friendly
- Who's General Failure & why's he reading my disk?

Reader Submissions

She and I By Bev

She must come with me I explained. I will hold her hand and we will walk together. She is just little and needs protection.

I took surprising comfort in her presence; I realized it was I that was most frightened.

She was the one that had been through this, felt it deeply, and I was the one that had buried it.

As we climbed on to each end of the teeter-totter, she and I were aware that we moved with great care. One could send the other crashing to the ground or suspended in the air. The delicacy of the balance was agonizing.

Yet, we moved on.

The integration of past and present provided a calming of our movement. We shared an elated, free, joyous ride, right then and there, as we were now together.

Alone By RR

On the edge of a flat rock
dribbles of water sit angerily.

Suddenly another pebble of spray cascades onto the stone.

It winds itself on a downward pattern and collects by the edge,
by the edge of my right foot.

Sadly it meets up to the small circle of water that has been sitting there patiently.

They embrace, they become one and become stronger.

Do I sit here selfishly to keep have them keep me company,
or move my foot so they can join the river and continue their journey.

As I move my right foot they slip off the rocks and once again...

once again I am alone with me and my thoughts, waiting for someone or something to grasp my attention or me,
staring blindly I wait.

Announcements

PSAT - Psychiatric Survivor Archives of Toronto

Annual General Meeting

Saturday July 20th 2013, 1 - 4 PM

Room 106 (1st Floor) 519 Church Street Community Centre

Seventh Annual General Meeting

Hear about past activities!

Decide future directions!

Debate bylaws!

Elect board members for the year ahead!

Make history!

Everyone is welcome!

Wheelchair Accessible

RSVP friendlyspike@primus.ca Light Refreshments



Are you a woman looking for support for past violence or abuse?

Reclaiming Yourself after Abuse

REGISTRATION IS NOW OPEN FOR FALL 2013 INTAKE

Reclaiming Yourself after Abuse is a 10-week group for women who have experienced past violence or abuse. The group provides a supportive environment where women will discuss the impacts and effects of abuse, examine their personal responses, strengthen individual coping skills and develop strategies for moving forward.

Topics we will cover over the 10-week period include: What is Abuse? Impacts of Abuse; Coping with the Effects of Abuse; Managing Triggers; Ways I Cope & Positive Affirmations; Beliefs, Self Talk & Who Am I; Boundaries and Assertive Communication; Healthy Relationships; Self-Esteem

PLEASE NOTE THAT AN INTAKE MEETING IS REQUIRED IN ORDER TO DETERMINE YOUR ELIGIBILITY FOR THIS PROGRAM. WE WILL CONTACT EVERYONE ON THE REGISTRATION LIST IN SEPTEMBER 2013 TO SET UP AN INTAKE MEETING.

The **Women's Empowerment Series** is a set of skill-based programs that focus on building women's strengths and personal power to promote self-confidence and success in making positive life changes.

Module 3: Asserting Ourselves REGISTRATION IS NOW OPEN FOR FALL 2013 INTAKE

In this group, the third program in the Women's Empowerment Series, women will consider how they interact with others. They will examine skills to effectively communicate and assert themselves and have opportunities to practice these skills with each other in a safe and comfortable space. Women will learn about healthy relationships while exploring how to deal with difficult relationships and social situations.

Topics we will cover over the 8-week period include: Communication; Women and the Media; Skills and Supports; Culture and Differences; Saying No and Setting Boundaries; Conflict Resolution; Leadership and Advocacy; Speaking Up. PLEASE NOTE THAT ATTENDANCE AT AN INFORMATION MEETING IS REQUIRED IN ORDER TO DETERMINE ELIGIBILITY FOR THIS PROGRAM. WE WILL CONTACT EVERYONE ON THE REGISTRATION LIST IN SEPTEMBER 2013 WITH MEETING DATES.

These programs are free.

Call 416 781-0479 for information or to register.

Do you need childminding or other accommodations? Please talk to us if you need help to attend.

Want more information on NYWC?

NYWC Programs are funded by the Ontario Women's Directorate and the City of Toronto

Visit us at www.nywc.org

Looking Forward

Save the date: Thursday August 1st is the next **Laughing Like Crazy Comedy Showcase**. Admission is free but you must reserve your spot. For details go to www.mooddisorders.ca

Save the Date: November 6th from 12 noon to 1:30 pm. John Stapleton will speak on How to Retire on a Low Income. Sponsored by the ODSP Recipient Peer Support Group. Location: The 519 Church Street Community Centre. More details in the November issue of The Bulletin.

We are Recruiting for Our Board

The Consumer/Survivor Information Resource Centre of Toronto is looking for people to join our Board of Directors. We're looking for people with some experience being on a board, some with financial experience, computer skills, or taking minutes of a meeting. You must have lived experience of a mental health or addictions issue and be and comfortable identifying as such, and have a desire to help the consumer/survivor community. We want to reflect the diversity of our community. Our expectations are that you will attend board meetings once per month and be on one committee. We are a governance board that does not get involved with the day-to-day running of the Centre.

