



Meeting the information needs of Consumer/Survivors in the Toronto Area

BULLETIN

502 February 1– 15, 2014

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

~ Helen Keller ~

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 Tax Clinic 2014 Tax Season

With tax season just around the corner we want to remind our readers that we have a community tax volunteer clinic, here at the C/S Info Centre. What does that mean? We have wonderful volunteers here on Tuesdays and Thursdays that can file your taxes, free of charge. We do simple returns here at the office and we have some criteria. You:

- are a consumer/survivor (identify as having a psychiatric or addictions history)
- have income under \$30,000 for the year
- don't have self-employment income or expenses
- don't have rental income
- don't have capital gains (aren't selling stocks, bonds, second properties)
- didn't declare bankruptcy in the year(s) that we're filing your taxes for
- weren't widowed in the year(s) we're doing taxes for

We are currently filing past and current tax years (10 years back is the maximum Canada Revenue will allow) and when we get the new tax software, hopefully at the end of February, we will begin to file 2013 returns only, until the tax season is over.

To be put on the call back list for your 2013 returns, please give us a call at: 416 595-2882.

To file 2012 and/or prior years call to book an appointment, now through the middle of February 2014.

Legal Aid: Coffee and Conversation

Monday, February 3rd, 2014 from 11:00 am to 12:00 pm

Join us for coffee and conversation about changes coming to Legal Aid service delivery to people with mental health issues. 1001 Queen Street – Training Room A. For more information contact the Empowerment Council at: 416 535-8501 Ext. 33013.

Call for Submissions to Mad Pride Toronto 2014

Saturday, July 5th to Monday, July 14th, 2014

www.madprideto.com

Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad people, and folks the world has labelled "mentally ill".

Mad Pride is about:

- remembering and participating in mad history
- challenging discrimination
- advocating for rights
- affirming mad identities
- developing and empowering mad communities
- having fun!



Our lives and contributions are valuable and need celebration!

Do you want to host or participate in a consumer/survivor-driven event, performance (poetry, spoken word, theatre, dance, music, comedy, book reading or other), film screening, talk, presentation, workshop, or panel discussion at Mad Pride Toronto 2014? Do you know someone/groups we should contact to support and encourage their involvement? **Email outreach@madprideto.com for a copy of our submission form or leave a message at 647 931-7563 to set up a time to ask questions/discuss your ideas or fill out the submission form over the phone. Please include your name and a way to contact you or someone else on your behalf.**

Do you want to submit to our third juried **Art Exhibition**? We invite two dimensional, sculptural, or time-based art submissions from psychiatric survivors, consumers, and mad people. **Contact Martine at: martinematthews@soundtimes.com.**

If you are a consumer/survivor and would like to display/sell your art, crafts, buttons, t-shirts, knitting, zines, books, music, baked goods or promote your blog, website, group, network, idea, consider requesting a table at the **Mad Market**. **Contact outreach@madprideto.com or leave a message at 647 931-7563.**

Deadline: Tuesday, April 15th, 2014

Please help circulate this Call for Submissions to your colleagues, friends, and neighbours. Copies of our brochure and flyer are available for download and distribution from our website. **To request a Mad Pride Toronto outreach presentation for your group/organization or for copies of our promotional materials, contact outreach@madprideto.com or 647 931-7563.**

Do you want to get involved in making Mad Pride Toronto 2014 happen? Check out www.madprideto.com/contact.html for more information on joining the Mad Pride Toronto 2014 Organizing Committee and/or to volunteer. Contact outreach@madprideto.com or leave a message at 647 931-7563.

416 Community Support for Women: Meditation Group

Tuesdays, Starting January 26th, 2014 from 1:30 pm to 2:00 pm

Please join us and experience this incredibly calming and healing practice. The Meditation group is held at 40 Oak Street. For more information or to register please contact Effie at: 416 964-6936 ext. 226 or Rosie at: 416 928-3334. Registration in the form of an intake form is required prior to group participation. This is an open group, meaning you can register for any Tuesday.

Webinars of Interest

Webinar 1: Criminal Injuries Compensation Board

(FYI: This is a webinar by CLEO (Community Legal Education Ontario). It is not a recording of the session that C/S Info held in October, 2013.)

