



BULLETIN

498 November 16 – 30, 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

C/S Info Centre Workshop – Film Screening: Mars Project Monday, November 25 at 1:30 pm

Jonathan Balazs, local director of the documentary Mars Project, profiles recording artist Khari's history. The film, following Khari's daily life and with insight from psychiatric experts, reveals the deep complexities of mental health and inadequacies of the current Canadian health system. The C/S Info Centre will screen the film and follow with a Q&A session with the director. Please RSVP by noon on Friday, November 22, 2013 to the C/S Info Centre by phone: 416 595-2882 or by email: csinfo@camh.ca, so we know how many snacks/drinks to purchase. Thank you!

Open Mic Night at VanDuzer Art Studio Friday, November 29th from 7:00 pm to 9:00 pm

Open Mic Night starts at VanDuzer Art Studio at the end of November then continues on the last Friday of every month after that. Show off your talents by playing your favourite instrument, or singing, or dancing, or reciting the latest poetry you've written. Think you're funny? -- Then try some stand-up comedy. Anything goes! Or just come to cheer on the courageous while enjoying snacks & refreshments. We hope to see you there! For more info contact Tamara by email: twilen@edencommunityhomes.org or by phone: 647 280-4931. VanDuzer Art Studio is located at: 196 Beverly Street.



“Let's Eat” Brunch! Monday, November 25th at 12:30 pm (new time!)

The Krasman Centre and Richmond Hill United Church Outreach Committee are partnering to provide free homemade lunches to further promote healthy living and community building. At the next gathering, enjoy some 'breakfast for lunch' at Richmond Hill United Church: 10201 Yonge Street.

Getting Your Licence Back

A Workshop Brought To You By The Empowerment Council

The Empowerment Council held a workshop a few weeks ago regarding getting your licence back after it was suspended based on medical information provided by a doctor. There's a website that has been started to discuss this topic: <http://pdals.wordpress.com/> and it outlines how to begin the process of getting your licence back. If you have had your driver's licence suspended or downgraded and want to get it back, here is how:

1. Notification of Suspension – If the Ministry of Transportation (MTO) has suspended your driver's licence based on medical information provided by your doctor, it will notify you in writing. The Medical Review Section will send you a letter outlining the information required to review your file followed by an official Notice of Suspension.

2. Administrative Review – Once you have received the letter, you can request an administrative review with a representative of the Driver Improvement Office. Call the Medical Review Section at the telephone number on the letter that you received to arrange a review. The Administrative Review is meant to give you an opportunity to provide additional information that might not have been available to the MTO at the time it made the decision to suspend your licence. Keep in mind that the person who conducts the review is not the person who makes the decision about reinstating your licence, so they will not be able to give you information on the status of your licence.

3. Notification of Administrative Review Decision – The Medical Review Section will then review your file and notify you in writing of the outcome. If the MTO has told you that you cannot drive, you must immediately return your licence to the MTO and stop driving.

4. File your Appeal – You can apply to the Licence Appeal Tribunal (LAT) to appeal the decision to continue the suspension of your driver's licence. The LAT is authorized under the Highway Traffic Act to hear appeals from drivers who have had their driving privileges suspended or changed due to medical reporting from their doctor. Forms are available online. To file your appeal, you must pay a \$100 fee and you need to include a copy of the decision you are appealing and your reasons for appealing in your application. For more information on how a hearing may proceed, including how to present your case and which evidence to use, visit: www.sse.gov.on.ca/lat/english/Pages/Appeal-Process/Information-Sheets.aspx.

5. Additional Steps – In addition to filing an appeal to the Licence Appeal Tribunal, you may submit new information to the MTO. The MTO requires that you submit a "satisfactory medical report" from your doctor that clearly states that you are no longer a risk to drive and that your medical condition is under control. The "report" may detail your psychiatric history, diagnosis, treatment, medication, hospitalization(s), period of stability, current status and prognosis. Usually, the MTO requires that you have a period of one year with no symptoms before it will consider reinstating your licence.

