



*April showers bring  
May Flowers.*

# BULLETIN

# 507 April 16<sup>th</sup> – 30<sup>th</sup>, 2014

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/>



## Save The Date

### Upcoming Events

**Thursday, May 1<sup>st</sup> to Thursday, May 8<sup>th</sup>, 2014** (Gallery times to be announced). Colourful Dichotomy Art Show - Art exhibit and CAMH fundraiser. Mental illness affects many of us. I was diagnosed with Bipolar Disorder at the age of 24. This exhibit hopes to lift the curtain of silence through a look at how creativity can convey even that which may be tough to say. I invite you to join me on May 1<sup>st</sup> at Milk Glass Co. Gallery to come see my artwork, and learn more about an issue that touches us all. For more details please visit: <http://www.colourfuldichotomy.com/>. Milk Glass Co. Gallery, 1247 Dundas Street West.

**Sunday, May 4<sup>th</sup>, 2014** at Noon. The Friendly Spike Theatre Band proudly presents as part of 'Jane's Walk 2014': The Walls Are Alive With The Sounds Of Mad People. A theatrical historical tour of the patient-built wall standing on the grounds of CAMH in Toronto. SW corner of Queen Street West and Shaw Street (approx. 70 minutes).

**Thursday, May 8<sup>th</sup>, 2014** from Noon - 5:00 pm. Wilkinson Housing & Support Services Fundraising Committee Presents: Spring Market. All kinds of arts, crafts and baked goods for sale. Simon Apartment, 32 Grenville (1 block north of Yonge St.)

**Friday, June 13<sup>th</sup>, 2014** from 9:00 am - 4:30 pm (registration begins at 8:00 am). The Leadership Project - Psychosis 2.0: New Understandings and Effective Ways of Working With and Healing From Psychosis. [www.psychosis2.net](http://www.psychosis2.net) or Brian at 416 285-7996 ext. 227 [bmckinnon@alternativestoronto.org](mailto:bmckinnon@alternativestoronto.org). University of Toronto, Hart House, 1 Hart House Circle.

**Friday, June 15<sup>th</sup>, 2014** The Mad Market application and non-refundable payment deadline. Contact: [events@madprideto.com](mailto:events@madprideto.com) or [www.madprideto.com](http://www.madprideto.com). (See event date and description below.)

**Saturday, July 12<sup>th</sup>, 2014** from Noon - 5:00 pm. THE MAD MARKET - The Mad Pride Toronto 2014 Organizing Committee is pleased to announce the return of the Mad Market and invites submissions that are consumer/survivor driven. If you 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. Space is \$40 regular price, and \$20 subsidized. It will be at Trinity Bellwoods Park (Queen Street side) on a Saturday which should be very good for sales. Set up will be at 11.30 am and take down at 5:00 pm.

# Community Announcements

## Call for Submissions to Mad Pride Toronto 2014

### ARCHITECTURE OF MAD: An Art Exhibition

Exhibition: Thursday, July 10th to Sunday, July 13th, 2014

Submission Deadline: Friday, April 30th, 2014



The Mad Pride Toronto 2014 Organizing Committee is pleased to announce its 3<sup>rd</sup> juried Art Exhibition and invites submissions by artists who are psychiatric survivors, consumers, and mad people. Works may be two dimensional, sculptural, or time-based arts. For two dimensional or sculptural works, submissions should be in the form of jpegs with artists submitting no more than 12 works for consideration. For video or film works, submit in DVD form by mail or via an electronic link. Please include details on media, dimensions/duration, year completed, and how to contact you (phone or email). Successful candidates will be notified by June 15. Artists will be responsible for transporting their works to the show. Artists should plan to distribute invitations and attend the opening reception. Sales will be managed by the curator of the exhibition.

