



~ Hello September! ~

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

# BULLETIN

# 516 September 1 – 15, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto  
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

### Labour Day Fun! Let's Go To The Ex – September 1<sup>st</sup>, 2014

Hello Bulletin Subscribers! Many people have been asking if the EX is free of charge this year for low income people with a disability. We are happy to say it is. The C/S Info Centre was tipped off by a CAMH Community Ambassador. We called the CNE and were told that if you are a low income person with a disability you will get into the Ex for free and can also bring (1) support person with you, complimentary as well. No proof is required, but we'd suggest bringing your OW or ODSP stub for back-up. If you have any troubles (we hope you won't), ask for the gate manager or call: 416 263-3330.

### Toronto's Most Inclusive Spaces Award Voting is now open

You'll notice on the next page (2), there's a poster for Toronto's Most Inclusive Spaces Award. This gives you the opportunity to vote for your favourite spaces within your community that make you feel valued and included. Please have a look at the poster to determine if you would like to cast a vote.

There are 3 ways to vote:

- 1.) Online via this link: <http://fluidsurveys.com/s/TMIS>
- 2.) Over the phone: by calling CAMH: 416 535-8501 x 37617 or x 34065
- 3.) Or by paper copy: The C/S Info Centre has copies available if you need one.



Community Announcements 1-5 Open Dialogue 6 Employment Matters 7 Things To Do...7-9 Membership Form 10

# Toronto's Most Inclusive Spaces Award

## VOTE NOW for the most welcoming spaces in your community

The Toronto's Most Inclusive Spaces (TMIS) Awards are a way to recognize and celebrate the people who have created welcoming spaces in downtown Toronto. The awards have been established by a collaboration of the Empowerment Council, the Centre for Addiction and Mental Health, Consumer Survivor Info Centre, Dream Team, and Parkdale Activity-Recreation Centre (PARC).

With the many ways in which people with mental illness/consumer survivors face discrimination and the impacts that has on people's lives and sense of wellbeing, we want to hear about and recognize those people who make our communities better places to live in.

**We need your help to do this!** We want your vote on two categories of community spaces – *for profit* businesses (e.g., coffee shop, restaurant, convenience store, bank), and *not-for profit* organizations and services (e.g., library, health clinic, drop in centre) that you think are welcoming spaces.

You'll vote on spaces where you:

- feel included
- feel like a valued member of your community
- are respected
- feel comfortable
- do not experience discrimination, this could be based a number of things, such as gender, age, race, sexual orientation, language, appearance, or any other possible reason
- are treated fairly
- have the same opportunities as those without mental health concerns

All votes are completely anonymous. You will not have to indicate your name or any other identifying information. Votes are limited to one per person. **Voting will close on the 7<sup>th</sup> September 2014.**

The winners will be announced on our website and recognized for their contribution to making this city a better place to live.

**VOTE NOW online at:** <http://fluidsurveys.com/s/TMIS/>

For more information, please contact us on [communitypart@camh.ca](mailto:communitypart@camh.ca) or 416-535-8501 x. 37617



This program of work has been funded by:



# The Friendly Spike Theatre Band

Presents "Alter narratives "

# Not The Same Old Story

With  
 Honey Novick  
 Darlene Lucas  
 Charlene Zacks  
 Penny Riegle  
 Marlene Charney  
 Donia Saad  
 Rob Italiano  
 Dackman David Cheung  
 Henrik Kartna  
 Dawn D'Cruz  
 Andrea Hatala  
 Una Markovich  
 Dominique Phillimore

