



BULLETIN

525 February 1st – 15th, 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

Psychiatric Survivor Archives of Toronto (PSAT) Board Positions - Call Out!!!

The Psychiatric Survivor Archives of Toronto (PSAT) would like to invite you to learn more about the lived-experience of people who have experience with the mental health system. You can also get involved! There are two ways to get involved with PSAT this year.

First: There are **two board positions open!** We are putting out an official call for nominations. If you are interested, please contact PSAT with the following information:

- Full Name
- Status as a Psychiatric Survivor (see PSAT by-laws for clarification)
- A small blurb that outlines why you want to be on the board and the skills you would bring to the board.
- If you know a board member who would support your nomination you can list their name as well.

Second: This year PSAT introduced **general membership roles**. These are roles that help to run PSAT that any person who is a member can do. The general membership roles open this year are:

- **Volunteer Coordinator:** Help find, train, and manage the PSAT archive volunteers.
- **Webmaster:** One board/general member will be in charge of updating the PSAT website, posting notice of board meetings, and updating other promotional material.
- **Partnership Liaison:** One board member will establish and maintain contact with partnership organizations throughout the year to see how PSAT could collaborate with them.
- **Document Storage:** One board member will be responsible for maintaining all of PSAT's documents, including the article of incorporations, certificates, and information on insurance.

If interested, please send an e-mail to: mstracymack@gmail.com

THE EMPOWERMENT COUNCIL PRESENTS...

CAMH

BILL OF CLIENT RIGHTS

VIDEO AND DISCUSSION

**FEBRUARY
10th, 2015**

**DO YOU KNOW
YOUR RIGHTS?**

2:00- 3:00 PM

Come join us to
watch the CAMH Bill
of Client Rights
Video and discuss
client rights together!

Empowerment
Council, Room 160
Community
Centre, CAMH, 1001
Queen Street West



FOR MORE INFO:

ec.volunteer@
camh.ca or call
416.535.8501
ext. 33520

Refreshments
will be provided.

#QTHEMONKEY MINDFULNESS CONTEST

Now through February 16th, 2015



The Dream Team
thedreamteam.ca
dreamteamyzyz@gmail.com

Tell us about your experiences with mindfulness. Is it boring, helpful or relaxing? Do you love it? Hate it? Can't see yourself ever doing it? Tell us why and win!

Post comments, submit pics or video on our Facebook page, @the-Dream-Team; or follow us on Twitter, @DTToronto, or Instagram, @Dream_Team_To, and tweet, submit pics and video. You can also write a blog and submit it to the email address printed above.

First prize is a weekend trip for two to Grail Springs Health and Wellness Spa. Second prize is a \$100 Lululemon gift certificate. Third prize is a book about mindfulness, approximate value \$50-\$60.

You must be an Ontario resident and over 18 years of age to enter. For our full terms and conditions, please visit the blog page of our website--click on "Quiet the Monkey Mindfulness Contest." Good luck!

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!

Diabetes Prevention Program for Adults at Risk of Developing Type II Diabetes

St. John's Mission is running a diabetes prevention program focused on educational workshops in combination with healthy cooking classes and regular exercise as well. **This is a free program for anyone in the community.**

The interactive educational workshops on diabetes prevention and management will run on Fridays from 1:00 pm to 3:00 pm. The dates are February 6th, February 13th, and February 20th, 2015. (Come early and join us for a free delicious lunch at 12:30 pm.)

The community kitchen/fitness workshops consist of low-cost, easy-to-prepare, healthy meals, as well as light, low-impact stretching exercises. The dates and themes are: February 3: "Eggstravaganza"; February 10: "Grab and Go Meals" (with a supermarket visit starting at 12:30 pm.; TTC fare and lunch included); February 17: "That's a Wrap"; February 24: "Mix and Create".

More diabetes prevention programming is slated for the spring onwards. St John's Mission is located at 155 Broadview Avenue (just North of Queen Street East) and welcomes new participants and volunteers. Please contact Ashley Grzybowski, at 416 466-1357 ext 29 or email: kofsjcm@gmail.com for further information.



Crazy Talks

Crazy Talks is a monthly seminar and discussion. Join local author Erick Fabris and friends in discussing psych and mad politics. We will usually begin with a guest speaker and some Q & A. Everyone is invited to participate and contribute.

