



BULLETIN

497 November 1 – 15, 2013

“So when you're cold from the inside out and don't know what to do, remember love and friendship, and warmth will come to you.”
~ Stephen Cosgrove

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
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Community Announcements

Creative Spirit Art Centre Annual General Meeting

Tuesday, November 26 from 10:00 am to 11:30 am



You are invited to attend Creative Spirit Art Centre's Annual General Meeting and meet the artists and generous volunteers who keep this wonderful art centre alive. The meeting will be followed by lunch at noon, at the art centre. In order to survive, Creative Spirit needs your help to recreate how we operate and deliver our services. The art centre as it is now cannot survive long term. Please help come and develop a plan for the future for the artists, the art work and the work of 21 years. Please RSVP to Ellen and let her know if you are attending. She needs to know how many lunches to order. A vegetarian lunch will be served. Creative Spirit Art Centre is located at 999 Dovercourt Road. Call to RSVP: 416 588-8801 or email: csac@creativespirit.on.ca. The Creative Spirit Art Centre provides art education and studio space for people with disabilities. To learn more about the Creative Spirit Art Centre visit their website: www.creativespirit.on.ca.

C/S Info Annual General Meeting – Thanks!

A great BIG thank you to all of those who attended our Annual General Meeting on Monday, October 21st at PARC. Thank you to PARC and their staff and volunteers, thank you to the Raging Spoon who catered wonderful turkey and vegetarian lasagna dinners with all of the fixings, and thank you to the Laughing Like Crazy comedy crew for providing us with lots of giggles. A big welcome to our new board members and it was great to see the familiar faces of returning board members as well. We hope you all had a great time. We sure did!

WANTED: Mad Pride Toronto Organizing Committee Members

Application Deadline: Ongoing



Do you self-identify as a psychiatric survivor, consumer, Mad person, or someone labeled with a mental illness? Do you want to participate in a planning committee to help organize Mad Pride Toronto events for July 2014? We are looking for new members to attend (or call/Skype in) and make decisions at weekly meetings (on Tuesday evenings at locations on the TTC subway line) and to participate in various subcommittees (events, outreach, media, finance, access, volunteer supervision). Help us make 2014 the craziest yet! Fill out a Statement of Interest at: www.madprideto.com/pdf/MPTOC_Statement_of_Interest.pdf and email it to: outreach@madprideto.com. If you have any questions, need a paper copy, or want to fill out the application by phone, call us at: 647 931-7563 or email: outreach@madprideto.com.

CAMH Post-doctoral Fellowship

Applications Due: December 5

The Centre for Addiction and Mental Health has established a Post-doctoral Fellowship in Community-based Research through our Social and Epidemiological Research Department. The purpose is to provide a post-doctoral fellow with training in the techniques and principles of community-based research in mental health and addictions. Fellows can propose research in any area related to mental health and addictions, and can be supervised by any CAMH scientist. Applications are due December 5, 2013. For details and an application package, please visit: http://www.camh.ca/en/research/students_and_fellows/Pages/Opportunities/Community-based-Research-Fellowships.aspx.

Toronto Central Self-Management Program

2014 – 2016 Community Advisory Group

The Toronto Central Self-Management Program is recruiting neighbourhood leaders for a Community Advisory Group (CAG) to support chronic disease self-management. We are looking for community leaders with strong ties in the following neighbourhoods: Crescent Town, Flemingdon Park – O'Connor, Keele/dale – Eglinton West, Kensington – Chinatown Junction Area, Lawrence Heights, Little Portugal, North James Town, Oakridge, Regent Park, Rockcliffe Smythe, South Parkdale, Weston – Mt. Dennis. For more information, please contact: Surkhav Peerzada, TC SMP Coordinator at: 416 462-2910 x1 or by email: smp@srchc.com.

Support Groups

Mood Disorders Association of Ontario: Peer Support Group

We meet the fourth Wednesday of every month – a casual, non-facilitated drop-in for peers at Aroma cafe. Aroma is located at the North West corner of Yonge and Eglinton. We get together from 6pm-8pm. Since renovations are still going on outside of the building the last time I was there, to get in, enter the scaffold walkway just north of the subway entrance/exit (north/west corner) and follow it into the building, and turn left. You can also enter from the mall, ask security for directions. For more info contact Steve by email: steveh@mooddisorders.ca.

