



Meeting the information needs of Consumer



BULLETIN

508 May 1st – 15th, 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

Sunday, May 25th – Tuesday, May 27th, 2014. Annual Addictions & Mental Health Conference On behalf of Addictions & Mental Health Ontario. This conference will strive to deliver important and dynamic information, as well as offer an excellent networking opportunity to all participants. We look forward to welcoming you to our conference and working with you to strengthen the addictions and mental health system. To register: <http://www.addictionsandmentalhealthontario.ca/2014-conference.html>. Marriott Toronto Airport, 901 Dixon Road.

Thursday, May 29th, 2014 from 7:30 pm - 10:00 pm. Laughing Like Crazy to Defeat Depression Fundraiser. For more info: <http://www.mooddisorders.ca/event/the-laughing-like-crazy-to-defeat-depression-fundraiser>. Central YMCA, 20 Grosvenor Street.

Thursday, May 29th, 2014 from 1:30 pm - 3:30 pm. Suits Me Fine Fashion Show 2014. 10 years of flaunting our fashion! CAMH Queen Street Site, Bell Gateway Gymnasium.

Friday, June 13th, 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 or Brian at 416 285-7996 ext. 227 bmckinnon@alternativestoronto.org. University of Toronto, Hart House, 1 Hart House Circle.

Friday, June 15th, 2014 The Mad Market application and non-refundable payment deadline. Contact: events@madprideto.com or www.madprideto.com. (See event date and description below.)

Saturday, July 12th, 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.

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Community Announcements

Colourful Dichotomy Art Show – Art Exhibit & CAMH Fundraiser

Thursday, May 1st – Thursday, May 8th, 2014



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. For me, painting is a form of catharsis and it acts as an expression of both my sad and happy feelings. By using different colours, shapes and textures, I am able to relay onto canvas what I cannot otherwise easily articulate in words. – Sana.

I invite you to join me on May 1st 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. Gallery times are as follows:

Thursday, May 1st: 6:00 pm - 10:00 pm
Friday, May 2nd: 1:00 - 6:00 pm
Saturday, May 3rd: 1:00 pm - 6:00 pm
Sunday, May 4th: 1:00 pm - 4:00 pm
Monday, May 5th: 1:00 pm - 6:00 pm
Tuesday, May 6th: 1:00 - 6:00 pm
Wednesday, May 7th: 1:00 - 6:00 pm
Thursday, May 8th: 1:00 - 6:00 pm

Wilkinson Housing & Support Services Fundraising Committee Present: spring market



all kinds of arts, crafts & baked goods for sale

**Supporting the Scotia Bank Waterfront
Half/Marathon/5K-LOFT Community Services
Charity Challenge**

May 8th, 2014 Noon until 5:00 pm

Simon Apartment, 32 Grenville

(One block north of Yonge and College)

Jane's Walk
Saturday, May 3rd, 2014 at 11:30 am

The Anne Johnston Health Station in partnership with the Centre for Independent Living in Toronto will be hosting its 3rd Jane's Walk on May 3rd at 11:30 AM. This year's walk will raise awareness about safe inclusive streets for people living with disabilities. We will be meeting at The Anne Johnston Health Station in the lobby, 2398 Yonge Street. We hope to see you there!!

For more information or to register, please contact: Lynda Roy: 416 486-8666 ext. 248, and/or email: lyndar@ajhs.ca.

Attendant care available upon request.
Please contact us regarding access or accommodation requests.

Funding support provided by Toronto Central Local Health Integration Network (LHIN), Ontario Community Health Centres, City of Toronto's Community Safety Investment (CSI) fund, and United Way Toronto.

Ontario Energy Support Program Announced
Low-Income Energy Network Applauds Proactive Step



The Ontario government has just announced that it is moving to set up an electricity affordability program for low-income Ontarians.

This is great news for low-income consumers of electricity and great news for the [Low-Income Energy Network \(LIEN\)](#). LIEN has been advocating with the government for this kind of program since 2006, as part of a comprehensive approach to reducing energy poverty in Ontario.

