

BULLETIN

527 March 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

The Toronto Central LHIN
Consumer/Survivor Initiative Network
Presents a Forum:

On Changes Coming to Ontario Works and Ontario
Disability Support Program
Speakers from the Income Security Advocacy Centre
(ISAC) and the ODSP Action Coalition

Monday March 9th, 2015

10:00 am - 2:00 pm (registration and coffee at 9:30)

246 Sackville Street, Common Room

(Dundas and Parliament Area)

Lunch and tokens provided

Wheelchair accessible

To Register call the C/S Info Centre at 416 595-2882

or e-mail csinfo@camh.ca no later than March 5, 2015.

If you need accommodations to participate, please contact
the C/S Info Centre no later than March 5, 2015.



A-Way Express
THE WHOLE PACKAGE



**WORKING FOR
CHANGE**

Please note the new end time for this event. We're done at **2:00 pm**, not 4 as was our original plan.

C/S Info Tax Clinic

2015 Tax Season

Tax season is upon us! Your 2014 Income Tax Return should be filed by Thursday, April 30, 2015 to prevent a break in receiving your Ontario Trillium Benefit or your HST cheques. If you owe money, it's even more important to do your taxes before April 30th to prevent penalties and interest from adding up. Here at C/S Info, we have a Community Volunteer Income Tax Clinic. What does that mean? We have wonderful volunteers here who can file your taxes, free of charge. We do simple returns and we have some criteria. You:

- are a consumer/survivor (identify as having a psychiatric or addictions history)
- have income under \$30,000 for the year
- don't have self-employment income or expenses
- don't have rental income (you aren't a landlord)
- don't have capital gains (aren't selling stocks, bonds, second properties)
- didn't declare bankruptcy in the year(s) that we're filing your taxes for
- weren't widowed in the year(s) we're doing your taxes for

From now until May, we file 2014 returns only. Once the current tax season is over, we go back to filing past and current tax years (10 years back is the maximum Canada Revenue will allow).

To make an appointment, please give us a call at: 416 595-2882.

New Crazy/Mad Peer Support Group – 24/7 online listserv and first meeting on March 14

Do you identify as a crazy/mad person, psychiatric survivor, system refuser, service user, and/or person with lived experience? Join fellow crazy/mad peers to hang out, give and get peer support, share info, discuss alternatives to the medical model, engage in systemic advocacy, build Mad community, play board games. We will be meeting in downtown Toronto on Saturday, March 14 from 3 – 6 pm. For the top secret location (to ensure the anonymity/privacy of members) and/or to join our new confidential email discussion listserv, email Emily at crazy.mad.peers@gmail.com

Star Offerings

The STAR (Supporting Transitions and Recovery) Learning Centre will be offering the following training sessions in February and March, 2015. The courses are free of charge and open to individuals 18 years of age and older, who have recently experienced poverty or homelessness (including transitional housing, couch surfing, shelters, rooming houses, etc.). Spaces are limited and you must pre-register to attend.

Mental Health First Aid

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Date: Thursday March 5th and Friday March 6th

Time: 9:00 am – 5:00 pm.

Location: To be determined

ASIST (Applied Suicide Intervention Skills Training)

Applied Suicide Intervention Skills Training (ASIST) is for everyone —regardless of prior experience—who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. Participants must attend both days for certification.

Dates: Monday March 16th and Tuesday March 17th

Time: 9:00 am – 5:00 pm.

Location: Book Club Room - Toronto Reference Library, 789 Yonge Street.

Please contact us to register: star@smh.ca or 647-302-STAR (7827) Toll Free 1-855-592-7827

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!

Toronto West Cat Project



Toronto faces a cat overpopulation crisis! If you own a cat that hasn't been spayed or neutered or are a colony caretaker for feral cats, we have a program for you! As part of a Toronto West Spay/Neuter Project, Toronto Animal Services is offering a free spay and neuter service for cats starting in these four postal codes: **M6N, M6M, M6H and M6K.**

In addition to being spayed or neutered, all cats will receive a vet exam, vaccines, deworming and ear treatment. The feral and free-roaming cats will have a small tip removed from the end of their left ear to identify them as neutered.

