

BULLETIN

511 June 16th – 30th, 2014

June 21st marks the first day of summer!!

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

Wednesday July 2nd, 2014 from 1:30 pm - 3:30 pm. Consumer/Survivor Info Session. Come and learn about the Registered Disability Tax Credit, the Registered Disability Savings Plan (RDSP), the forms needed to be eligible to start this savings plan and why you don't need a company to help you do the forms (who will then take part of your money). Dan Harris, Federal Member of Parliament will present. Hosted by the Consumer/Survivor Information Resource Centre of Toronto at the Centre for Addiction and Mental Health (CAMH), 1001 Queen Street West, Training Room A, beside the cafeteria. Registration is required: contact the C/S Info Centre at: 416 595-2882 or csinfo@camh.ca to RSVP.

Monday, July 7th, 2014 from 10:00 am - 4:00 pm. Our Community Our Future: Our Health. Our Housing. Our Rights. The Toronto CSI Network invites consumer/survivors to have their voices heard and to learn about what's happening with health care, housing and rights (see the poster on page 2). TTC tokens and lunch are provided. Registration is required. To register, please contact: C/S Info Centre at: 416 595-2882 or send us an email us at: csinfo@camh.ca. *Please let us know by Friday, June 27th if you have accommodation needs.*

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. *New location announced* It will be at 246 Sackville Street, main floor. Set up will be at 11.30 am and take down at 5:00 pm. Stick around for the art show party at 5:30 pm.

Saturday, July 19th, 2014 from 1:00 pm – 4:00 pm. Art Show at A-Way. Courtyard at 2168 Danforth Avenue. Rain location: inside A-Way's office at the same address.

****Stay tuned for the next issue of The Bulletin, July 1st – 15th: The Mad Pride Program! ****



Our Community Our Future

Our Health Our Housing Our Rights

The Toronto CSI Network invites consumer/survivors to have their voices heard and learn about what's happening with health care, housing and rights.

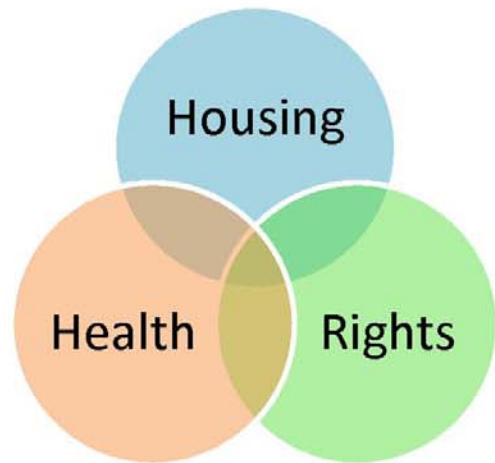
The Toronto CSI Network is made up of consumer/survivor initiatives that receive funding from the Toronto Central LHIN (Local Health Integration Network)

Monday July 7, 2014, 10 am – 4 pm

Friends House, 60 Lowther Avenue, Toronto

TTC tokens and lunch provided

Registration required. Please contact:
Consumer/Survivor Information Resource Centre
416-595-2882
csinfo@camh.ca
If you need any disability accommodations, please let us know by June 27th



Funded by Toronto Central Local Health Integration Network (LHIN)



Co-sponsored by:



A mad get together for Mad Pride Week, July 5-13, 2014 in Toronto

Community Announcements

Consumer/Survivor Info Session

Wednesday, July 2nd, 2014

1:30 pm - 3:30 pm

The Consumer/Survivor Information Resource Centre of Toronto will be holding an information session on the Disability Tax Credit, the Registered Disability Savings Plan (RDSP), the form T2201 (which needs to be filled out by your doctor in order to get this tax credit or to open one of these savings accounts) and to start getting the grants from the government. We will also address the companies that have sprung up to 'help' you do these forms, but who will then take money that belongs to you.

Dan Harris, Federal MP will be here to lead the discussion.

Centre for Addiction and Mental Health (CAMH)
1001 Queen Street West
Training Room A (near the cafeteria)

Please register by Friday, June 27th
so we can plan for chairs & refreshments:
416 595-2882 or csinfo@camh.ca

Creative Spirit Art Centre

Group Art Exhibition



We are delighted to present:

**Creative Spirit Artists
Art Brut Sometimes
Art Friends Forever**

Group Exhibition

Celebrating 22 years of art made by artists with and without disabilities.

