

# BULLETIN

# 491 August 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/>

## Centre Updates

Congratulations to the winners of our draw for the people who returned the survey to us. In total, we received 132 surveys back. We'll keep you posted about some of the feedback we received. The winners each received a \$25 gift card from either Cineplex Theatres or Canadian Tire. The three winners drawn on July 23<sup>rd</sup> are: 1. Marla N. who chose Canadian Tire, 2. Anice P. chose Cineplex & 3. Jay M. who chose Cineplex.

Our next event will be a Yak and Snack about ODSP (Ontario Disability Support Program). We will listen to a webinar presented by the ODSP Action Coalition and discuss the basics. We'll have an expert on hand to answer our questions. Please join us in Room 1123 of the Doctors Association Building, 101 Stokes Street, on Monday, August 26<sup>th</sup> at 1:30. Please call or email to register. 416 595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca)

## Please Join Us at Our Annual General Meeting Consumer/Survivor Information Resource Centre of Toronto

**Monday October 21, 2013**

6:00 pm

At PARC

Parkdale Activity-Recreation Centre  
1499 Queen Street West

AGM at 6:00 pm, followed by dinner and entertainment from 6:30 - 8:00.

# Computer Column by Martha, The Computer Gal

## Data Recovery

First and foremost, let me say once again...Back up your stuff! Save it to a thumb drive, external hard drive, DVD or CD, even an SD card. Save your important things twice, once to your hard drive and once to an external storage device. I know I've said this a few times already, but it bears repeating. **SAVE YOUR STUFF**

You can set any Office programs to autosave. This means if you're working with MSWord, MSEXcel, etc., and something goes wrong or you just forget to save it, the program will save it automatically. To make sure your Office program is set to autosave, go to the 'Office Button' at the top left hand side of any open window.



From the dropdown menu, choose 'Word Options' at the bottom right hand side. From the left pane of the window that opens, choose 'save'. You'll be offered some options. Choose to save your documents every 10 minutes.

If you're working with PhotoShop, or any other program that doesn't have an autosave feature, every once in a while click the keyboard shortcut 'CNTRL+S' to save your work.

If you use Outlook Express, or another freestanding email program, be sure to save emails on an external storage device. With hotmail, gmail etc, your material is saved on their server and you just have to log back in when your computer is up and running again.

If you've had the kind of problem that forced you to format your hard drive, things get a bit trickier. A major virus infection can destroy software but not hardware. So your operating system (Windows XP, etc, if you're using Microsoft operating system) can be destroyed but your computer is far from dead. Replacing the operating system wipes out all data on the hard drive.

In some cases, for instance if someone has done a custom format, a compressed version of your old system will be saved in a folder called 'windows.old'. If you upgrade to Windows 7 or 8 from an older operating system, the windows.old file will be in your hard drive. You can find it by doing a search for 'windows.old'. It will be in your C drive. To retrieve a file from this folder, double click on it, and find the documents file.

If you have lost your operating system and a complete format has been necessary to install a new one, things are way WAY more complicated. Your data, your movies and pictures, everything is still there on the hard drive. It's been seriously mixed up and compressed, but it's still there.

You have a few options here. 1. Take it to a data recovery specialist. (\$200 - \$300) 2. Buy data recovery software. (\$50 - \$100) There are free programs but I haven't tried them out. 3. Send your hard drive to me (\$50 + shipping)

In a nutshell, here's what has to happen. A separate program needs to go into your hard drive, find all the bits and pieces of files, and put them back together so your computer will recognize them.

.....So, as a final word....**SAVE YOUR STUFF**



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](mailto: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.

## C/S Info Centre - 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](mailto:csinfo@camh.ca)

Interviews will be held September 9<sup>th</sup> and 16<sup>th</sup>, 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.

## Connecting Communities Tenant School

### **Training Settlement Workers to help newcomers to find and keep their housing.**

Opportunity for settlement workers who would like to get free, in-depth training on tenant and housing rights for yourself or your staff. Training provided through a series of weekly two-hour workshops over a five week period. Funded by the Law Foundation of Ontario's "Access to Justice" Fund. For more information, please call fmta (federation of metro tenants association) 416 413-9442 or email [howard@torontotenants.org](mailto:howard@torontotenants.org)



**Mood  
Disorders  
Association  
of  
Ontario**

**Come Laugh Your Head Off!**

## **Laughing Like Crazy Comedy Showcase**

Featuring stand-up comedy performances by the newest graduates of the **Laughing Like Crazy Program**. Writing comedy about experiences in the mental health system is crazy.