How it works:

1. Request an appointment for the cat(s) by emailing torontowestcats@gmail.com or calling 416 338-1934.
2. We may be able to assist with transporting the cat if you are unable.
3. If cats are feral and can't be handled we will send out a team of experienced trappers to bring the cat in for sterilization. The cats will remain with Toronto Animal Services for two days after surgery. We will care for them and then return them to you or to their colony.

This initiative is being undertaken by Toronto Animal Services, with funding from PetSmart Charities of Canada and assistance from the Toronto Feral Cat Coalition, and volunteers.

Why should you spay or neuter your cat?

For your pet:

- Spaying and neutering prevents overpopulation and is better for your pet!
- Spaying and neutering can prevent or reduce a number of serious and expensive health problems.
- Neutering makes pets less likely to roam, run away or get into fights.
- Animals that are spayed or neutered often exhibit fewer behaviour problems and are less likely to bite.
- Spaying and neutering eliminates unwanted breeding behaviour including urine spraying to mark their territory and unwanted night time mating noise.

For stray or feral cats:

Feral Cats are the offspring of stray or abandoned cats that are not socialized. Most cats living on their own are feral and live in groups called "colonies". It is estimated that there are 100,000 feral/homeless cats in Toronto.

Since the [Trap-Neuter-Return](#) program began in 2010, Toronto Animal Services has spayed or neutered more than 2,600 cats.

The **goal** of feral cat sterilization is to:

- Improve the quality of life for feral cats in colonies
- Reduce the number of feral cats euthanized in our animal shelters
- Eventually reduce or eliminate feral cat colonies through attrition.

FEEL GOOD FRIDAYS: WELLNESS BEYOND WEIGHT

Please Join The Self-Help Resource Centre!

Our group will be

- accepting and respecting the diversity of body sizes and shapes
- exploring weekly topics chosen by participants (emotional eating, body image etc.)
- nourishing our senses with mindful eating exercises

The Self-Help Resource Centre, with the assistance of Houselink, has created a peer support wellness group for people of all shapes and sizes interested in discovering easy ways to eat healthier and get moving while connecting with others.

WHEN: An 8 week program every Friday beginning March 6, 2015

TIME: 3:30 pm to 5:00 pm. A ½ hr. walk from 3:30 - 4:00 pm and an hour group discussion from 4:00 pm to 5:00 pm.

WHERE: Houselink, 805 Bloor Street West. Contact Tammy: tclayton4240@gmail.com or call: 416 487-4355 x 21.

HOPE TO SEE YOU THERE!

Managing Depression and Anxiety Group at Mood Disorders Association of Ontario

MDAO is offering an educational recovery group focused on developing understanding and tools to manage depression and anxiety. The group will run for six sessions. Each two hour session will involve information presentation, dialogue and activities.

Through participation in this group you will:

- Develop understanding of how thoughts, feelings and behaviours contribute to depression and anxiety.
- Acquire skills to manage thoughts, feelings and behaviours related to depression and anxiety.
- Learn strategies to better manage negative thinking, stress and worry.
- Develop tools to bolster self-esteem and resiliency.
- Expand understanding of relapse prevention strategies and planning.

Registration is required. Please contact Becky Curran at 416 486-8046 x 240 to register.

Dates: Wednesdays 10:00 am – 12:00 pm starting Wednesday March 11th through April 15th

Location: Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602.

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.

This month join activist and psychiatric survivor Louise Bark as we discuss how psych and correctional industries intersect. We encourage everyone to bring their own information and ideas to these discussions.

Psych detentions, forensic programs, restraints and isolation, privilege ladders, behaviour mod – how do some survive? Guest Speaker: Louise Bark

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, March 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: madly@teksavvy.com or call: 647 478-4241.



NEW THIS
YEAR:
ENTER
ONLINE!

The 13th Annual

BrainStorm Poetry Contest

for mental health consumers

First Prize \$250 • Second Prize \$150 • Third Prize \$75
PLUS Publication in *Open Minds Quarterly*

DEADLINE: Friday, March 13, 2015



Winners and Honourable Mentions earn publication in *Open Minds Quarterly*, the magazine that showcases the poetry and literature of mental health recovery.

