



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

BULLETIN

524 January 16th – 31st, 2015

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/

Community Announcements

The folks at the ODSP Action Coalition are encouraging people who live on ODSP to fill out a survey. The link to fill out the survey electronically is at the top of page 2. The C/S Info Centre also has paper copies of the survey which can be returned no later than **Friday January 30th, 2015**. You can return it either by e-mail (ramsarc@lao.on.ca) or it can be faxed to: 416 597-5821.

Here is a message from the ODSP Action Coalition:

What will you do without the \$100 Work-Related Benefit?

The Ontario government announced in the 2014 budget that they are making changes to employment-related benefits provided through ODSP and OW. As part of these changes, they are eliminating the \$100 Work-Related Benefit that people on ODSP currently receive if they are working.

The Work-Related Benefit is given to both people with disabilities on ODSP and members of their family. It provides \$100 per month to each person in an ODSP family who has earnings from a job or a training program, or net earnings from self-employment. It is a mandatory benefit that people receive automatically without needing to apply.

As of April 1, 2015, working non-disabled family members of people on ODSP will stop receiving the benefit. People with disabilities on ODSP will stop receiving it as of October 1, 2015. We think this is **WRONG**:

- Rates are so inadequate. Taking money away from people on ODSP is not acceptable.
- Work doesn't accommodate most people with disabilities, but for those who are working, the Work-Related Benefit is relied upon to make working possible. Cutting it is a punishment for doing what the government wants people to do: work.

We want to hear from people on ODSP who are working and who receive the Work-Related Benefit.

Please help us fight this cut by filling out the survey. We will use this information to lobby the government about the impact of making this cut and to explain why this is the wrong move. We will be taking action in early 2015 after the results of the questionnaire are in. At that time we will again ask for your help to fight this cut.

To fill out the survey please click the following link: <https://www.surveymonkey.com/s/WPTQXHH>. If you do not have access to a computer, a paper copy can be obtained by calling the C/S Info Centre at: 416 595-2882 and you can drop your survey off at the C/S Info Centre and we will send it in on your behalf.

For more information about the Work-Related Benefit, see:

- Webinar: <http://yourlegalrights.on.ca/webinar/odsp-employment-benefits>
- ODSP Action Coalition Position Paper: <http://www.odspaction.ca/page/resources-advocacy>
- Backgrounder from ISAC:
<http://www.incomesecurity.org/ODSPEmploymentBenefitsarechangingin2015.htm>

Please fill out the survey no later than January 30th, 2015. You can return it either by e-mail to: ramsarc@lao.on.ca or it can be faxed to: 416 597-5821 (or dropped off at the C/S Info Centre).

Manage Your Money, Manage Your Life

Thursdays, 10:30 am - 12:30 pm January 29th, 2015 - March 19th, 2015

North York Women's Centre (NYWC) is launching a new program: Manage Your Money, Manage Your Life. It is an eight-week program that gives you information and tools that will support you to take better control of your money and plan for your future.

This program will help you:

- improve your budgeting, money management and financial planning skills;
- learn how to better protect yourself against scams, fraud and other financial traps;
- get information about work, training, education and income supports; and
- become better prepared to weather a financial storm.

If you have any questions (including location details), please contact the program facilitator, Zoryana at 416 781-0479.

Walking for Health and Well-Being

Join the Self-Help Resource Centre for a walking group!



Studies show that walking support groups help improve immune function, lower blood pressure, and slow down the aging process. They also improve mental health by decreasing anxiety and depression, increasing hope and self-efficacy, and boosting memory.

WHEN: Every Thursday at 1:30 pm

HOW LONG: Approximately 60 minutes

WHERE: Deer Park Library, 40 St. Clair Avenue East (Near Yonge and St. Clair)

WHAT TO BRING: A good pair of shoes & a water bottle

All are welcome to join!

We are also offering free training for people interested in becoming peer-led walking group leaders in the community. We will train peer leaders and provide ongoing monthly support groups/events. If you have any questions or if you have accessibility or health needs you would like to discuss in advance, feel free to email Melissa at: melissacorcoran@selfhelp.on.ca or call 416 487-4355 ext. 27.