Recorded on December 12th, 2013 - (47 minutes) A victim of a violent crime may be eligible for a Criminal Injuries Compensation Board (CICB) award. This webinar gives an overview of the CICB process, including who is eligible, how to apply, common myths, timelines, the hearing process, offender notification, award amounts, and reasons to apply. View the webinar at: <http://vimeo.com/channels/yourlegalrights>

Please note: Our videos are embedded on Vimeo and are best played using Firefox, Safari or Chrome.

Webinar 2: View a recording of two live legal information events, recently presented by the Law Society, the [Ontario Justice Education Network](#) and [Community Legal Education Ontario](#).

Session One: Where there's a Will there's a way - learn about wills and how to protect your family with proper planning.

Session Two: Don't sweat the small stuff at Small Claims Court - learn what to do if you are suing or being sued for money or property under \$25,000.

View the webinar at: <http://yourlegalrights.on.ca/resource/legal-information-wills-and-small-claims>

Free Hatha Yoga @ Aum Yoga Centre

Every Monday in February and March from 6:40 pm to 7:25 pm

Focus: A relaxing 45-minute slow sequence class for CAMH clients and alumni that incorporates meditation, breathing exercises and gentle yoga postures.

Location: Aum Yoga Centre, 468 Spadina Avenue.

Cost: Free

Instructor: Ernie (Ernestine) is certified with the Canadian Yoga Alliance at the RYT 200+ level, having completed her teacher training at Yoga Vidya Guruful in India.

Register: By emailing: yogawithernie@gmail.com

**Mats and yoga attire are available if needed*

Reader Submissions: Stress Busters!

In the last issue of The Bulletin, Cassandra brought you a list of stress reduction tips to try. We asked our readers to join in and submit your own stress busters. Thanks for your submissions! Here's what you had to say:

““ Music is a huge stress buster for me -- that is listening to it, or singing and playing guitar. Learning how to play an instrument is also a big stress reliever. ””
- Karen

““ One of the best stress busters for me is music. I enjoy classical music or jazz. Music has always been an important part of my life and my son grew up with it so he appreciates it too. I have always believed that music is a universal language which resonates with most people in a very positive way. ””
- Arlene



Debt Busters By Cassandra



In the last Bulletin, I wrote some tips on how to reduce the stress in your daily life. One of the things that I hear a lot and have experienced myself, is that being in debt contributes to stress. It's one of those things that can be ignored for a period of time but tends to creep back up on us.

Sometimes it's tempting to turn to the payday loan places as a solution; but in fact, end up in more debt than we started with. Those places lend money for very high interest rates and it can become quite a trap. Instead of turning there first, why not try some of these debt busters that I use, that I find helpful when trying to save money and reduce debt:

1. Reduce Your Bills. Think about the monthly bills you pay: telephone, tv, internet, electricity, gas, etc. Can any of those be lowered? If you have a home phone and a cell phone, choose 1. If your plan is high, reduce it to a lower plan. If you acquire long distance on your phone why not try a calling card? As opposed to paying long distance fees on a cell or home phone, I use a CiCi calling card and find I get a lot of bang for my buck. To save on electricity bills why not try doing your washing of dishes or clothes at off-peak times when consumption costs are lower. As for television, I don't pay a monthly bill, I use bunny ears (antenna) on my tv and that saves me a bunch of money and eliminates another bill.

2. Use Coupons, Flyers, and Specials. I used to shop at Metro but then realized I could use my grocery coupons at No Frills and Fresh Co. instead and their products are cheaper to buy in comparison. I find that Metro has the good coupons (on shelves usually) so when I'm in the area, I'll coupon collect from there and use them at the cheaper grocery stores. Remember, that some places price match too. I believe Walmart does and Fresh Co. so if you bring in a flyer from somewhere else and the item is cheaper, they will match it. If you use a smartphone there are 2 couponing apps you might want to take a look at: Checkout 51 and SnapSaves. Both operate in similar ways and are easy to use. They show weekly specials on grocery items and if you buy the item and snap a pic of your receipt, they credit your account for anywhere between 50 cents and \$5. Once your account reaches \$20, they send you a cheque in the mail. My best friend 'road tested' it for me and she already received her first cheque. They are Canadian companies and the best part is you can combine the savings the apps offer with any paper coupons that you might have .