 <b>Friendly Spike Theatre Review</b> February 3 <sup>rd</sup> , 2012 Toronto, Canada <b>Psychiatric patient shot dead by Police</b>	 <b>Friendly Spike Theatre Review</b> February 20 <sup>th</sup> , 1997, Toronto, Canada <b>Homeless psychiatric survivor gunned down by Toronto Police</b>	 <b>Friendly Spike Theatre Review</b> May 4 <sup>th</sup> , 1907, Toronto, Canada <b>Racist Medical Superintendent deports psychiatric patient</b>
September 1998, Toronto, Canada <b>Parkdale Psychiatric Survivors Organize Pride Event</b>	Toronto, Canada <b>Drama (and other performance art) As Awareness Raising Tools</b>	1905, Toronto, Canada <b>Delusional Woman Insists on Payment for Work</b>
April, 2012, Nathan Phillips Square, Toronto, Canada <b>'Mad as Hell' about Moving Allowance Cuts!</b>	May 10 <sup>th</sup> , 1910, Toronto, Canada <b>Letter Writing Psychiatric Patient Demands Wages for Unpaid Labour</b>	October 1999, Toronto, Canada <b>Holocaust Survivor Daughter Speaks Out!</b>
		September 20, 2010, Toronto, Canada <b>Backward Play Presents Future Apocalypse</b>

Directed by **Ruth Ruth** Stackhouse  
 Movement/Dance Direction by **Rachel** Gorman  
 Autobiographical Story-Telling Direction by **Kim** Kilpatrick  
 Musical/Vocal Direction by **Honey** Novick  
 Comedy/Humour Direction by **Alan** Shain

Stage/Production/Media and Video by **Heinz** Klein  
 Photographers **Helen** Posno, **Jo-Anna** Davidson, **Gian** Mura and **Peter** Chapman

The play is in the format of a news paper called *The Friendly Spike Theatre Review*: The stories are told by the actors, who find their point of entry into the play through the headlines.



**Date: September 5, 2014 - 6 pm**

**May Robinson Auditorium**

**20 West Lodge Avenue, Toronto**

(One block east of Landsdown, walk North from Queen Street West)

RSVP [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) or 647 729 9068



CELEBRATING 40 YEARS



**ONTARIO ARTS COUNCIL**  
**CONSEIL DES ARTS DE L'ONTARIO**  
 an Ontario government agency  
 un organisme du gouvernement de l'Ontario



Community  
Resource  
Connections  
of Toronto

*Are you bothered by voices?*

*Interested in learning more?*

## Register for CBTp\* Group

*\*Cognitive Behavioural Therapy for Psychosis*

### **In this 16-week group you will learn:**

- » What it means when someone hears voices. How can we explain voice hearing?
- » The relation between stress and hearing voices, and understanding the meaning of the voices.
- » How to decrease the voices' impact on your day-to-day life
- » Keeping track of the voices: when are they worse, when are they better?
- » Sharing and learning new strategies on how to cope – developing a tool box of strategies

**When:** Every Tuesday of the month for 16-weeks

**Date:** Tuesday, September 9<sup>th</sup> to Tuesday December 23<sup>rd</sup>, 2014

**Time:** 1:00 pm to 3:00 pm

**Where:** 210 Dundas Street West, 4<sup>th</sup> Floor, Boardroom

Free. Tokens and snacks will be provided.

You must be eligible to attend this group. To register please contact Deqa at 416-482-4103 ext. 223 or [dfarah@crct.org](mailto:dfarah@crct.org)

## Fall Means... Board Recruitments

### Gerstein Crisis Centre is seeking Volunteers to join our Board of Directors

The Gerstein Crisis Centre provides crisis intervention to adults 16+ living in the City of Toronto, who experience mental health problems. The Centre provides telephone, face to face and on site support for individuals in crisis including those experiencing issues related to substance use. Our service is community based and non-medical. In 2007, Gerstein Centre opened a second site in the west end of Toronto. The second site provides short term crisis support for persons with mental health problems who are also involved with the criminal justice system.

The Gerstein Centre is looking for volunteers for our Board of Directors, able to commit 3-5 hours per month for a minimum of one one-year term. The Board meets once a month. Currently, there are committees in the following areas: Human Resources, Fundraising, Governance/Nominations and Finance. Expertise in any of these areas would be considered an asset.

Gerstein Centre is committed to equity principles and hopes to broaden the diversity of the Board. We are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system.

If you are interested in this opportunity or would like more information, please contact Susan Davis (Executive Director) by phone at 416 929-0149 x 222 or by e-mail at [susandavis@gersteincentre.org](mailto:susandavis@gersteincentre.org) by **September 19<sup>th</sup>, 2014**.

