

# BULLETIN

# 492 Aug 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/>

## Centre Updates

Please join us for a webinar

### Yak and Snack about ODSP, The Ontario Disability Support Program.

Monday August 26  
1:30 to 3:30  
Room 1123 in the  
Doctor's Association Building  
101 Stokes Street

You must pre-register by noon Friday, Aug 23 to attend. Call 416 595-2882 or email [csinfo@camh.ca](mailto:csinfo@camh.ca)  
Special Guest Nancy Vander Plaats will be on hand to answer our questions after the webinar.  
(A webinar is a presentation that's recorded, broadcast over the internet, and can be played for an audience anytime).

## Our Survey

Thanks to everyone who took the time to complete our survey. We received 132 responses. That's about a seven percent response rate. We appreciate your input and over the next while, we want to share a little bit of what we heard.

Interestingly, we received a much higher percentage of responses from our Canada Post subscribers than from our email subscribers. After the campaign we did in this past Spring to whittle down the list of people we mail to, we now send out 311 Bulletins by mail and we received 82 surveys back, that's about 26%. However, we email out 1,482 and we received 47 surveys back from our email subscribers. That's just a little over 3%. So do the people who get something in the mail twice a month from us feel more connected to The C/S Info Centre? Do they have more to say? Or were they more enticed by the prospect of winning one of our three prizes? Points to ponder.

## Survey Continued...

Most of our tax clinic clients don't come from our subscriber base: Only 13% of the survey respondents said they'd used our tax clinic.

So, it bears repeating that one of our primary services for Consumer/Survivors is a free income tax clinic that we offer in partnership with the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). Our criteria is that you be a Consumer/Survivor. Canada Revenue's criteria is that your income be under \$30,000 for a single person and up from there if you are a larger family unit. They also have criteria about your return being simple that fit under five rules:

1. No self-employment income or expenses,
2. No rental income,
3. No capital gains,
4. No bankruptcy,
5. No returns for the year a person was widowed.

We do the current year only during March and April, but in the rest of the year, we go back as far as Canada Revenue will allow, which is ten years. That's a good chunk of change, sometimes. There's no judgment for having left your taxes for a few years, we've all been there, we get sick, and things pile up.

If you don't have the income slips, we can tell you how to get them, or we can help you to get them.

The Tax Clinic works by appointment, so give us a call 416 595-2882 and we will be happy to set up a time for you. We have the names of a couple of other clinics for people who are not Consumer/Survivors as well.

We also have the forms for getting the designation of disabled for the federal government, the T2201. This is the 7 pager that your doctor fills out and you send to Canada Revenue for their approval. It helps get your tax free income level raised and you or someone supporting you could possibly get a refund for taxes paid in past years. It also allows some people to start an RDSP (Registered Disability Savings Plan). There is no reason for you to go to an expensive 'consultant' who will take a percentage of all you may be entitled to. It is a form that is readily available. Your doctor fills it out. You send it in and you wait. There is no magic there and no special skill. Don't be a victim.

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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 Integration Network). 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)

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](mailto:csinfo@camh.ca). Your Mother Earth will thank you. Your Bulletin Team: **Helen, Andrea, Arlene & Cassandra.****

## You and Me

by Debbie Sesula

If you're overly excited  
You're happy  
*If I'm overly excited  
I'm manic.*

If you imagine the phone ringing  
You're stressed out  
*If I imagine the phone ringing  
I'm psychotic.*

If you're crying and sleeping all day  
You're sad and need time out  
*If I'm crying and sleeping all day  
I'm depressed and need to get up.*

If you're afraid to leave your house at night  
You're cautious  
*If I'm afraid to leave my house at night  
I'm paranoid.*

If you speak your mind and express your opinions  
You're assertive  
*If I speak my mind and express my opinions  
I'm aggressive.*

If you don't like something and mention it  
You're being honest  
*If I don't like something and mention it  
I'm being difficult.*