Details and entry form here:

www.openmindsquarterly.com



NISA/Northern Initiative for Social Action is a registered not-for-profit charitable organization in Sudbury, Ontario, which offers a number of opportunities for mental health consumers to focus on their own individual talents and gifts and discover their own recovery path. The Annual BrainStorm Contest is intended as a fundraiser for its literary magazine, *Open Minds Quarterly*, as well as a way to support people with lived experience of mental illness by awarding prizes to the top three winners. www.nisa.on.ca

Centre for Learning, Social Economy & Work - Launch Event with refreshments

Economic Literacy: Getting Beyond 'Supply and Demand' with Jim Stanford

Jim Stanford is an economist with *Unifor*, the union formed in 2013 from the merger of Canadian Auto Workers (CAW) and the Communication Energy and Paperworkers (CEP). Jim received his PhD in Economics from the New School for Social Research in New York, and also holds degrees from Cambridge University and the University of Calgary. He is the author of *Economics for Everyone* (first published in 2008), which has been translated into 6 languages.

The Centre for Learning, Social Economy & Work (CLSEW) is a hub for academics, community practitioners, labour, nonprofit, and co-operative educators and researchers. CLSEW's education and research activities foster a greater understanding of the often under-recognized contributions of the social economy and the dynamics of work and learning in Canadian society and internationally. For more info visit <http://www.oise.utoronto.ca/lhae>

Thursday, March 12 from 5:00 pm to 8:00 pm at OISE (Ontario Institute for Studies in Education), 252 Bloor Street West at the St. George subway station. Peace Lounge on the 7th Floor. No registration required.

Have you ever wondered what kinds of things 211 can help you with? They sent us a list!

Call 2-1-1 for:

- Non-emergency police number
- Food banks
- Walk in clinics
- Alzheimer support
- Mental health help
- Meals on Wheels
- Emergency shelters for homeless people
- Services for domestic violence victims
- Public health
- Telehealth Ontario
- Crisis services
- Provincial and local helpline phone numbers
- Settlement help for newcomers
- Housing help centres
- Youth drop in programs
- Child, youth and family counselling
- Emergency utility assistance
- Understanding which government service might help or assistance
- Disability support programs
- Parenting programs

Remember **3-1-1** is for information on City of Toronto programs and services.

For provincial programs and services, it's Service Ontario at 1800 267-8097 www.serviceontario.ca

And finally, for federal offerings, it's Service Canada with the best phone number of all because it's so easy to remember: 1 800 O Canada, or 1800 622-6232. www.servicecanada.gc.ca

Employment Matters

Employment Works at CAMH

CAMH is planning to not re-hire for Diana Capponi's position as the Employment Work Coordinator at the hospital but rather to divide her responsibilities among various staff people, one of whom will send out job postings, one will go out to employers and do educational talks on mental health in the workplace and so on.

Some of us think that it is important to have a Consumer/Survivor in the position and are meeting with the Human Resources Department to discuss the issues.

If you have been helped by Diana Capponi and the Employment Works Program, and/or if you think that this is something you want to express your opinions about, please drop us a line at the C/S Info Centre by mail or email or call us and we'll write it down. We'll compile the responses and make sure they are received by the people with decision making powers.

csinfo@camh.ca or
C/S Info, The Mall, 1001 Queen Street West, Toronto ON M6J 1H4 or
416 595-2882

Things To Do...



Free and Low-Cost Events for March 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!

Art Lovers

Saturday March 7th from 8:00 pm to 10:00 pm. **Pictures of Africa.** Escape the cold with Romi Samuels' warm memories. Her canvases reflect the colourful and poignant images of post-Apartheid South Africa. The exhibition launches on Saturday night and continues all day Sunday from 10:00 am - 5:00 p.m. Website: <http://romispaintings.weebly.com> or phone: 647 892 0632. Peter Mackendrick Community Gallery, 601 Christie Street. All Ages. **Free**

Book Lovers

Thursday, March 12th from 9:30 am to 8:00 pm. **Friends of the TPL South - Annual Clearance Used Book Sale.** All items are 10 to 50 cents. All proceeds support Toronto Public Library programs. Contact: Winnie Williams, 416 397-5948 or email: friendssouthchapter@torontopubliclibrary.ca. Toronto Reference Library - Beeton Auditorium, 789 Yonge Street. **Free**