**Deadline: Friday, April 30, 2014**

**Contact: [martinematthews@soundtimes.com](mailto:martinematthews@soundtimes.com)**

## WRAP Through Fitness

**Drop-in Info Session: Friday, April 25<sup>th</sup>, 2014 from 10:00 am - 2:00 pm**

Drop in on April 25<sup>th</sup> at the Central YMCA in the Youth Zone from 10:00 am – 2:00 pm to learn more about the 9 week Wellness Recovery Action Plan session in a small group setting at the Central YMCA. WRAP trained Health Educators and Gerstein Centre Counsellors will help you map your own personal wellness plan and assist you in seeing it through. For more info or to register call Nicki: 416 929-0149 or email: [gersteinwrap@gmail.com](mailto:gersteinwrap@gmail.com).

**Ministry of Community  
and Social Services**

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**Ministère des Services  
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April 3, 2014

To the Members of the General Advisory Council on Social Assistance Reform:

Dear Council Members:

Our government is committed to making Ontario's social assistance programs work better for clients who depend on them.

Our government's 2013 Budget took initial reform steps by investing more than \$400 million over the next three years. Our plan for further reform is guided by the advice our government received from the Lankin-Sheikh and Drummond reports, and also by the conversations we're having with clients, staff, advocates, academics, and municipal and First Nations partners.

Our multi-year reform plan has four objectives, building on the approach we began last year:

- We want to motivate and support people to be successful in the workforce.
- We want to provide adequate assistance.
- We want to deliver modern, responsive services.
- And we want to ensure public confidence in the system.

I have heard from many people who are concerned about the possibility of Ontario Works and ODSP being merged into one program. In some cases, they're responding to irresponsible rumours that our plan is focussed on cuts – bringing everyone down to the lowest common denominator and forcing everybody to look for work, regardless of their disability.

I hope you'll help me put an end to these unfounded rumours, which are causing needless anxiety for vulnerable people. That's not our plan. It never was. It never will be. We are focussed on moving toward adequacy for all, and removing obstacles for those who want and are able to work.

I can tell you clearly that having looked at the idea of a merger of these two programs, our government will not be going forward with that recommendation.

What we will do instead is focus on making both programs work better at supporting people and helping them find jobs. We'll work with social assistance clients, our staff, our municipal partners, employers and others about ways to provide a seamless and effective service experience.

Social assistance affects almost 900,000 people every day. Reform will take time and our government will build on our progress in a thoughtful and careful way.

I thank you for your continued support with our reform efforts.

Kindest regards,

A handwritten signature in black ink, appearing to read 'Ted McMeekin'.

Ted McMeekin  
Minister

## No Merger of ODSP and OW

### Online Resources From the Income Security Advocacy Centre

See the Commission's report and recommendations:

[http://www.mcsc.gov.on.ca/documents/en/mcsc/social/publications/social\\_assistance\\_review\\_final\\_report.pdf](http://www.mcsc.gov.on.ca/documents/en/mcsc/social/publications/social_assistance_review_final_report.pdf)

Watch ISAC's webinar that explains the Commission's recommendations and what they could mean for people on OW and ODSP: <http://yourlegalrights.on.ca/webinar/brighter-prospects-commissions-report-and-future-direction-social-assistance-reform>

Read the ODSP Action Coalition's position paper on why merging the programs would have been the wrong way to go: <http://www.odspaction.ca/sites/odspaction.ca/files/combiningowandodsp.doc>

Check Hansard to read the Minister's full remarks during Question Period today: [http://www.ontla.on.ca/web/house-proceedings/house\\_current.do?locale=en](http://www.ontla.on.ca/web/house-proceedings/house_current.do?locale=en)

Download ISAC's Pre-Budget Submission: <http://incomesecurity.org/documents/ISAC-PreBudgetSubmissiontoStandingCommittee2014.pdf>

## Houselink and the Dream Team present: Provincial Politics 101!

**Tuesday, April 24<sup>th</sup>, 2014 from Noon - 3:00 pm**



In anticipation of a possible upcoming Provincial Election, Houselink and the Dream Team are offering:  
Provincial Politics 101

Learn about:

- What are the responsibilities of the provincial Government?
- What are MPP's, what exactly do they do?
- How do elections work?
- The different political parties and what they stand for
- And much more!