When: June 24th through July 31st, 2014

Reception: Saturday, July 5th from 1:00 pm – 4:00 pm

Change of Hours for: June 24th through July 4th: 1:00 pm – 4:00 pm

Closed: July 11th through July 16th

Location: Creative Spirit Art Centre, 999 Dovercourt Road

Creative Spirit Art Centre is also presenting, "The Universally Accessible Art Gallery/Studio" at the "International Summit on Universal Accessibility", in Ottawa from July 12th – 15th for more info visit:

www.accessibilitysummit.ca

MONTHLY TALK

A free health talk for patients, families,
staff and community members of UHN



TWH Patient and Family Library present:

Exercising and staying active



- TOPICS:**
- Types of exercise and their benefits
 - Health conditions and safety issues affecting exercise
 - Finding affordable exercise facilities and programs

There will be a question and answer period after the presentation.

SPEAKERS: **Holly Wykes**, R.Kin., B.P.H.E. (Hons), B.Ed.
Registered Kinesiologist, UHN Cardiovascular Prevention & Rehabilitation

Kelly Angevaare, R.Kin., MSc, ACSM RCEP®
Exercise Physiologist, UHN Cardiovascular Prevention & Rehabilitation

DATE & TIME: Friday, June 27, 2014 1:00 pm – 2:30 pm

LOCATION: Toronto Western Hospital
Auditorium, 2nd floor, West Wing
399 Bathurst St. (just north of Dundas St. W.)

REGISTER: Email sarah.cunningham@uhn.ca or call 416-603-6475

Watch the presentation live (in English) at <http://webcast.otn.ca>

This talk will be presented in English. If you need interpretation, register at least 1 week before the talk. On the day of the session, arrive 30 minutes before it begins.

UHN is a scent-free organization. Please don't wear any scented products.



www.uhnpatienteducation.ca



Articles & Reports

In crisis: Why are police apprehending more mentally ill people?

Mental Health Act apprehensions have skyrocketed over the past two decades, sparking alarming questions about community services for the mentally ill.

By: Staff Reporter, Laura Kane, Published in The Toronto Star on Sunday, June 1st, 2014

Toronto police are apprehending more people than ever before and taking them to hospital under mental health legislation, according to data obtained exclusively by the Star. Mental Health Act apprehensions in the city have skyrocketed over the past two decades – from 520 in 1997 to 8,441 in 2013, raising questions about community services for people with mental illness.

Advocates say changes in the legislation and chronic funding problems in the mental health system are prompting increased encounters between police and people with mental illness, which can [end in tragedy](#).

"I absolutely think that the underfunding has led to police seeing more people with mental health problems and crises than they ought to," said Dr. Vicky Stergiopoulos, psychiatrist-in-chief at St. Michael's Hospital. Michael Eligon was shot and killed by police on February 3, 2012 "I think it's a direct reflection not only of the underfunding, because you can throw a lot of money at a system that's broken and it's not going to fix it. I think we need a complete redesign of services."

Ontario's Mental Health Act allows police to take people to hospital if they pose a risk to themselves or to others, or are unable to care for themselves.

The provincial act was last updated in 2000, with the controversial Brian's Law, named for sportscaster [Brian Smith](#), who was killed by a man suffering severe mental illness. The law expanded police powers and responsibilities in a number of ways. For one, police are no longer required to observe the person's disturbed behaviour firsthand. It also created "community treatment orders," which compel people to take medication or face being apprehended by police and taken back to hospital.

Anita Szigeti, a lawyer with the Empowerment Council, an advocacy group representing people who have accessed psychiatric services, said the impetus for Brian's Law was to intervene sooner, when a person's mental state first starts to deteriorate. But no new in-patient psychiatric beds have been added. "Who's not in that bed is the person who wants to be admitted, who knows they've decompensated, who is feeling like they're going to hurt themselves or hurt someone else," Szigeti said. "Those people can't get a bed, because all the beds are taken up by people who don't want to be there," and who in fact may pose no risk to anyone, she said.