3. Pay Your Minimum and Some. So I know that credit cards suggest a minimum payment to pay every month, to keep you in good standing. If you're not in a position to pay the entire balance and you've fallen behind, try paying the minimum and a little bit more. The reason I say that is, if you're only paying the minimum, sometimes you're barely paying off the balance and just covering the interest. Depending on how much you owe, doing this could take you years to pay off your bill. But if you can squeeze a bit more money onto the balance, than do it. If you use some of the tips above to save some money on your bills, than put that extra savings towards your debt. You'll find not only that you're paying your balance much quicker, but as a result of this, you'll feel better and less stressed

4. Eliminate Temptation. So You've probably heard this one before: freeze those creditcards in a block of ice so you won't be tempted to use them. (Or if you do, you'll at least have to wait until they defrost.) What I say is first reduce your limit and second once paid off, cut it up! This is the best way to eliminate the temptation to spend more than you have or earn. Someone told me that it's good to have at least 1 credit card for emergencies and building good credit, but why do people need 2 or 3? Think about it, and if you're in this position and you want to reduce your limit, it only takes 1 call to the credit card company.

The guide below gives an overview of options if you are having trouble keeping up with your bills and payments. It includes information about debt, collection agencies, bankruptcy, being sued in court, resources, getting legal help, and more. **Click here for the guide:** [I owe money... I am having trouble paying my bills](http://yourlegalrights.on.ca/resource/i-owe-money-i-am-having-trouble-paying-my-bills) or visit this link:

<http://yourlegalrights.on.ca/resource/i-owe-money-i-am-having-trouble-paying-my-bills>

The online guide is produced by:

HALCO - HIV & AIDS Legal Clinic Ontario



Have Your Say!

What strategies do you use to pay down debt? Email us at: csinfo@camh.ca or write us at: Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4. We'd love to hear from you! We may even publish your debt busters in an upcoming issue of The Bulletin.

Employment & Training Matters



St. Paul's L'Amoreaux Centre – Peer Support Worker

Applications Close: Tuesday, February 4th, 2014

Peer Support Worker

Mission Statement: St. Paul's L'Amoreaux Centre supports healthy aging by providing client centered housing, programs and services that meet the needs of diverse older adults

Position: Peer Support Worker
Hours of Work: Part time (up to 21 hrs/week)
Deadline: February 4th, 2014
Respond to: Human Resources Coordinator: hrd@splc.ca Fax: 416 493-3391

We are seeking an individual with their own personal lived experience of addiction and/or mental health challenges to support clients in their journey of recovery through experiential learning and life skill coaching. The ideal candidate will be an enthusiastic team player with experience in modeling effective coping techniques, serve as an educator and advocate to clients, co-facilitate group work and in supporting individuals to learn and practice new skills and/or personal goals.

For a complete job listing for this position including education, skills, and experience requirements visit: www.charityvillage.com or visit the C/S Info Centre to view the position on the Employment and Training Info bulletin board.

Please submit your application to hrd@splc.ca quoting the position you are applying to in the subject title, by **Tuesday, February 4th, 2014**.

No phone calls please. We thank you for your interest in applying to St. Paul's L'Amoreaux Centre; however, only candidates selected for an interview will be contacted.

A-Way Express Courier – Mentorship Program

Position:	Mentor	Compensation:	<u>None</u>
Company:	A-Way Express	Location:	Downtown (negotiable)
Commitment:	1.5 hours per week	Length:	Up to six weeks (flexible)

A-Way is a social enterprise that creates employment opportunities for people with lived experience of mental health challenges, while providing a professional same-day delivery service across Toronto.

POSITION OVERVIEW

The purpose of this role is to provide current A-Way Express staff with mentorship and guidance in exploring career options outside of their current positions.

KEY RESPONSIBILITIES

- Provide leadership and guidance
- Support A-Way Express and staff in moving forward with career exploration and planning
- Promote diversity and de-stigmatization of mental health challenges

For more information and a broader list of the mentorship benefits to the mentor and A-Way or to take part in this exciting opportunity, please contact:

Kathleen Garces, Employment Support Specialist
kathleen@awaycourier.ca
416 424-2266

Automotive Pre-Apprenticeship – Tuition Free Program

Duration: 37 weeks (March 3rd – November 14th, 2014)

Credential: Automotive Service Technician Level 1

Campus: Centennial College (Ashtonbee Campus)

Are You:

- Interested in the automotive sector and in following the career path to become an Automotive Service Technician?
- Willing and able to commit to a 37-week program, including 12 weeks placement?
- Interested in getting assistance in finding a work placement in the automotive area?

What is Pre-Apprenticeship?

