



With every deed you are sowing
a seed, though the harvest you
may not see.

~Ella Wheeler Wilcox

BULLETIN

496 October 16 – 31, 2013

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
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/>

Community Announcements

Celebration of our 21st Anniversary and our Annual General Meeting

Please join us on October 21, 2013 at PARC, the Parkdale Activity-Recreation Centre, at 1499 Queen Street West at 6:00 pm, for the C/S Info Centre's Annual General Meeting. We'll have the official business part of the meeting at 6:00 pm followed by a delicious Harvest Dinner catered by The Raging Spoon. After dinner we'll be entertained by the wonderful comedy of Laughing Like Crazy. We'll have our traditional thank you prizes and gifts and a wonderful time will be had by all, if we can possibly provide it. Please let us know you'll be coming, so we put on enough food.

Please contact us at: 416 595-2882 or csinfo@camh.ca to RSVP

- The Board, Staff and Volunteers of the Consumer/Survivor Information Resource Centre of Toronto

C/S Info Session Criminal Injuries Compensation Board

Many of you have been calling and walking into the centre to ask, "When is the next workshop?!" The next Information Session will be all about the Criminal Injuries Compensation Board and will take place on Monday, October 28, from 1:30 pm to 3:30 pm. We'll be in Room 1123 of the Doctor's Association Building which is at 101 Stokes Street on the Queen Street site of CAMH. Please join us and the legal experts from the Parkdale Community Legal Services, to learn all about how you may be able to receive compensation if you have been the victim of a crime. Please call the C/S Info Centre to register at: 416 595-2882 or email us at: csinfo@camh.ca. We hope you can make it.

Community Health Forum: Navigating HIV Adulthood

Wednesday, October 23rd, from 7:00 pm to 9:00 pm

Join us at the Ramada Plaza Hotel at 300 Jarvis Street for an open discussion for people living with HIV. No registration is required. We will discuss finding the right doctor and building a great relationship with them, strategies for staying on treatment when living a great social life, and tips for safer sexual practices and harm reduction. Guest speakers include Megan Acsai, MD, CCFP from Maple Leaf Medical Clinic as well as Michael Schneider – Positive Youth Outreach Coordinator at ACT. If you can't attend the forum in person, you can watch it online at www.actoronto.org/forum. This discussion is brought to you by the AIDS Committee of Toronto.

Upcoming Speaker Series Inspiring deeper conversation about the role of philanthropy in our society

Wednesday, October 23rd, from Noon – 1:30 pm

Join RISE Asset Development's Sally Wilkie and guest speakers for a talk that will inspire conversation about the role philanthropy plays in our society. Topics explored will cover:

- Why self-employment is a viable option for someone living with a mental health or addiction challenge
- The role of microfinance and mentoring in supporting entrepreneurs
- Programs at RISE
- Our goals and successes



The talk will take place at the Ontario Institute for Studies in Education (U of T) at 252 Bloor St. West (St. George Subway Station), Room 3-104

*No registration is required

For more information about Rise and the programs they offer visit:

<http://www.riseassetdevelopment.com>

Book Reading – “And Neither Have I Wings to Fly”: Labelled and Locked Up in Canada’s Oldest Institution

Wednesday, October 23rd, at 7:00 pm

Thelma Wheatly author of the book called, “And Neither Have I Wings to Fly”: Labelled and Locked Up in Canada’s Oldest Institution about the Huronia Regional Centre, is doing a reading at the Lillian H. Smith Toronto Public Library branch at 239 College Street. Thelma started her investigation because she was asked by a former resident, Daisy Lumsden, to help access her records. Daisy wanted to know what had been written about her. This riveting story took seven years of research and is a compelling read as it follows not only Daisy's story, but the history of the Orillia Asylum for Idiots (Huronia's original name). For more information, email Brenda Livingston: blivingston@torontopubliclibrary.ca or visit: <http://recoverynetworktoronto.wordpress.com/contact-us-3/>.

TOUCHED BY FIRE

THE ART SHOW YOU HAVE TO BE CRAZY TO ENTER

NEW DATE: Tuesday, November 26th at Artscape Wychwood Barns
601 Christie Street 5:00 pm to 9:00 pm
Purchase tickets at: www.touchedbyfire.co

Mood Disorders Association of Ontario is once again running Touched by Fire for 2013. Touched by Fire celebrates and supports the work of artists living with depression, anxiety and bipolar disorder. The program includes an inclusive online gallery where artists with mood disorders can show and sell their work all year and a juried annual show and exhibition. Please visit: www.touchedbyfire.co or call 416 486-8046 for more information.