Szigeti said community treatment orders were supposed to be reserved for the most chronically unwell people, about 250 across the province. Now, there are at least 5,000 of those orders imposed on people who don't necessarily need them and who would be compliant with medical orders anyway, she said. "I don't know what, if anything, the legislation has done to help. All it's really done is exponentially increase contact with the police, and people are getting shot and killed," she said.

Some advocates say the rising number of Mental Health Act apprehensions may be a good sign: where officers may have previously arrested people suffering from an emotional crisis and taken them to jail, perhaps now they are better trained to recognize the signs of a mental illness and are taking those people to hospital instead.

Barry Swadron, a civil rights lawyer who wrote the 1967 Mental Health Act, and who represented the family of [Jeffrey Munro](#), a mentally ill man killed by another inmate while housed in the psychiatric unit of the Don Jail, said he was encouraged by the statistics, to a certain extent. "If (people with mental illness) are acting in a disorderly manner, you can be sure that there's some crime they could be charged with. But to take them directly to a psychiatric facility where they're going to be examined is a far more humane approach," he said.

Ontario's mental health funding has declined since the 1970s, from 11.3 per cent of health care funding to 7 per cent. This is less than the national average of 7.2 per cent, and significantly less than the target of 9 per cent recommended by the Mental Health Commission of Canada in its national strategy on mental health in 2012. Some high-income countries, including the U.K. and Sweden, invest more than 10 per cent of their health budget on mental health services, wrote Steve Lurie, executive director of the Canadian Mental Health Association's Toronto branch, in a [recent report](#).

"A lack of funding is actually a structural representation of stigma. It's the 'out of sight, out of mind' phenomenon. This isn't a big enough priority," Lurie said in an interview.

Advocates say that community mental health services are crucial to keeping people out of hospital. These services include, for example, the [Gerstein Crisis Centre](#) in Toronto, which offers supportive counselling, telephone support, community visits and a ten-bed, short-stay residence.

But currently, these kinds of services are often difficult to reach, plagued by long wait lists and chronic under-funding. Further, there is a dire need for supportive housing and more employment services, said Stergiopoulos.

“You can provide all the care you want, if somebody is homeless, it’s not going to help them very much,” she said. “If you look at who the frequent users are of services, a lot of them are poor, experience social disadvantage and housing instability. We need to look at all the contributors to this.”

David Jensen, spokesperson for the Ministry of Health and Long-Term Care, said the province released a 10-year mental health and addictions strategy in 2011. The first three years of the strategy focused on children and youth, with funding of \$93 million. An additional \$65 million was proposed in the 2014 budget.

The province also doubled spending on community mental health over the past decade, from \$399 million in 2003 to \$810 million in 2013, said Jensen. (This still represents a small fraction of overall increased health spending.)

Deputy Chief Michael Federico, a 40-year veteran of the Toronto police, has taken leadership of the mental health file. He said police were experiencing a rising number of calls about what they term “emotionally disturbed persons” — about 20,000 such calls in 2011.

Federico said there is more awareness of mental health disorders in society and thus more people are seeking help for themselves or loved ones. But many calls to police would be better responded to by community agencies or mental health professionals, he said. “I’m not going to tell people, ‘Don’t call police,’” he said. “But if it’s a situation where a person is struggling and feeling more anxious and looking for a re-introduction into a stream of care, that would be much better handled (by) somebody other than the police.”

Toronto police are trained to [speak to people with mental illness calmly and to offer to help](#). But their options are limited: they can refer someone to a community service, apprehend them under the Mental Health Act or walk away because they have no authority to act, Federico said.

He called it a “truism” that the best way to prevent lethal encounters between police and people with mental illness is to avoid those interactions in the first place.

“Sadly, we will be called where a situation is now out of control. When we look back upon the individual’s history, we can easily identify intervention points. The problem is, does the community have the capacity to intervene at that point?” he asked.

A recent inquest into the police shooting deaths of three mentally ill people — Michael Eligon, 29; Reyah Jardine-Douglas, 25; and Sylvia Klibingaitis, 52, [recommended](#), among other things, that police stop automatically handcuffing people taken into custody under the Mental Health Act. Advocates say handcuffing people shames them and makes them feel like criminals.

