



In Memoriam
~ Diana Capponi ~

BULLETIN

518 October 1st – 15th, 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/>



Our Annual General Meeting

We invite you to attend our Annual General Meeting.

The C/S Info Annual General Meeting will be held on
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.

Guests are welcome too.

Please RSVP to us at: 416 595-2882 or csinfo@camh.ca
as we need to know numbers for ordering the food that will be served.





Save The Date

For these upcoming events

- **Friday, October 17th, 2014 from 7:00 pm - 9:00 pm.** Christ Church Deer Park, 1570 Yonge Street (2 blocks north of St. Clair Avenue at Heath, doors open at 6:30 pm). **2014 Toronto Mayoral Forum on Housing and Homelessness** organized by groups including Federation of Metro Tenants Associations, Social Planning Toronto, Advocacy Centre for Tenants Ontario, Centre for Research on Inner City Health, Wellesley Institute, Tenants for Social Housing and Acorn.
- **Friday, November 21st, 2014 from 9:00 am - 4:30 pm.** Friends House, 60 Lowther Avenue. **Worker Training: Workshop #1 Accepting Voices.** If in your work you encounter people who hear voices, or have other difficult experiences, then this workshop is designed for you. This workshop is designed to enable you to improve your own ability to find common ground between whatever you may experience and the kind of experiences that get labelled as "psychosis", "delusion", "losing touch with reality", offer a one person safe space for people to talk about and explore their own difficult experiences, emancipate yourself - even working in a system that puts pressure on you to do otherwise you can practice being human first.

For a full description of this event visit:

<http://recoverynetworktoronto.wordpress.com/2014/09/06/worker-training-workshop1-accepting-voices-fri-21-nov-2014/>

For a brief [4min] introductory video of workshop leader Kevin Healey visit:

<https://recoverynetworktoronto.wordpress.com/2014/09/12/living-with-my-voices-kevin-healey/>

- **Friday, November 21st, 2014** (see itinerary below for locations and times). Join The Advocacy Centre for Tenants Ontario (ACTO) for a **National Housing Day Rally and Forum**. Communities across Canada will be marking National Housing Day with events to promote and raise awareness on the right to housing.

Rally and Forum Schedule:

12:00 pm - 1:00 pm: Rally at Yonge-Dundas Square: Housing is a human right!

1:00 pm - 2:00 pm: Lunch then forum at Church of the Holy Trinity (behind Eaton Centre)

2:00 pm - 5:00 pm: Housing Forum - moderated by: Angela Robertson, Executive Director, Central Toronto Community Health Centres

Panel 1(2:00 pm - 3:00 pm): Is Housing First the solution to homelessness in Canada?

Panel 2 (3:15 pm - 5:30 pm): The Right to Housing in Canada

Community Announcements



Yoga & WRAP (Wellness Recovery Action Plan) for Women Hosted by 416 Community Support For Women

WRAP is a self-designed plan for staying well and helping you to feel better when you are not feeling well, to increase personal responsibility and to improve your quality of life.

Starting Tuesday, October 7th, 2014
Tuesdays from 2:00 pm – 3:30 pm
40 Oak Street in the Worship Space

Please call ahead to participate. Completion of an intake process is required. This group is for women only.
To Register call Elena: 416 964-6936 ext. 222 or email Elena.s@416community.com

The Empowerment Council
Announcement and Call for Proposals

**Symposium on Bills of Clients' Rights, Law,
Advocacy, Mental Health and Addictions.**

Saturday, November 22nd, 2014
1001 Queen Street West, Toronto

We welcome papers, panels, presentations, or project ideas from consumer/survivors, students, peer support workers, teachers etc. on the topic of rights advocacy, in mental health and addiction. Do you have a perspective on rights or advocacy you want to discuss? **Please send us your ideas/abstracts of no more than 250 words to: ec.volunteer@camh.ca or lucy.costa@camh.ca, or mail to: 1001 Queen Street West Room 160, Toronto, Ontario M6J 1H4 by **October 31st, 2014 at Midnight.****

~The purpose of this symposium is to strategize and discuss future directions for community building and organising. ~

**WRAP® Fall 2014 Programs at Mood Disorders Association Ontario,
36 Eglinton Avenue West Suite 602**

WRAP® -Wellness Recovery Action Plan-is a non-medical, values-based approach rooted in the knowledge that people can and do recover.