6. Judicial Review - If you believe that the decision of the Licence Appeal Tribunal was wrong, you may appeal the decision of the Tribunal to the Superior Court of Justice. However, this is an extremely rare, and costly, route. You can contact the Tribunal at:

Licence Appeal Tribunal
1 St. Clair Ave. W., 12th Floor
Toronto, ON M4V 1K6
Phone: (416) 314-4260
Toll-free: 1-800-255-2214
Fax: (416) 314-4270
Website: www.lat.gov.on.ca

In Celebration of International Day for People With Disabilities



Thursday, December 5, 2013
at TIFF Bell Lightbox, 350 King St. W.

5:00 pm – Tangled Bodies: A panel discussion about the impact of current provincial legislation on the lives and practices of artists with disabilities.

7:30 pm – This Artist's Body: Premiere screening of ten digital shorts.

Friday, December 6th, 2013
401 Richmond St. W. S-408

2:00 pm – Crip Arts Congress: A community forum for artists to engage with issues of art, culture and disability.

Phoenix Rising Place Of Worship

Phoenix Rising is a spiritual gathering space for consumer/survivors of the mental health system. Do you have spiritual practices you would like to share, teach, learn, and participate in with other people with lived experience? Do you want to explore the spiritual dimensions of experiences labeled 'mental illness'? For more information on upcoming meetings and to join our contact list and online message board, call Alisa at: 647 931-7563 or email: phoenix.rising.worship@gmail.com.

Centre for Independent Living in Toronto Presents Ontario Works (OW) and ODSP Workshop for People with Disabilities

Thursday, November 28 from 1:00 pm to 3:30 pm

Would you like to know more about the application process? How about knowing more about your rights and benefits?

Place: CILT Board Room, Suite 902
365 Bloor St East (and Sherbourne St)

Guest Speaker: Catherine Manson, Flemingdon Community Legal Services

Light refreshments will be provided. This event is wheelchair accessible and promotes a scent-free environment. Attendant services provided. Other accessibility accommodations and/or dietary needs will be made available upon reasonable advance request.

RSVP required by November 21, 2013. To register, please contact Andrea Rae at: 416 599-2458 ext. 228 or by email at: info@cilt.ca. There's a limit of 20 participants.

Funding support provided by Toronto Central Local Health Integration Network (LHIN), Independent Living Canada, City of Toronto, and United Way Toronto.

Working on Wellness in High Park

Thursdays from 10:00 am to 11:30 am

Working on Wellness in High Park is a drop-in peer group. Join with others as we come together to share approaches to regaining/sustaining our mental, emotional and physical wellbeing. We meet at Grenadier Restaurant for the \$2.99 breakfast special, coffee, or just conversation. At 11:30 am, join us for an extended walk in High Park. For more info contact: recoveringnancy@gmail.com or visit www.recoveringnancy.weebly.com.

Working on Wellness

Fridays from 2:00 pm to 3:30 pm

Join with others as we come together for a drop-in peer group to share approaches to regaining/sustaining our mental, emotional and physical wellbeing. Yellow Door Learning Centre, 6 St. Joseph House at 6 St. Joseph St. (1 block north of Wellesley, left off Yonge St). Contact: recoveringnancy@gmail.com or visit www.recoveringnancy.weebly.com.

Computer Column

How To Speed Up a Slow Computer

By Martha Gandier



There are many online ads promising to speed up your computer. Most of them demand payment and some contain added programs that you don't need. A few actually mask viruses. If your computer suddenly slows down, or keeps 'freezing', you've probably picked up a virus.

1. Scan with the online ESET antivirus. It's free...
www.eset.com/us/online-scanner/

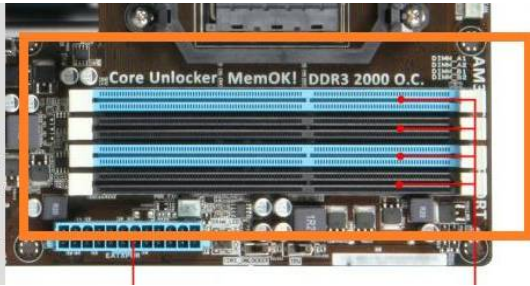
ESET is still the #1 antivirus program in my humblest of opinions; you might want to give it a 30-day free trial to see if you like it. Some antiviruses (notably Norton, McAfee and the infamous Rogers) will slow down your start-up time and don't offer much protection. Also...make sure you don't have more than one antivirus program running at the same time. They tend to conflict, and slow your system.