Mood
Disorders
Association
of
Ontario

Wellness Recovery Action Plan (WRAP®)

WRAP® for Women in February 2015

WRAP® is a non-medical, values-based approach rooted in the knowledge that people can and do recover. Using WRAP can help you reclaim your power, find and connect with community, create your own recovery journey and move towards living in wellness.

MDAO will be running an 8 week (2.5 hour) WRAP® group for **women only**, starting **February 5, 2015**, from 10:30 a.m. - 1:00 p.m. In this all-female group, various issues unique to women will be addressed. For more information on WRAP® for Women, please attend one of our information sessions:

WRAP® for Women at MDAO

Information Sessions

Tuesday, January 20th: 6:30 p.m. - 8:00 p.m.

Thursday, January 22nd: 10:30 a.m. to 12:00

Place: MDAO Toronto, 36 Eglinton Ave. W., Suite 602

To attend one of these information sessions, please contact us by January 19 with your **name, phone number** and **email address**.

Contact: Eric Jonasson

Email: ericj@mooddisorders.ca

Phone: 416-486-8046, ext. 224

INTRODUCTION TO PEER SUPPORT GROUP FACILITATION TRAINING

The Self-Help Resource Centre is offering free training for people interested in learning how to facilitate their own peer support group. Support groups can be for anyone or anything! It can be a group that focuses on a particular health challenge or a group that focuses on a particular activity that will help with that challenge, such as a Walking for Mental Health group.

We will train peer leaders on starting and successfully running peer support groups in the community. We also offer an ongoing monthly community of practice for peer leaders. This monthly meeting/event will create a space for peer leaders to get support from other peer leaders, share valuable resources and experiences, and brainstorm solutions to challenges in the field.

The training will start off with a short walk then continue with perspectives on peer support, group facilitator skills and tools, negotiating conflict, as well as helpful suggestions on how to plan, start, run and maintain a peer support group. Participants will come away with an Action Plan on how they will achieve their vision and goals around peer support group facilitation.

When: Friday, January 30, 2015 from 10am to 3pm

Where: Houselink, 805 Bloor St West, Toronto, ON, M6G 1L8

What to Bring: Pen, note paper, lunch, good walking shoes, thinking cap

Light refreshments will be provided throughout the day.

All are Welcome to join!

If you have any questions and/or are interested in participating,
please email Melissa at melissacorcoran@selfhelp.on.ca or call **416-487-4355 ext. 27**

Computer Column

By Martha Gandier

Saving Old Photos

Photos from the 70's are deteriorating quickly. Dig them out, if you have them, and see if there are some you want to keep. Black and white photos will last forever it seems, but those colour pictures will turn funny tints, and the images will disappear. Much as I loved the 70's, colour technology was in its infancy then, and we've come a long, long way. If you're in your 30's or 40's, that's your childhood fading away.... Once they're saved as digital images, they will last as long as the media they're saved on. And you can put them on a DVD or CD, or print them. (Walmart does a pretty good job of printing photos saved to disc, or thumb drive, SD card from your camera, or right from your phone. And of course cheaply!)

Before you do anything...and I'm serious about this, having learned from my mistakes!...decide how you're going to organize all those pictures once they're scanned into your computer. Create some folders on your desktop and name them. Maybe you want to keep them separated by year, or month. Or family group. Or individual. Or place. Whatever you decide, create the folders and scan each photo into the correct folder. Be sure you organize things by the way YOU think, not how someone else suggests. This is your project and you want it to reflect how you think of things. (I don't know if I've explained that very well, hopefully you'll know what I mean.)

By default, a scanned image is called 'scan' with some numbers after it. Like, 'scan-141.jpg'. Sooner or later, there will be another scan with the same name. A window will open asking you what you want to do about this, whether you want to save the new scan and delete the old, or keep both. I always keep both until I decide what I want to do with the scanned images, just in case I've missed one. Keep in mind, this is precious archival material. There might be something in the background, or someone, that will show up when you enlarge and enhance your photo.

Now for the hardware and software you'll need.