Rather than start from a therapeutic question, like "How can we cure psych issues?" the first Crazy Talk will start with how public mental health care is influenced... like, by big companies, government oversight, and bureaucracies. February's topic:

Drug Companies, Shock Machines, DSM Codes, and Psych Oppression.
Guest Speaker: Don Weitz

Crazy Talks is not affiliated with any mental health agency or any university. Our meeting space is wheelchair accessible. We meet every FIRST Tuesday of the month. Next Crazy Talk:

Tuesday, February 3rd, 2015
7:00 pm - 8:30 pm, OISE, 12th floor
at 252 Bloor Street West at St. George Subway

Hosted by Erick Fabris, former psych patient and mad activist, writer of the book *Tranquil Prisons* (2011, University of Toronto Press). Erick has worked with Mad Pride, the No Force Coalition, the Psychiatric Survivor Archives of Toronto, the Mad Canada Shadow Report, and other projects.

For more information, please email: mady@teksavvy.com or call: 647 478-4241.



Mad Stories Connection

Telling simple stories about everyday life is a nice way to ease up and refresh your thoughts. For those who want to get out and about, meet people and laugh a bit, a story group can get you started. Open to consumers, survivors, and anyone with mad experiences. Come listen or join in.

Mad Stories Connection is not a therapy, writing workshop, or recreation group, and is not affiliated with any mental health agency or any university. Our meeting space is wheelchair accessible. We meet every LAST Tuesday of the month. Next Mad Stories Connection:

Tuesday, February 24th, 2015
OISE, 12th floor, 7:00 pm - 8:30 pm
252 Bloor Street West at St. George Subway

Hosted by local writer Erick Fabris. The Mad Stories Connection was started last year in Montreal, Vancouver, and Toronto. People liked the everyday stories the most, because the ordinary can surprise you, and there are many ways to tell a story.

For more information, please email: mady@teksavvy.com or call: 647 478-4241.

Volunteer Opportunity

The Mood Disorders Association of Ontario is currently recruiting volunteers for the Telephone Information and Peer Support position. To apply please submit an application along with a resume and cover letter outlining your interest in this position. The application and current posting can be found on the website at: <http://mooddisorders.ca/support-us/volunteer>.

For more info contact: Emma Wedge Árdal at 416 486-8046 ext. 232 or email volunteer@mooddisorders.ca.

Employment Matters

Employment Ontario Information Session

Friday, February 6th from 10:00 am - 12:00 pm

Learn key strategies to access employment:

- Develop an action plan to meet employment needs
- Review Second Career eligibility
- Learn about self-employment benefit program
- Learn about apprenticeship opportunities.

Registration is required! For more information and to register, visit in person or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. Adults. **Free**

Tap into the Hidden Job Market

Friday, February 13th from 10:00 am - 12:00 pm

85% of jobs are hidden. Neighbourhood Link Support Services will teach you how to access the hidden network of jobs.

Learn to:

- Locate and use key networking resources
- Establish contacts in your job search
- Develop future employment opportunities by asking the right questions

Registration is required! For more information and to register, visit in person or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. Adults. **Free**

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 the following study.

camh Centre for Addiction
and Mental Health

Are you age 18 or older and taking Clozapine?

If **yes**, you may be eligible for a research study which involves brain imaging procedures.

We are looking for individuals who are: 1) taking Clozapine; 2) age 18 or older; and

3) not using any street drugs recently.

For more information, or to find out if you are eligible, please call 416 535-8501 ext. 30620.

**** Financial 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.
(REB# 221/2012)***

Things To Do...



Free and Low-Cost Events for February 1st – 15th, 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!**

Black History Month

Thursday, February 5th from 7:00 pm - 8:00 pm. **Conversation: The Black Experience Project (BEP)** is a city-wide study aimed at better understanding the lived experiences of Black Canadians over 50+ years. Learn more about how you can be involved through a compelling panel discussion and conversation that will look at the contemporary context of research on the Black community. Art from the Michaëlle Jean Foundation will also be on display. Dalton Higgins moderates. For more info contact: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Friday, February 6th at 11:00 am (this event repeats). **Kuumba Through a futuristic lens.** Kuumba 2015 offers a unique take on Black History Month through AfroFuturism. It will celebrate Afro-Canadian culture with a range of events including artists, musicians, writers and thinkers offering an Afro-centric glance into the future. For more info contact the information desk: info@harbourfrontcentre.com or phone: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Sunday, February 8th from 3:30 pm - 4:30 pm. **The Great Black North Launch.** Kuumba and IFOA (International Festival of Authors) are delighted to host the Toronto launch of the anthology of contemporary African Canadian poetry *The Great Black North*, with readings by Lillian Allen, Kevan Anthony Cameron, George Elliott Clarke, Afua Cooper, Sankofa Juba, Valerie Mason-John and Dwayne Morgan. A lively discussion with the poets will follow, moderated by co-editors Valerie Mason-John and Kevan Anthony Cameron. For more info email: media@ifoa.org or visit the website: <http://ifoa.org/events/great-black-north-launch> or phone: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Book Club