*That's why we do it!*

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**Thursday August 1st, 2013**

7pm - 9pm

Doors open at 6:30 pm

Central YMCA Auditorium, 2nd Floor

20 Grosvenor St, Toronto

(closest subway stations: College or Wellesley)

Admission **FREE!** Donations Welcomed!

Seating is limited, please visit

[www.mooddisorders.ca](http://www.mooddisorders.ca)

to reserve your spot.

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**Laughing Like Crazy** finds the humour in some of life's most challenging experiences like diagnosis, suicide attempts, hospitalizations, and dating. By laughing at our difficulties, we can rise above them.

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Contact: (416) 486-8046  
[laughinglikecrazy@mooddisorders.ca](mailto:laughinglikecrazy@mooddisorders.ca)  
[www.mooddisorders.ca](http://www.mooddisorders.ca)



Parkdale  
Community Legal Services

The Empowerment Council: A Voice for the Clients of CAMH

## **Mental Health Police Record Checks An Information Session for Clients**

### **How Police Record Checks Work**

**What happens to your record when you have  
a mental health interaction with police**

**When mental health information is or is  
NOT allowed in a check**

**GUEST SPEAKER: Ryan Fritsch Chair of the  
Ontario Mental Health Police Record Checks Coalition**

**Wednesday August 14<sup>th</sup>, 2013**

**2:30 to 4:00 pm**

**1001 Queen Street West  
Training Room A**



**Please RSVP with Diann at 416 535-8501 x 33520  
or email [ec.volunteer@camh.ca](mailto:ec.volunteer@camh.ca)**

~ Refreshments ~





# National Conference on Peer Support

PSACC | ACSPC

Hope. Empowerment. Recovery.  
Promoting Growth and Accessibility of Peer Support

Join Us April 30 - May 2, 2014!

***Proposal Deadline - September 27th, 2013***

**Click here to submit online!**

Canada's first National Conference on Peer Support (NCPS) is happening next year. This conference, hosted by Peer Support Accreditation and Certification Canada (PSACC) in cooperation with the Nova Scotia Department of Health and Wellness and sponsored by Sun Life Financial, will cover a wide spectrum of aspects pertaining to this promising best practice in the world of mental health care. [Learn more.](#)

The conference is to be held in Halifax, Nova Scotia at the [Halifax Marriott Harbourfront](#).

The PSACC Conference Committee is now accepting abstracts from peer support workers, service providers, family members, community peer support organizations, workplace and clinical peer support programs, and researchers from across Canada and abroad who are interested in the growing area of peer support to share their thoughts on "Hope. Empowerment. Recovery: Promoting Growth and Accessibility of Peer Support."



We encourage you to spread the news about this exciting first in Canada by sharing this announcement with as many other organizations and individuals as possible.

 [Forward to a Friend](#)

## The National Forum on Patient Experience

WHERE: Toronto WHEN: September 24-25, 2013

The National Forum on Patient Experience is the first event of its kind, dedicated to transforming patient experience and improving patient satisfaction in the Canadian healthcare industry. The event is designed to bring together patient experience leaders and to provide a perfect platform for the exchange of ideas in planning, engagement, and implementation strategies for patient centred care. In an intimate setting, healthcare executives will have the rare opportunity to discuss peer best practices and will takeaway lasting tools and knowledge to further their patient experience initiatives.

Improve your organization's ranking and reputation on access, quality of care, and patient outcome

- Drive an organizational transformation with patient centric leadership
  - Build a successful Patient Experience Advisor Program
  - Measure and monitor the patient experience
  - Foster aboriginal cultural competency
  - Enable patient and family engagement
  - Create a continuity of experience through transitional care
- And much more...

For more information or to register, please visit <http://www.patientexperiencesummit.com/>

## Think Big and Let's Get Going: Applying the Social Determinants of Health to our Daily Work: 26th Annual Health Promotion Ontario Conference

WHEN: September 26, 2013 WHERE: Toronto

Keynote address from Dr Ryan Meili, author of A Healthy Society. The goals of this year's conference are:

- To continue to learn about the importance of the social determinants of health
- To bring together those who work on promoting health with those who work in social and economic fields to think about big in our planning
- To build knowledge of how to apply the SDOH to our daily work so that we can get going!

For more information:

Visit [www.hpoph.org](http://www.hpoph.org)<<http://www.hpoph.org>>

Like us at <https://www.facebook.com/HealthPromotionOntario>

Follow @HealthPromoON on Twitter

## Employment & Training Matters

### A Call-Out from Diana Capponi, Employment Works, camh

CAMH is preparing to enter Phase 1C of the on going redevelopment of the QS site. I have met with the redevelopment folks who are putting out a request for proposals. I need to know if I have people who have experience in the following areas of work related to redevelopment.