A dependable scanner. Most of the newer 3-in-one printers are excellent, Epson and Canon being my first choices (keep an eye on the sales, don't spend much over \$100) because of the relative affordability of the ink. Your new printer will come with a CD to install on your computer, it will provide a driver for all the printer's functions. Installation might take a long time, but you need drivers for not only the printer but scanner and fax machine too.

Once you have your printer/scanner up and running, scan a few documents to see how it works. Documents, written and typed, are saved in a different way than images, and they will be saved as .doc, .docx, or .pdf. There are a few other file extension names, but normally documents will be .doc or .docx. Images will likely be .jpg, but can be .gif, .tif., .pmp, based on how they were saved. .jpg seems to be recognized everywhere though.

Basic software...Microsoft Paint is free and comes with your Windows operating system. I think it started with Windows XP. It's a fabulous little program that I haven't learned much about because I was always lucky enough to get Photoshop. Here's one of many tutorials for Paint:

https://www.youtube.com/watch?v=_lbCbfWsqaFE https://www.youtube.com/watch?v=_lbCbfWsqaFE

Learn to resize, crop, and write captions directly onto the image. It's worth the time it takes to go through all the YouTube tutorials you can find. Open an image with Paint and play around with the tools, all you have to do is not to 'save' the image you messed around with, your original will still be okay. (Once you 'save', you'll be overriding the scanned image.)

There are some online photo editing apps too, this one looks interesting. To begin, you want to be able to resize, select, and crop.

<http://apps.pixlr.com/editor/>

Be sure to save your finished photo, the one you've cropped, enlarged, etc, to its designated folder. If you're careful to do this every time, you'll save hours and hours of time later on.

Working with slides, negatives and films is a lot more complicated, not to mention expensive. It requires about \$200 worth of equipment and \$100 software. If you have lots of old slides and super8 film, or tons of negatives from your childhood, your whole family might want to invest in this project. It's also time consuming. The images are slow to scan, and the files are large. There is so much information in each tiny slide, or frame of a movie! Every time one comes up on my computer monitor it amazes me.

This is my winter's project by the way! My brother in Winnipeg, being the oldest boy in my family, got most of the slides and photos from our childhood. I didn't want them because of the memories they invoked...but after many years of therapy and a few miracles, I see my childhood as it was. Not the greatest, but the only one I had. So this is a very exciting project for me!

Email me if you're about to embark on this photo voyage, and you have any questions.

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!

Employment Matters

Sound Times seeks: Community Service Interns

Multiple Positions Available

One Year Paid Internship, with shifts each day Monday through Friday

Afternoon and Evening Shifts Required

Location: 280 Parliament Street, Toronto

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use, or have used, the mental health system.

We are expanding our staff group to include consumer/survivors committed to completing a year-long intensive internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work.

Qualifications:

- Lived experience of /contact with the mental health system
- A commitment to working with a team dedicated to innovative approaches to service and support for the consumer/survivor community at Sound Times
- Previous experience working/volunteering in a social service setting an asset

Candidates interested in applying should submit a resume (if available) to Steve Carroll (stevecarroll@soundtimes.com) or Nick Harrilall (nickharrilall@soundtimes.com). Applicants lacking a resume should apply by means of a written submission outlining why they are an ideal candidate for this opportunity. Deadline for applications is Friday, February 13th, 2015. Not all applicants will be selected for an interview.

Things To Do...

Free and Low-Cost Events for January 16th – 31st, 2015

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

As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend Thank you!



Art & Design

Saturday, January 17th from 2:00 pm - 4:00 pm. **Textile Museum of Canada.** Join us for a conversation about art, design and the city as explored in the exhibition Urban Fabric, and the histories and futures of urban experience that inspire sculptor Scott Eunson and filmmaker Shlomi Greenspan. This program is offered in conjunction with the Toronto Design Offsite Festival (TO DO), an annual city-wide platform for the exhibition and engagement of independent design in Toronto, running from January 19th – 25th, 2015. Presented with the support of the Hal Jackman Foundation, this event is part of the TMC's NeoTrad Lecture Series, addressing the convergence of tradition with 21st-century cultures of contemporary art, craft and design around the world. For more info email Alex Lopes: info@textilemuseum.ca or phone: 416 599-5321. 55 Centre Avenue. All Ages.

