

BULLETIN

529 April 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/



*April showers bring
May flowers!*

Community Announcements

Employment Works Update

Some of you may remember, and are following updates on the future of the work Diana Capponi did as Employment Works Coordinator at CAMH. Thanks to the collaborative efforts of some smart peers, consumer/survivor organization leads and allies, the HR Dept. is now more receptive to the idea of a more vigorous process to examine the scope and value of the work Diana did in, and outside of CAMH. So, the good news is that some time and energy will be set aside to actually understand the systemic pieces of the work and vision Diana held for recruitment opportunities and equity. Given the immense challenges of employment equity for consumer/survivors and people with substance use histories, a CAMH HR employment strategy should encompass more than sending out job ads and help with resumes. It means getting out there and challenging discrimination and pushing companies/agencies to hire. Many of you have also stated that this position must be led by someone with “lived experience,” a consumer/survivor – someone who “gets it” and can advocate for us all.

If you have any feedback at all about what was great about the work Diana did or how to improve the Employment Works portfolio/vision please send your comments to the C/S Info Centre by email: csinfo@camh.ca or by mail: Consumer/Survivor Information Resource Centre of Toronto, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.

Lucy Costa
Empowerment Council Advocate

Poets/Musicians Wanted

Mad Pride is seeking poets and musicians to perform at a Showcase on July 9th and also at a poetry reading on July 11th. Our Poetry reading features a top Canadian poet. All are welcome to apply. Please inquire or make submissions to George by email: georgezancola@gmail.com or by phone: 416 769-1389.

Diversity and Equity in Mental Health and Addictions Conference 2015: Cross-cultural Perspectives on Recovery and Resilience

Friday, May 15th, 2015 8:00 am – 5:00 pm

Courtyard by Marriott Downtown Toronto
475 Yonge Street, Toronto

Target Audience:

Health care providers, settlement service workers, peer support workers, school board personnel, policy makers, directors, CEOs for hospital/community agencies, first responders, and funders as well as consumers, family members, students and the community at large.

Objectives:

At the end of the conference, participants will be able to:

- Develop cultural competent and holistic practices including traditional, cultural, spiritual beliefs/healing practices
- Incorporate principles of recovery and resilience into their work with diverse communities
- Learn more about inter-professional and cross-sectional collaboration to promote recovery
- Broaden the understanding of recovery and resilience concepts
- Understand post-traumatic growth and its relation to recovery and resilience

Talks include: Beyond Recovery: Alternative Models for Thinking about Recovery and Resilience in Diverse Communities and *What we know about culture and post-traumatic growth and how we can translate it into community-based practice + workshops.*

HOW TO REGISTER:

Registration fee: \$130 including breakfast, lunch and conference materials

Group rate: \$110 for the first 3 registrations (Non-profit organizations with budgets under \$1 million)

For a special consumer/survivor rate, call May Ho at 416 493-4242 ext. 2243.

<http://events.r20.constantcontact.com/register/event?llr=5wysuzeab&oeidk=a07eajrd7es61de197a>

Workshop information will be sent to registrant who has finished the online registration. Please then indicate the workshop that you would like to attend.

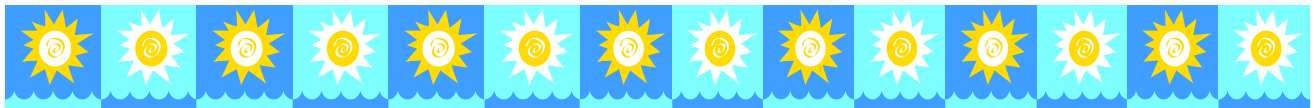
Enquiry: 416 493-4242 ext. 2243 or mho@hongfook.ca

SAVE THE DATE!

Progress Place 6th Annual Health and Wellness Fair

Come out and visit booths from over 15 various agencies featuring topics relating to health promotion, nutrition and physical activity. The event is being held Wednesday, April 22nd, 2015 from 2:00 pm - 4:00 pm at: 576 Church Street (intersection of Church and Wellesley). For more info call Progress Place: 416 323-0223.

We welcome all consumers and service providers!



ODSP Action Coalition March Action Kit: ***Save the Work Related Benefit***

Big changes are happening to employment supports benefits, for people on ODSP. This will include the elimination of the \$100 monthly work related benefit, which will result in a loss of up to \$1200 a year for people on ODSP who are working. For people who are already under the poverty line, this is a devastating loss.

The ODSP Action Coalition's March Action Kit provides step-by-step information on the two actions we're asking you and others in your community to take this month around this issue. The Kit can be accessed here: <http://www.odspaction.ca/resource/march-action-kit-save-work-related-benefit>

The two actions are:

- Online letter writing campaign - This letter writing campaign will allow you to easily send an electronic letter to your local MPP, Minister of Community and Social Services Helena Jaczek, all Cabinet ministers, the leaders of the Opposition parties and the Premier.
<http://www.odspaction.ca/action/save-the-wrb>
- Petition to the Ontario Legislature - The petition form can be downloaded from the link below. Please print, sign and share this with others. We are working on having this petition read into the Ontario Legislature in May 2015. Please return signed petition forms to the ODSP Action Coalition no later than Thursday April 30th, 2015. The address to return petitions to is in our March kit.
<http://www.odspaction.ca/resource/petition-save-work-related-benefit>

In addition to our March Action Kit, we are launching the report of a survey we recently conducted about the Work-Related Benefit.