Energy Minister Bob Chiarelli announced yesterday that he sent a directive to the Ontario Energy Board (OEB) to develop the Ontario Electricity Support Program. The directive tells the OEB that the government wants the program to do three things:

- it should be in place by January 1, 2016
- it should give low-income electricity consumers a similar reduction to what they receive from the Ontario Clean Energy Benefit
- it should operate so that the reduction is automatically applied to the electricity bills that low-income Ontario consumers receive.

You can read the Minister's directive here: http://www.ontarioenergyboard.ca/oeb/_Documents/Documents/letter_low-income_affordability_20140423.pdf. And the government's background on the Ontario Electricity Support Program: <http://news.ontario.ca/mof/en/2014/04/lower-electricity-prices-for-residential-ratepayers.html> has more details.

The directive also says that the OEB must consult with communities and stakeholders to create the program, and report back on the new program by December 1, 2014.

LIEN issued [this press release](#) yesterday, applauding the government for taking this proactive step to address energy poverty. For more information about the rate affordability model that LIEN has been proposing, you can [watch this webinar](#).

LIEN has already said that they will take part in the OEB's consultations, which will undoubtedly start soon. Watch for more information from LIEN - and use this information to contact them: <http://www.lowincomeenergy.ca/about/> to find out how you can get involved in making sure that the Ontario Electricity Support Program is set up in a way that meets the needs of low-income energy consumers.

The Low-Income Energy Network was founded in 2004 by our partner clinics the Canadian Environmental Law Association (CELA), the Advocacy Centre for Tenants Ontario (ACTO), us here at ISAC, and many other groups (you can see the full list of members here: <http://www.lowincomeenergy.ca/members/>).

Congratulations to LIEN for their perseverance and for continuing to advocate for this important program for so many years!

Article from: Income Security Advocacy Centre
Visit the ISAC's Website: <http://www.incomesecurity.org/>

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
(Bringing to life not only Mad People's but Toronto's and the Toronto Asylum's History)

Sunday, May 4th 2014 at Noon

SW Corner of Queen Street West and Shaw Street
(Approximately 70 minutes)

FREE

The Friendly Spike Theatre Band gratefully acknowledges the support
of the Friendly Spike Theatre Angels and CanadaHelps.org

Parkdale 40 years
Community Legal Services working together!

CanadaHelps.org
Giving made simple.

Valued Living 2014

Chinese Mental Health Awareness Day



May 10, 2014 (Saturday) • 11 AM to 4 PM

Free seminars on health & mental fitness • inspirational stories • arts performances • community organizations & resources exhibitions • food & refreshments

English • Cantonese • Mandarin

Toronto Western Hospital

399 Bathurst Street, West Wing, 2nd Floor, Auditorium

Free admission

For registration and inquiry:

zhaoyi.zhong@uhn.ca or

416.603.5071



-Are you between the ages of 15 & 29?

-Have you experienced mental health distress?

-Are you looking to connect with others who have had similar experiences?



Brought to you by
Family Outreach and
Response...

TALK TO YOUTH NOW PEER SUPPORT GROUP

When:

5:30pm-7:30 pm

-The first

Wednesday of
every month

-The third

Wednesday of
every month

Where:

Family Outreach
and Response

Office

2333 Dundas St.

West, Suite 501

Talk to Youth Now (TTYN) recognizes the benefits of gathering with other people who have had similar experiences. This is a friendly, non-judgmental space where you can express yourself among your peers. It is open to all those who have experienced any type of mental health related challenge who are looking for a space to feel listened to and supported.

What can you expect?

Information about community resources

Ideas about accessing employment and education supports

Insight into different wellness tools

A feeling that you are NOT alone

If you don't feel like talking and only want to listen we still welcome your presence. So if you would like to gain support and encouragement in a confidential environment we welcome you to drop-in.

****TTC and light snacks provided****

**Come feel the benefits of knowing you are
not alone.**

Please contact Tamara for more information
(416) 539-9449 ext. 224 tamara@fmhr.org

Housing is most cost-effective treatment for mental illness: study

Article published in the Globe and Mail on April 8th, 2014

For every \$1 spent providing housing and support for a homeless person with severe mental illness, \$2.17 in savings are reaped because they spend less time in hospital, in prison and in shelters. That is the most striking conclusion of a study, obtained by The Globe and Mail, that tested the so-called Housing First approach to providing social services.