It can help people to reclaim their power; to find and connect with community; to create their own recovery journey; to get well, and live well.

For more info please go to:

www.mooddorders.ca/program/wellness-recovery-action-plan-wrap

MDAO WRAP Programs - Fall 2014

1. Tuesday evenings: 6:00 pm to 8:30 pm - eight weeks, Oct.14 - Dec.9
2. Wednesday mornings: 10:00 am to 12:30 pm - eight weeks, Oct. 15 - Dec. 10
3. Wednesday afternoons: 1:00 pm to 4:30 pm - eight weeks, Oct. 15 - Dec. 10
4. Three Days, 9:00 am to 5:00 pm Monday Nov. 3, Thurs. Nov. 6 and Friday, Nov. 7

To take advantage of any of these opportunities, please attend **one** of these information sessions:

WRAP® Information sessions

- Wed Oct. 8th - 2:30 pm to 4:00 pm
or
- Wed Oct. 8th - 6:00 pm to 7:30 pm

RSVP with which Information session you will attend to:

Eric Jonasson
Email: ericj@mooddorders.ca
Phone: 416 486-80046 ext. 224

Please note that registration preference will be given to those who have attended one of the information sessions and will start on Thursday, October 9th.

My Trip To...

A Disability Studies Conference

MAD STUDIES: WHAT IS IT, AND WHY YOU SHOULD CARE BY LUCY COSTA

From September 9th - 11th, 2014 Lancaster University in the UK held a Disability Studies conference with a stream that focussed specifically on Mad Studies. This is very important and it signifies a step forward in our history, community organising and hope for a more inclusive future especially for our next generation. Canada has some classes that do teach, "Mad Peoples History" but we need more commitment for an educational structure that supports learning, exploration and critical thinking in universities, colleges, and learning centres of all kinds. Given that for the last four decades lip service has been paid to inclusion, participation and rights for consumers/psychiatric survivors, it is reasonable to request that a morsel of funding be given to develop this area of study so we can build on the great work of our previous consumer/survivor leaders, and mentors.

What is Mad Studies?

Mad Studies is an area of education, scholarship, and analysis about the experiences, history, culture, political organising, narratives, writings and most importantly, the PEOPLE who identify as: Mad; psychiatric survivors; consumers; service users; mentally ill; patients, neuro-diverse; inmates; disabled -to name a few of the "identity labels" our community may choose to use. Mad Studies has grown out of the long history of consumer/survivor movements organised both locally and internationally. The methods, and approaches for research are drawn from other educational fields such as women's studies, queer studies, critical race studies, legal studies, ethnography, auto-ethnography (again, just to name a few). But, Mad Studies, right here, right now is breaking new ground. Together, we can cultivate our own theories/ models/ concepts/ principles/ hypotheses/ and values about how we understand ourselves, or our experiences in relationship to mental health system(s), research and politics. No one person, or school, or group owns Mad Studies or defines its borders. As explained in the book, *Mad Matters*, Mad Studies is a, "project of inquiry, knowledge production and political action".¹ Presently, (and as discussed at the Lancaster conference) we need more action. All we have available as a "progressive" theory to us now is the "recovery model." Yup, the recovery model is important but it's not enough to understand who we are, or what is needed especially in the current budget-cuts climate that favours business plans and wealthy professionals' opinions. More to the point, "recovery" has been co-opted by the mental health system. The money that is being invested into the system right now ain't about recovery, it's about efficiencies and outcomes and dishing out services cheaper and faster. There will be some people who will inevitably criticise or feel threatened by the idea of "Mad Studies," but the reality is that there is huge potential for trailblazing and innovative ideas. Think of what a difference feminist studies made in the lives of women, or what queer studies has done for the LGBTQ community or critical race studies to our understanding of how race and law intersect. Why shouldn't we have a Mad Studies??