If you get angry  
You're considered upset  
*If I get angry  
I'm considered dangerous.*

If you over-react to something  
You're sensitive  
*If I over-react to something  
I'm out of control.*

If you don't want to be around others  
You're taking care of yourself and relaxing  
*If I don't want to be around others  
I'm isolating myself and avoiding.*

If you talk to strangers  
You're being friendly  
*If I talk to strangers  
I'm being inappropriate.*

For all of the above you're not told to take a pill or are hospitalized, *but I am!*

## **Nova Max Blood Glucose Test Strips Recalled: Certain Lots May Give False High Results**

Health Canada is informing Canadians of a voluntary recall of certain lots of Nova Max Blood Glucose Test Strips (see list in the link below) that were contaminated during the manufacturing process. The recall also affects unused Nova Max Plus Glucose Meter Kits, which contain test strips from the recalled lots. The test strips under recall may report a false, abnormally high blood glucose result. Under certain conditions, such a false result could lead users with diabetes to an insulin dosing error, requiring the user to seek immediate medical attention.

For more information, visit: [http://healthy Canad ians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/34883a-eng.php](http://healthy Canadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/34883a-eng.php)

## **Open Minds Across Canada Mental Health Symposia**

Healthy Minds Canada (HMC) in collaboration with various partners across Canada is hosting the 5th annual Open Minds Across Canada Mental Health Symposia from Sunday September 29th to Sat October 5th, 2013 in various cities across Canada. In Toronto, the date is October 5<sup>th</sup>. This is a day for members of the community to receive information and resources of mental health and addictions. The event is free and registration is recommended as seats are limited.

In Toronto, HMC and SickKids are partnering to bring you the symposia.

WHEN: Saturday October 5th, 2013 from 9:00 am - 1:00 pm

WHERE: Hollywood Theatre at SickKids, Toronto

To register click here: [http://omac2013-eanrecl.eventbrite.com/?ref=eanrec&utm\\_source=eb\\_email&utm\\_medium=email&utm\\_campaign=attnews&utm\\_term=attlink](http://omac2013-eanrecl.eventbrite.com/?ref=eanrec&utm_source=eb_email&utm_medium=email&utm_campaign=attnews&utm_term=attlink) or <http://omac2013.eventbrite.com> or 1800 915-2773.

Details on topics and presenters to follow. The event will be Live Streamed on [www.healthymindscanada.tv](http://www.healthymindscanada.tv)<<http://www.healthymindscanada.tv>>

For directions on how to get to SickKids please visit: <http://www.sickkids.ca/VisitingSickKids/Getting-to>

Sponsored by Healthy Minds Canada, Ontario Trillium Foundation and SickKids Learning Institute

## **Need ID but don't have a drivers license?**

An Ontario Photo Card is a wallet sized card that provides government-issued identification to those Ontarians who do not have a driver's licence, making it easier for them to do things such as travel, open a bank account, and perform any other activities that require official identification.

**You can apply for an Ontario Photo Card if you:**

- do not drive
- are a resident of Ontario, and
- are 16 years of age and older

Cost: \$35

Payment: Visa, MasterCard, American Express, Debit, Cash, Certified Cheque

Delivery: 4 to 6 weeks by mail

Thanks to Community Legal Education Ontario for letting us know. . . [www.yourlegalrights.on.ca](http://www.yourlegalrights.on.ca)

Posted

July 31, 2013

Article Source: [Government of Ontario](http://www.ontario.ca/government/ontario-photo-card) <http://www.ontario.ca/government/ontario-photo-card>

# Employment & Training Matters

For 24 years, the **Gerstein Centre** has been a leader in providing community mental health crisis intervention services to adults in Toronto. The Gerstein Centre's multiple locations offer short-term accommodation and supportive counselling, in a welcoming and non-medical setting, to persons experiencing a mental health crisis, including homeless women and persons who have become involved in the criminal justice system. The Gerstein Centre has the following opportunity in Toronto:

## Executive Director

You will provide progressive leadership for, and overall management of, the Gerstein Centre, consistent with its purpose, mission, vision, values and key strategic objectives. You are committed to the principles of anti-oppression, social justice and recovery. With the goal of ensuring that our values are reflected in day-to-day operations, you will maintain positive relationships with program partners, funders, and the mental health, addiction and poverty communities.