- Pre-apprenticeship is a transition step to finding an apprenticeship. Participants receive preparation for automotive training, earn Level 1 Automotive Service Technician training, receive assistance in finding a short work placement, and get on-the-job experience in Canada.

What you should know:

- An OSSD (Grade 12 diploma) or its equivalent, is required
- 16 years of age or older
- You must be legally entitled to work in Canada and to participate in government funding
- A valid Ontario Driver's License is required (or will be obtained before work placements begin)

If accepted into the program, this is a tuition-free program provided by the Government of Ontario. There are small incidental fees (for deposits on tools and books). Students pay their own travel costs. Some students may be eligible to continue receiving EI or other benefits and should consult with their local EI or Ontario Works (OW) office.

For more information or to register, contact the pre-apprenticeship co-coordinator by phone: 416 289-5000 ext. 7526 or by email: jerichsen@centennialcollege.ca, or visit: www.centennialcollege.ca/transportation.

Electrician Pre-Apprenticeship for Women – Tuition Free Program

Registration Closes: Wednesday, February 5th, 2014

Program Begins in April, 2014

YWCA Toronto, in partnership with Centennial College, is offering a 34-week Pre-Apprenticeship Electrician Training Program for Women.

Eligibility:

- Women age 16+ years
- Minimum grade 10 education
- Able to work in Ontario
- Interested in electrical trades
- Committed to an intensive 34-week program

Skilled Trades Are A Good Choice For Women Because:

- Higher Pay
- Opportunities for self-employment
- Better hours
- High demand labour market

Program Includes:

- Level 1 in pre-apprenticeship electrician training
- Academic upgrading
- Health and Safety training
- Job readiness training
- 8-week work placement after training is completed

Does the above interest you?

For more information or to register, please contact Nika or Dongmei at: 416 266-0303.

This Pre-Apprenticeship program is funded by the Government of Ontario

George Brown College – Choices Class: Explore & Plan for Post-Secondary Education

Monday, February 24th to Friday, February 28th, 2014 from 10:00 am to 3:00 pm

Want to apply to post-secondary? Not sure what program to take? Applied but didn't get in?
This FREE one-week class is for you.

If one or more of these statements applies to you:

- I'm not sure what to study
- I don't meet the application requirements
- I didn't get into the program that I applied to and want to reapply with a stronger application
- I'm worried about how to pay for post-secondary

Join this class to:

- Figure out the best program for your interests
- Strengthen your future post-secondary applications
- Develop a plan of action that works for you

To sign up or for more information call: 416 415-5000 ext. 2937, or email: choices@georgebrown.ca, or visit: www.georgebrown.ca/choices.

Additional classes: March 3rd – 7th, 2014; March 17th – 21st, 2014; April 21st – 25th, 2014

Research Opportunities

Disclaimer: The C/S Info Centre does not endorse or recommend any of the research studies that we include in The Bulletin. They are for your information only. Please make your own decision as to whether to participate or not in any of the following studies.



Are you age 50 or older and have a diagnosis of schizophrenia or schizoaffective disorder?

If **yes**, you may be eligible for a research study that involves dose reduction of your antipsychotic medication with careful monitoring. This study will also involve brain imaging procedures.

We are looking for individuals who: 1) are taking Olanzapine or Risperidone; 2) are age 50 or older; 3) are not using any street drugs; and 4) have been well for at least 12 months.

For more information, or to find out if you are eligible, please call: 416 535-8501 ext. 77392.

Compensation will be provided.

*CAMH provides other treatment options for mental illness or addiction.
For more information, visit: www.camh.ca or call CAMH at: 416 535-8501.*

CAMH is a Pan American Health Organization Collaborating Centre and is affiliated with the University of Toronto.

A team of researchers at CAMH is doing a study that may be of interest to you. The study explores how lesbian, gay, bisexual, trans and queer (LGBTQ) people with schizophrenia participate in their communities. Your participation in the study would involve meeting with a member of the research team three times throughout the course of 8 months to do an interview, a survey and going on a walking tour of your neighbourhood/community, and if you feel comfortable, having a research team member talk to some people who make up your community. Participants will be compensated for their participation (\$450 total).

If participating in this study is of interest to you or may be of interest to someone you know, please contact Meg or Merrick at: 416 535-8501 ext. 77617.

Things To Do...