Mood Disorders Association of Ontario: Concurrent Disorders Group

A drop-in peer support group for anyone experiencing the combination of mood disorders and substance use issues. We meet the first and third Sunday of each month, from 2:00 pm to 4:00 pm. 36 Eglinton Avenue West, Suite 602. For more information: www.mooddisorders.ca.

Announcing the 21st Annual Rendezvous With Madness Film Festival Presented By Workman Arts

November 11th - 16th



Our programming team worked tirelessly to bring you the incredible line-up of films that we're presenting at this year's festival. We watched hundreds of submissions from all around the world and narrowed it down to the "crème de la crème" for your enjoyment and provocation.

Our festival opens with multiple award winning and one of the best-reviewed films of the year, Short Term 12, which will kick off the conversation of youth mental health. We'll revisit the topic later in the festival with our symposium screenings of Warrendale and The Naked Room (El cuarto desnudo), and then again with our closing night film InRealLife's investigation of how reliance on the Internet and other technologies is affecting our youth's mental health.

Other festival highlights include: Cannes selection Miele (Honey) , which looks at the subject of euthanasia and the often invisible nature of mental illness; Alien Boy: The Life and Death of James Chasse, which deals with a 2006 case in which a man with schizophrenia was arrested by Portland police with such force that he later died in custody with 16 broken ribs and a punctured lung; as well as French romantic comedy Nuts, about a man who upon his release from a hospital, only cares about repairing his relationship with the woman he loves.

Another major theme that has emerged in this year's films is the difference in attitudes concerning mental health around the world. Hidden Pictures: A Personal Journey Into Global Mental Health, Slipping Through the Cracks, and Pandi all provide us with the varying ways in which other countries and cultures deal with mental illness. Sundance and Tribeca selected documentary, Running from Crazy, in which Mariel Hemingway explores the Hemingway family's history with mental illness, is bound to be one of the highest profile films about mental illness to date when Oprah Winfrey Network releases it next year.

This year's Rendezvous with Madness is packed to the gills with plenty more powerful films, art exhibits, and discussions. Please find a list of the full program here: www.rendezvouswithmadness.com/index.php/2013-full-program/. To buy tickets: <https://tytix.tiff.net/scripts/max/10.17.40.32-41000/maxweb.exe>. (Some films are free and others require a fee, either way a reservation needs to be made. You can do this online, at the TIFF Bell Light Box, Box Office or by calling: 416 599-8433. Pick-up of tickets is at the TIFF Bell Light Box, Box Office located at 350 King Street West at the corner of John and King.)

Metro Hall Employment & Social Services and YMCA of Greater Toronto presents

Financial Learning Forum



Tuesday, November 5, 2013
9 a.m. to 1 p.m.

Metro Hall 55 John Street
Room 308/309

Motivational Speaker: Fiona Crean, City of Toronto Ombudsman

Fiona was an Assistant Deputy Minister in the Ontario Government, responsible for managing significant organizational change in the correctional system. She established the Ombudsman's role at York University and was Executive Director of the Ontario Ombudsman's Office. She was an investigator at the Ontario Human Rights Commission.

Attend one of our two workshops offered by:

St. Christopher House

Working with the Canada Revenue Agency & Ontario Student Assistance Plan

YMCA of Greater Toronto

Individual & small business financial planning

Participate in a panel discussion.

Panellists' include representatives from: Access Community Capital Fund, Credit Canada, Ministry of Consumer Services, TD Canada Trust, Financial Consumer Agency of Canada and Service Canada.

To register call **Rosemarie Hylton** at **416-338-3609** or online using our Employment Centre Portal at toronto.ca/employmentandsocialservices

 **TORONTO** Employment & Social Services



Computer Column

Hacking, Pirating, File Sharing



The Pirate Bay

Hacking is using a computer or network's weak points to gain access to it, for 'profit, protest or challenge'. In the early days of wireless internet, WiFi security was fairly simple to hack, and you could drive around your neighbourhood with your laptop to find an unsecured signal. Hackers have broken into government and bureaucratic websites in the past, and into university sites to change marks.