You have a degree in a relevant discipline (or the equivalent), and at least five years of senior management experience in the community health, social services or mental health sectors. You have experience building an inclusive organizational culture and proven success in many of the following: governance, program partnerships, program development, and financial and human resources management.

We offer a competitive compensation and benefits package.

To apply, please submit your CV and an attachment detailing how your skills and experience match the job requirements set out above.

Please send applications by e-mail to [gersteinhiringcommittee@gmail.com](mailto:gersteinhiringcommittee@gmail.com). The deadline for receipt of applications is 5pm on September 22, 2013.

Interviews will be held in October 2013. Please note that only those applicants who are selected for an interview will be contacted by September 30, 2013.

*Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, and people from the LGBTQ community.*



[www.gersteincentre.org](http://www.gersteincentre.org)



## Volunteer Board Member Required

Mississauga Furniture Bank (MFB) is a charitable community based organization with 3 years of experience delivering home furnishings in the City of Mississauga, to those in need. Acting as a hub between donors and partner agencies, we connect families in need with furnishings for their homes, not only helping those in need but having a positive ecological impact as we divert furniture and home furnishings destined for local landfills. Mississauga Furniture Bank would like to recruit a dynamic, committed and experienced volunteer board member to serve the Mississauga community. We are currently accepting applications for a volunteer board member to oversee the Volunteer Committee and participate on the Board

### Board Member (Volunteer Committee Portfolio)

MFB board members are expected to share their experience and knowledge in the areas of policy development, program development and guidance, financial sustainability, volunteer development, and organizational leadership.

### Qualifications:

- Knowledge of not for profit dynamics, challenges and resources.
- Professional experience, education and/or training in one or more of the following areas: Community Development, Fundraising, Volunteer Program Development, Leadership, Organizational Planning, and/or Project Management.
- Previous experience serving as a volunteer Board member is an asset.

### Commitments:

- Attend monthly board meetings and update the board on activity in the Volunteer Portfolio Area (4th Tuesday of the month, 2 hours in the evening from 7 - 9 p.m. at our warehouse on Laird Rd & Ridgeway)
- Oversee the Volunteer Committee (2 hours per month)
- Represent MFB in community events and other functions.

Interested applicants are invited to submit a letter via e-mail to: [info@MississaugaFurnitureBank.org](mailto:info@MississaugaFurnitureBank.org), or fax it to: 905 278-9447 by **August 31, 2013**, describing how their skills, experience and interests can add value to MFB's Board of Directors.



## A-Way Express Courier Opportunity for Board Volunteer with Business Development and Sales Background

### About our Organization

Founded and staffed by survivors of mental health challenges, **A-Way Express Courier** is celebrating its 26<sup>th</sup> anniversary this year. It is a social purpose company providing meaningful and supportive employment to people with direct experience of the mental health system. A-Way's couriers deliver documents and parcels for private and public organizations throughout Toronto, using public transit. For additional information see <http://www.awaycourier.ca/>

### Current Opportunity

We are seeking a qualified volunteer to provide leadership in the area of business development. The ideal candidate has a strong business background, preferably with sales experience. Either board or staff experience with a non-profit organization would be an asset. A commitment to volunteerism, the non-profit mental health sector and A-Way's mission and vision is critical.

### How to Apply

If you are interested in this volunteer opportunity, please forward your résumé, as well as a letter outlining your relevant experience and what you can contribute to A-Way, to the Chair of the Human Resources Committee, Edith Sinclair at [edith.sinclair@utoronto.ca](mailto:edith.sinclair@utoronto.ca) by September 16, 2013.