Wednesday, February 4th from 1:30 pm - 3:30 pm (this event repeats). **Feminist Book Discussion Group** meets at the North York Central Library on the first Wednesday of each month, 1:30 pm - 3:30 pm on the second floor. On Wednesday, February 4th, we will discuss "28 Seconds: A True Story of Addiction, Tragedy and Hope". The books we read are available at public libraries and a number are held for us at the North York library on the second floor. Co-sponsored by the Older Women's Network, and open to all women, even if you have not read the book. Refreshments are served at the meetings. For more info contact Diane Meaghan by email: diane.meaghan@utoronto.ca or by phone: 416 509-5508. North York Central Library, Room 2, 5120 Yonge Street. Adults. **Free**

Thursday, February 5th from 2:00 pm - 3:00 pm. **Thursday Afternoon Book Club**. Discuss with us "Emancipation Day," by Wayne Grady. For more info contact Victoria Village Staff by email: dkyraleos@torontopubliclibrary.ca or by phone: 416 395-5950. Victoria Village, 184 Sloane Avenue. Adults. **Free**

Bridge Club

Monday, February 2nd from 12:30 pm - 3:30 pm (this event repeats). **Welcome Club II Bridge Group**. Welcome Club II meet to play bridge on Mondays from 12:30 pm to 3:30 p.m. from September to June. For more info call: 416 225-2309 or email Lina Posa: willowdaleunited@bellnet.ca. Willowdale United Church, 349 Kenneth Avenue. Adults. **\$2**

Chess Club

Thursday, February 5th - Thursday, April 9th from 1:00 pm - 2:00 pm. **Chess Club for Adults**. Interested in playing chess? This program is open to beginners and experienced players alike. Tips and techniques will be provided as needed. Registration is required. For more info or to register phone: 416 395-5720. Downsview Library, 2793 Keele Street. Adults. **Free**

Concert

Sunday, February 15th from 1:00 pm - 3:00 pm. **Winter Concert at Earl Bales Park**. A free concert with community performances by Bathurst-Finch Community Choir, Russian Folk Theatre, Annamaria Eisler & Arkadi Tulchinski and Russian Poetry Club. For more info contact Melissa Clare by email: msclare@toronto.ca or by phone: 416 395-7873. Earl Bales Community Centre, 4169 Bathurst Street. All Ages. **Free**

Financial Advice



Monday, February 2nd from 6:00 pm - 7:00 pm. **Financial Freedom at 50**. Julia Cazzin, editor from Moneysense Magazine, will lead a discussion on what it will take in your 20s, 30s and 40s to reach financial independence. She'll discuss how to use structured investments like RRSPs and TFSAs and non-registered accounts, withdrawal rules & income smoothing. To register call: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Fitness For Seniors

Monday, February 2nd from 4:00 pm - 5:00 pm (this event repeats). **Weekly Drop-in Fitness Group for Older Adults**. Pay-what-you-can (suggested amount: \$5). 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. Wear comfortable clothing that allows you to move,

and non-skid footwear (bare feet are also ok). For additional information call Edith Sinclair at: 416 504-4702 or email: edith.sinclair@utoronto.ca. Wynn Fitness, 98 The Esplanade (south of Front, between Church and Jarvis). Seniors. **PWYC**

Tuesday, February 3rd from 1:00 pm - 3:00 pm (this event repeats). **Group Fitness and Gentle Exercise Classes (55+)**. Come join our FREE ongoing exercise program for adults aged 55+ that will focus on increasing your strength, balance, and flexibility. Exercises include yoga and tai chi movements, fun music, and socials. Different levels, different locations, and different times available. *NEW LOCATION* at 49 Mabelle Ave. Every Tuesday 1:00 pm - 3:00 pm, and every Saturday 10:00 am - 12:00 pm. For more info and to register please call ESS Support Services at: 416 243-0127 ext. 237 or visit the website: <http://www.esssupportservices.ca> or phone: 416 243-0127. 49 Mabelle Ave. Adults 55+. **Free**