Free and Low-Cost Events for February 1st to 15th, 2014

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

Basketball

Saturday, February 1st at 3:00 pm. **Men's Basketball.** Humber Vs Sault, division: West Association. Ontario Colleges Athletics Association and Canadian Colleges Athletics Association. For more information contact: Jim Bialek by email: jim.bialek@humber.ca. Humber College Arboretum, 205 Humber College Boulevard. All Ages. **Free**

Book Club

Wednesday, February 5th at 7:00 pm. **LGBTQ Book Club.** Share your latest literary discovery and discuss the selection of the month. For more information or to register, call the Bloor/Gladstone branch at: 416 393-7674. Toronto Public Library, Bloor/Gladstone Branch, 1101 Bloor Street West. **Free**



Chess

Saturday, February 1st, 8th and 15th from 2:00 pm - 4:00 pm. **Chess in the Library.** Come and have fun playing chess. All ages and all levels are welcome. For more information call: 416 394-5210. Toronto Public Library, Humberwood Branch, 850 Humberwood Boulevard. All Ages. **Free**

Concert Series

Tuesday, February 4th to Thursday, February 13th from Noon to 1:00 pm (see below for a list of dates). **Canadian Opera Company – Free Concert Series in the Richard Bradshaw Amphitheatre.** The Free Concert Series in the Richard Bradshaw Amphitheatre is a unique opportunity to experience diverse artistic programming in what has become one of Toronto's most exciting cultural hubs. Six inspiring series offer concerts, dance performances and engaging presentations that feature both up-and-coming young artists and established international stars. All performances are free to the public, with admission on a first-come, first-served basis. For more information please visit the COC website: www.coc.ca or call: 416 363-8231. All performances take place in the Richard Bradshaw Amphitheatre in the Four Seasons Centre For The Performing Arts, 145 Queen Street West. All Ages. **Free**

- Tuesday, February 4th from Noon to 1:00 pm. **Vocal Series.** Tracy Dahl, soprano and Liz Upchurch, piano: Songs From The Heart. **Free**
- Wednesday, February 5th from Noon to 1:00 pm. **Jazz Series.** Mark Kieswetter, piano and Ross MacIntyre, bass: These Things. **Free**
- Thursday, February 6th from Noon to 1:00 pm. **Dance Series.** Signal Theatre, Michael Greyeyes, choreographer/director: A Soldier's Tale. **Free**
- Tuesday, February 11th from Noon to 1:00 pm. **Vocal Series.** Paul Appleby, tenor and Anne Larlee, piano: The Art of Song. **Free**
- Thursday, February 13th from Noon to 1:00 pm. **Vocal Series.** Sir Thomas Allen, baritone and Rachel Andrist, piano: Songs of the Sea. **Free**

Drumming

Monday, February 3rd from 7:00 pm to 8:00 pm. **Hands-on Drumming with African Drums for Youth.** In celebration of Black History Month, this Mystic Drums workshop for youth will feature demonstrations on African instruments including Djembe Drums, Talking Drums, Agogo Bells and more. Join us for an interactive learning celebration where you will receive an instrument, learn how to play and perform an entire song. Space is limited, please call: 416 395-5710 to register. For more information contact Debby Ng by email: debbyng@torontopubliclibrary.ca. Toronto Public Library, Don Mills Branch, 888 Lawrence Avenue East. Youth. **Free**

Family Nature Walk

Saturday, February 1st from 1:00 pm to 2:30 pm. **Frosty Fairies: Family Nature Walk.** Winter woodland magic! Learn about the fairies and gnomes of winter and how they thrive in the snow. Help us build the fairies some well-insulated fairy homes. Event is great for all ages: bring the whole family! No pre-registration necessary. For more information visit the event webpage: http://www.highparknaturecentre.com/ai1ec_event/frosty-fairies-family-nature-walk/?instance_id=4532 or contact High Park Nature Centre by email: naturecentre@highpark.org, or by phone: 416 392-1748. High Park Nature Centre, 440 Parkside Drive. All Ages. **\$2-\$5/person or donate-what-you-can**

Garage Sale

Saturday, February 1st from 9:00 am to Noon. **Girl Guides Garage Sale.** Girl Guides annual garage sale to support Girl Guide community events. Trinity Presbyterian Church, 2737 Bayview Avenue. All Ages. **Free Admission**



Garden Club

Tuesday, February 4th from 10:30 am to Noon. This event repeats. **Garden Club.** Come and join our garden club; meet people and share ideas on gardening. For more information contact: Elsa Uy by email: elsa@splc.ca or by phone: 416 493-3333 ext. 227. St. Paul's L'Amoreaux Centre, 3333 Finch Avenue East. Adults. **Free**