Beyond the cost savings, the new research shows that placing an emphasis on housing gets people off the streets and improves their physical and mental health. "A house is so much more than a roof over one's head. It represents dignity, security and, above all, hope," said Louise Bradley, president and CEO of the Mental Health Commission of Canada.

The MHCC, which undertook the \$110-million At Home/Chez Soi research project in 2008, will release the much-anticipated findings in Ottawa on Tuesday. Ms. Bradley summed up the results in three words: "The approach works."

For more details or to access the full article: <http://www.theglobeandmail.com/life/health-and-fitness/health/study-shows-housing-the-most-cost-effective-treatment-for-mental-illness/article17864700/#dashboard/follows/>.

To download the full National At Home/Chez Soi Final Report visit: <http://www.homelesshub.ca/resource/national-homechez-soi-final-report>.

Computer Column

By: Martha Gandier

This article is for the times when you say: "My computer has crashed Martha! What do I do?"

I've got to say this again. Save all of your files, all the important documents, photos, etc, to an external storage device. CD or DVD, thumb drive, external hard drive, even an SD card. Save Your Stuff!

If you tell me your computer crashed I will ask you....Can you turn it back on? What was happening just before it crashed? Has this happened before? Has it been getting slower and slower over time, or was this a big surprise? Where there any error messages? For example, "Windows has encountered a fatal error and needs to close", or "This system will now shut down". Sometimes there will be a number with the error message, try to copy as much of this as you can. (Adobe Flash has been causing hang-ups a lot lately. Sometimes it helps if you uninstall, then reinstall it. Go to Control Panel, Programs and Features, right click 'Adobe Flash Player', and uninstall. Then go to the Adobe website, <http://www.adobe.com/support/flashplayer/downloads.html>, download and install it.)

I'll also ask the make and model of your machine, and which operating system you're using. And if you had attached any new hardware recently, like a printer or external hard drive.

If you get no response when you try to turn on a desktop computer, you have a power problem. Make sure it's plugged in (I know that sounds stupid, but you'd be surprised how often it happens!) Make sure the electrical outlet works. If it still won't turn on, you probably need a replacement for the power supply (a box that the power cord plugs into, inside your computer. It changes AC current to DC, and contains a large fan.) Very, very, occasionally the problem will be with the motherboard circuitry, in which case you need a new computer. Also, very occasionally there is a buildup of dust and cat dander in the power supply; you can see it through the vent in the back of your computer. Get some compressed air and a vacuum cleaner and clean the inside. Be careful around the memory sticks, they can be damaged by the static electricity on your hands.

If you get no response when you try to turn on a laptop, no lights come on, no sounds from inside the laptop case, try first unplugging the power/adaptor cord, removing the battery, and holding down the power button for about 10 seconds. Then put the battery back in, plug in the power cord, and press the ON button. Usually there is a little light on the adapter itself that will come on. If it doesn't, you need to replace the adapter cord. (Around \$20 to \$50, depending on make and model of the laptop.) If the battery was totally dead, try gently wiggling the adapter plug around in the jack and see if any lights flash. If they do, you need to replace the power jack on the motherboard...

An unfortunately common and costly problem (I charge \$50 to replace a power jack, and it doesn't always work. A damaged power jack connection can also damage the motherboard and that's a bit beyond my expertise!)

That's a few of the more usual things that go wrong. Now if you can turn your computer on but can't get into Windows, you probably have a software problem. It might turn on and all you see is a solid blue or black screen. The dreaded Black Screen of Death (BSOD). There might be some beeps when it boots up, but these usually indicate a hardware problem like a disconnected keyboard or mouse with a desktop, or a display problem on a laptop.

Try turning the machine off, then restarting it. As it's booting up, continuously and lightly tap the F8 key. This will get you into 'Safe Mode'. You will be offered a menu of boot up choices, and safe mode will be one. Sometimes just booting into safe mode and restarting into normal mode will allow Windows to pull itself together and start up as it always does. Windows has a number of self-correcting utilities and that's just one. If you can't get into Safe Mode, or you can but still can't get into normal mode, there's a more serious software issue. More on that later.