# Things To Do...

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

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

## CNE

The **Canadian National Exhibition** will open on August 16, and run until September 2. Some activities this year include bird flight demonstrations, celebrity chefs, a reptile exhibit, a juggler, a SuperDogs Show, farm animals, and much more. Please note that Ontario Place will remain closed until 2017. While the Ex as a rule is not cheap, (Regular pricing: General Admission: \$16, 60 years and better: \$12, Children 5-13: \$12, Children under 4: Free), there are some real deals to be had: general admission at half the price for \$8 on the first day; Monday to Thursday general admission is \$5 after 5 pm; on Tuesday, August 27, those 19 years and younger are free until 3 pm; on August 19<sup>th</sup> and 26<sup>th</sup> kids 13 and younger get in for a Toonie when accompanied by an adult. For more info and activities: [www.theex.com](http://www.theex.com) or 416-263-3330. Toronto's exhibition fair grounds.

## Festivals

August 16 to 18. **The York-Eglinton International Street Festival** was created to celebrate the rich diversity of our Toronto community. The annual festival is a family event that provides the ultimate in international experiences covering Caribbean, Italian, Portuguese, Latin and a number of other nationalities. From Marlee Avenue to Dufferin St. Rain or Shine Largest Street dance floor in Toronto!

Friday, August 16, 2013: 11:00 a.m. – 9:00 p.m. \*Lead-Up Sidewalk Sale\*

Saturday, August 17, 2013: 11:00 am. – 11:00 pm.

Sunday, August 18, 2013: 12:00 pm. – 6:00 pm. Locations: FULL STREET CLOSURE from Oakwood Ave. to Dufferin St. See the Map: <http://www.internationalstreetfest.com/2012/maps.php> **Free**

Friday, August 16 to Sunday, August 18. **Mabuhay Philippines Festival**. Experience the arts and culture both traditional and contemporary of the Philippines at the Harbourfront Centre at 235 Queens Quay West. For more info: <http://pidctoronto.com/mabuhay-philippines-2013> or 416 973-4000. **Free**

August 22 to August 25. **Scotiabank BuskerFest** will take place in the Downtown Yonge Street Neighbourhood in support of EPILEPSY Toronto. For more info: [www.torontobuskerfest.com](http://www.torontobuskerfest.com). Admission is by voluntary **donation**.

August 23 to 25. **TAIWANfest**. Featuring cooking demonstrations and musical performances by some of the top acts in Taiwan and much more. This year's theme is "Children of The Ocean." Highlights: Formosa Kitchen by the Sea with the Brave Chef (Ching-Yung Chen), The Imaginary World of a 65 –Year Old Boy with Chuan Jui Hung. Harbourfront Centre 235 Queens Quay West. 416 973-4000. **Free**

August 24 – 25. **Toronto Chinatown Festival**. Originally a Lunar Harvest Festival, the Toronto Chinatown Festival will be holding its Mid-Autumn Celebration along Spadina Ave. (between Dundas Street West & College Street). Showcasing a mixture of Chinese culture including Lion Dance, Kung Fu Performances, Chinese street food, traditional Chinese arts & crafts. Times: Aug 24 (Noon–11pm) and Aug 25 (11am–8pm). **Free**

Aug 30 to September 2. **Hispanic Fiesta**. Salsa, cumbia, meringue, vallenato and mariachi are some of the expected musical treats. Spanish flamenco dancing, tango show, Spanish food and an arts and crafts exhibition serve as other key highlights. Music, food and culture from over 20 Spanish speaking countries. Mel Lastman Square, 5100 Yonge Street. [www.hispanicfiesta.com](http://www.hispanicfiesta.com) or 416 240-9338. From the website, it looks like the musical performances start at 7 pm on the Friday and at 3 pm on the weekend days. **Free**