You can also find more information on our website at <http://www.gersteincentre.org/volunteer>

## ARCH

ARCH's Nominating Committee invites applications from across Ontario from those interested in serving on the ARCH Board of Directors to fill two vacancies. Interested applicants should send an email expressing interest together with a résumé or short biography to Ivana Petricone at [petricoi@lao.on.ca](mailto:petricoi@lao.on.ca) by September 5, 2014.

Please visit the link to see the ads in French and English: <http://www.archdisabilitylaw.ca/?q=node/959>.

## A-Way Courier

A-Way Courier is also looking for Board members. The application deadline is September 14th. The term is two years and meetings are held on Wednesday evenings. Knowledge of Toronto's history of consumer/survivor socio-political and economic activism is an asset. More info at [www.awaycourier.ca/](http://www.awaycourier.ca/). Applications to Edith Sinclair, Chair of the Human Resources Committee at [edith.sinclair@utoronto.ca](mailto:edith.sinclair@utoronto.ca) by September 14th.

## Fall Means...Our Annual General Meeting

The C/S Info Annual General Meeting will be held

Wednesday, October 22nd, 2014 at 6:00 pm

at the Friends House, 60 Lowther Avenue.

Please join us for the meeting, and/or for food, music, fun and friendship.

Fall also means the starting of new groups. The Krasman Centre in Richmond Hill will be starting **FWRAP – Family Wellness Recovery Action Plan**. For more information, please contact Karen Cox at 905 780-0491 or 1 888 780-0724 or [k.cox@krasmancentre.com](mailto:k.cox@krasmancentre.com).



Have a mental health dilemma? Want to be heard? We've got the perfect space to do it – right here in The Bulletin. You can remain anonymous if you wish, or you can use a pseudonym or your real name when we post your reply – please let us know what your preference is.



Last issue, we had a question from Vanessa. She asked,  
**“My mom is worried about the side effects from my meds and says I should stop everything right now. How can I ease her concerns??  
What should I do??”**

**Some of you wrote in to answer Vanessa's question. Here's what you had to say:**

Dear Vanessa:

These are excellent questions. All of the psych meds have side effects, some worse than others, and it's often a challenge staying on them. **The good news is that you can go off many of them**, and my psychiatrist has shown me how to do it. You should never go off of everything at once, or without your psychiatrist's knowledge. You could become very ill if you do. I speak from knowledge, as I did go off of everything a few years ago and I was a disaster.

Tell your psychiatrist that you want to go off as many of your meds as you can. Start with one drug, and very slowly lower the dosage on that one. Your psychiatrist should know which one to start with and how slowly to go off.

When you are completely off that one, have your doctor pick the next one, and repeat this process until you are only taking the meds you absolutely need to take to keep you healthy.

With this method, I have been able to go off of 3 drugs and am working on #4. My doctor thinks I can probably go off of one more, but that would be my last.

Re: your Mom. Have her read this response and ask for her support as you slowly lower your dosages and watch the side effects leave.

Your friend, B.

Vanessa, there's a lot of hype about how terrible psych medication is for you these days. I say, stick with what works for you and decide for yourself without being pressured by family, friends or the popular culture. I had to tell my sister to bug off because she kept telling me to go off all my medication. I know I need it.

Hi,

The girl whose mother wants her to stop her meds needs attending to. She should not stop medication without being under the direction of her doctor; it could be dangerous. If she has side effects there are various vitamin supplements that can help with and even eliminate those side effects and such supplements are not dangerous to use with medication.

There are nutrient tests available and other testing that even one's own medical doctor can do. Using particular nutrients (and diet) to suit the needs of an individual is called orthomolecular medicine and it is practiced by many doctors and other health practitioners. The organization that promotes this type of treatment that improves outcomes is [www.isfmentalhealth.org](http://www.isfmentalhealth.org). While our name is International Schizophrenia Foundation, a chartered charitable foundation in Canada since 1968, that started out as an education organization to help educate the public and medical professionals about orthomolecular treatment of schizophrenia, soon extended to all forms of mental illness, such as bipolar, depression, anxiety, ADHD and more. You can contact the ISF office at 416 733-2117.