If you are interested in this opportunity, then, no later than August 6, 2013,

Please send your resume, &/or a letter saying why you would like to be considered for a position on our board to:

Consumer/ Survivor Info Centre

c/o CAMH, The Mall

1001 Queen Street West

Toronto ON M6J 1H4

or to: csinfo@camh.ca

Interviews will be held September 9th and 16th, starting at 4:30 pm.

New Board Candidate Orientation will be held September 30, 2013 at 5:30 pm.

Our Annual General Meeting will be held October 21, 2013 at 6:00 pm.

The Consumer/Survivor Information Resource Centre of Toronto is a small non-profit organization that is funded by the Ministry of Health and Long-Term care through the Toronto Central LHIN (Local Health integration Network). We have been in operation since 1992. We are located at the Queen Street site of the Centre for Addiction and Mental Health and we thank them for their generous support in providing us with rent-free premises and for paying for the postage to mail our newsletter, The Bulletin. We have our own funding and our own Board of Directors and we are an independent organization.

Our main services are to provide information on a wide variety of topics to people who call or drop-in to our premises; to maintain a diverse collection of materials on topics of interest to consumer/survivors; to publish a twice-monthly newsletter called The Bulletin; to provide a year-round tax clinic for low-income consumer/survivors to have their taxes prepared for free; and to host a series of information workshops on topics of interest to the c/s/x community.

Book Launch

Please join Barb Crisp and the OLGBT Supportive Writing Group for the official launch of *Writing from the Heart*. The voices of Older LGBT (50+) folks are seldom heard in the mainstream, or even within their own community. That's why this official launch of *Writing from the Heart*, a chapbook collection of writings by members of an OLGBT Supportive Writing Group*, is such a rare and important event!

Come listen to these unique voices share their stories and receive your own free copy of *Writing from the Heart*. There will be a signing opportunity and light refreshments served. All are welcome.

When: Thursday, July 18th, 6:00 pm.

Where: Toronto Public Library, Yorkville Branch - 22 Yorkville Avenue 416 393-7660

Rent Increase Guideline for 2014

The Ontario Government has announced the cap for rent increases for 2014. It has been set at 0.8%, the second lowest increase in the 38 years since rent controls were introduced. This guideline impacts one million Ontario tenant households whose rents cannot be increased beyond this without the landlord going before a special tribunal and making the case for why he or she should be allowed a larger increase.

Report:



The Canadian Homelessness Research Network (Homeless Hub) and the Canadian Alliance to End Homelessness released the first extensive Canadian report card on homelessness called **State of Homelessness in Canada: 2013** in Toronto. Highlights of the report include:

- 200,000 different Canadians experience homelessness each year, with as many as 1.3 million experiencing homelessness in the last five years;
- 30,000 Canadians are homeless on any given night;
 - 2,880 unsheltered (outside in cars, parks, on the street)
 - 14,400 staying in Emergency Homelessness Shelters
 - 7,350 staying in Violence Against Women Shelters
- 4,464 provisionally accommodated (homeless but in hospitals, prison or interim housing)
- for most homelessness is a very short, one time experience but between 4,000 to 8,000 are chronically homeless (long term homeless) and 6,000 to 22,000 are episodically homeless (experience repeated episodes of homelessness over a lifetime);
- chronic and episodically homeless people (less than 15% of the total) take up more than 50% of the emergency shelter space in Canada; and,
- homelessness costs the Canadian economy \$7.05 billion per year.

You can download the Executive Summary, or the entire report, The State of Homelessness in Canada, 2013 using the links below.

http://www.homelesshub.ca/ResourceFiles/Documents/SOHC2013_execsummary_web.pdf

<http://www.homelesshub.ca/ResourceFiles/SOHC2103.pdf>

The Canadian Alliance to End Homelessness will be hosting Canada's first National Conference on Ending Homelessness October 28 to 30th in Ottawa at the Delta Ottawa Centre Hotel. You can register for the Conference here: www.caeh.ca/conference

The Canadian Homelessness Research Network (Homeless Hub) at York University is dedicated to mobilizing research evidence to have a bigger impact on solutions to homelessness in Canada.

The Canadian Alliance to End Homelessness has been formed to create a national movement to end homelessness in Canada from the community up.

Employment & Training Matters



VOICES FROM THE STREET

Barbra Schlifer 
Commemorative Clinic
Freedom From Violence.

Voices from the Street in partnership with Sistering, the Barbra Schlifer Clinic, and the Mennonite New Life Centre is looking to recruit women who are interested in using their personal experiences with homelessness, poverty, immigration, violence and legal issues to educate the public and push for social change.