If you have experience or credentials, please let me know how much experience and what that experience is. I am collecting for an upcoming meeting with responders to the request for proposals. Thanks much. This will be a timely process but it's great that the redevelopment folks are starting off earlier in the process, and letting firms know the type of experienced workers I have to offer.

Here are the types of work, contracts etc. we will be working with. Let me know if you have experience,

Architecture, including Urban or Municipal Planning.

Landscape architecture

Arborist

Interior Design

Furniture, fitting and equipment planning,

Occupational Health and Safety expertise.

Heritage and Conservation

Civil engineering/site development

Transportation Planning including traffic and parking

Structural engineering

Mechanical engineering

Building Science

Audio visual systems design.

Information and communication technology systems design

Hardware

Signage and way finding

Accessibility

Integrated security systems

Vertical Transportation/elevator design

Vibration, noise and acoustics

Life Safety/building code consulting

Service Delivery, Logistics and Materials Management

Infection Control Specification Specialist

Thanks. Please let me know if you are familiar with or have worked in the above areas.

Diana Capponi, 416 535-8501 x 32403 or [diana.capponi@camh.ca](mailto:diana.capponi@camh.ca)

# Things To Do...

**Free and Low-Cost Events for August 1 – 15, 2013**

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

## FESTIVAL

August 2 at 11:30 am. **Island Soul** celebrates the rich artistic traditions, emerging art forms, innovative expressions and vibrant lifestyles of the Caribbean. Harbourfront Centre, 235 Queens Quay West. Runs through to Aug 5th. 416 973-4000. **Free**

August 3 from 9:00 am to 6:00 pm. **Scotiabank Caribbean Carnival, Grand Parade**. The marquee parade is the showcase of the Festival. After months of preparation, masqueraders in colourful and striking costumes and steel pan bands wind their way from Exhibition Place along a 3.5 km stretch on Lake Shore Blvd. There are certainly places to pay for seats from \$20 to \$80 or cabanas to watch the parade, but there are also places to watch for **Free**

August 5 at 11:30 am. **Calypso STARS** is a one-day extravaganza of top Canadian calypso and soca singers, along with the U.K.'s 2012 Calypso Monarch, steelpan and traditional carnival mas' characters. Harbourfront Centre, 235 Queens Quay West. 416 973-4000. **Free**



## FOOD

August 7 (and every Wednesday until Oct 23, 2013) 5:00 pm to 10:00 pm. **The Night Market at 99 Sudbury.** Weekly farmer' market and bazaar. Vendors with fresh produce, grocery items, including cheeses, breads, meats and locally made products like sauces, pickles, preserves and baked goods. Food vendors like local restaurants, pop ups, and food trucks sell freshly made food to eat at the market or to take home. Stay for a drink from one of the local drink vendors including wineries, spirit distilleries and breweries. Retail vendors including artisans will be on hand selling clothing, jewelry, art, crafts, flowers and more. 99 Sudbury Street, near Queen and Dovercourt. [www.NightMarketTO.com](http://www.NightMarketTO.com) [NightMarketTO@gmail.com](mailto:NightMarketTO@gmail.com) or 416 892-0782. **Free**

August 8 from 1:00 to 2:-00 pm. **Can City Farming Save the World?** Learn about city farms, their role in our community and how they can address issues with our current food system. Have you seen the two-acre farm and 3,000 square foot greenhouse at Downsview Park? That is the home base of Fresh City Farms! Ran Goel, founder of Fresh City Farms will talk about the benefits of city farming and how it can change the world! Learn about the food that comes from city farms and how you can get involved. Please register by calling 416 395-5720, e-mail [doprograms@torontopubliclibrary.ca](mailto:doprograms@torontopubliclibrary.ca) or visit the branch. \*Registration allows us to contact you if there are any program updates or cancellations. Downsview Library, 2793 Keele Street. **Free**

August 9 at 11:30 am. **Fortune Cooking.** Fortune Cooking features the best dishes, restaurants, music, dance and artists from East Asia to Southeast/South Asia. Come see what's cooking in this influential continent. Harbourfront Centre, 235 Queens Quay West. 416 973-4000. **Free**

## FREE STUFF

August 3 from 10:00 am to 6:00 pm. **The Really, Really Free Market.** The one year anniversary of this monthly free market. You can bring things you no longer want or need; or you can take things you'd like to have. No money changes hands. You don't have to bring something to be able to take things – it is not a swap market. I looked at the pictures on the website and there is a lot of variety. (HH) They'd like the contributions to be there before 4:00 pm. Campbell Park, 195 Campbell Avenue, west of Lansdowne, north of Wallace Avenue, south of Antler Street; about a 7 minute walk north and west of the Lansdowne subway station. **Free**