VanDuzer Art Studio October Schedule – 196 Beverley Street

Mondays: 3:00 pm to 6:00 pm - Sculpting with Alfredo

Tuesdays: 1:00 pm to 3:00 pm - Open Art with Tamara
4:00 pm to 5:00 pm - Guitar Lessons with Eddy: learn and/or practise with an instructor - beginners & up

Wednesdays: 1:00 pm to 3:00 pm - Open Art with Tamara

Thursdays: Noon to 1:30 pm - Express Yourself Writing Group with Katharine: bring your own pen and paper (or laptop) to our creative writing workshop - discuss topical events over a light lunch

Fridays: 1:30 pm to 4:30 pm – Art Drop-in

Saturdays: 11:00 am to 1:00 pm - Tai Chi with Eddy
1:00 pm to 5:00 pm Art Drop-in

All are welcome to attend any of the above workshops. For more information on programs that are offered at VanDuzer please contact Tamara at 647 280-4931. If you are interested in one-on-one art instruction, Amanda is available upon request. Contact Tamara by email for more info on one-on-one art instruction.

Healthy Meals at The Stop Community Food Centre 1884 Davenport (intersection: Symington)

Healthy Meals is a free community cooking program at The Stop Community Food Centre. We meet the second and fourth Thursday of each month from 3:00 pm – 6:30 pm, at 1884 Davenport (intersection: Symington). We work together to make and eat a nutritious, affordable meal. If you are interested in registering for Healthy Meals or would like more information, please call Kristyn at 416 651-7867 ext 23 or email kristyn@thestop.org. Visit www.thestop.org for information about our programs and services.

Community Resource Connections of Toronto (CRCT) WRAP Group

Thursdays from October 31st to December 19th from 1:30 pm to 4:00 pm
CRCT Main Office: 210 Dundas Street West 4th Floor, Boardroom

Wrap is about being in charge of one's own recovery. It is grounded in mental health recovery concepts such as hope, education, support, self-advocacy and self-determination. It involves exploring self-help tools and resources for keeping well and coping during difficult times. It also involves listing your wellness tools and then using those resources to develop action plans to use in specific situations determined by the individual participant. There will be an information/orientation session on **October 24th at 2:00 pm at CRCT's Main Office in the large boardroom on the 4th floor. Priority will be given to CRCT clients.**

For more info and to register for the info session please contact Deqa Farah at 416 482-4103 ext. 223 or by email at dfarah@crct.org.

The Self-Help Resource Centre will hold its Annual General Meeting at the George H Locke Toronto Public Library

On October 17th at 5:30 pm
We would be thrilled if you could join us.

Location: George H Locke Public Library, 3083 Yonge Street (at Lawrence and Yonge)

Start Time: 5:30 pm (dinner served by the Afghan Women's Catering Group at 5:45 pm) **End Time:** 8:15 pm

Please RSVP by sending an email to markfreeman@selfhelp.on.ca. Space is limited.

Program: A delicious dinner, followed by a brief meeting, and then the SHRC's new Executive Director, Mark Freeman, will deliver a talk titled, "\$180 Cake and the Value of Peer Support".

The location is wheelchair accessible and there is parking behind the library. We look forward to seeing you there!



Fitness & Wrap *NEW DATE*

(Wellness Recovery Action Plan)

Join the Gerstein Centre for an innovative Wellness and Recovery Action Plan group being held at the Central YMCA.

Is physical activity and fitness part of what wellness looks like for you? Do you want to try working out with other people in recovery in a welcoming, supportive space?

Did you used to be physically active or want to try working out for the first time and want to build new routines with supports from your peers?

Join us for a 9 week group every Friday starting **Friday, November 1st, 2013: 10:00 am – 3:00 pm** at the Central YMCA, 20 Grosvenor Street. We meet at 10:00 a.m. for a workout (at your own level/pace), we break for lunch (please bring your own), and a YMCA membership isn't required to join us.

Info Session: Friday, October 25 at Noon at the Central YMCA, 20 Grosvenor Street.

To Register: please contact Nicki at the Gerstein Centre 416 929-0149 x 232.



Empowerment Council

A Voice for the Clients of the Centre for Addiction and Mental Health

LICENSE SUSPENSION

*Have you had your driver's license suspended
because of a mental health disability or
addiction ?*

Do you know how to appeal a suspension?