When: Thursday, April 24<sup>th</sup> from Noon – 3:00 pm

Where: 1678 Bloor Street West

Lunch and tokens provided. For more info, contact Naomi at: 416 516-1422 ext 250



**Getting On With Life and Its Challenges**  
A Mental Health Support & Skill Development Program

*presents its*

## Spring 2014 Workshop Series

# “Spring” into Action for Health and Wellness

- April 23 Welcome to the Workshop Series/Enjoying Life
- April 30 Tips for Budgeting
- May 7 Eat Well & Feel Well
- May 14 Manage Your Time Wisely
- May 21 Let’s Talk About Substance Use/Abuse
- May 28 Solutions to Resolve Conflict
- June 4 Let’s Get Crafty
- June 11 Outing to Harbourfront
- June 18 Diabetes & Mental Health
- June 25 Summer Potluck

**Wednesdays, 1:30 - 3:30 pm**  
**from April 23 to June 25**  
**at Regeneration Community Services**  
2238 Dundas St. W. Suite 307

For more information call Sandra at 416-703-9645 x246 or  
Jennifer at 416-604-0640 x1052. *Workshops are on a drop in basis.*



# Computer Column

**By: Martha Gandier**

And another article about viruses...

The nastiest of nasties in my opinion is that sudden pop-up that says your computer is infected, and to click on this button to download antivirus software. Never click on a pop up, no matter how safe it looks. Some have logos that look like Microsoft, or some other legit company. If you do accidentally click on the pop up message, it will download not an antivirus, but a virus. Here's my rule of thumb...if something is offered to you, and you didn't even know you needed it, probably you don't.

Use the best antivirus and antispyware you can afford. Or, email me and I'll send it to you. Once you've got it installed, keep it updated. No antivirus is 100% effective, of course, but some are better than others. Also use a pop-up blocker, Adblock Plus for Firefox, Internet Explorer, or Chrome. It's free and worth its weight in gold. One more thing about antiviruses...don't be tempted to run more than one on your computer. They conflict. You need just one antivirus, one antispyware, and one firewall. The Windows firewall seems to be good enough for me.

Never, ever open email attachments that you're unsure of. If you get one from someone on your Facebook page, contact them to make sure the attachment is legit. Facebook and YouTube hackers will use everyone on your friends list to spread malware. Or for their phishing schemes. Usually these hacks are embarrassing and a nuisance but not malicious.

Bing: the toolbar and search engine are annoying enough, but Bing also installs 'cookies' deep in your computer where it's hard to get rid of them. So even though you follow the 'How to uninstall Bing' directions, it keeps coming back. In the past few weeks, I've noticed a Trojan virus called 'BingDesktopCore.dll' that requires some persistent digging to get rid of.

PUP stands for 'Potentially Unwanted Programs'. It's normal to see PUP's show up in a spyware scan. Always delete them, as they are, in my humble opinion, always unwanted.

There are some old antivirus programs that work very well on even the newest viruses, and they are free.

ComboFix is one, <http://www.bleepingcomputer.com/download/combfix/>  
and RKill is another: <http://www.bleepingcomputer.com/download/rkill/>

And on the subject of downloading programs from a website...be sure the website is trusted. For software, here's a short list of sites that I've trusted for years:

<http://www.bleepingcomputer.com/>  
<http://www.theelderageek.com/>  
<http://www.brothersoft.com/>  
<http://tucows.com/downloads?hp=A2>

And remember...viruses don't hurt hardware. Just software. Anything on your hard drive, or any external storage device like a thumb drive, or SD card, is vulnerable. A virus infection can destroy your operating system, or crucial files in the registry, but the hard drive those files are written on can be wiped clean and the files replaced. Always, always back up your documents, pictures, movies etc. on a regular basis, just in case of that 'worst case scenario' and you need to have your hard drive formatted.