Why you should care about Mad Studies?

1. What you don't know, actually can hurt you.

When you do not have the words, to name something that is oppressive, illegal or destructive then you do not have the knowledge or power to change it. Words matter. Ideas matters. Truth matters. Mad Studies is about getting to truths, asking more questions and finding more words. Education is knowledge, and knowledge empowers us.

¹Brenda LaFrancois, Robert Menzies and Geoff Reaume (eds.) *Mad Matters: A Critical Reader in Canadian Mad Studies* (Toronto: Canadian Scholar's Press, 2013) at pg. 13.

2. We have something valuable to teach other areas of study:

And here, I don't mean that we should be invited to a committee to review or offer feedback on already developed project. I also do not mean sending consumer/ survivors off by themselves so that they can tell their individual story or become a token poster child in projects with complex, deeply entrenched structural problems. I mean, that we are capable of teaching and offering deeper analysis that integrates critical thinking into what is going on, and how things are done. United we stand, divided we fall. We would have a lot to offer the study of art, law, social work or ethics. For example, perhaps all projects that have to do with mental health should meet with some ethical standards as developed by the consumer/survivor community. I bet we could offer a lot to businesses that wanted to learn more about creating a "psychosis friendly" kind of place. I bet we could teach people who organise rallies and forums how to be more inclusive. I bet we could even teach astronaut Chris Hadfield a thing or two.

3. Flip the micro-scope

Perhaps it's time to flip the scope. Let's stop studying mentally ill people and start studying sane people, normals, well-adjusted, balanced and secure people. What do their brains look like? Why do they get the kinds of haircuts that they do? How do they behave in workplaces, at cottages in the banks? What's it like to be really rich and debt free? Let's not talk about this newly popularised notion of, "patients as teachers" and instead, discuss, "psychiatrists as bad learners." Flip the questions. Question the questioners. How many times have you been asked to participate or give your feedback on how to make the system better? Flip the scope—maybe it's time we stop answering *those* questions and have Mad Studies develop our *own* questions and research agendas.

4. We Are Not Alone

Way back in the 1940s, a group of ex-patients founded, We Are Not Alone (W.A.N.A) in order to remind people of just that point. It was an early support group and yes, it's part of our Mad Studies history like many other things we can hopefully house in a Mad Studies museum one day. We have evidence of our organising, art, writing, thinking and endeavours to make the world a better place. For example look at the www.psychiatricurvivorarchives.com or the Survivors' histories website <http://studymore.org.uk/mpu.htm> or the first support group in Vancouver called the Mental Patients Association <http://historyofmadness.ca/the-inmates-are-running-the-asylum/view-movie/>

5. Mad Studies is about you!

Finally, and this may be the most important point; your ideas matter. It's not about how much school you've had, or credentials and it's not about your pocket book. It's about joining conversations. If you don't share your thoughts, opinions and knowledge, then you impact nothing and no one. And hey, the next generation of consumer/survivors are going to push us forward BIG TIME. There are some very serious issues and debates impacting the lives of service users and we have to help each other to speak up. We need to be thoughtful, smarter and more strategic about what we say and what we do. That will require everyone. It requires you.

- LC

Employment and Training Matters

Workplace Essential Skills Partnership (WESP) Career Fair: Canadian Council on Rehabilitation and Work (CCRW) Day for Hiring Persons with Disabilities October 15th, 2014 from 9:30 am - 3:00 pm

Meet employers!