If you'd like to reply or you have a question for others, write us at: [csinfo@camh.ca](mailto:csinfo@camh.ca) or mail us at: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto ON M6J 1H4 and we'll publish it in The Bulletin. \*Due to space constraints, we may edit the length of your response.\*

# Employment and Training Matters

## Dynamic Resumes: COSTI

Wednesday, September 10<sup>th</sup>, 2014 from 3:00 pm - 4:00 pm  
Dufferin/St. Clair Library 1625 Dufferin St

Learn how to write targeted resumes using key words and accomplishment statements, and identify what information employers are looking for when they review resumes. Registration required. This workshop is free of charge and for adults. Call the library at: 416 393-7712 to register and/or for more info.

## Ace Your Interview: COSTI

Thursday, 11 September 2014 from 3:00 pm - 4:00 pm  
Dufferin/St. Clair Library 1625 Dufferin St

Discover how to handle challenging interview questions with confidence. Learn how to collect, compile and present information that will showcase your skills and experience. Register in advance. This workshop is for adults and free of charge. Call the library at: 416 393-7712 to register and for more info.

## Computers...help!



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. And if you have any computer article suggestions for Martha please let us know!

## Things To Do...

Free and Low-Cost Events for September 1<sup>st</sup> – 15<sup>th</sup>, 2014

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

\*As switcheroos to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend\*

### Bonsai Lovers

Saturday, September 13<sup>th</sup> from 9:00 am – 4:00 pm. **Misseto Bonsai Club Show.** [information@missetobonsai.org](mailto:information@missetobonsai.org). Sheridan Nurseries, 2069 Burnhamthorpe Road East. All Ages. **Free**

### Book Lovers

Thursday, September 11<sup>th</sup>, Friday and Saturday 10:00 am – 4:00 pm, all three days. **BOOKS 25 TO 50 CENTS.** Book Ends, located at the North York Central subway stop, below the North York Central Library, is having a 1/2 price sale (except special-priced, blue dot books). Novels, mysteries, sci-fi, westerns, romances, history, religion, philosophy, travel, children's & teen books, graphic novels, and more. Please bring your own bags. Proceeds go to Toronto Public Library. [bookendsnorth@hotmail.ca](mailto:bookendsnorth@hotmail.ca). North York Central Library Concourse, 5120 Yonge St. All Ages. **Most from 25 to 50 cents.**

### Festivals

Friday, Sept 12th from 5:00 pm to midnight & Saturday, September 13th. **Bloor West Village Toronto Ukrainian Festival.** There will be non-stop entertainment including dancers, vocalists and musicians. Delicious authentic Ukrainian food and beverages, beautiful souvenirs, interactive pavilions, and more. You can also enjoy sidewalk shopping at the local Bloor West Village businesses and a midway for kids and youth. Take in the colourful parade on Saturday morning at 11:00 am. For more information, check out [www.ukrainianfestival.com](http://www.ukrainianfestival.com) or Sonia Holiad Email: [sholiad@rogers.com](mailto:sholiad@rogers.com). Bloor West Village BIA, 2 Jane Street West. All Ages. **Free**

Saturday, September 13<sup>th</sup> from 10:00 am to 3:00 pm. **Toronto Pearson Street Festival 2014.** Experience airport culture at our good ol' fashioned, family-friendly Street Festival! We're your airport and your neighbour. Join us as we celebrate our great community. Come and get a behind-the-scenes look at what happens between check-in and take off at Canada's busiest international airport! Meet the people who keep Toronto Pearson running smoothly; See some of our airport equipment up close; and visit the kids' zone, food tent and view live entertainment on our community stage. Don't wait, register now! It's quick, easy and can be done online. Info at [community.engagement@gtaa.com](mailto:community.engagement@gtaa.com). Toronto Pearson International Airport, 3111 Conair Drive. All Ages. **Free Admission**