Dance

Sunday, March 1st from 4:00 pm - 9:00 pm. **Sunday 50's & 60's Rock N Roll Dance @ RCL Branch 3** Featuring: The Telstars Rock N Roll Band. Doors open 4:00 pm. Band 5:00 to 9:00 pm. Meal available at cost. Contact: Jacques Ratte Email: rclbr3@yahoo.ca Phone: 416 970-0482. All Welcome. Royal Canadian Legion Branch 3, 150 8th Street. All Ages. **Cover charge \$5 Non-members, \$3 Members - must show valid membership card.**

Festivals

Sunday, March 1st at 11:00 am. **Ring in the Year of the Sheep at LunarFest.** Take in the unique lantern installation, spectacular performances, culinary treats, traditional crafts, games and art at this Lunar New Year celebration. For more details, contact the Information Desk by email: info@harbourfrontcentre.com or by phone: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free Admission**

Financial Stuff

Thursday, March 5th from 1:30 pm - 3:00 pm. **Talk on Wills.** Speaker: Brian D. Kwan Barrister, Solicitor & Notary Public. Learn about: What is a will? How and where to prepare our wills? When do people consider making wills? What are the benefits of having a will? Contact: Elsa Uy, email: elsa@splc.ca or phone: 416 493-3333. St. Paul's L'Amoreaux Centre, 3333 Finch Avenue East. Adults. **Free**

Health Talks

Monday, March 2nd from 2:00 pm - 4:00 pm. **Chronic Pain Management Workshop.** When arthritis pain takes over your life, it's time to try a new approach. Let the Chronic Pain Management Workshop be your prescription for relief. Learn from the trained instructors in this 2-hour course the many ways to control the pain of your disease Contact: Peggy Ho Email: eaprogramsf@torontopubliclibrary.ca or 416 394-5270. Eatonville Library, 430 Burnhamthorpe Rd. Seniors. **Free**

Wednesday, March 11th from 6:00 pm to 7:00 pm. **Back Pain & You: Work.** We all know that work can hurt. Find out about the consequences of common poor postures and learn some tips to strengthen muscles, reduce pain, and prevent injury. For info, call: 647 497-9797. Website: <https://www.eventbrite.ca/e/back-pain-you-work-tickets-15758758872>. Living City Health, 120 Eglinton Avenue East. All Ages. **Free**

Friday, March 13th from 10:30 am - 11:30 am. **Budget-Friendly Tips for Healthy Eating.** Are you an older adult or caregiver who would like to learn some healthy and budget-friendly food tips? Come to a free 1 hour workshop presented by students from the Masters of Public Health Community Nutrition Program at the University of Toronto. Call 416 396-3975 for information. Includes a food demo and free food sample! S. Walter Stewart Library, 170 Memorial Park Drive. **Free**

History

Sunday, March 1st from 10:30 am - 1:00 pm. **Montgomery's Inn 40th Anniversary Celebration!** On March 1st, 1975 Montgomery's Inn was opened as a museum by the Lieutenant Governor, Pauline McGibbon. Dorothy Duncan, a museums advisor for the province, led a group of volunteers who restored artifacts for the museum and became the nucleus of the volunteer group we have today. Please come out and join Dorothy, our current volunteers and City staff, as we celebrate this milestone. Refreshments, cake, tea, coffee and mulled cider will be on offer. Tours of the museum will be available after 1:00 pm. For more info visit the website: <http://www.montgomerysinn.com> or phone: 416 394-8113. Montgomery's Inn Museum, 4709 Dundas Street West. All Ages. **Free**

Hobbies

Sunday, March 1st from 11:00 am - 4:00 pm. **Scarborough Model Railroaders Train Show.** Come and see two floors of Model Railroads. A 1500 square foot 1950's era HO scale layout set in southern Ontario that features authentic steam and diesel sound effects. We run freight and passenger train operations using Digital Command Control. Our 1000 square foot N scale layout features more than 30 scale miles of double track mainline running through mountain scenery. Watch 60 to 80 car freight trains and full length passenger trains operate through the old and new sections of the layout. Michael Marmoreo at michaelmarmoreo@gmail.com Website: <http://scarborough-model-railroaders.org/> Phone: 416 262-9971. Scarborough Model Railroaders Club House, 17 Jeavons Avenue. All Ages Welcome. **Adults \$5.00, Children \$2.00, Seniors \$3.00, Family \$12.00**