2. Clean and defragment your hard drive. Go to Start>All Programs>Accessories>System Tools. Both utilities are in System Tools. Do the Disk Cleanup first, Defrag takes a bit of time.
3. Clean your registry. The registry is a sort of catalogue, or reference source, of everything in your computer. If you want to actually see it...go to 'Start' and type 'regedit' in the search box. Just don't change anything; you can completely mess up your system this way. It does need the occasional cleanup though, and this free program is safe and effective: <https://www.piriform.com/ccleaner/download>
4. Uninstall unnecessary programs. Go to Start>Control Panel>Programs and Features, and go down the list.
5. Make sure your Windows updates are current. Go to Start>All Programs>Windows Updates and then 'Check for Updates'.

6. You might not have enough memory (RAM) to do what you need to do with your computer. Do a Google search by entering the make and model of your machine then 'specs'. (For instance, Toshiba Satellite I650 specs) and look for 'maximum memory' or 'maximum RAM'. Then right click on the 'my computer' icon (it might be on your desktop, if not go to Start>Computer) and go down to 'properties'. Most new computers need 4 to 8 GB RAM to run at top efficiency.

7. If your computer seems slow to start up and shut down, you might have it set to start a lot of programs automatically when you turn it on. Go to Start, and type 'msconfig' in the search box. Then click on the 'StartUp' tab and see what's ticked to start automatically. The only one I have ticked is 'ESETSmartSecurity'. If you untick something you really need, you can always go back to msconfig and tick it again.

8. Clean the physical plant. For a desktop computer, you might want to do a Google search for the make and model again, and look at 'images' to get an idea of what it looks like inside. Carefully vacuum any visible cat-fluffs and dust-bunnies, especially in and around the fans. The only thing that's really sensitive in there are the



RAM sticks, they'll look like this...and they don't like being touched. Static electricity from your fingers will kill them. But everything else is pretty forgiving.

To clean your laptop, use the vacuum to clean the fans, but don't vacuum the keyboard. Get electronic dust cleaner, or compressed air to carefully remove any dust, etc from under the keys. And if none of these steps work....email me.



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

Building Economic Self Sufficiency (B.E.S.S.) Program: Two Week Job Readiness Workshop for Women Survivors of Abuse

November 25 to December 6 from 10:00 am to 3:30 pm

Interval House, Toronto (Call for address)

The Building Economic Self Sufficiency program (B.E.S.S.) offers women survivors of abuse the skills necessary to find and maintain employment. It begins with a 2 week, full time workshop series covering topics related to effective job searching including resume and cover letter writing, interview skills and goal setting. After completing the workshop, our clients work with a Career Developer for up to 1 year to help them reach their goals.

For more information, please call Stephanie Agosta, Career Services Coordinator at Interval House: 416 924-1411 ext. 235 or email sagosta@intervalhouse.ca.

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with mental illness. We have the following opening for individuals interested in joining our progressive workplace:

Supportive Property Management Coordinator
Full time permanent position

Supported Housing for the Complex MHA Population at TCH projects

Duties and Responsibilities:

The Supportive Property Management Coordinator is a member of an integrated support team providing joint services in collaboration with Fred Victor, TCH, and a number of community or hospital based partners. The position is responsible, using a recovery framework to establish and maintain working relationships with tenants to achieve a safe living environment including fire safety, tenant security, health and safety concerns at specified Toronto Community Housing (TCH) locations. The Coordinator has significant responsibilities in fostering strong partnerships including:

- Attending regular partnership meetings and actively identifying issues and solving problems
- Working in tandem with Fred Victor project staff to support tenants and refer them to appropriate services
- Working with Fred Victor project staff to identify and resolve community issues

Qualifications and Experience:

- proven ability to work productively and independently in a multi-agency partnership
- demonstrated well-developed interpersonal skills that will produce effective, productive and appropriate relationships with tenants, external agencies and TCH
- excellent verbal, written communication, and listening skills
- demonstrated organizational, time management, and problem solving skills
- knowledge of homelessness, mental illness, addictions, harm reduction and community resources
- has experience in basic life skills counselling, supportive counselling, crisis intervention, advocacy, community development and group work, including mediation and conflict resolution
- has demonstrated abilities in accurate and timely record keeping and file management
- commitment to anti-oppression and working in a recovery framework
- the capability to perform physical demands of the job including travel to various housing locations and practical assistance with daily living tasks
- has knowledge of building maintenance and life safety systems

Provisional Starting Salary is \$46,698 per annum with a benefit package, pending review. This is a 35 hr/wk bargaining unit position, governed by the terms of the collective agreement.

**For more information about this position, see the complete job description at:
www.houselink.on.ca/how-you-can-help/careers-at-houselink**

Apply in writing by November 21, 2013 at 5:00 pm, **Quoting File # SPMC223** to:

Hiring Committee
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted.

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.

Things To Do...

Free and Low-Cost Events

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

Art

Tuesday November 19 from 1:30 pm to 3:30 pm. **Art Class for Beginners.** Artist Asha Rastogi shows you easy techniques for creating beautiful drawings and paintings. All materials are supplied for your use. Register in person or by calling: 416 394-5270. For more info contact: Stephen Arroz by email sarroz@torontopubliclibrary.ca or by phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

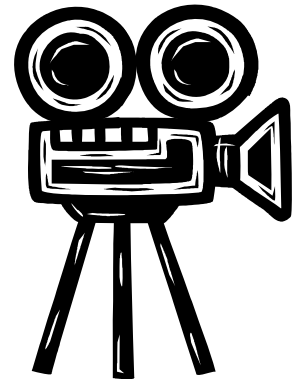


Dance

Saturdays in November: 16, 23, and 30 at 9:30 pm. **Community Dance** at Birkdale Community Centre. For more info call: 416 267-3621. 1299 Ellesmere Road. Everyone is welcome. All Ages. **\$6**

Film Festival

November 14 to Sunday, November 27 at various times. **The European Union Film Festival.** The European Union Film Festival is the annual festival of European cinema in Toronto, dedicated to bringing exceptional films from all over the European Union and giving free access to films not distributed or rarely seen in Canada. Thanks to the participation of all the Consulates of the European Union in Toronto, we will have, for the 9th edition, films coming from 28 countries screening at the Royal Cinema in the heart of Little Italy. For more info email: ccheung@eutorontofilmfest.ca or visit: www.eutorontofilmfest.ca. Royal Cinema, 608 College Street. **Free**



History

Monday, November 18 at 7:00 pm. **Mount Dennis Local History Series** presented by speaker John Maniezzo. For more information please call: 416 394-1008. Mount Dennis Branch, Toronto Public Library, 1123 Weston Road. Adults. **Free**



Holiday Hike

Saturday, November 23 from Noon - 2:00 pm. **Paws on the Shore (POTS) Holiday Hike.** This will be Paws on the Shore's last hike of the year! Reindeer ears, Santa hats and tacky holiday sweaters for both you and your dog(s) are encouraged! ALL dogs are welcome to join our leashed hikes - for more info please visit www.pawsontheshore.ca or email: pawsontheshore@live.ca. We will meet on the SW corner of Lakeshore Blvd West and Kipling Avenue (Colonel Samuel Smith Park) at Noon. This hike will benefit the Wishing Well Sanctuary www.wishingwellsanctuary.org. Sam Smith Park, 3131 Lakeshore Blvd. West. All Ages. **Free**