- | | |
|--------------------------|-------------------|
| ✓ Abbott Canada | ✓ RBC |
| ✓ Accenture | ✓ Ricoh |
| ✓ Air Canada | ✓ Scotiabank |
| ✓ BMO | ✓ Starwood Hotels |
| ✓ CIBC | ✓ TD Bank |
| ✓ Express Scripts Canada | ✓ TD Insurance |
| ✓ Hewlett Packard | ✓ Telus |
| ✓ Mosaic Home Care | ✓ Topnotch |
| ✓ Mount Sinai Hospital | ✓ United Way |
| ✓ Pepsi | ✓ YMCA |

To apply, email your resume to:
careerfair@ccrw.org
(The location is in downtown Toronto)

For more info contact WESP at: 416 486-2500 ext. 8342 or visit: www.ccrw.org/wesp

The Raging Spoon .ca

The Raging Spoon Employment Opportunity

Do you enjoy cooking and have experience in a commercial kitchen? Ready to work in a supportive environment that includes on-going training opportunities? Then The Raging Spoon Catering has a part-time cook position opportunity waiting for you. Please inquire at: 416 504-6128 or email us at: ragingspoon@bellnet.ca for details. This position closes October 31st, 2014.

TO 2015 Pan/Para Pan Am Volunteer Seminar Monday, October 6th, 2014 from 7:00 pm - 8:00 pm

Toronto 2015 Pan Am Games Ambassador, Steve Fishman, will provide an overview of the games as well as details about how to apply to become a volunteer. Brentwood Library, 36 Brentwood Road North. For more info call: 416 394-5250.

Computer...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 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 October 1st – 15th, 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

Art

Sunday, October 5th through Thursday, October 30th at 2:00 pm. **Six Degrees of Freedom** represents a group of artists (Gail Backus, Biljana Baker, Barry Coombs, Gary Duncan, Ethel Grossman, Linda Kemp, Mary Lou Hiller, Doug Mays, Tina Price, Doreen Renner and Bill Schwarz) with diverse backgrounds from Northern and Southern Ontario. Love of the natural environment, a desire for broadened horizons, and joy in the limitless possibilities of creating with paint has brought them together to celebrate the freedom of interpretation. This juried exhibition of exciting and dramatic original works contains watercolours on paper, as well as acrylics or oils on stretched canvas. For more info call: 416 397-7220. Etobicoke Civic Centre, 399 The West Mall. All Ages. **Free**

Bird Walk

Sunday, October 5th from 8:00 am - 11:00 am (this event repeats). **Tommy Thompson Park Sunday Morning Bird Walk**. Take a guided bird hike at TTP every Sunday morning during fall migration. Search for birds along the nature trails and visit the Tommy Thompson Park Bird Research Station. Meet the guide at the TTP entrance promptly at 8:00 am. Be sure to dress for the weather, wear comfortable, waterproof footwear. This guided tour is offered weekly, every Sunday during fall migration (last tour on November 9th, 2014). Bring plenty of water and snacks, and a pair of binoculars! For more info email: ttp@trca.on.ca or call: 416 661-6600 ext. 5770 or visit: <http://www.tommythompsonpark.ca>. No registration necessary, rain or shine event. Tommy Thompson Park, 3 Leslie Street. All Ages. **Free**

Book Club

Thursday, October 2nd from 2:00 pm - 3:00 pm and/or from 7:00 pm - 8:00 pm. **Victoria Village Adult Book Club**. Join in for a lively discussion on crime fiction novel "Stranglehold" by Robert Rotenberg. For more info contact Despina Kyraleos by email: dkyraleos@torontopubliclibrary.ca or phone: 416 395-5950. Victoria Village, 184 Sloane Ave. Adults. **Free**

Computer Class for Immigrants

Friday, October 3rd through Friday, October 24th from 10:30 am - 12:30 pm. **Computer Class for Immigrants - MS Word Basics (weekly)**. Using templates, setting up margins and borders and headers and footers. Registration is required. To register or for more info phone: 416 707-8259. Immigrant Resource Centre-IRC (CICS), 2330 Midland Avenue. All Ages. **Free**