International Women's Day

Monday, March 2nd at 6:00 pm. International Women's Day. Lorraine Greaves, one of the editors of **Playing it Forward: 50 years of Women and Sport in Canada**, will be here to talk about the important role of women in sports. Lorraine is a director of the Feminist History Society, developing books on the history of the women's movement in Canada. Information: 416 395-5440. Barbara Frum Public Library, Auditorium, 20 Covington Road. Adults. **Free**

Tuesday, March 3rd from 6:30 pm - 8:00 pm. **A Score for Women's Voices -- National Film Board Film Screening In Celebration of International Women's Day.** Between March and October of 2000, millions of women from 161 countries took to the streets to denounce poverty and violence against women. The March of Women was an initiative of the Quebec Federation of Women. Director Sophie Bissonnette invited five filmmakers to film the marches as well as one innovative project. The result is a fast paced hour and half that feels a little like a roller coaster ride from around the world. Contact: Gerrard Ashdale Staff at email: ashdale.events@gmail.com. or phone: 416 393-7717. Gerrard/Ashdale Library, 1432 Gerrard Street East. All Ages. **Free**

Saturday, March 7th. **International Women's Day 2015 in Solidarity with the World March of Women.** 11:00 am Rally at OISE (Ontario Institute for Studies in Education), 252 Bloor Street West. 1:00 pm March starting at 252 Bloor Street West. 2:00 Fair at Ryerson University, 55 Gould Street. Info: www.iwdtoronto.ca. **Free.**

Saturday, March 7th from 3:30 pm - 8:00 pm. **Bodies of Light: Celebrating International Women's Day Through the Lens of Disability and Difference.** In their debut single, "This isn't Disneyland", 'The Sisters of Invention attack the myth of fairy-tale princesses in their video, kicking down Lego towers and destroying toys—ripping a stuffed animal apart and lighting dolls on fire or smashing them with hammers.'" - E. Lewy. In Celebration of International Women's Day on March 7th, Tangled Art + Disability and the DisAbled Women's Network Canada come together to host an evening of media work by women artists with disabilities. For one night only, Bodies of Light will feature rich and provocative work by artists whose identities reveal a wide range of stories and creative practices. This event invites us to participate in the celebration of diversity, creativity and identity through the lens of disabled artists from all over the world. Contact: Lindsay Fisher email: lindsay@tangledarts.org or phone: 647 219-8538. Innis Town Hall, 2 Sussex Avenue. All ages. **\$10 general, \$5 people with disabilities**

Tuesday, March 10th from 7:00 pm – 8:00 pm. **Ten Women Who Changed Toronto.** With Pat Staton, former coordinator of the Centre for Women's Studies in Education, OISE/University of Toronto and currently an honorary Research Assistant at the Centre. This talk is based on her recent book "Toronto Women: A Walk Through History", which features eight neighbourhood walks, with maps and brief biographies of more than 80 women past and present in the life of Toronto. Come and learn about ten of these women in this fascinating talk. Call 416 395-5660 to register. North York Central Library, Auditorium, 5120 Yonge Street. Adults. **Free**

Tuesday, March 10th from 6:00 pm to 8:00 pm. **Get Empowered on International Women's Day.** Sandra Whiting will teach us how to use self-talk and self-praise to be our awesome selves. Sandra is an engaging teacher and storyteller was most recently a juror for Toronto and Ontario Arts Council, was president of the Black Business and Professional Association, and chair of the Jamaican Canadian Association among other accolades. Following our talk we will use an exercise to show how our affirmations need nurturing to grow from a seed to its fullest potential. This program is in partnership with North York Women's Centre, North York Community House and Toronto Public Library. To register call 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Music Lovers

Sunday, March 1st from 2:00 pm to 4:00 pm. **Sunday Concert Series at Scarborough Civic Centre.** Admission to the concerts held every Sunday is free. Upcoming March 1st The George Lake Big Band and March 8th The Thornhill Swing Band, on March 15th The Bob Cary Orchestra, on March 22nd The Eddie Graf Orchestra, and on March 29th The Mike Danton Band. Concerts take place at the Scarborough Civic Centre, 150 Borough Drive. All ages. **Free**