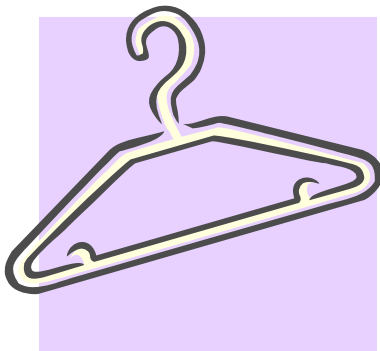
Lights

Saturday November 16 from 6:00 pm - 8:00 pm. **Illuminite** officially kicks off the holiday season in the Downtown Yonge BIA Neighbourhood. This is a spectacular holiday ceremony with breathtaking entertainment – a fusion of technology and artistic performance. This event will feature world-class cast of home-grown and international talents. The evening will end with the lighting of the 52,000 LED tree and other light installations around the Downtown Yonge BIA Neighborhood. For more info contact: Downtown Yonge BIA by email: communications@downtownyonge.com, through their website: www.wintermagic.ca or by phone: 416 597-0255. Yonge-Dundas Square, 1 Dundas St. East. All Ages. **Free**

Markets

Saturday, November 16 from 9:00 am to 12:30 pm. **Fall Flea Market & Craft Sale** at John G Althouse Community School. Flea market items include: household items, jewellery, video games, books, baby/children clothes, toys, sports equipment and more. Craft items include handmade items like quilts, sweaters, jewellery, Christmas ornaments, cards, stained glass, and a lot more! For more info contact: Kim Smith by email: ksmith5@toronto.ca or by phone: 416 394-8709. John G Althouse Community School, 130 Lloyd Manor Road. All Ages. **Free Admission**

Sunday, November 17 from 10:00 am - 4:00 pm. **The Leslieville Flea**. The Leslieville Flea will move indoors for the winter to Jimmy Simpson Recreation Centre. Antiques, furniture, salvage, vintage, records and handcrafted designs. New in November: food at the Leslieville Flea! To view our blogs and for more information go to: www.leslievilleflea.blogspot.ca. For more info contact us at: leslievilleflea@gmail.com or phone Brigid: 647 267-8538. Jimmie Simpson Recreation Centre, 870 Queen Street East. All Ages. **Free Admission**



Sunday, November 17 from 11:00 am to 3:00 pm. Come and shop all the amazing **Closets** that will be on display for this event. We have several ladies (of all shapes / sizes) who will be selling their brand name, designer and Indie designer items right out of their closets! Claim a free ticket to attend! We will provide free Starbucks coffee to the first 40 people. We will also have prizes & giveaways. If you have items you'd like to sell but missed out on being a closet vendor for this event - start listing them on our website: www.fashion-forward.ca. www.closets.eventbrite.ca. For more info contact: info@fashion-forward.ca or visit www.closets.eventbrite.ca. Ncubes Office, 70 Peter Street. All Ages. **Free Admission**

Wednesday, November 20 from 2:00 pm to 6:00 pm. **Montgomery's Inn Indoor Farmers' Market**. By popular demand the Montgomery's Inn Farmers' Market will continue indoors all winter. Buy winter veggies, greenhouse produce, meat, cheese, fresh baked bread, sweet baked goods, prepared soups, sauces, pickles & more. Every Wednesday 2:00 pm to 6:00 pm. No market December 25 or January 1. For more info contact: Kate Hill Nicholson by email: khill4@toronto.ca or by phone: 416 394-8113. Montgomery's Inn Museum, 4709 Dundas St. W. All Ages. **Free**



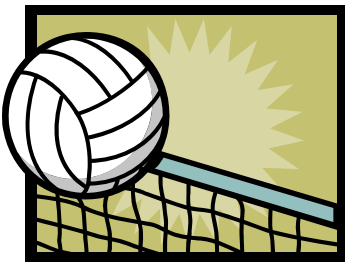


Santa Claus Parade

Sunday, November 17 at 12:30 pm. **The 109th Annual Toronto Santa Claus Parade.** Celebrity Clowns and Clown Kids kick off the parade - meet and greet hundreds of thousands of kids and families lining the parade route while frolicking and interacting with the excited crowds. The parade route is 5.7 kilometers of pure smiles as you wave, shake hands and greet the happy throngs waiting to see the floats, bands and of course, Santa! See the parade route on the web site: www.thesantaclausparade.ca/. Various locations across Toronto. All Ages. **Free**