Free



Film

Friday, January 16th from 2:00 pm - 3:45 pm. **Out of Sight, Out of Mind - National Film Board of Canada Documentary.** Out of Sight, Out of Mind is a 2013 National Film Board of Canada documentary. What happens to people who suffer from mental illness and commit violent crimes? Where do they go? How are they treated? Four patients—two men and two women—struggle to gain control over their lives so they can return to a society that often fears and demonizes them. Shrouded in stigma, institutions like this one are places into which patients disappear from public view for years. Four-time Emmy winner John Kastner filmed inside the Brockville Mental Health Centre for 18 months, allowing 46 patients and 75 staff to share their experiences with stunning frankness. Drop-In Doc. First Come, First Seated. For more info email Todd Buhrows: tuhrows@torontopubliclibrary.ca or call: 416 394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Fitness for Seniors

Monday, January 19th from 4:00 pm - 5:00 pm (this event repeats). **Weekly Drop-in Fitness Group for Older Adults.** Simple movements – adaptable to a range of fitness levels. Improve your energy level, flexibility and balance -- and have fun!! Great music from a variety of decades, genres and cultures. Classes start Monday, January 19th. For additional info call Edith Sinclair at: 416 504-4702 or email: edith.sinclair@utoronto.ca. Wear comfortable clothing that allows you to move and non-skid footwear (bare feet are also ok). Wynn Fitness, 98 The Esplanade (south of Front, between Church and Jarvis) in the 2nd floor studio. Seniors. **PWYC (suggested amount: \$5)**



Flea Market



Saturday, January 17th from 11:00 am - 6:00 pm. **Bellwoods Flea.** The first Bellwoods Flea (not to be confused with the Trinity Bellwoods Farmers' Market) will take over the Magpie in what will become a monthly event. They'll be hosting 15 vendors focusing on vintage and locally-made goods, including skincare from WildCraft, local and imported clothing and accessories from Shop Wanderlust, and ties and pocket squares by The Common-Folk. The organizers are also promising music, drinks and classic movies. Dogs are welcome. 831 Dundas Street West. **Free Admission**

Meet The Author

Tuesday, January 20th from 2:00 pm - 3:00 pm, register by Monday, January 19th. **Meet the Author: Andy Semotiuk.** Meet lawyer Andy Semotiuk as he reads from his recently published book, *A Promise Kept* (2014). Andy traces the life of his mother from her childhood in Eastern Europe, through the Second World War, to her immigration to Canada, where she raised a son but shrouded his origins in secrecy. For more info phone: 416 394-5270 or email: eaprograms@torontopubliclibrary.ca. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**



Music

Friday, January 16th at 12:30 pm. **Music at Midday: Aria with Me.** York University Department of Music. Students of Classical Vocal Performance. For more info call: 647 459-0701. Tribute Communities Hall, Accolade East Building, 4700 Keele Street. **Free**

Friday, January 16th at 1:10pm. **Gordon Murray Presents: Piano Potpourri.** Classics, opera, operetta, musicals, ragtime, pop, international and other genres. Gordon Murray, piano. For more info call: 416 631-4300. Trinity-St. Paul's United Church, 427 Bloor Street West. Lunch and snack friendly. **PWYC**

Tuesday, January 20th at 12:00 pm. **Jazz Series: Cross Cultural Journey.** Canadian Opera Company. Compositions that blend elements of traditional Indian classical raga music and contemporary jazz. Justin Gray's Indo-Jazz Collective. For more

info call: 416 363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. **Free**

Tuesday, January 20th at 12:30 pm. **Music at Midday: Student Showcase.** York University Department of Music. For more info call: 647 459-0701. Martin Family Lounge, 219 Accolade East Building, 4700 Keele Street. **Free**

Wednesday, January 21st at 12:00 pm. **Music at Midday: New Music Ensemble.** York University Department of Music. Original works. Students of Matt Brubeck. For more info call: 647 459-0701. Martin Family Lounge, 219 Accolade East Building, 4700 Keele Street. **Free**