Sunday, September 14<sup>th</sup> from 10:00 am – 8:00 pm. **Destination: Thailand.** Experience Thailand in downtown Toronto - Thailand, the first Thai festival to take place at Yonge-Dundas Square, is a cultural event organized by the Royal Thai Embassy in Ottawa to celebrate Thai culture in Canada and transform the square into a mini Thai street corner. Taste authentic Thai in Toronto: Linda Modern Thai, the first Canadian recipient of the Thai Select Premium designation, will be serving a selection of their award-winning authentic Thai dishes. Executive Chef Wing Li and Chef Chris Jang of Linda Modern Thai prepare and curate locally inspired dishes including Crispy Beef Panang, Thai sausages and Tom Yum Salad. Contact: [chantelle@thesirengroup.com](mailto:chantelle@thesirengroup.com). Yonge-Dundas Square, 1 Dundas Street East. All Ages. **Free**

## Films

Monday, September 8<sup>th</sup> at 6:30 pm. **The Wild Parrots of Telegraph Hill.** This documentary's endearing guide is Mark Bittner, an aging bohemian, but the supporting cast members, a rambunctious flock of urban parrots, are the true stars, and their surprisingly humanlike behavior makes for a wondrous and rare experience. The film follows the ups-and-downs of these wild birds within the green niches of San Francisco as Bittner befriends, feeds, and names the members of the flock. Along the way, we meet many unforgettable characters: among them Connor, the grouchy yet lovable outcast of the flock, crying for a mate but luckless in his pursuits, and "the lovers," Picasso and Sophie. First Come, First Seated. Info: 416 394-5247 or [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca). Brentwood Public Library, 36 Brentwood Road North. All Ages. **Free**

Tuesday, September 9<sup>th</sup> from 6:15 – 8:00, **Qapirangaguq-Inuit Knowledge & Climate Change.** Green 13 & Annette Library present this free screening & discussion. Info at: [www.green13toronto.org](http://www.green13toronto.org). Annette Street Library, 145 Annette St. Adults. **Free**

## Music

Thursday, September 11<sup>th</sup>, from 10:00 – 11:00 am. **Drop Everything and Sing.** Fun, informal sing-alongs, bi-weekly. No experience or long-term commitment necessary. Call or email before attending your first session. For more information: Judith Butler at [highparksingalong@gmail.com](mailto:highparksingalong@gmail.com) or 647 343-8412. 193 High Park Avenue, second floor, corner of Humber Avenue. Adults. **\$2.00**

Thursday, September 11<sup>th</sup> at 7:00 pm. **Summer Music in the Garden presents 'Zolla!** at Harbourfront Centre. A red dress, a parka, gold shoes and snow. Mix it up with accordionist Tiina Kiik and dancer Julia Aplin as they explore the intersection of dance and music! Note: 30-minute concert due to early sunset. Info: [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com) or at 416 973-4000. Toronto Music Gardens, 475 Queen's Quay West. All Ages. **Free**

Sunday, September 14<sup>th</sup> at 4:00 pm. **Music in the Garden presents 'If it's Sunday, this must be Paris: A Baroque Musical Tour'** at Harbourfront Centre. A musical travelogue from Baroque Europe, featuring trio and solo sonatas from Germany, France, England, Italy and more, performed by some of Toronto's leading period instrument exponents: Marco Cera (baroque oboe), Alison Melville (recorders), Margaret Gay (baroque cello) and Lucas Harris (theorbo). Info at 416 973-4000 or Email: [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com). Toronto Music Gardens, 475 Queen's Quay West. All Ages. **Free**

## Photography Exhibit

Wednesday, September 10<sup>th</sup> at noon to Sunday, September 21<sup>st</sup>. **Thomas Hlavacek: Sibbald Point.** 'Sibbald Point' is an installation of photographs and video footage shot during the 13 weeks between vernal equinox and summer solstice. The work documents the arrival and passage of spring in a northern landscape, examining the natural phenomena and dramatic transformations that occur during this brief yet extraordinarily vital and eventful period. The project was inspired by the work of Glenn Gould, in particular his 1967 radio documentary 'The Idea of North'. Please join the artist for the opening reception on Thursday, September 11<sup>th</sup> from 7:00 to 10:00 pm. He will also be present on weekends during regular gallery hours. More info: <http://www.thomashlavacek.com>. Propeller Centre for the Visual Arts, 984 Queen St W. All Ages. **Free**