When asked about this recommendation, however, Federico said that officers only handcuff people when necessary. This came as a surprise to Jennifer Chambers, director of the Empowerment Council. “That’s not what they’re telling clients,” she said. “Clients say, ‘The police told me they have to handcuff everybody.’ . . . I haven’t heard of anyone who’s not been handcuffed. Perhaps I haven’t met them.”

She said she was concerned by the increasing number of involuntary hospitalizations under the Mental Health Act. “The answer to people being distraught is not institutionalizing them. There’s so much evidence to show that isn’t necessary. Instead, you need to start with social determinants of health and good community supports.”

Keeping Work

Report: Supporting homeless people to start, stay in, and thrive at work

The following report was sent to us in our Homeless Hub newsletter. Although it speaks about the value of work to people who are homeless, we at the C/S Info Centre feel it’s also relevant for consumer/survivors who are starting back in the workforce or maintaining employment. If you’re a consumer/survivor, an employer, or both, this is a must read.

Link to the full report here: <http://www.homelesshub.ca/resource/keeping-work-supporting-homeless-people-start-stay-and-thrive-work-guide-employers>

Studies & Focus Groups

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 or focus groups.



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. 30620.

** 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.



Looking for Focus Group Participants: Ethno-racial people with disabilities

ERDCO (Ethno-racial People with Disabilities Coalition of Ontario) is a cross-disability non-profit organization established in 1993 to address the needs and issues of ethno-racial people with disabilities.

ERDCO has received funding from the city of Toronto for a project looking at employment challenges faced by ethno-racial people with disabilities. Through focus groups we would like to know what experiences you have had with organizations which provide job finding services and the challenges you have faced finding employment. If you are an ethno-racial person with a disability interested in sharing your experience please contact Candice Botha: candice.erdco@gmail.com or 416 351-0095 ext. 255.

This information will help us to find out how we can work with employment services to address these employment barriers. Light refreshments and attendant care will be available. TTC Tokens available and \$10 honorarium upon request only when you RSVP.

Employment & Training Matters

Are you looking for work? Did you know that the C/S Info Centre has a **job posting bulletin board** inside of our office? Come in and see us and say "hi". We'll gladly photocopy any job postings that are of interest you.

Currently there are **2 vacancies for Peer Support Workers at CAMH**. Come in and grab a photocopy of the job postings or visit the following links for a complete description or to apply:

<http://www.recruitingsite.com/csbsites/camh/JobDescription.asp?SuperCategoryCode=15233&JobNumber=731148&lang=en>

<http://www.recruitingsite.com/csbsites/camh/JobDescription.asp?SuperCategoryCode=15233&JobNumber=730492&lang=en>

Things To Do...

Free and Low-Cost Events for June 16th – 30th, 2014

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



50+ Events

Monday, June 16th from 7:00 pm - 8:00 pm. **Internet Safety for Seniors**. Library staff lead a workshop to help boomers and seniors be safe online. Topics include: being aware of online hoaxes, preventing identity theft and keeping personal information secure when shopping online. To register or for more info call: 416 394-1000. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Adults 50+. **Free**

Thursday, June 26th at 2:00 pm. **Live Stand-Up Comedy with Jack Garson!** Celebrate Seniors' Month with Jack Garson. Jack Garson's performance is a mix of country-pop and oldies music, improvisation and comedy. His program will encourage participants to talk, sing and dance! Please register at the information desk or call: 416 394-5247. For more info contact Helen Delaurier by email: hdelaurier@torontopubliclibrary.ca or by phone: 416 394-5247. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. Seniors. **Free**



Canada Day Celebrations

Friday, June 27th through Tuesday, July 1st from 10:00 am - 11:00 pm. **Canada Day Extravaganza**. It's the biggest birthday bash in town and everyone's invited. We're bringing together an array of visionary artists, ideas, Canadiana and communities for a lavish weekend full of spectacle, fun and Canada Eve Fireworks! Harbourfront Centre, 235 Queens Quay West. All Ages. **Free Admission**