Please feel free to call or email me, I'm in Belleville but hey...with the internet, I'm right next door.



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](mailto: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 and Training Matters



## People and Pets

### A Call for Volunteers

Are you a lover of pets? People and Pets require volunteers to either go into people's homes and feed their pets while they are in hospital, or take care of their pets in your home. Pet food is supplied and Linda is working on raising the funds for a small honorarium for volunteers. Please contact Linda Chamberlain at:

416 824-3435 or [Linda.chamber@bell.net](mailto:Linda.chamber@bell.net). For more information visit the website: [www.peopleandpets.ca](http://www.peopleandpets.ca).

## Parkdale Green Thumb Enterprises: Job Opportunity

### The Psychiatric Survivor-Run Business That Grows Currently Accepting Applications throughout April

#### ARE YOU A CONSUMER/SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff.

If you have experience with indoor plants we need you too. If you are interested in working with us please:



Come by and fill out an application:  
[Parkdale Green Thumb Enterprises](#)  
Working for Change  
1499 Queen Street West Suite 203  
Or email us: [greenthumb@on.aibn.com](mailto:greenthumb@on.aibn.com)  
No phone calls please

## 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.

## CAMH Study

### A Call for Participants

#### Call for Participants: What does community look like for LGBTQ people with a diagnosis of schizophrenia or other psychosis?

A team of researchers at the Centre for Addiction and Mental Health is doing a study in Toronto that may be of interest to you. We are interested in what community participation looks like for lesbian, gay, bisexual, trans and queer (LGBTQ) people with a diagnosis of schizophrenia. 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 you live in Toronto and 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 or [integrationstudy@gmail.com](mailto:integrationstudy@gmail.com). This study has received approval from the Centre for Addiction and Mental Health Research Ethics Board.

# Things To Do...

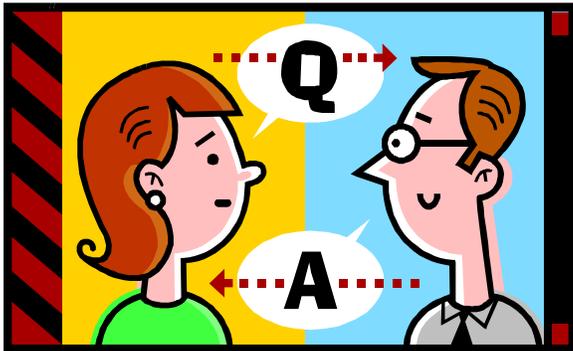
Free and Low-Cost Events for April 16<sup>th</sup> – 30<sup>th</sup>, 2014



## Concert Series

Thursday, April 17<sup>th</sup> to Tuesday, April 29<sup>th</sup> from Noon - 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. All performances are free to the public, with admittance on a first-come, first-served basis. For more information please visit the COC website: [www.coc.ca](http://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**

- Thursday, April 17<sup>th</sup> from Noon - 1:00 pm. **Chamber Music Series.** Mark Fewer, violin: inspired by Bach. **Free**
- Tuesday, April 22<sup>nd</sup> from Noon - 1:00 pm. **World Music Series.** The Sicilian Jazz Project: Modicani nel Mondo. **Free**
- Thursday, April 24<sup>th</sup> from Noon - 1:00 pm. **Chamber Music Series.** ArrayMusic, Rick Sacks, solo percussion: Polar Bears and Lullabies. **Free**
- Tuesday, April 29<sup>th</sup> from Noon - 1:00 pm. **Jazz Series.** Shannon Butcher Quartet: Legendary Ladies. **Free**