Health & Wellness

Wednesday, February 11th from 6:00 pm - 8:00 pm. Registration by date: Tuesday, February 10th. **Transform Your Health Naturally**. In this free workshop, you will learn three proven strategies to transform your health naturally, you will learn how to kick start your health, increase energy, reduce body aches and more. Enjoy herbal tea and get your questions answered by a registered nutritionist. For more info contact Nancy Lyon by email: programmanager@centraleglinton.com or by phone: 416 392-0511. Central Eglinton Community Centre, 160 Eglinton Avenue East. Adults. **Free**

Intermediate French Class 50+

Monday, February 9th from 3:30 pm - 4:30 pm. **50+ Intermediate French Class (Drop-in)**. Did you know that practicing a foreign language can make your brain stronger? Join our new volunteer instructor, Monsieur Karim, on select Monday afternoons in the 2nd Floor, program room for fun, good company and great French conversation at the intermediate level. For more info call: 416 392-0511 ext. 228 or email: olderadults@centraleglinton.com. Central Eglinton Community Centre, 160 Eglinton Avenue East. Seniors. **Free**

Meet The Author

Wednesday, February 4th from 7:00 pm - 8:00 pm. **Meet Author Velvet Haney**. Author and former model Velvet Haney reads from her debut graphic memoir "The Mousehouse Years," the turbulent story of a dysfunctional romance, a single mother raising six children and a childhood filled with adversity and adventure, set primarily in the slums of 1960's Toronto. For more info phone: 416 393-7674. Bloor/Gladstone Library, room e, 1101 Bloor Street West. Adults. **Free**

Painting

Saturday, February 7th from 3:00 pm - 4:30 pm. **Chinese brush painting**. Help us celebrate the Chinese New Year with instruction on Chinese brush painting. This program is open to adults and teens. All materials will be supplied, but registration is limited to 20. Phone: 416 395-5440. Barbara Frum Library, 20 Covington Road. All Ages. **Free**

Quilting Club

Tuesday, February 3rd at 6:30 pm (this event repeats). **Jones Library's Quilting Club**. Meets every Tuesday at 6:30 pm. Work on quilts together to donate to charities. For more info email cmoran@torontopubliclibrary.ca or phone: 416 393-7715. Jones Library, 118 Jones Avenue. Adults. **Free**

Self-Publishing

Tuesday, February 10th from 7:00 pm - 8:00 pm. **The Three Biggest Rules of Self-Publishing.** Thinking about self-publishing? You're not alone. Thousands of writers self-publish their work every year. Unfortunately, many of them fall short of their goals because they don't have the information they need to make sound buying decisions. Before you self-publish, you need to know "The Three Biggest Rules of Self-Publishing"! Speaker, Richard Todd, is a Toronto-based novelist, public speaker, and president at The Editor's Desk, which provides coaching and editing services to writers in the GTA and beyond. Drop-In Program. First Come, First Seated. For more info contact Todd Buhrows by email: tbuhrows@torontopubliclibrary.ca or phone: 416 394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Valentine's Party

Thursday, February 12th from 1:00 pm - 2:30 pm. **50+ Friendship Valentine's Party.** Registration is required. This Valentine's we will be celebrating friends as we enjoy games (such as Bingo for prizes) and beverages (supplied by CECC), and treats (please bring a treat to share with the group). Must be aged 50+. Registration closes: Thursday, February 5th. For more info contact: Sherri Bulmer at: 416 392-0511 or email: olderadults@centraleglinton.com or visit the website: <http://www.centraleglinton.com>. Central Eglinton Community Centre, 160 Eglinton Avenue East. Seniors. **Free**

Waking Tour

Sunday, February 1st from 10:30 am - 12:00 pm. **The Naked Trees of Winter.** A walk through High Park with an Urban Forester to learn how trees survive the winter and how to identify them without leaves. For more info email: highparkwalkingtours@yahoo.ca. High Park, 1873 Bloor Street West. Meet at the benches near Grenadier Restaurant. 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.

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



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