Sunday, March 8th from 3:15 pm to 5:15 pm. **Famed Vienna Piano Trio Makes its Mooredale Concerts Debut.** "Passion...finesse...chamber music at its very best" (Musical Toronto), "Top of the class" (CD Review), "telepathic gifts of communication" (The Plain Dealer), "one of the world's leading ensembles of violin, cello and piano" (The Washington Post). The superlatives continue to shower the Vienna Piano Trio, which makes its Mooredale Concerts debut during its 25th anniversary season. The Trio has toured to virtually every major music centre in Europe, the Americas, Australia and the Far East. It brings its famed silken, homogeneous sound to Mooredale Concerts in three works reflecting its signature Germanic and Austrian repertoire: Schumann's delicate and highly emotive Fantasiestücke Op. 88, Mendelssohn's beloved Piano Trio No. 1 in D minor, Op. 49; and Beethoven's 10 Variations on "Ich bin der Schneider Kakadu" in G Major, Op. 121a. (The tune for the Beethoven comes from the opera Die Schwestern von Prag by the Moravian composer Wenzel Müller.) Contact: Mooredale Concerts, email: contactus@mooredaleconcerts.com or phone: 416 922-3714. Walter Hall, Edward Johnson Building - University of Toronto, 80 Queen's Park. Adults. **Free**

Science Talk

Wednesday, March 11th from 7:00 pm to 8:00 pm. **Memories in the Malleable Mind.** The neurons in our brain are in a constant state of chatter, and it is dynamic and flexible. Why, then, do we think of the brain as fixed, or "hard wired"? Dr. Kari Hoffman explores the neuroscience of learning and remembering. Part of a lecture series, Neuroscience: How Your Brain Lives, Works ... And Dies, presented in collaboration with York University's Faculties of Science and Health. Drop-In Program. First Come, First Seated. Info: Todd Buhrows, email: tbuhrows@torontopubliclibrary.ca or phone: 416 394-5247. Brentwood Library, 36 Brentwood Road, North. Adults. **Free**

Tech Help

Any day and any time your library is open. **Book A Librarian.** Did you know that you can get free one-on-one expert help from a librarian for time slots of 30 to 60 minutes? A whole hour of help from your local librarian! You just go to your library and fill out a request form. You can get help with any topic including digital downloads (including music, using ebooks and Overdrive), finding great books, searching for a job, starting or building a business, finding government sites and forms, getting citizenship and settlement information and lots more. Get the form inside any library or visit tpl.ca/bookalibrarian. We have the forms at the C/S Info Centre, too if you come here. **Free**

Writers

Tuesday, March 3rd from 6:00 pm - 7:00 pm "Something has gone terribly wrong..." **Writing for Children and Youth.** Richard Scrimger, author of "Zomboy" and "The Wolf and Me (Seven Sequels)," talks about how to get into a story and make it sound authentic. Get ready for an interactive and entertaining presentation using real examples to illustrate story-building. This writers' workshop is presented by the Humber School for Writers. For more info, phone: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Wednesday, March 4th from 6:30 pm - 8:00 pm. **Your Truth Matters - Write It Down.** Make your life matter--dare yourself to write the truth. Wayson Choy will discuss how he wrote his bestselling memoirs "Paper Shadows" and "Not Yet" by exposing and exploring both his personal and community Chinatown "secrets within secrets." This writers' workshop is presented by the Humber School for Writers. Email: dastaff@torontopubliclibrary.ca or phone: 416 393-7783. Danforth/Coxwell Branch Toronto Public Library, 1675 Danforth Avenue. Adults. **Free**

Saturday, March 7th from 3:00 pm to 4:00 pm. **Canadian Journalists and Coverage of the Gaza War.** Veteran investigative reporter Andrew Mitrovica explores how the Gaza War was covered by Canadian journalists. The good, the bad, and the ugly. A Freedom to Read Week event. Drop-In Program. First Come, First Seated. Contact: Todd Buhrows email: tbuhrows@torontopubliclibrary.ca phone: 416 394-5247. Brentwood Library, 36 Brentwood Rd, North. 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



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