## Conversation Circle

Monday, April 21<sup>st</sup> from 5:30 pm - 7:30 pm (this event repeats). **Let's Talk: English Conversation Circle** This program was developed to assist newcomers and interested library patrons (regardless of status and number of years in the country) to practice English and gain confidence in speaking with anyone. Participants will enjoy an informal conversation as well as an opportunity to socialize, meet new friends and network. For more info contact Celia Cruz by email: [ccruz@ciclsp.ca](mailto:ccruz@ciclsp.ca) or by phone: 647 404-5662. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. All Ages. **Free**

## Documentary Film Festival

Thursday, April 24<sup>th</sup> to Sunday, May 4<sup>th</sup>. **Hot Docs Film Festival.** Hot Docs will feature Canadian and international competitive programs, an international documentary market, The Doc Shop, and the Hot Docs Forum. Hot Docs Canadian International Documentary Festival is North America's largest documentary festival, conference and market. Each year, the Festival presents a selection of more than 180 cutting-edge documentaries from Canada and around the globe. Through its industry programs, Hot Docs also provides a full range of professional development, market and networking opportunities for documentary professionals.

\*\* Students (with valid ID) and seniors (60+) can attend daytime screenings (screenings before 5 p.m.) for **free**. Same-day tickets are available at the participating venue one hour before the first screening of the day, subject to availability. \*\*

Single tickets are now available. [www.hotdocs.ca](http://www.hotdocs.ca)  
Late-night screenings: **\$6.20**

**hotdocs**  
OUTSPOKEN. OUTSTANDING.

(The information above on Hot Docs was sent to us by one of our lovely readers. We encourage you to email us any events or community announcements that may be of interest to the community: [csinfo@camh.ca](mailto:csinfo@camh.ca). Thanks you!)

## Food

Thursday, April 17<sup>th</sup> from 7:00 pm - 8:15 pm. **Unmasking Superfoods.** Do blueberries really fight cancer? Are goji berries worth a try? The word superfood is everywhere these days, but which of the many hyped foodstuffs should you really include in your diet? National Post nutrition columnist and Registered Dietician, Jen Sygo offers clear, realistic advice on what to eat and what to avoid at the grocery store. Her newly published book, *Unmasking Superfoods: the truth and hype about quinoa, goji berries, omega 3s and more*, will be available for purchase. For more info phone: 416 395-5649. Toronto Public Library, North York Central Branch, in the auditorium, 5120 Yonge Street. Adults. **Free**

## Games

Wednesday, April 16<sup>th</sup> from 10:00 am - 11:30 am (this event repeats). **Bridge for Beginners.** Learn bridge and challenge your mind! Attend this weekly session to learn the fundamentals of three aspects of the game: bidding, play and defense. For more info or to register call: 416 394-5270 or email: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca). **Free**

## Gardening

Thursday, April 17<sup>th</sup> from 7:00 pm - 9:00 pm. **East York Garden Club Monthly Meeting & Flower Show.** "Creating a Beautiful Garden With Native Plants" with guest speaker Cynthia Brown of the Toronto Regional Conservation Authority. Despite the beauty and practicality of native plants, they remain under-represented in most Ontario gardens. This colourful presentation will introduce you to native plants and their many benefits, leaving you with the inspiration and know-how to create your own natural hideaway. It is also our first flower show of the year. Come and see what is flowering in local gardens. For more info contact the East York Garden Club by email: [info@eygc.ca](mailto:info@eygc.ca). Stan Wadlow Clubhouse, 373 Cedarvale Avenue. All Ages. **Free for Guests**

Tuesday, April 22<sup>nd</sup> at 3:00 pm. **Organic City Gardening.** What is organic city gardening and why should you care? Discover the basic principles of this increasingly popular gardening. Presentation by Toronto Master Gardeners, Ask an Expert. For more info phone: 416 394-5120. Toronto Public Library, Richview Branch, 1806 Islington Ave. Adults. **Free**