Movies

Various dates, times, and branch locations (see below). **Movies at the Library.** New releases, classics, foreign films and documentaries. Many branches across the city are showing films. Call or visit a branch to find out what's playing. Space may be limited. Check with the branch to see if tickets for admission are required. Tickets are free and can be picked up 30 minutes before the show. Toronto Public Libraries, various branches. Adults. **Free**

- Thursday, February 13th at 2:00 pm – Barbara Frum Library, 20 Covington Road. **Free**
- Friday, February 14th at 2:00 pm – Don Mills Library, 888 Lawrence Avenue East. **Free**
- Thursday February 13th at 1:30 pm – Eglinton Square Library, Eglinton Square Mall, 1 Eglinton Square, Unit 126. **Free**
- Friday, February 7th and 13th at 2:00 pm – North York Central Library, 5120 Yonge Street. **Free**
- Monday February 3rd and 10th at 6:00 pm – Port Union Library, 5450 Lawrence Avenue East. **Free**
- Wednesday, February 12th at 5:00 pm – Sanderson Library, 327 Bathurst Street. **Free**
- Tuesday, February 4th at 6:30 pm – Swansea Memorial Library, 95 Lavinia Avenue. **Free**

Personal Finance

Monday, February 3rd from 2:00 pm to 3:15 pm. **Personal Finances For Older Women.** Learn from certified financial planner Bernardine Perreira about the top 3 mistakes women retirees make with their finances and how to avoid them. For more information or to register call: 416 394-5270 or email: eaprograms@torontopubliclibrary.ca. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. Adults. **Free**

Monday, February 3rd from 4:00 pm to 5:00 pm. **Personal Finances for Older Women.** Join us at the library when financial advisor and planner, Bernardine Perreira, will discuss how to manage your finances from a women's perspective. Learn about the top 3 mistakes women retirees make with their finances and how to avoid them. For more information call: 416 394-1014. Toronto Public Library, Jane/Dundas Branch, 620 Jane Street. Adults. **Free**



Repair Café

Saturday, February 8th at 10:00 am. **Repair Café.** Don't throw it away, fix it! Bring a broken household item to the Repair Café where you get help fixing it. Learn a new skill; meet your neighbours, save the planet. For more information visit: torontopubliclibrary.ca/innovate. No registration is required. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. **Free**

Volleyball

Saturday, February 1st from 1:00 pm to 5:00 pm. **Seneca Sting Men's and Women's Volleyball.** The Seneca Sting Men's and Women's Volleyball Teams are facing the LaCite Coyotes for the second time this season at 1:00 pm and then at 3:00 pm at Seneca College's Newnham Campus. For more information 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**

Wedding Expo

Sunday, February 2nd from 11:00 am to 6:00 pm. **Perfect for Gathering Here Today Expo.** 2nd Floor Events will bring local Toronto wedding-focused companies together as it hosts the inaugural Perfect for Gathering Here Today Expo. Modern, downtown brides and grooms looking for an alternative to classic wedding shows are invited to take a look inside 2nd Floor Events, and become acquainted with local florists, photographers, bakers, caterers, wedding consultants, DJs and more. Entrance to the event is free. For more information visit: <http://2ndfloorevents.com> or call: 416 263-0122. 2nd Floor, 461 King Street West. Adults. **Free Admission**



Writing

Saturday, February 1st, 8th and 15th from 9:30 am to 11:00 am. **Saturday Writers at the High Park Library.** Read from and discuss works in progress. Prose, poetry, and essays welcome. For more information call: 416 393-7672 or visit the website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT115>. Toronto Public Library, High Park Branch, 228 Roncesvalles Avenue. Adults. **Free**

Sundays, February 2nd and 9th at 2:00 pm. **Toronto Writers Co-operative.** This event repeats, every Sunday until March 26th. Workshops, guest authors, member readings and open mic. Your opportunity to polish and perform your work. For more information call: 416 395-5577. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. Adults. **Free**

Zinio E-Magazines

Monday, February 10th at 2:00 pm. **E-Magazines with Zinio.** Learn to download e-magazines using the library's Zinio collection. This is a hands-on instructional session, which includes signing up for a free account with the service. For more information call: 416 395-5535. The program takes place in the Learning Centre. North York Central Library, 5120 Yonge Street. **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.**