Saturday, June 28th through Tuesday, July 1st from 11:00 am - 11:00 pm. **Canada Day Rotary Ribfest**. Midway rides, great food and entertainment, merchandise booths and

Ribs! Ribs! Ribs! For more info contact Sandra Whiting by email: info@sandrawhiting.com, visit the website: <http://www.rotarymulticulturalfestival.com> or phone: 416 573-1375. L'Amoreaux Community Centre Grounds, 2000 McNicoll Avenue (at Kennedy Road). All Ages. **Free Admission**

Tuesday, July 1st. **Celebrate Canada's 147th birthday** at Mel Lastman Square with an evening of live music and dance performances, family activities and a spectacular fireworks show choreographed to music. For more info visit: <http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=ce1b7cc3b5e91410VgnVCM10000071d60f89RCRD&vgnnextfmt=default>. Mel Lastman Square, 5100 Yonge Street. **Free Admission**

Concert

Thursday, June 26th from 7:00 pm - 8:30 pm (this event repeats). **Edwards Summer Music Series: Gardens of Song.** Thursdays starting at 7 pm: June 26 through August 28. Come enjoy 10 concerts by an eclectic roster of popular artists, set in the natural beauty of the gardens. Rain or Shine. Bring your own chair or borrow a stool from our visitor's booth. General seating. In the event of rain, concerts will be held in the Floral Hall. Please note: Artists and programs are subject to change without notice. Generously sponsored by the Edwards Charitable Foundation. For more info visit the website: <http://torontobotanicalgarden.ca/enjoy/special-events/gos-su>. Toronto Botanical Garden, 777 Lawrence Avenue East (at Leslie). All Ages. **Free**

Festivals

Friday, June 20th through Sunday, June 22nd from 9:00 am - 10:00 pm. **Redpath Waterfront Festival.** With a footprint of 2 kilometers along Toronto's waterfront, from Spadina to Sherbourne, the action packed Festival will have something for everyone. There will be no shortage of adrenaline pumping entertainment as we host the 2014 Flyboard® North American Championships and the 2014 DockDogs® World Qualifying Championships, presented by the Toronto Port Authority. Head over to Sugar Beach and unwind while the hottest new musical talent in Toronto entertains you at the Emerge Artists' Showcase. Bounce over to HTO Park East where our 'KIDS ZONE' is full of Parks Canada fun, Toronto Brigantines adventure and inflatable castles. For more info email: info@tewaterfrontfest.com. 207 Queens Quay West. All Ages. **Free**

Thursday, June 26th from 7:00 pm - 9:00 pm. **Toronto Film Festival - Best of Shorts.** This is the 4th event at the Carlton Cinema and could be our best showcase of short films ever. A slate of very clever films with high production budgets. RSVP your seats now for the event by clicking the link: <http://www.wildsound.ca/torontofilmfestivals.html>. Plus also see full details of every film being played. For more info contact Matthew Toffolo by email: info@wildsound.ca or by phone: 416 925-8991 or visit the website: <http://www.wildsound.ca/torontofilmfestivals.html>. Carlton Cinema, 20 Carlton Street. All Ages. **Pay What You Can, Suggested Donation: \$4**

Friday, June 27th from 6:30 pm - 9:00 pm. **Canadian, Eh!** Come celebrate Canadian Multiculturalism Day! Enjoy live music and entertainment, sweets from around the world, dancing and more! For more info contact Elaine Savva by email: shm@toronto.ca or by phone: 416 338-8807. Scarborough Museum, 1007 Brimley Road. All Ages. **Free Admission**

Laughter Yoga

Thursday, June 19th from 12:10 pm - 12:50 pm. **Laughter Yoga.** Taught by certified laughter yoga teacher Carlos Gongora. For more info phone: 416 395-5649. North York Central Library, 5120 Yonge Street, Room 2. Adults. **Free**

Markets

Wednesday, June 18th from 3:00 pm - 7:00 pm (this event repeats). **UTSC Farmers' Market.** The 5th Annual UTSC Farmers' Market is back!! Every Wednesday starting June 4th, 2014 to October 8th, 2014! 3:00 pm – 7:00 pm on University of Toronto Scarborough Campus - in the Parking Lots! (On Military Trail between Ellesmere & Morningside.) Contact: Billi Jo Cox by email: farmersmarket@utsc.utoronto.ca or by phone: 416 208-2719. University of Toronto at Scarborough (UTSC), 1265 Military Trail. All Ages. **Free**