Security is much, much better now...partly because large companies were smart enough to hire the best of the hackers to design their security programs. Hackers will use one computer to spread malicious viruses, or to set in motion an endlessly multiplying code that will quickly clog up any computer it invades.

Security from hackers is a must if you're running any sort of commercial enterprise on the internet, because customers won't want to buy things from you if there is any chance their credit cards or bank accounts can be accessed.

Pirating is copying music, movies, or software without the owner's permission. Taking a CD or DVD from the library and copying the music or movie to one of your own CD's or DVD's is pirating. It's different if you borrow a CD from a friend and copy it to your computer, because you have permission to do that.

File sharing is downloading material from a website that offers it. Someone you'll never meet, from anywhere in the world and with no motivation other than the joy of sharing uploads a movie to a website. The government makes no money from the transaction, and that's the problem. Most people who use file sharing are doing so because they can't afford the material they're downloading, or don't have access to it. So they're not 'stealing' from the entertainment industry. Anyone with a computer and the internet and a bit of expertise can do it. That's another thing that makes the bureaucrats angry. It's available to the general population with no fee, no tax, no nothing. I could never in a million years afford the kind of software I use on a daily basis, and have shared with many Bulletin readers.

It's hard to talk about file sharing without being opinionated...here is a pretty good semi biased article:
<http://www.pcworld.com/article/2029390/facing-legal-threats-in-sweden-the-pirate-bay-divides-and-multiplies.html>.

Hacking and Pirating are illegal. File sharing is technically illegal but so difficult to control that it has become a sort of internet 'grey area'. In my humblest of opinions, it is not illegal, unethical nor immoral unless you sell the material you download. I've seen pirated material at yard sales, on eBay and Kijiji.

Install the best antivirus and antispyware programs you can afford. Even watching YouTube video or having a Facebook account these days invites hackers. Being hacked through Facebook is almost a rite of passage. Hackers find their way past your Facebook password, then your email address and password, and use your contacts to spread viruses or, more commonly, advertisements. Annoying, embarrassing and malicious.



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.

Employment & Training Matters

Thinking About Self-Employment?

By Cassandra Withey

On Thursday, October 24, I attended a self-employment fair at the Scarborough Civic Centre. I learned about some valuable resources our city has to offer to those thinking about self-employment. Just to preface this article, I wanted to let you know that I am quite passionate about small businesses and I am in the process of writing my own small business plan through the program offered by Rise (see below for more on Rise). I believe that running a small business is a possible option for people with disabilities and/or low income individuals. It is possible to run your own business if you have the dedication and desire to do so. By no means is it an easy journey, however, there are some great programs and I would like to share a few with you, the readers of The Bulletin.

First of all, if you fall into the youth category ages 16 to 29 and self identify as having experienced a mental health or addiction challenge then why not consider Rise? Rise is a partnership between CAMH and the Rotman School of Business at the University of Toronto. What Rise can do is help youth grow your small business ideas into a business plan. It's three months, it's a free program, and there is an initial application and then an interview. If you have a realistic business idea and the passion to make your idea a reality, then Rise could be the starting point for you. Rise is also a microfinancer. They provide small loans to those with a viable plan. Check out the Rise program here: <http://www.riseassetdevelopment.com/> and watch the video here: <http://vimeo.com/59370269>.

Secondly, if you don't meet the criteria above for Rise, all is not lost because there are other ways to get your small business idea off the ground. If you are a recipient of Ontario Works (OW), read on. OW offers a unique program to Ontario Works recipients to launch and grow small businesses. The program is called Self-Employment Development (SED). Like Rise, the small business program offered through OW is for people who have realistic small business ideas, the key word being realistic. At the self-employment fair I heard speakers from the program say that some people ask for exorbitant amounts of money up front, for start-up costs. Small business loans are not offered through OW. And if your idea is too pie in the sky, they might not think you are a right fit for the program. However, some small business ideas that were mentioned on the day of the fair or had gone through the OW small business program were businesses like, professional cleaning, IT consulting, alterations and dry cleaning, and 3D printing. Training is given through a series of workshops to people who are accepted into the program and these workshops help develop your business plan and small business idea.