*Do you feel you have experienced
discrimination?*

**The Empowerment Council would like to learn more about the
experience of services users and driver's license suspensions.**

**We will also speak to you about a case going before
the Human Rights Tribunal.**

Tuesday October 22nd 2013

1001 Queen St. West

Training Room A

4:00—6:00PM

Please RSVP : 416 535-8501 Ext. 33013

or email ec.volunteer@camh.ca





Getting On With Life and Its Challenges

A Mental Health Support & Skill Development Program

Join us for our **FREE** Fall 2013 Workshop Series:

TURN OVER A NEW LEAF FOR HEALTH & WELLNESS

Oct. 16	Welcome to the Workshop Series / Healthy Living
Oct. 23	Photography - Bringing Clarity and Focus into Life
Oct. 30	Exploring High Park
Nov. 6	Dealing with Loneliness - We're all in this together!
Nov. 13	Thinking Styles - Managing Cognitive Distortions
Nov. 20	Weight Gain and Medications
Nov. 27	Managing Sodium Intake to Optimize Health
Dec. 4	Minimize Chronic Pain to Maximize Functionality
Dec. 11	Living Well with Stress
Dec. 18	Celebrate the Season - Potluck Lunch



Wednesdays, 1:30 - 3:30 pm
from October 16 to December 18
at Regeneration Community Services
2238 Dundas St. W. Suite 307

For more information call Ela at 416-604-0640 x1046 or Sandra at 416-703-9645 x246. *Workshops are on a drop in basis.*

Employment & Training Matters

Diversity Employment Fair – Update

Thursday, October 24 from 11:00 am to 3:00 pm

In the last Bulletin, on page 6, we featured a full page notice about the Diversity Employment Fair taking place October 24th from 11am - 3pm, downtown Toronto. It is Toronto's leading recruitment event for Aboriginals, Women, Persons with Disabilities, and Visible Minorities. We're pleased to let you know that the following employers have confirmed their spots at the fair:

- Abbott Canada
- Accenture
- Air Canada
- Connect for the Best
- Goodwill
- Hewlett Packard
- Jean Machine
- Ryerson University
- Starwood Hotels & Resorts
- TD Insurance
- Telus
- Thomson Reuters
- United Way Toronto

Jobseekers can register by emailing their resumes to: diversityfair@ccrw.org and there is no cost to attend. Space is filling up quickly, so please register ASAP.

Are you interested in working in the non-profit sector?

Please join us on Thursday, October 24 from 1:00 pm to 4:30 pm at
Crossways Employment Services: 2340 Dundas Street West, 3rd Floor

Toronto Employment & Social Services is working with community agencies to provide meaningful and rewarding jobs for Ontario Works Clients. Opportunities include: Administrative Assistant, Assistant Cook, Bookkeeper, Daycare Support Staff, IT Support, Maintenance, Volunteer Coordinator, and more. Benefits include: wages \$12.00 an hour or more, a chance to gain new skills, the opportunity to get help with your resume and ongoing employment support. Please be prepared for opportunities and bring your resume. For more info and to register please call: 416 338-1818.

Are you Aboriginal and looking for work?

Please join us on Monday, October 21 from 5:00 pm to 8:00 pm at
Daniels Spectrum: 585 Dundas Street East

Join us for an Aboriginal Employment Networking Session presented by Miziwe Biik. Meet employers from customer, financial and corporate service sectors who are looking to hire. This event will include refreshments, traditional drummers, and a smudging ceremony. Participants will hear from partner employers, network and connect with other Aboriginal job seekers.

Registration is required. Please contact Toronto Employment & Social Services at 416 397-JOBS (5627) to register for this event and for more information on available opportunities.

Things To Do...

Free and Low-Cost Events

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

Chess

Saturday, October 19 from 2:00 pm to 4:00 pm. **Chess in the Library.**

Experienced chess player or beginner? Come and have fun learning the game or playing with like-minded players. Every Saturday at Humberwood Library, 850 Humberwood Blvd. For more info contact: Eunice Rodrigues at 416 394-5210 or by email: erodrigues@torontopubliclibrary.ca. All Ages. **Free**

Dinner

Wednesday, October 16 from 1:00 pm to 2:00 pm. **Traditional Ukrainian Dinner.**

Come on out to the Ukrainian Canadian Social Services centre of Toronto at 2445 Bloor Street West for a Ukrainian dinner. Dinner Includes Borscht with garlic bread, perogies, coffee and sweets. We also sell tasty perogies (varenyky) and cabbage rolls to take home with you with the proceeds going to support our social assistance programs. Contact Olena for more info at 416 763-4982 or email: toroffice@ucss.info.

All Ages. **\$5**

Film

Thursday, October 17 at 6:00 pm. Contemporary Culture Film Series present the **film, Doin' It In the Park.**

This past April, the Bata Shoe Museum was proud to be the site of the Toronto premiere of sneaker culture icon Bobbito Garcia's film about New York City pickup basketball. And to celebrate Bobbito and our exhibition Out of the Box: The Rise of Sneaker Culture, we are showing it one more time! Co-directors Garcia and Kevin Couliou visited 180 basketball courts throughout NYC's five boroughs to create their debut documentary which explores the definition, history, culture and social impact of New York's b-ball scene, widely recognized as the worldwide 'Mecca' of the sport. Bata Shoe Museum, 327 Bloor Street West. For more info call: 416 979-7799.