Saturday, June 21st from 8:00 am - 1:00 pm (this event is repeating). **Farmers' Market at Evergreen Brick Works.** The heart of our food programming beats in the over 60 farmers and food producers who take part in the weekly Farmers' Market at Evergreen Brick Works. Open all year long, the Saturday Farmers' Market features a large assortment of fruits, vegetables, wild fish, meat, cheese, bread, eggs and more, all from local farmers and producers. Shop for locally made crafts, gifts and soaps, or grab a snack at the Local Food Court. Contact: Marzio Silva by email: msilva@evergreen.ca or visit the website: <http://www.evergreen.ca/whats-on/event-details/9536> or phone: 416 596-1495. Evergreen Brick Works, 550 Bayview Avenue. All Ages. **Free Admission**

Meditation

Monday, June 16th from 7:00 pm - 8:00 pm. **Stress Management Through Restorative Meditation,** led by a Meditation Toronto Instructor. Class includes 20 minutes of meditation and 40 minutes of stress-relieving stretches. Participants must bring their own yoga mat. Drop-in class. Limited space. First come, first seated. For more info contact Todd Buhrows by email: tbuhrows@torontopubliclibrary.ca or by phone: 416 394-5247. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. Adults. **Free**

Movie

Thursday, June 26th at 2:00 pm. **Movie: Dallas Buyers Club (2014).** In 1985 in Dallas, electrician and hustler Ron Woodroof works around the system to help AIDS patients get the medication they need after he himself is diagnosed with the disease. For more info phone: 416 395-5441. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. Adults. **Free**

Small Claims Court

Tuesday, June 24th at 7:00 pm. **Small Claims Court 101.** You will have access to an experienced personal injury litigator, get tips on a successful negotiation, effective drafting and trial preparation - everything you need to know about the small claims court process. For more info phone: 416 395-5441. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. Adults. **Free**



Swimming – Toronto Public Outdoor Pools

Saturday, June 21st is the magic day for many **Toronto Outdoor Public Pools**; it marks the opening of a season that lasts until the end of August as well as it is the first day of summer!! The City of Toronto has 58 outdoor pools for residents and visitors to have fun in the sun and make a splash while enjoying the warm summer weather. Outdoor pools are always free to get in. For a complete list of city outdoor pools and opening and closing hours please visit: <http://www1.toronto.ca/parks/prd/facilities/outdoor-pools/index.htm> or call 311 to ask where your nearest swimming pool is. **Free!**

World Pride – Toronto 2014

June 20th through June 29th. **Pride Toronto** exists to celebrate the history, courage, diversity and future of Toronto's LGBTTIQQ2SA (Lesbian, Gay, Bisexual, Transsexual, Transgender, Intersex, Queer/Questioning, 2 Spirited, Allies) communities. Pride Toronto is the not-for-profit organization that hosts Pride Week, one of the premier arts and cultural festivals in Canada. Pride Week is also one of the largest Pride celebrations in the world, with an estimated attendance of over 1.2 million people celebrating the history, courage, diversity and future of Toronto's LGBTTIQQ2SA communities. For a full list of events and locations visit: <http://worldpridetoronto.com/>.

Yoga

Thursday, June 26th from 6:00 pm - 8:00 pm (this event repeats). **Yoga at Exhibition Common, Harbourfront Centre.** Thursdays, June 26th through August 28th. Free outdoor yoga classes for all levels. Bring your mat! Instructor Eric Anastacio's weekly all-level classes are open to everyone – from beginners to advanced yogis. Eric will feature an emphasis on one of the following yoga styles (one per week): Yoga for the heart, Yoga for the runners, Yoga for stress, Full yoga experience. For more info email: info@harbourfrontcentre.com or visit the website: http://www.harbourfrontcentre.com/whatson/today.cfm?id=5920&festival_id=0 or phone: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. 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.

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 Integration Network). It's free to receive. If you don't have email you may receive it by regular mail through the generous support 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.**