## History

Wednesday, April 16<sup>th</sup> from 7:30 pm - 9:30 pm. **North York Historical Society Presents: Willowdale with Scott Kennedy.** Join the North York Historical Society and North York Central Library for a presentation on Willowdale by Scott Kennedy. For more info phone: 416 395-5535. Toronto Public Library, North York Central Branch, 5120 Yonge Street. All Ages. **Free**

## Interview Skills

Wednesday, April 16<sup>th</sup> from 6:00 pm - 7:00 pm. **Interviewing Skills.** Learn how to overcome nervousness through practice, preparation, and strategy. To register, call: 416 394-1000. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Adults. **Free**

## Knitting

Thursday, April 17<sup>th</sup> from 5:00 pm - 7:00 pm. **Knitting and Needlework.** Join expert knitter Cathy Thomson on the third Thursday of the month for a fun evening of knitting and creating with fibre. Bring your needles and work on your own project or start something new. All skill levels are welcome. Call: 416 396-3975 for more info and to register. Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Drive. All Ages. **Free**

## Movies

Thursday, April 17<sup>th</sup> from 2:00 pm - 4:00 pm (this event repeats). **Movies at Albert Campbell.** We'll show classics, new release and movies of the season. Dates: Thursday, April 17<sup>th</sup> - *The King's Speech* Friday, May 16<sup>th</sup> - *Sabrina* Friday, June 20<sup>th</sup> - *The Best Exotic Marigold Hotel*. No registration required. For more info visit the branch or call: 416 396-8890. Toronto Public Library, Albert Campbell District Branch, 496 Birchmount Road. Adults. **Free**

## Movies

Thursday, April 24<sup>th</sup> from 2:00 pm - 4:07 pm. **Movie: Saving Mr. Banks.** Author P.L. Travers reflects on her difficult childhood while meeting with filmmaker Walt Disney during production for the adaptation of her novel, Mary Poppins. For more info phone: 416 395-5440. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. Adults. **Free**



## Pottery Sale

Thursday, April 24<sup>th</sup> from Noon - 9:00 pm (this event repeats). **Potter's Studio Spring Show and Sale.** Hand and wheel built items made by members of The Potter's Studio. For more info email: [info@thepottersstudio.ca](mailto:info@thepottersstudio.ca) or call: 416 423-1827. The Potter's Studio East York, 2 Thorncliffe Park. All Ages. **Free**

## Reading

Wednesday, April 16<sup>th</sup> from 6:00 pm - 7:00 pm. **Riverdale Community Arts & Letters: Keith Oatley.** Keith Oatley professor, novelist and researcher will talk about, "Why fiction is good for you". For more info phone: 416 393-7720. Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. Adults. **Free**

## Walks

Saturday, April 19<sup>th</sup> at 9:30 am (this event repeats). **Rouge Park Guided Walks.** Join us in Rouge Park for a wilderness walk close to home 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](http://www.rougepark.com/hike) for monthly schedules, meeting point and driving details, RSVP info and tips on getting ready for the trail. For more info contact: Diana Smyth by email: [hike@rougepark.com](mailto:hike@rougepark.com). Rouge Park Trailheads. Please visit: [www.rougepark.com](http://www.rougepark.com) for meeting points. All Ages. **Free, Contributions Welcome**



## Writing

Wednesday, April 16<sup>th</sup> from 6:45 pm - 8:00 pm. **Writing About War: Fiction.** Join four great authors for a discussion about writing about war and its aftermath. Antanis Sileika (Underground), Nicole Lundrigan (The Widow Tree), and Karen Connelly (Burmese Lessons), will talk about conflict and art in a discussion moderated by author Ray Robertson. For more info phone: 416 393-7783. Toronto Public Library, Danforth/Coxwell Branch, 1675 Danforth Avenue. Adults. **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](mailto:csinfo@camh.ca).

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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](mailto:csinfo@camh.ca). Your Mother Earth will thank you.

Your Bulletin Team: **Helen, Cassandra and Arlene.**