- Over 500 people from 100 communities across Ontario participated in this survey of what people on ODSP use the Work Related Benefit for and what the implications will be of the loss of this benefit. Download "Why are they taking it away?" here: <http://www.odspaction.ca/resource/why-are-they-taking-it-away-us-results-survey-odsp-recipients-work-related-benefit>

If you require assistance or have any questions please do not hesitate to contact Kyle Vose at cayocito@hotmail.com or Chris Ramsaroop at 1-866-245-4072 extension 5151 or ram sarc@lao.on.ca.

Peer Support Worker ***Community of Practice***

The Self-Help Resource Centre runs a monthly peer support group for peer support workers and volunteers. This Community of Practice meeting is an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, and brainstorm solutions to challenges in the field.

When: First Thursday of the month

Next meeting: April 2nd, 2015 from 4:00 pm to 6:00 pm

Where: Self-Help Resource Centre, 40 St Clair Ave, Suite 204 (inside Deer Park Library)

**Please note the room change

What to Bring: Questions and challenges experienced in peer support

Coffee, tea and light snack will be provided!

Crazy Talks

Revisiting Local Psych Wards
Guest Speaker: Preetha Stephen

Preetha Stephen will compare local psych facilities and how mistreatment increases with more time spent in the system. Despite systemic abuse, she believes we all have the capacity for inner strength and enlightenment. We encourage everyone to bring their own information and ideas to these discussions.

Tuesday, April 7th, 2015
7:00 pm - 8:30 pm
OISE, 12th floor (Rm 294)
at 252 Bloor St. West, up from St. George Subway Station

Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris and guest speakers who start each discussion. Everyone is invited to participate and contribute.

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

Crazy Talks is hosted by Erick Fabris, former psych patient and mad activist, writer of the book *Tranquil Prisons*. 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.

Resources Community Service Workers Activities & Programs

SMART Recovery Advocacy Mind Over Mood

Pathways to Recovery Case Management

GRAND OPENING!!

SOUND TIMES
SUPPORT SERVICES 

WEST LOCATION
Date: April 22, 23, & 24 2015
Time: 10:00 AM - 4:00 PM

2340 Dundas Street West Suite G-43
Toronto, Ontario M6P 4A9
(Lower Level)
Phone: (416) 234-9245

Drop In Centre Peer Support Self Help Urgent Care Program

Hacking

By: Our computer gal, Martha

Here are some sure signs that your system has been hacked:

1. Popups that tell you your system has been attacked. Some of these look like legitimate messages, from Microsoft or even the FBI! You will be asked to download something. Even if you say 'No' to the download, you've already been compromised. That's why the popup keeps repeating, and your computer will get slower and slower. The popups will get scarier too, saying you have a thousand or more viruses and you need to download the software immediately. I find ComboFix, an older free antivirus program, to be very effective for this particular threat. <http://www.bleepingcomputer.com/download/combofix/> If you've had the virus for a while, it will prevent your computer from running any antivirus program, including ComboFix. Start your computer in Safe Mode by restarting and pressing 'F8' gently and continuously as it's booting up. Choose SafeMode No Networking and run ComboFix.

2. You see some new toolbars at the top of your browser screen and you know you haven't asked for them. Bing, as I understand it, is now bundled with Windows operating systems, and becomes an Internet Explorer toolbar. You don't need it. Google is good enough for just about anything, these days.

3. Your internet searches are redirected. You do a Google search for Anglican Church of Canada and get sent to Match.com. This actually happened to me, way back in my early computer days. I had no idea what had happened, luckily I had my own guru to call...

4. Popups all over the place, sometimes filling the whole screen and hiding the 'X' to escape them. Sure sign that you've been hacked.

5. Your friends get emails that you didn't send. The emails will contain a link to download a message or video, which will contain a virus. It's a common Facebook and Twitter hack, and is extremely embarrassing! To save your friend and contacts from potential hacks, notify them that it's happened and ask them not to open any links.

6. Online passwords change. If you have cookies set to automatically enter your user name and password, they can be changed by a hacker. Notify the site and delete your registration immediately, then reset the username and password. Don't allow Firefox or the site to save this information.

7. Unwanted software that miraculously installs itself. Go to Control Panel and choose 'Programs and Features' to see if there are programs you don't recognize. You might not be able to uninstall it from Control Panel; this is a sign that it's malicious. Try to uninstall it by going to Start>Computer>C>Program Files. Right click on the program and choose 'delete'.