Oh and....SAVE YOUR STUFF!



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.

Things To Do...

Free and Low-Cost Events for May 1st – 15th, 2014



Art & Design

Thursday, May 1st from 6:30 pm - 11:00 pm. **OCAD University's 2014 GradEx.** OCAD University celebrates the graduating class of 2014 with its 99th annual graduate exhibition, one of the city's biggest art events of the year. The work of more than 600 students will be displayed across all floors of OCAD U's main building including the iconic Sharp Centre for Design. The exhibition showcases art, design and new media work from all programs in the faculties of Design and Art. Feature sales include ceramics, prints and photographs. **OPENING NIGHT:** Thursday, May 1st

from 6:30 pm - 11:00 pm. Additional dates and times: Friday, May 2nd: 9:30 am - 8:00 pm, Saturday, May 3rd and Sunday, May 4th 11:00 am - 5:00 pm. For more info Contact Christine Crosbie by email: ccrosbie@ocadu.ca or by phone: 416 977-6000. OCAD University, 100 McCaul Street. All Ages. **Free Admission**

Thursday, May 1st from 10:00 am - 5:00 pm. **The Downton Abbey craze is coming to Seneca College.** Seneca's Fashion Resource Centre will celebrate the hit TV show Downton Abbey with the exhibit "Downton and Us" in the Boutique@Seneca. Join Seneca College Fashion Historian Dale Peers as you travel back in time to explore fashions from the early 1900s. This exhibit will provide an opportunity for fans to view garments from this elegant era which are housed in the Fashion Resource Centre - a collection of more than 10,000 garments and accessories from the mid-1800s to present day. Although the exhibit will not include costumes worn on the TV series, it will showcase beautiful examples of the types of garments that could have been worn by characters on the show. This free event is open to the public. For more info contact: media.release@senecacollege.ca. Seneca College's Newnham Campus, 1750 Finch Avenue East, please enter through building B. All Ages. **Free**

Saturday, May 3rd from 10:00 am - 4:00 pm. **Spring Artfest.** Come join us at Neilson Park Creative Centre for our premier new indoor art and craft event. Over 50 artists and artisans will be selling and showing their original wares. Beautiful hand-crafted pottery, jewelry, quilts, fine art, wood, fibre art, children's items, literary arts, clothing, soaps and more will be showcased For more info visit: www.neilsonparkcreativecentre.com, call Cindy: 416 622-5294 or email: office@neilsonparkcreativecentre.com. Neilson Park Creative Centre, 56 Neilson Drive. **Free Admission**

Concert Series

Thursday, May 1st to Thursday, May 15th 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 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, May 1st from Noon - 1:00 pm. **Piano Virtuoso Series.** Leonard Gilbert, piano: Appassionato. **Free**
- Tuesday, May 6th from Noon - 1:00 pm. **Vocal Series.** Allyson McHardy, mezzo-soprano and Liz Upchurch, piano. Artists of the COC Orchestra: Of Love and Longing. **Free**
- Thursday, May 8th from Noon - 1:00 pm. **Chamber Music Series.** Marie Bererd, violin; Bryan Epperson, cello and David Louie, piano. German Romanticism. **Free**
- Tuesday, May 13th from Noon - 1:00 pm. **Vocal Series.** Russell Braun, baritone. Artists of the COC Orchestra: Journeys of the Soul. **Free**
- Thursday, May 15th from Noon - 1:00 pm. **Chamber Music Series.** Artists of the COC Orchestra and Ensemble Studio: War and Peace: Handel, Bach, Albinoni. **Free**

Job Search Strategies

Wednesday, May 14th at 7:00 pm. **Resume Strategies for the Online Job Search.** Do you apply for jobs online? Did you know your resume could be automatically deleted without anybody knowing you applied? Learn the strategies you need to get through online job systems and in front of hiring managers from Best-selling Author Pamela Paterson, author of Get the Job: Optimize Your Resume for the Online Job Search. Drop-In Program. Limited Space. First Come, First Seated. For more info contact Todd Buhrows by email: tbuhrows@torontopubliclibrary.ca or by phone: 416 394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Kite Festival