Aug 30 to September 2. **Hot and Spicy Food Festival**. Set your temperature soaring with a fiery palette of hot and spicy food, music, dance and the always popular Iron Chef Competition. Harbourfront Centre, 235 Queens Quay West. For info: [www.harbourfrontcentre.com/summer/](http://www.harbourfrontcentre.com/summer/) **Free**

## Healthy Eating

Tue Aug 27, 2013 from 2:00 p.m. - 4:00 p.m. **Nutrition Pearls.** Get a taste for healthy eating...and improve your quality of life! Learn how food affects your health, the food choices that help prevent or reduce chronic health conditions, and how to improve life expectancy with good nutrition. In partnership with East End Community Health Centre. To register or for more info, call Farzana at 416 778-5808 x 212. **Beaches** Branch, 2161 Queen Street East. Program Room **Free**

## Knitting

August 22 and 29 from 4:30 to 6 pm. **Knitter's Drop-in.** Would you like to share your love of knitting? Want to learn how to knit? Bring your own needles or use ones provided. Toronto Public Library, Long Branch 3500 Lakeshore Blvd W. **Free**

## Movies

Come out and watch a film under the stars at **Free Flicks 2013 at Harbourfront.** Every Wednesday evening at 9:00 pm from July 3 to August 28. For more information: [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) or 416 973-4000. The Harbourfront Centre, 235 Queens Quay West. **Free**

Saturday, August 17 when the sun goes down, at approximately 9 pm. The Toronto Port Authority is hosting a **Sail in Cinema** where you can watch a flick while on a boat or on the beach. Back to the Future will be projected on a 28-foot two-sided screen in the harbour, visible from anchored boats and Sugar Beach's shoreline. Those watching from the beach require a ticket stub. For more info and a ticket: [www.sailincinema.com](http://www.sailincinema.com) first come, first served. Sugar Beach at 25 Dockside Dr. **Free for everyone**

Sunday, August 18 at dusk. **Movies In The Park** brings you Ferris Bueller's Day Off. Bring your friends, family, picnic and enjoy a movie when it's dark at the park. This event helps kids' organizations. For more info: [www.moviesinthepark.wordpress.com](http://www.moviesinthepark.wordpress.com) or email [moviesriverdale@gmail.com](mailto:moviesriverdale@gmail.com). Riverdale Park East. **Free**

Aug 20 and 27 Approximately 7:00 to 11:00 pm. **Free Movies at Yonge Dundas Square.** Aug 20<sup>th</sup> 7:00 pm to 11:00 pm Space Balls and Serenity, and on Aug 27<sup>th</sup> starting at 8:00 pm The Godfather. Some seating available, or bring your own. **Free**

## Museum

Every weekend now through Saturday, August 31. Visit **Summer JUMP IN Weekends at Scarborough Museum** for great family friendly activities including ice cream making in an old fashioned churn and a children's scavenger hunt every weekend in August. For more info: [www.toronto.ca/museums](http://www.toronto.ca/museums) or 416-338-8807. Scarborough Museum 1007 Brimley Road, Scarborough, ON. **Admission is pay what you can**

## Music

Wednesdays at 11 am and Thursdays at 5:30 pm. **Guided Tours of the Toronto Music Garden** in August: Learn about the garden's unique design and history on a guided, 45-minute tour led by a volunteer Toronto Botanical Garden guide. Tours begin in the west end of the garden's Prelude section and will run as scheduled unless there is heavy rain, lightning or severe heat. Reservations are not required. Harbourfront Centre, 475 Queen's Quay West. **Free for everyone.**

August 29 at 12:30 pm. **Summer Squares Concert Series.** Tasty Thursdays. Celebrating the World in Toronto. Balkan, gypsy, and klezmer music. Lemon Bucket Orkestra. Nathan Phillips Square, 100 Queen Street West at Bay. For info call 311. **Free**