Farmers' Markets

Friday, October 3rd from 8:00 am - 1:30 pm (this event repeats). **Fairview Farmers' Market**. Fairview Mall Farmers' Market is open every Friday through October 10th 'rain or shine'. Vendors set-up each week in the south parking area of Fairview Mall, fronting on Sheppard Ave. E., just east of the Don Mills Subway Station and TTC Parking Garage. Market-

goers can expect to find a consistently high quality of Ontario-grown produce and Ontario maple syrup. For market updates 'Like' them on Facebook at: www.facebook.com/FairviewMallFarmersMarket and follow them on Twitter at: @FairviewMkt. For more info contact Deborah Cauz by email: cauz@primus.ca or by phone: 647 271-9434. Fairview Mall Shopping Centre, 1800 Sheppard Avenue East, at the northeast corner of Don Mills Road and Sheppard Avenue East. All Ages. **Free Admission**

Saturday, October 4th from 8:00 am - 1:00 pm (This event repeats). **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. For more info contact Marzio Silva by email: msilva@evergreen.ca, visit the website: [http://www.evergreen.ca/whats-on/event details/9536](http://www.evergreen.ca/whats-on/event%20details/9536) or phone: 416 596-1495. Evergreen Brick Works, 550 Bayview Avenue. All Ages. **Free admission**

Gentle Exercise Classes For Seniors

Thursday, October 2nd from 2:00 pm - 3:00 pm (this event repeats). **Group Fitness and Gentle Exercise Classes.** Ongoing exercise program for adults aged 55+ that focus on increasing strength, balance, and flexibility. Different levels welcome. Hosted by Etobicoke Support Services for Seniors. For more info phone: 416 243-0127. Four Villages CHC on Dundas, 3446 Dundas Street West. Seniors 55+. **Free**

Saturday, October 4th from 9:30 am - 10:30 am (this event repeats). **Group Fitness and Gentle Exercise Classes.** Ongoing exercise program for adults aged 55+ that focus on increasing your strength, balance, and flexibility. Different levels welcome. For more info phone: 416 243-0127. Ukrainian Canadian Social Services 2445 Bloor Street West. Seniors 55+. **Free**

Health Matters

Wednesday, October 1st from 6:30 pm - 8:00 pm. **Alzheimer's Treatment - Where Do We Stand and What Can You Do to Fight Back?** Learn from Dr. Ian Cohen M.D., about what is currently being done in the world of Alzheimer's Disease treatment, and what you can do to fight back against dementia. For more info contact Peggy Ho by email: eaprgams@torontopubliclibrary.ca or phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Seniors. **Free**

Tuesday, October 14th from 4:30 pm - 5:30 pm. **Dental Health Workshop.** Toronto Public Health presents a workshop on dental health for all ages. Come and learn about why dental health is important. This program covers: dental diseases (common among children to seniors), prevention (healthy eating, proper cleaning, and regular checks), access to care in the City of Toronto (free and low cost dental care) and a question and answer period. For more info or to register, please visit the branch or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. All Ages. **Free**

Tuesday, October 14th from 7:00 pm - 8:15 pm. **Physical Solutions to Posture Problems, Tension and Stress.** Join Susan Green, Certified Teacher of the Mitzvah Technique, for a dynamic presentation and demonstration of practical ways to develop and maintain a healthy, youthful posture. Discover how to use the Mitzvah Technique to gently release tension, stress and strain while moving through daily, work and computer activities. This unique, participatory workshop benefits all ages and fitness levels. For more info phone: 416 395-5649. North York Central Library, 5120 Yonge Street, Room 2. All Ages. **Free**

Knitting

Saturday, October 4th from 10:00 am - 12:00 pm (This event repeats). **Saturday Morning Knitting Club.** Join other knitters to knit together in a friendly, supportive atmosphere. Some instruction provided to beginners. Bring your own wool and needles. For more info phone: 416 393-7692. Annette Street Library, 145 Annette Street. Adults. **Free**