Skating

Opening Saturday, November 16 at Noon. **Natrel® Rink opens for Winter 2013.** Open daily starting Nov 16th, tucked away behind York Quay Centre and set against the beautiful shore of Lake Ontario, the city's most scenic rink awaits. The Natrel® Rink has been an unparalleled skating destination in Toronto for 30 years. It has a heated indoor change room with lockers and washrooms. Regular rink hours are Friday and Saturday 10:00 am to 11:00 pm, Sunday to Thursday 10:00 am to 10:00 pm. For more info call: 416 973-4000 or visit: www.harbourfrontcentre.com/venues/natrelink/. York Quay Centre, 235 Queens Quay West. All Ages. **Free**



Sports

Saturday, November 16 from 2:00 pm to 6:00 pm. **Seneca Sting Men's and Women's Volleyball.** The Seneca Sting Men's and Women's Volleyball team will play a double header against the Canadore Panthers at the Newnham gym at 2:00 pm and 4:00 pm. For more info contact: Ryan Phipps by phone: 416 491-5050 or by email: Ryan.phipps@senecacollege.ca. Seneca College's Newnham Campus, 1750 Finch Avenue East. All Ages. **Free**

Saturday, November 16 from 7:00 pm to 9:00 pm. **Seneca Sting Men's Basketball.** The Seneca Sting Men's Basketball team will play against the Canadore Panthers at Seneca Newnham Campus gym. For more info contact: Ryan Phipps by email: Ryan.phipps@senecacollege.ca or by phone: 416 491-5050. Seneca College's Newnham Campus, 1750 Finch Avenue East. All Ages. **Free**

Saturday, November 16 at 6:00 pm. **Women's Volleyball.** Humber vs. Conestoga Division: West Association. For more info contact: Jim Bialek by email: jim.bialek@humber.ca. Humber College Arboretum, 205 Humber College Blvd. All Ages. **Free**

Tuesday, November 19 from 6:00 pm to 10:00 pm. **The Seneca Sting Men's and Women's Basketball** teams will play against the Georgian Grizzlies at Seneca Newnham Campus gym at 6:00 pm and 8:00 pm. For more info, contact: Ryan Phipps by email: Ryan.phipps@senecacollege.ca or by phone: 416 491-5050. Seneca College's Newnham Campus, 1750 Finch Avenue East. All Ages. **Free**



Train Show

Sunday, November 24 from 11:00 am to 4:00 pm. **Scarborough Model Railroaders Train Show.** Come and see our two floors of Model Railroads. Our 1000 square foot N scale layout features more than 28 scale miles of double-tracked mainline running through mountain scenery and is the only permanent N-Scale club layout in the Greater Toronto Area! For more info contact Michael Marmoreo by email: michaelmarmoreo@gmail.com or by phone: 416 262-9971. Scarborough Model Railroaders Club House, 17 Jeavons Avenue. All Ages. **Adults \$5.00, Children \$2.00, Seniors \$3.00, Family \$12.00**

Will & Power Of Attorney

Monday, November 18 from 1:00 pm to 3:00 pm. **Will & Power of Attorney.** Come and learn about protecting your legacy, essential components for your will, preservation of your assets, differences between will and power of attorney and the types and benefits of power of attorney. For more info contact: Zarmeena Khan by email zarmeena.khan@cicscanada.com or: 416 707-8259. Morningside Library, 4279 Lawrence Ave. E. **Free**



Writing

Tuesday, November 19 from 6:15 pm to 8:15 pm. **Ten Steps to Crafting a Novel** with author Bianca Lakoseljac. Bianca will explain her systematic approach to novel-writing. She will discuss how & where to find inspiration, how to develop characters, and other hints on making your prose click. Bianca's latest book is Summer of the Dancing Bear. High Park Library, 228 Roncesvalles Avenue For more info contact: Brian Bertrand by email bbertrand@torontopubliclibrary.ca or visit: www.torontopubliclibrary.ca or call: 416 393-7671 Adults. **Free**

****Reminder**** Stay tuned for the next issue of The Bulletin: a double issue featuring all free and low-cost things to do for Christmas and the holidays!

Agencies: please keep in mind we are only featuring fun, free and low-cost events in the December double issue of The Bulletin. If you have a holiday event that you would like to include please email it to us by Friday, November 22. Thank you!

To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.ca.

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

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.



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.**