Monday August 26 at 12:15 pm. **Traditional Music of Iran:** the Noubang Persian Music Ensemble. 10 Trinity Square (behind the Eaton's Centre). 416 598-4521 x 304. Suggested donation: **\$5**

August 29 at 12:30 pm. **Summer Squares Concert Series.** Tasty Thursdays. Celebrating the World in Toronto. Bollywood fusion. Kama Entertainment. Nathan Phillips Square, 100 Queen Street West at Bay. For info call 311. **Free**



## Nature

August 24 from 10:00 am to 3:00 pm. The **5<sup>th</sup> Annual Tommy Thompson Park Butterfly Festival** celebrates the incredible Monarch Butterfly migration. There are many activities including nature hikes and educational displays. While discovering over 55 species of butterflies and moths recorded to date at the park, visitors will learn about butterfly conservation and biodiversity. For more information: [www.butterflyfest.ca](http://www.butterflyfest.ca) or call 416 661-6600 x 5770. Tommy Thompson Park. **Free.**

August 25 from 11am to 3pm. Come on out to the **Wild Blueberry Festival at Evergreen Brick Works**. Be a judge in the annual Wild Blueberry Bake-off showcasing some of Toronto's top bakers, enjoy music by local musicians, or join a blueberry gardening workshop. For more info: <http://ebw.evergreen.ca/whats-on/special-events/wild-blueberry-festival> or [416-596-7670](tel:416-596-7670). Evergreen Brick Works 550 Bayview Avenue, Toronto. **Free**

## Photography

Continuing to May 1, 2014 **Life on the Grid: 100 years of street photography in Toronto** (if you like this you might also be interested in Vintage Toronto on Facebook) This free exhibit brings together photos documenting 100 years of life in Toronto, from the level of the street. Toronto landmarks like the St. Lawrence Market, Yonge Street and Kensington Market look at once recognizable, and yet totally different. For this show we brought together photos from some of our most popular 20th century collections alongside new, rarely-seen collections. Just some of the things you'll see: TTC photos from the 1920's and Michel Lambeth's dark, poetic images of the St. Lawrence Market in the 1950's. A great show for anyone interested in the constantly evolving story of Toronto City of Toronto Archives, 255 Spadina Road, Spadina and Dupont Street **FREE**

## Sales

August 24 from 10:00 am to 6: pm. **Roncey Flea**. Collectibles, Vintage kitsch, Handmade jewellery. Emmanuel- Howard Park United Church, corner of Roncesvalles and Wright Ave. **Free**



## Spoken Word

August 23 from 5:00 to 7:00 pm. **Spoken Word at The Storefront**. As part of The Bridging Festival, a celebration of culture, cuisine and community, there will be an evening of free food and entertainment with performances of music, spoken word and poetry at The Storefront. Featured performers include Charles Smith, Patrick Connors, Mobi Mawla, and Xolisa Jerome. East Scarborough Storefront, 4040 Lawrence Avenue East. 416 208-9889. **Free**

## Walks

ROMwalks: ROM and its Neighbours - Wednesday August 21

Join us and discover how Bloor and Queen's Park transformed from a quiet upscale residential and collegial community to one of the cultural hubs of Toronto. Experience the history, architecture and a 21st century renaissance of major cultural institutions.

- Walk is free of charge and takes place rain or shine
- Approximately 90 minutes to 2 hours long
- Registration is not required
- Wednesday, August 21, 2013  
6:00 pm - 8:00 pm

**Starting Point:** In front of the Bloor Street entrance of the ROM's Crystal - Look for the blue ROMwalks umbrella

**TTC Access:** Museum or St. George (Bedford Street exit) Station

For more info: 416 586-8097 or [visit@rom.on.ca](mailto:visit@rom.on.ca)

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

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

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

## General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

- Regular Member - You must be a consumer/survivor from the Greater Toronto Area.
- Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Email: \_\_\_\_\_

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

**You do not need to be a member to continue to receive the Bulletin**