Free

Markets

Wednesday, October 16, 23 and 30 from 2:00 pm to 6:00 pm. **Montgomery's Inn Farmers' Market.** Shop direct from farmers & taste the freshest local produce! Weekly farmers' market takes place every Wednesday until October 30. 2 pm-6 pm. Market features include farm-fresh vegetables (organic & non), Niagara fruits, hormone free meats, artisan cheeses, baked sweets, fresh bread, jams, jellies, pickles, honey, maple Syrup, and free range eggs. Montgomery's Inn Museum at 4709 Dundas Street West. Contact Kate Hill Nicholson for more info by email: montinn@toronto.com or by phone: 416 394-8113 or on the web: <http://www.montgomerysinn.com>. All ages.

Free Admission



Wednesday, October 16 and 23 from 5:00 pm to 10:00 pm. **The Night Market at 99 Sudbury.**

The Night Market is a weekly bazaar. Vendors include farmers with fresh produce, grocery items from local purveyors like cheeses, breads and meats and locally made products like sauces, pickles, preserves and baked goods. Food vendors include local restaurants, pop ups, and food trucks selling freshly made food to eat at the market or to take home. Retail vendors including artisans are also on hand selling clothing, jewelry, art, crafts, flowers and more. 99 Sudbury Street. Email Matthew Harris at: NightMarketTO@gmail.com or visit the website: <http://www.NightMarketTO.com>. All ages. **Free Admission**

Market

Friday, October 18 from 8:00 am - 2:00 pm. **Sherway Farmers' Market.**

Shop for Ontario vegetables, fruit, honey, farm fresh eggs, baked goods and much more! Located in the far northeast parking lot at Sherway Gardens. Sherway Gardens, 25 The West Mall. For inquiries email: cauz@primus.ca. All ages. **Free Admission**

Open Mic

Saturday, October 19 from 3:00 pm to 7:00 pm. **Open Mic at Du Café.**

Du Cafe is holding an open mic on Saturday from 3:00 pm -7:00 pm. We're located at 885 O'Connor Drive, just north of St. Clair, all artists, genres, and fans welcome. For more info contact Crystal Holmes at: ducafe@ymail.ca or by phone at 416 752-2233. All Ages. **Free**

Seniors Gathering

Friday, October 18 from 2:00 pm to 3:00 pm. We meet twice a week at a local coffee shop for the **Junction Seniors Gathering** for conversation, as a social network of neighbours. Contact Eleanor Batchelder at 647 235-0843 or by email at eob62@yahoo.com. Visit the website: <http://www.junctionra.ca/junction-seniors/>. Friday afternoons at Pascal's Baguette & Bagels, 2904 Dundas St. W. All are welcome. **Free**

Sports

Friday, October 18 and Saturday October 19 at 11:30 am. **Humber Cup Badminton**

Come on out and enjoy the Humber Cup badminton tournament at the Humber College Arboretum located at 205 Humber College Blvd. For more info contact Jim Bialek by email: jim.bialek@humber.ca. All ages. **Free**



Walks

October 16, 19, 20, 23, 26, 27, 30, all from 9:30 am – 4:00 pm. **Guided Wilderness Walk.**

Join us in Rouge Park for a wilderness walk with one of our fun and friendly volunteer leaders. We have something for everyone; whether you are looking for wildlife, trees and plants, want a family or senior friendly walk or a fitness hike. We walk year round, rain, shine or snow. Visit www.rougepark.com/hike for monthly schedules, meeting point and driving details, RSVP info and tips on getting ready for the trail. Please see www.rougepark.com/hike for complete location details for each walk. Contact: Diana Smyth email: hike@rougepark.com or phone: 905 713-3184. This event is family friendly. **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. Your Bulletin Team, **Helen, Cassandra and Arlene.**

Please Join us at Our Annual General Meeting – All Are Welcome

Our AGM will be held on Monday October 21, 2013 at 6:00 pm at **PARC, 1499 Queen Street West**

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 our 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.

Yes! I would like to attend the Annual General Meeting. Please tick the box and send this page back to us or email us to let us know you are coming: csinfo@camh.ca or call us 416-595-2882.

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: C/S Info Centre, c/o CAMH, 1001 Queen Street West, Toronto ON M6J 1H4 or email csinfo@camh.ca 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) _____

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