I did inquire about a similar program for Ontario Disability Support Program (ODSP) recipients and was told that there is a program for people on ODSP too. I did some research and found this helpful link:

www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment_support/available_Supports.aspx.

What I learned is that if you are receiving ODSP and you want to start your own business, Employment Supports at ODSP can help you out. Some supports you may receive are: help with the development of a business plan, help with marketing, training in money management and record keeping, mentoring support, some financial help, and help with work-related disability supports, such as assistive devices.

In either situation, whether you are on OW or ODSP and have a small business idea, talk to your caseworker or visit a Toronto Employment & Social Services Employment Centre and let them know you are interested in small business support.

Last but not least, if none of the above applies to you, the Toronto Public Reference Library located at 789 Yonge Street, has programs and seminars dedicated to small business. They run free workshops like how to design websites, use social media for small business, and traditional and alternate sources of financing. With a library card, you can access free journals that will help you build your own business plan. Not only can

you conduct research for your business, but you can also find directories of competitors and sample business plans. Something I did not know prior to the self-employment fair was that you can actually book one-on-one time with a librarian by calling the Reference Library at: 416 395-5577. They also give tours of the Reference Library throughout the day and you do not need to call in advance to book a tour.

Keep in mind, a business plan is important to any business because it helps guide the direction of your business, it keeps you focused on who you are selling/communicating to, and has all of the fine details like where and how much you will need. This is a document that can and will change frequently but is quite valuable to have. It is also necessary when you are at the point where you are seeking financing, whether it is from a bank or a micro-lender. They want to see that your idea is viable, thought-out, forecasted, researched, and well-planned.

Things To Do...

Free and Low-Cost Events

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

Architecture

Monday, November 11 at 6:30 pm. **Toronto Architecture Between the Wars.** Architectural historian Marta O'Brien presents an illustrated lecture on the architecture of the 20's and 30's. This was a period that produced sophisticated Art Deco and Streamlined Moderne buildings, as well as a revival of traditional architecture in houses. Toronto Public Library, Forest Hill Branch, 700 Eglinton Avenue West, 416 393-7706. **Free**

Art

Friday, November 1 to Thursday, November 7 from 9:30 am to 9:00 pm. **Sherway Gardens' Gallery in the Garden: City Rhythms.** Sherway Gardens' current Gallery in the Garden exhibit entitled, City Rhythms features digital art by Toronto artist Tasira S. Barishev. Tasira S. Barishev came to Canada in 1993 from Moscow where she was raised and educated. After graduating from the Moscow Architectural Academy and a brief career as an architect, Tasira became an illustrator and painter, at first specializing in botanical illustrations that won numerous awards. The exhibit is on display until November 9 in the corridor at door 3. Sherway Gardens, 25 The West Mall. For more info call: 416 621-1070, email: galleryintehgarden@gmail.com, or visit: www.sherwaygardens.ca. All Ages. **Free**



Brunch

Monday, November 4 from 11:00 am to 2:00 pm. **Monday Lunch Brunch.** Please join us for our very social "Monday Lunch Bunch." Every Monday we have music, singing, lunch and some interesting programming. A wonderful way to meet new friends. For more info contact: Corinne Willis at 416 645-6000 or by email: cwillis@woodgreen.org. Community Care East York Seniors Centre, 840 Coxwell Avenue Suite 303. Seniors. **\$4**

Chess

Sunday, November 3 from Noon to 6:00 pm. **Agincourt Chess Club.** The Agincourt Chess Club meets on Sundays and is for all who like playing casual chess. All are welcome. There are no fees, teaching or tournaments and equipment is provided. Parking is free. L'Amoreaux Community Centre, 2000 McNicoll Avenue at Kennedy Road. For more info call: Alex Knox at 416-493-0019. All Ages. **Free**