YOU GET:

- 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity issues, public policy
- Training on issues related to women—violence against women, women and homelessness/ housing, poverty, etc.
- Cash honorarium of \$60 per week for participating, TTC Metropass and or TTC tokens.
- A healthy lunch on the days you are training
- A connection to others who have similar experiences and a desire for change.

YOU GIVE:

- Your time (Tues, Wed & Thurs between 10:00 am and 3:00 pm from Sep 17th to Dec 5th 2013)
- An interest in or a curiosity about women's issues
- A desire to speak openly and publicly about your personal experiences with homelessness, poverty and/or immigration and legal issues
- An ability to work well with others and a respect for diversity
- A passion for social justice and a desire for change along with your leadership skills

An info session will be held on August 13th from 1 pm - 2 pm at 1499 Queen Street W #203 (not mandatory)

If you are interested in becoming a member of Women Speak Out, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you can bring to the group, any leadership experience, details about your previous or current involvement in the community, involvement on issues related to women. Please mention if you have a connection to Sistering, Barbra Schlifer or the Mennonite New Life Centre. Letters should be submitted by August 23rd, 2013 to:

**WOMEN SPEAK OUT
C/O WORKING FOR CHANGE
1499 QUEEN STREET WEST, Suite #203, TORONTO, ON M6R 1A3
Phone: 416 504-1693 x 231 FAX: 416 504-8063
E-MAIL: lubna@ocab.ca**



Funded by: Status of Women Canada Condition feminine Canada

Info Sessions

The Augmented Education Programs at **George Brown College** invite you to attend information sessions on their programs made specifically for people with mental health and/or addictions histories. These programs were developed in conjunction with CAMH and have been operating successfully, helping people train and find work, for several years.

Assistant Cook Extended Training (ACET): at The St James Campus, 200 King Street East.
Monday July 22, 2013 at 12:30 pm in Room 260E or Tuesday August 13, 2013 at 12:30 in Room 246E.
The application deadline is October 18, 2013.

Construction Craft Worker Extended Training (CCWET): at the Casa Loma Campus 146 Kendal Avenue.
Monday July 15, 2013 or Monday August 19, 2013 - both sessions are at 12:30 pm and are in Room E219.
The application deadline is February 7, 2014.

Please register to attend at augeded@georgebrown.ca or call 416 415-5000 x 6790. Tell them your name, which session you will be attending and the number of people who will be attending, if you are registering for more than one person.

Things To Do...

Free and Low-Cost Events for July 16 – 31, 2013

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

ART OPENING

July 18th 5:00 to 7:00 pm. **Being Scene Grand Opening at the Gladstone Hotel.** The 13th Annual Being Scene Juried Art Exhibit opens at its second venue for the year and are inviting people to join them for live music, tasty nibbles and drinks. The show runs from July 19th to August 12th noon to 5:00 pm daily. Produced by Workman Arts for CAMH – The Centre for Addiction and Mental Health. 1214 Queen Street West. Free

Chess at the Library

July 20th and 27th 10:00 am to 12:00 pm **Chess in the Library.** Interested in learning how to play chess? Want to play chess with others in the community? Join us for chess in the library! Featuring CFC & CMA rated games, casual chess, beginner lessons, chess puzzle competitions, simultaneous exhibitions by masters and more! Please call 416 396-8969 for more information. Malvern Public Library, 30 Sewells Road. Free



Concerts



July 21st and every Sunday until August 18th. 7:30 to 9:00 pm **Sunday Serenades.** On July 21st – Hear The Philips Weston Orchestra & July 28th Lenny Graf and his Platinum Orchestra. Mel Lastman Square. 5100 Yonge St. www.toronto.ca/special_events/serenades. or call 311 for info. Free

Sundays at 4:00 pm & Thursdays at 7:00 pm in July, **Summer Music in the Garden.** Free classical and traditional music from around the world. Limited bench seating so bring a chair. Weather permitting. Toronto Music Garden Harbourfront Centre, Queen's Quay. www.harbourfrontcentre.ca Free

Friday Concerts from 8:00 pm to 10:00 pm at Yonge Dundas Square, presented by Virgin Mobile. On July 19th Zeppelinesque; July 26 7:45 to 9:00 pm Red Wanting Blue, and from 9:15 to 10:45 pm Lindi Ortega. Free

Ecology Fun

July 18th from 9:00 am to 8:00 pm. **Electric Vehicle Day** Yonge-Dundas Square comes alive with a range of electric cars to see and test drive. Come down to the Square to check out this one-of-a-kind electric car showcase, take a test drive, and win some fabulous prizes. www.ydsquare.ca. Free

July 27th 11:00 am to 9:00 pm. **Live Green Festival**. Toronto's largest outdoor celebration of all things green hits the streets at Yonge and Dundas on Saturday. Now in its eighth year, the festival offers a unique opportunity for businesses to showcase their green products and services to a crowd of more than 40,000 residents and visitors.