Thursday, January 22nd at 12:00 pm. **Vocal Series: Songs of Love and War.** Canadian Opera Company. Music commemorating both World Wars and the fall of the Berlin Wall. Artists of the COC Ensemble Studio. For more info call: 416 363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. **Free**

Thursday, January 22nd at 12:10 pm. **University of Toronto Faculty of Music. Thursdays at Noon: Follow Us.** Schubert: Arpeggione Sonata; Schumann: Kreutzer Sonata; new work by Beckwith. Peter Stoll, clarinet, and Adam Zukiewicz, piano. For more info call: 416 408-0208. Walter Hall, Edward Johnson Building, 80 Queen's Park. **Free**



Thursday, January 22nd at 12:30 pm. **Jazz at Noon: Barry Elmes Quintet.** York University Department of Music. Original works. Barry Elmes, drums; Kevin Turcotte, trumpet; Mike Murley, saxophone; Reg Schwage, guitar; Steve Wallace, bass. For more info call: 647 459-0701. Martin Family Lounge, 219 Accolade East Building, 4700 Keele Street. **Free**

Monday, January 26th at 12:30 pm. **Music at Midday: Classical Instrumental Recital.** York University Department of Music. Student solos. For more info call: 647 459-0701. Tribute Communities Hall, Accolade East Building, 4700 Keele Street. **Free**

Tuesday, January 27th at 12:00 pm. **Vocal Series: A Celebration of Canadian Art Song.** Canadian Opera Company. Mozetich: Enchantments of Gwendolyn (premiere); Ridout: Cantiones Mysticae; Prévost: Musiques Peintes; Tu te souviens; Soleils d'été; Pépin: Cycle-Éluard. Joni Henson, soprano; Nathalie Paulin, soprano; Allyson McHardy, mezzo; Adam Sherkin and Robert Kortgaard, piano. For more info call: 416 363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. **Free**

Tuesday, January 27th at 7:30 pm. **Student Composers Concert.** University of Toronto Faculty of Music. For more info call: 416 408-0208. Walter Hall, Edward Johnson Building, 80 Queen's Park. **Free**

Thursday, January 29th at 12:00 pm. **Chamber Music Series: Introducing the Academy.** Canadian Opera Company. Artists of the COC Orchestra Academy perform alongside their mentors of the COC Orchestra in a program of gems from the chamber music repertoire. For more info call: 416 363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. **Free**

Thursday, January 29th at 12:10 pm. **University of Toronto Faculty of Music: Thursdays at Noon.** Ravel: Gaspard de la Nuit (Ondine and Scarbo); Schumann: Fantasy Op.17 in C. Emily Chiang, piano. For more info call: 416 408-0208. Walter Hall, Edward Johnson Building, 80 Queen's Park. **Free**

Thursday, January 29th at 12:30 pm. **York University Department of Music: Faculty Spotlight Series.** Mark Chambers, cello; Patricia Wait, clarinet; Elizabeth Acker, piano. For more info call: 647 459-0701. Tribute Communities Hall, Accolade East Building, 4700 Keele Street. **Free**

Osteoporosis Prevention

Monday, January 19th from 2:00 pm - 3:00 pm, register by Sunday January 18th. **Build Your Bones Naturally.** Strong bones are our best friends, allowing us to stay mobile and active. Learn from holistic nutritionist and homeopath Jocelyn McTavish how to naturally build bone density, or increase the mineral content of your bones and you can work to reduce your risk of osteoporosis. For more info email: eaprograms@torontopubliclibrary.ca or phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Seniors. **Free**



Skating Party

Sunday, January 18th at 2:30 pm to 4:30 pm. **Skating Party.** Friends of Monarch Park invite you to its annual Skating Party at Monarch Park Rink. Skate to music, sip hot chocolate and enter a jellybean contest. For more info contact Carolyn Baxter by email: carolyn.baxter@yahoo.ca or phone: 416 463-1247. Monarch Park Rink at Monarch Park, 115 Felstead Avenue (near Danforth Avenue and Coxwell Avenue). 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.

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Thanks for subscribing! From the C/S Info Bulletin Team: Helen and Cassandra