City Life

Various dates. **Some Great Idea: Good Neighbourhoods, Crazy Politics and the Invention of Toronto.** The Grid's Edward Keenan invites you to join a discussion about Toronto's past, present and future and takes a look at the city's wild political ride since amalgamation. Wednesday, November 6th at 7:00 pm at Richview Library, 1806 Islington Avenue, 416 394-5120; Thursday, November 7th at 7:00 pm at Morningside Library, 4279 Lawrence Avenue East, 416 396-8881; Tuesday, November 12th at 1:00 pm at the Toronto Reference Library, 789 Yonge Street, 416 395-5577; and Thursday November 14th at 7:00 pm at the Downsview Library, 2793 Keele Street, 416 395-5720. **Free**



Chrysanthemum Show

Saturday, November 2 - Sunday November 24 from 10:00 am to 5:00 pm. **Chrysanthemum Show 2013.** Free Admission, Open daily. Special demo day: Sunday, November 3 - see and learn about Bonsai and Ikebana from 2-4pm. Centennial Park Conservatory, 151 Elmcrest Road. All Ages. **Free**



Coin Show

Saturday, November 2 from 9:00 am to 3:00 pm. Scarborough Coin Club hosts its **17th Annual Coin Show.** Coins, paper money, tokens, medals, club table and more. Refreshments available. Cedarbrae Community Centre at 91 East Park Road. All Ages. **Free**

Concert

Sunday, November 3 from 2:00 pm - 4:00 pm. **GO FOR BAROQUE! Elixir Baroque Ensemble in Concert.** The innovative Elixir Baroque Ensemble gives new life to Baroque music by serving up intoxicating programs combining the lyrical with the virtuosic, and the well-known with the newly discovered. Passionately committed to inspiring new audiences, Elixir "goes for Baroque" with accessible programming suited to young as well as seasoned concert-goers. Elixir Baroque Ensemble is Elyssa Lefurgey-Smith and Valerie Gordon on violin, Justin Haynes on viola da gamba, and Sara-Anne Churchill on harpsichord. Admission: Freewill offering toward the Merit Scholarship Program at The Kingsway Conservatory of Music. Advance tickets only: 416-234-0121 ex.222. For more info visit: www.kingswayconservatory.ca. Great Room at The Kingsway Conservatory of Music, 2848 Bloor Street West. All Ages. **Free**

Festival

Saturday, November 2 and Sunday, November 3 from 2:00 pm to 10:00 pm. **Diwali - Festival of Lights.** The Gerrard India Bazaar will celebrate Diwali. Diwali, often referred to as the Festival of Lights, is the most glamorous and the most important occasion in India. Gerrard India Bazaar is the largest South Asian business community in Toronto. It is home to Indian, Pakistani, Bangladeshi, Afghani and Sri Lankan businesses. A wide range of grocery, fabric, jewelry stores, restaurants, art galleries and crafts stores are operating in this marketplace. To celebrate the festival, the Gerrard India Bazaar will have cultural dance and music programs on the North side of Ashdale Avenue, just off Gerrard St East (between Coxwell and Greenwood). For more info visit: www.gerrardindiabazaar.com. 1426 Gerrard Street East. All Ages. **Free**





Photography

Monday, November 4 and Monday, November 11 from 9:00 am to 5:00 pm. **About Face: Celebrated Ontarians Then and Now** is an exhibition of photographs showcasing the diversity of our province from the past 150 years. Including images that range from Alexander Graham Bell, scientist and inventor, to current scientist and astronaut, Commander Chris Hadfield. Members of the public are able to view About Face in person on selected days during tours of the Legislative Building at Queen's Park. The exhibition closes on March 31, 2014. For more info phone: 416 325-0061 or visit: <http://arts.lgontario.ca/aboutface/>. Queen's Park - Main Legislative Building. All Ages. **Free**

Tuesday, November 12 at 7:00 pm. **Nature Photographer, Freeman Patterson** will talk about his first new book in 10 years, Embracing Creation. Bram & Bluma Appel Salon at the Toronto Reference Library, 789 Yonge Street. Tickets are needed please call: 416 393-7131. **Free**