## Repair Café

Saturday, September 13 from 10:00 am – 2:00 pm. **The Repair Café** is held one Saturday of each month at different locations in Toronto. At this cafe, we have volunteers (free of charge) available for fixing computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. And our 3D printing fixer will show you how to create parts for repairs. Our team of fixers will show you how to fix your item. To avoid line-ups please arrive early. We will be able to serve visitors who arrive before 1:00 pm. Visit [www.repaircafetoronto.ca](http://www.repaircafetoronto.ca) for more details. Skills for Change, 791 St. Clair Avenue West. Take the subway to the St. Clair West station and then a streetcar going west. You will pass Bathurst Street. Skills for Change is on the south side of the street. **Free**

## Seniors

Wednesday, September 3 from 1:00 – 4:00 pm. (and every Wednesday until December 17<sup>th</sup>) **Welcome Club – Seniors Cards & Social**. Seniors meet each Wednesday at 1:00 pm at Willowdale United Church from Sept. to June. The group enjoys euchre, bridge, fun games, trips, potlucks and entertainment. Info: Lina Posa at 416 225-2309 or Email: willowdaleunited@bellnet.ca. Willowdale United Church, 349 Kenneth Avenue. Seniors. **\$2**

Monday, September 8<sup>th</sup> and repeating on Mondays, from 2:00 – 3:00 pm. **Free Group Fitness and Gentle Exercise Classes**. Ongoing exercise program for adults aged 55+ that focuses on increasing strength, balance, and flexibility. Different levels welcome. Hosted by Etobicoke Support Services for Seniors. Info at 416 243-0127. Four Villages Community Health Centre on Dundas, 3446 Dundas Street West. Seniors. **Free**

## Talks

Wednesday, September 3 from 6:30 – 7:30 pm. **Healthy Brain Aging: What the Research Tells Us**. This talk discusses predictors and prevention of mental or cognitive decline, drawing from research studies. Cognitive decline (e.g. decline in memory and thinking abilities) is a characteristic commonly associated with aging; however, we all age at different rates. While some individuals show pathological decline to states of dementia, others show either minimal age-related decline or no decline over time. A number of predictors have been found to associate with poor and healthy cognitive function in late life. More importantly, many of those predictors are modifiable in nature. Speak to staff or call 416 394-1000 to register. Series of 4 talks on Wednesday evenings. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Seniors. **Free**

Thursday, September 4<sup>th</sup> from 4:00 – 5:00 pm. **Learn About Frontier College's GED Program**. Complete your high school, get a GED. Learn more with Frontier College. Learn about library resources to pass your GED. To register call 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Monday, September 8<sup>th</sup> from 6:30 – 8:30 pm. **ABCs of mnemonics - improve your memory!** Please join us as the Canadian Memory Champions tell us their tips and tricks and methods to improve our memories. Maximum registration of 24, so please remember to sign up. Don't forget! Info at 416 395-5440. Barbara Frum Library, 20 Covington Road. **Free**

Tuesday, September 9<sup>th</sup> from 7:00 – 8:00 pm. **Spinning straw into... Paper?** We will have a rep from an innovative Canadian company, based in Winnipeg, here to tell us about how they're creating jobs, income for farmers, and saving trees, by making copy paper from 80% wheat straw waste. Don't miss this opportunity to learn more about this eco-friendly company. Info at 416 395-5440. Barbara Frum Library, 20 Covington Road. Adults. **Free**

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**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).

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.

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. [www.csinfo.ca](http://www.csinfo.ca)



**Go green; get The Bulletin by email!**

As the saying goes, membership has its privileges. Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our **Annual General Meeting on October 22<sup>nd</sup>** and vote for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

## General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Email: \_\_\_\_\_

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

**You do not need to be a member to continue to receive the Bulletin**