## HIKING

Any Day. **Hiking Trails Across the City.** Looking for hiking trails to explore across the city? There are trails in every area of the city from downtown to Highland Creek and South Humber Park. These trails are self-guided discovery trails. For information, visit [www.ontariotrails.on.ca/trail-regions/greater-toronto-area](http://www.ontariotrails.on.ca/trail-regions/greater-toronto-area) or [www.toronto.ca/parks/trails/index.htm](http://www.toronto.ca/parks/trails/index.htm) **Free**

## MUSIC

Thursday Aug 1 from 7:00 – 9:00 pm. Music in St James Park. **Free Concert. hobson's choice** is Rebecca Hennessy on trumpet, Harley Card on guitar and voice, Felicity Williams on voice and Michael Vavidson on vibraphone and marimba. All four are active jazz performers having earned university degrees in jazz performance. St. James Park is located at King Street East and Church Street. **Free**

August 8 from 7:00 to 9:00 pm. **Free Concert. The Boxcar Boys** deliver a veritable gumbo of wild gypsy, Dixieland jazz, Klezmer, and folk music performed with a good time New Orleans spirit. They are the combined forces of clarinetist and tunesmith John David Williams (Jaron Freeman-Fox and the Opposite of Everything, The Roofhoppers), jazz master Karl Silveira on trombone (The Lemon Bucket Orkestra), violin whiz Laura C. Bates (Trent Severn, Del Bel) soulful accordionist Ronen Segall and JUNO nominee Rob Teehan (Heavyweights Brass Band, Saidah Baba Talibah) on sousaphone. With their first album Don't Be Blue [2011] they caught the ears of critics across the country, placing on the Ejazznews list of Best Canadian Jazz of 2011, receiving 3.5/4 stars in the Toronto Star. St. James Park, located at King St. East and Church St. **Free**

August 15 from 7:00 to 9:00 pm. **Free Concert. Yuka.** The five piece band plays hypnotic dance grooves underneath slick, lyrical horn lines that are accessible without being boring. This combination of elements whips crowds into a musical frenzy, and can lead to frequent chants of YU-KA YU-KA heard throughout the audience. With one EP and one full length album under their belts, look out for big things from Yuka as they continue with their quest to bring stellar instrumental music back to the forefront. St. James Park, King Street East and Church Street. **Free**

August 15 at 7 pm. **Free Concert. Arcadian Visions.** The Toronto Music Garden 2013 concert series is underway, and includes a number of performances of baroque music, most of them on period instruments: Montreal-based violist Pemi Paull presents music from the 17th century to today, by Oesterle, Hovhaness, Enescu, Gabrielli, and Mahler. The Music Garden is a City of Toronto park, located at 475 Queen's Quay West on the waterfront between Bathurst Street and Spadina Avenue. Concerts are free, and proceed weather permitting. Limited bench seating is available; feel free to bring a folding chair, picnic blanket, etc. Sunscreen and water are recommended as shade is limited, especially in the afternoons. **Free**

## Wellness

August 3 at 3:00 pm. **Prevention with Nutrition.** Learn the facts about our bodies and how the foods we eat (and don't eat) affect our health. Find out how to apply that knowledge in everyday health choices for ourselves and our loved ones. Toronto Public Library, Cedarbrae Branch, 525 Markham Road. 416 396-8850. **Free**

August 8 from 8:00 am to 2:00 pm. **Taoist Tai Chi International Awareness Day.** Come and join us for a free introduction to the Taoist Tai Chi arts. Demonstrations, free classes for beginners, and greetings from distinguished guests. Yonge Dundas Square. [www.taoist.org/awd](http://www.taoist.org/awd) **Free**

August 15 from 10:00 am to 6:00 pm. **Shiatsu Wellness Day.** In what is becoming a popular annual summer event, Shiatsu therapists from all over Ontario will congregate to offer their experience and their considerable knowledge to the public in the gorgeous Rotunda at Toronto's Metro Hall. Dozens of therapists will work side by side, spreading the experience and diversity of Shiatsu. They will be providing free mini-treatments using various professional shiatsu styles. Metro Hall, 55 John Street. For info visit: [www.shiatsufederation.ca](http://www.shiatsufederation.ca) **Free**

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**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](mailto: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 Ministry of Health and Long - Term Care via the Toronto Central LHIN (Local Health Initiative). 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](http://www.csinfo.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](mailto:csinfo@camh.ca). Your Mother Earth will thank you. Helen & Andrea**