Pumpkin Parades

Friday, November 1 at 5:00 pm. **Pumpkin Parade**. Every November 1, the day after Halloween, the famous Pumpkin Parade takes place at Sorauren Park. With close to 2,000 pumpkins on display in recent years, the Parade is a neighbourhood and even regional highlight of the season. From witches and cats, to politicians and world events, the artful jack-o-lanterns represent the spirit of Halloween and also the spirit of the times. Add your pumpkin to the parade. There is no competition, but will your pumpkin get noticed? And what will be the dominant theme this year? Please place your pumpkins along the edge of the path around the park. A big thanks to City of Toronto Solid Waste and Parks, Forestry and Recreation for picking up the pumpkins for compost the following day. Sorauren Park, 50 Wabash Ave. For more info visit: <http://soraurenpark.wordpress.com/park-features/pumpkin-parade/>. All Ages. **Free**

Friday, November 1 from 6:00 pm to 8:00 pm. **Pumpkin Parade at Christie Pits Park**. Meet near the pizza oven; warm yourselves by the campfire with marshmallows and hot chocolate. Stroll amongst the lit pumpkins while mingling with your neighbours! (The city will pick up the pumpkins after the event.) We now have a fantastic pumpkin piñata to bash about! This will happen around 6:15pm. Christie Pits Park, Bloor & Christie. For more info visit: www.christiepits.ca/events/events.asp. All Ages. **Free**



Friday, November 1 from 6:30 pm to 8:30 pm. **Earlscourt Park 2nd Annual Pumpkin Parade**. The Friends of Earlscourt Park are hosting a farewell to Halloween with a magical display. Join us by bringing your carved pumpkin to the JJ Piccininni main entrance. Candles and lighters will be available. For more info visit: www.facebook.com/friendsofearlscourtpark or email: friendsofearlscourtpark@gmail.com Earlscourt Park, 1200 Lansdowne Ave. All Ages. **Free**

Scrabble Club

Monday, November 4 from 6:30 pm to 8:00 pm. **Scrabble Club.** Do you enjoy playing the popular board game Scrabble? Have fun and meet new people while enhancing your Scrabble skills at our weekly club. For more info and to register please call: 416 394-1014. Jane/Dundas Library, 620 Jane Street. Adults. **Free**



Sports

Saturday, November 2 at 3:00 pm. **Bloordale Baseball 50th Anniversary Celebrations.** Bloordale will be having its first ever Adult 3 pitch day and Pub night. For more info visit: www.bloordalebaseball.com or e-mail: 50years@bloordalebaseball.com Millwood Park, 222 Mill Road. Adults. **Free**

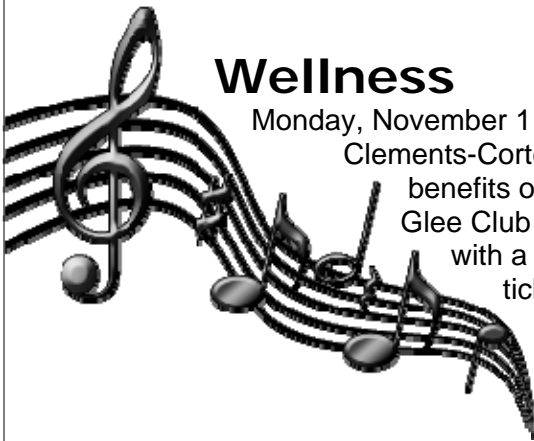
Walks

Saturday, November 2 from 9:00 am to 11:00 am. **Community Bird Walk.** "Citizens Concerned about the Future of the Etobicoke Waterfront" is hosting a community bird walk, led by a local birder. For more info visit: www.ccfew.org. Please meet at the south parking lot. Humber Bay East Park Lake Shore Blvd. West and Park Lawn Road. All Ages. **Free**



Wellness

Monday, November 11 at 2:00 pm. **Music and Wellness for the Aging Brain.** Dr Amy Clements-Cortes, PhD, Music Therapy Advisor at Baycrest hosts a presentation on the benefits of music and singing for health and wellness in older adults. The Buddy's Glee Club research project is discussed, video and music clips are shared, along with a short experiential relaxation activity. This is a ticketed program. Free tickets to be handed out at 1:30 pm. Presented in partnership with Baycrest. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East, 416 393-7657. **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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www.csinfo.ca

Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, 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.



Ontario

Toronto Central Local Health
Integration Network



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.**