Nuit Blanche

Saturday, October 4th through Sunday, October 5th from 7:00 pm - 7:00 am. **Nuit Blanche.** Scotiabank Nuit Blanche is Toronto's annual all-night celebration of contemporary art, produced by the City of Toronto in collaboration with Toronto's arts community, for 12 hours from sunset to sunrise. The 2014 edition features more than 110 contemporary art projects exhibited across the city, including some new neighbourhoods this year such as: Fort York, Chinatown/Spadina Avenue and Roundhouse Park/Bremner Boulevard. Select projects will be extended through to Monday, October 13th. For more info visit: <http://www.scotiabanknuitblanche.ca> or call: 416 392-2489. Various locations across Toronto. All Ages. **Free**

Repair Cafe

Saturday October 18th from Noon - 4:00 pm (usually they meet from 10:00 am - 2:00 pm). **The Repair Cafe** is held one Saturday of each month at different locations in Toronto. At this cafe, they have volunteers (free of charge) available for fixing computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. And the 3D printing fixer will show you how to create parts for repairs. The team of fixers will show you how to fix your item. To avoid line-ups please arrive early. They aim to serve visitors who arrive before 3:00 pm. For more info visit: www.repaircafetoronto.ca. Cedarbrae Library, 545 Markham Road, Program Room, 1st floor. **Free (Donations always welcome).**

Storytime for Adults

Friday, October 3rd from 12:00 pm - 1:00 pm (this event repeats). **Thrilling Tales: A Storytime for Adults.** Love a good story? Sit back, relax and escape from the everyday as we bring you gripping short stories expertly read, and well-calculated to keep you in suspense! Just bring ears, imagination, and less than an hour of your time. Join us Fridays in October for this exciting new series. For more info contact Jessica by email: jrovito@torontopubliclibrary.ca or phone: 416 394-5178. Albion Library, 1515 Albion Road. Adults. **Free**

Urban Agriculture Talk

Wednesday, October 1st from 7:00 pm - 8:00 pm. **Carrot City: urban agriculture in Toronto.** Carrot City demonstrates how the production of food can lead to visually striking and artistically interesting solutions that create community and provide residents with immediate access to fresh, healthful ingredients. Professors from Ryerson University's Department of Architectural Sciences will discuss strategies for reintroducing urban agriculture to our cities, such as community gardens, greenhouses tucked under raised highways, edible landscapes in front yards in place of resource-devouring lawns, walls that bring greenery into dense city blocks and productive green roofs on schools and large apartment blocks that can be tended and harvested by students and residents alike. For more info phone: 416 395-5649. North York Central Library, Room 1, 5120 Yonge Street. All Ages. **Free**

WWI

Sunday, October 5th from 12:00 pm - 4:00 pm (this event repeats). **Great War Commemorative Display.** A display of personal items from the WWI. This display will continue throughout October on Sundays at Lambton House. For more info contact Lambton House by email: admin@lambtonhouse.org or by phone: 416 767-5472. Lambton House, 4066 Old Dundas Street. Adults. **Free**

Wednesday, October 15th from 6:45 pm - 8:15 pm. **Air War on the Western Front.** To commemorate the 100th Anniversary of the First World War, aviation historian Keith Hyde discusses how in 1914, aircrafts were primarily used to observe troop movements and aerial reconnaissance. For more info contact Peggy Ho by email: eaprograms@torontopubliclibrary.ca or phone: 416-394-5270. Eatonville Library, 430 Burnhamthorpe Road. 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.

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



Ontario

Toronto Central Local Health
Integration Network

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 22nd** 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. It will be held at the Friends' Centre at 60 Lowther Avenue, just north of the St George subway station on Wednesday, October 22nd at 6:00. We'll have a fantastic turkey dinner, catered by The Raging Spoon and music by Donna Linklater, as well as our usual fun thank-you prizes. **Please RSVP to 416 595-2882 or to csinfo@camh.ca so we know how much food to order.**

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