Sunday, May 4th from 12:30 pm - 2:30 pm. **Earlscourt Park Kite Fest 2014!** Come fly with us at Friends of Earlscourt Park's 2nd Annual Kite Fest. Bring your kite for some non-competitive kite flying fun. And, if you like, bring a picnic lunch, too. Kids 3+ can create their own (no-pin!) pinwheels. This event is weather permitting. Check our Facebook page that morning to make sure we're still on. Meet you by the Earlscourt Park playground! Earlscourt Park, 1200 Lansdowne Avenue. All Ages. **Free**

Seniors' Events

Thursday, May 1st from 1:30 pm - 3:00 pm. **Presentation on Fraud.** Presentation on phone fraud, computer fraud, credit card fraud by R. Brock Godfrey from the Anti-Fraud Centre. Mr. Godfrey has received an award of recognition for his work from the RCMP. Refreshments following the presentation. Building is accessible. Humbervale Place, Parkwood Dining Room, 1447 Royal York Road. Seniors. **Free**

Thursday, May 15th from 2:00 pm - 3:00 pm. **Walk into Health.** Toronto Public Health Nurse Mirna will talk about: why physical activity is so important, health benefits of walking, how to use a pedometer to motivate you to walk more. For more information or to register, please call: 416 395-5720, e-mail: doprograms@torontopubliclibrary.ca, or visit the branch. Presented by Toronto Public Health. For more info contact Diana by email: doprograms@torontopubliclibrary.ca or call: 416 395-5720. Downsview Library, 2793 Keele Street. Seniors. **Free**



Market

Saturday May 3rd from 10:00 am - 4:00 pm. **Really Really Free Market.** A Really Really Free Market is a community-space for sharing – where people bring what they have to give, take what they need, all for free. It's kind of like a potluck, but for goods and services! There are lots of ways to participate in the market, such as:

- Bring Gently Used Stuff. When you arrive, look around the market to figure out how the stuff of the day has been organized and try to figure out where the stuff you brought will fit in. If you need help, look for a volunteer and ask.
- Take Stuff. There's plenty to take! Don't be shy! But we do encourage people to take things that they will use in the future (so that it doesn't end up in the garbage later).
- Hang Around. This is a community space - enjoy it and help make it enjoyable for other people.
- Contribute a Service. Such as haircuts, fix up skills, yoga classes, music/dance lessons, massage, or gardening help.
- Help Organize. Either at the event (there lots of sorting of stuff to be done). After the event (we need help finding places for all of the stuff), or behind the scenes (help keep this thing running). Contact us if you're interested:

rrfmarket@gmail.com

The May Really Really Free Market will once again have a Free Legal Advice Table. Please come with your questions! Please bring items no later than 3:00 pm, so others can see them. Take whatever you wish until 4:00 pm. No Money. No Barter. No Trade. Bring what you don't need, take what you need. For more info contact: rrfmarket@gmail.com. Campbell Park, 195 Campbell Avenue, near Landsdowne and Wallace. The market will be partly inside the Campbell Park clubhouse, and partly just outside it, unless the weather is intolerable. **Free**



Market 707 Farmer's Market. Interested in becoming a Market 707 Farmers' Market Vendor? Read our FAQ page:

http://www.scaddingcourt.org/pdflibrary/farmers-market_faq.pdf and fill out an Application Form:

<http://www.scaddingcourt.org/pdflibrary/m707-farmersmarket-applicationform-march2014.pdf>

For more info please email:

marketplace@scaddingcourt.org.

707 Dundas Street West. **Free Admission**

Walks

Friday, May 2nd – Sunday, May 4th at various times (see website for details). **Jane's Walk Festival Toronto.** Jane's Walk is a global movement of free, locally led walking tours inspired by Jane Jacobs. There were over 150 last year in Toronto alone! To find walks across the city and for more info visit: <http://www.janeswalk.org/canada/toronto/> or email: info@janeswalk.net. Various locations across the city. All ages. **Free**

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

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Disclaimer: The views expressed 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.**