Highlights of this family-friendly event include a Green Street Market (Yonge Street will be car-free from Dundas to Queen), live concerts, a Swap zone – almost 5,000 CD's, DVD's and Blu-rays were swapped last year, saving money for the swappers and keeping unwanted media from the landfill - Kids' zone, free yoga class at 10:30 am, ECOwheels zone, beer garden and more. For more information on the Live Green Toronto Festival, visit toronto.ca/greentorontofestival Free.

Festival

July 19 at 8:00 pm. **Tirgan Festival. Love Stories of the Shahnameh**. Iranian storeytelling, music and dance. Also 9:30 pm, Ajam Iranian traditional-fusion. Continues Saturday, July 20 at 2:00 pm and 9:30 pm and Sunday, July 21 at 4:30 pm. Harbourfront Centre, Westjet Stage, 235 Queens Quay West 416 973-4000. Free

Films

Tuesdays in July at Sunset. Yonge Dundas Square **City Cinema: Cult Classic**, Sunset every Tuesday. www.ydsquare.ca. Free

Food Lovers



Thursdays 11:00 am to 2:00 pm **Tasty Thursdays** delectable international dishes for \$7.00 or less while enjoying free noon hour concert featuring international music acts based in Toronto. Nathan Phillips Square, 100 Queen Street West at Bay Street. www.toronto.ca/special_events/thursdays. Free to listen, a charge to eat.

Handwriting Analysis

July 17th 4:00 pm to 5:30 pm. **Power of the Pen**. Come prepared to laugh and learn during Elaine's "Power of the Pen" while you discover how to communicate even more effectively with friends and family through knowing what the strokes of handwriting mean. Everyone will learn about their strengths as reflected in the 'paper mirror' of their handwriting. Eatonville Public Library Meeting Room, 430 Burnhamthorpe Road. 416 394-5270. Free

Museums & Galleries Pass

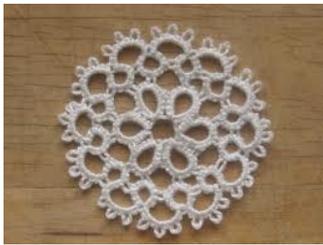
Family Pass, Free from the Toronto Public Library. The Sun Life Financial Museum + Arts Pass (MAP) lets you and your family (2 adults & up to 5 children) explore the best of Toronto's arts and cultural treasures for free. With your valid adult Toronto Public Library card, you can take out a pass for your family at any Toronto Public Library branch. Quantities are limited and **rules and conditions apply**. For more information see the Library website page. Free <http://www.torontopubliclibrary.ca/museum-arts-passes/>

Safety Workshop

July 23rd 6:00 pm to 7:00 pm. **Personal Safety and Home Security Workshop**, This workshop focuses on important safety topics including how to prevent assault and injury, ways to reduce your risk of becoming a victim of crime, and tips on securing your home and property. For information and to register call 416 396-8950. This program is a joint effort by the Toronto Public Library and Crime Prevention Association of Toronto. Agincourt Public Library, Program Room, 155 Bonis Avenue. 416 396-8943. Free

Wool & Yarn Crafters

July 19th 6:00 pm - 8:00 pm **Friday Night Knit/Crochet Club**, Share your interest in knitting, crocheting and other wool crafts. Read and discuss knitting fiction. Learn how to crochet puppets and toys to accompany your children's favorite stories. Patterns and instruction provided. Malvern Public Library, 30 Sewells Road. 416 396-8969. Free



July 27th 1:00 pm to 4:00 pm **Tatting Anyone?** Tatting is the art of making lace by knotting thread. It can be used for jewelry, decorations, edgings and so much more. Everyone welcome. Long Branch Public Library, 3500 Lake Shore Blvd. West. 416 394-5320. Free

Writers

July 15th, 22nd, & 29th 2:00 pm to 4:00 pm. **We Write Poems**. Be Inspired. Leave Your Mark. Express Yourself. Create a poem about food with writer, Alexandra Leggat. Eatonville Public Library, Meeting Room, 430 Burnhamthorpe Road. 416 394-5270. Free

July 16th 6:30 to 8:00 pm **Kick-starting Your Personal Memoir Using the Six Senses Workshop**, Now is your chance to write or publish your own story and leave a legacy! Get tips from an expert on how to document your memoir or family history. Learn how you may skillfully record all your emotions that would bring your story back to life. Join author, editor and Canadian Authors Association Toronto Branch Writer-in-Residence Sharon A. Crawford to get started writing using the six senses to draw out emotion and memory. For more information and to register call 416 396-8950. Agincourt Public Library, Program Room, 155 Bonis Ave. 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.

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN, part of 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

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 & Andrea.