8. Cursor acts randomly and makes selections that you haven't asked for (really, really spooky) Sometimes it jumps, or trembles, even if your hand isn't anywhere near the mouse. There are very few hardware problems that can cause this kind of behavior, so the chances are high that your computer is hacked.

9. Can't run your antivirus and antispyware apps. Can't install new ones. Try to run them while in Safe Mode, and use Safe Mode with Networking to try to download a new copy of the antivirus.

10. Money disappearing from your bank. This doesn't happen often now because the banks have top of the line online security and offer insurance for losses. Banks want you to do your business online, so they can close all their handy little local outlets and fire tellers. As if they weren't making enough money...

11. Calls from stores because you haven't paid for something...and you didn't order anything. The big online merchants, like EBay and Amazon, also offer insurance for fraudulent transactions. Facebook,

YouTube and Twitter are used by just about everybody who goes online. So the hackers will be watching these sites for opportunities. Change your passwords once a month or so, and use different passwords for each site. The free email sites, like Hotmail and Gmail, are also vulnerable just because they are so well used. Hackers use cookies to learn about our internet behavior. Websites will 'plant' cookies on your system so that the next time you go to that site it is easier to enter your password and navigate the site. Your computer 'remembers' your activity. So the hacker can learn a lot about you from cookies. There are probably sites that will automatically log you on, so the hacker can get into those sites quite easily.

What to do to protect yourself

Get the very best antivirus and antispyware applications that you can afford. PCMag.com and TomsGuide.com have reliable reviews of current antivirus programs, both free and not-so-free. Do a manual scan once a week or so, and make sure the antivirus program is configured to automatically scan every time you start the computer. It should also be set to update automatically. Keep your Windows Updates set to 'automatic download and install'. If you look at the list of updates, you will notice that the majority are security-related. If you are asked to install or update something you're not familiar with, don't do it. A good rule of thumb, for the internet in particular, is....if you're offered something and you didn't know you needed it, you probably don't. Because malware can change very quickly, unwanted applications can sneak past your antivirus/antispyware programs easily. It's a good idea to do a manual scan now and again, to give your security programs a chance to pick up the newer bits of unwanted programs. Most current antivirus applications are 'heuristic', they learn as they go. If they see a new bit of malware code, they add it to their database for future reference. Often they will do this even if the code looks a bit suspicious.

And if you get hacked

Do a system restore, to a point in time that you know you were ok. This will sometimes erase the hacker's intrusion. Click on the 'Start' button, and do a search for 'System Restore', and follow the directions. If you suspect anything, email me! Better to be safe than sorry. Hacks are easier to manage if you get to them early. Sometimes a scan with an alternate antivirus program will get rid of the problem, but if it's been active for a while, you will need to format the hard drive to get rid of everything on it. Viruses and malware can do a lot of damage, and ultimately, destroy all the data on your machine. However, they won't do any hardware damage. Even if it looks hopeless, reformatting and reinstalling everything will solve the problem.

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



Are You a Consumer/Survivor Interested in a Part-Time Job?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff. If you are interested in working with us please come by and fill out an application:

Parkdale Green Thumb Enterprises
Working for Change
1499 Queen Street West Suite 203
Or email us - greenthumb@on.aibn.com
No phone calls please

The Raging Spoon Catering

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 cook position opportunity waiting for you. Please inquire at: 416 504-6128 or email us at: ragingspoon@bellnet.ca for details.

The Raging Spoon .ca

Volunteer Matters

Mad Pride 2015

The Organizing Committee needs Volunteers!

The Mad Pride 2015 Organizing Committee needs volunteers. We meet every Monday at Houselink at 805 Bloor Street West. Please call Carmen at: 416 539-0690 x 256 or email: Carmenca@Houselink.on.ca.

Doors Open Toronto

Volunteers Are Needed!

The City of Toronto is looking for volunteers for this year's Doors Open Toronto on Saturday and Sunday, May 23 & 24, 10:00 am to 5:00 pm. A wide range of adult and youth volunteer opportunities are available at many buildings participating in Doors Open Toronto. Volunteers are ambassadors for this event and for the City of Toronto. To have a look to see which positions are available take a look at the website: <http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=9a3e4ee8f1422410VgnVCM10000071d60f89RCRD&vgnextchannel=8c3b7cc3b5e91410VgnVCM10000071d60f89RCRD>

Things To Do...

Free and Low-Cost Events for April 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 Show ~ and sale

Wednesday, April 1st from 6:00 pm - 9:00 pm (This event repeats). **Willowdale Group of Artists Annual Juried Art Show and Sale.** One of Toronto's oldest, active art groups celebrates the onset of spring with a show featuring works by some of Toronto's finest amateur and professional artists. Reception and awards ceremony: April 1st from 6:00 pm - 9:00 pm, show continues Thursday, April 2nd from noon to 4:00 pm. For more info contact Margie Wagner by email: margie@thewgners.ca. Todmorden Mill Papermill Gallery, 67 Pottery Road. All Ages. **Free Admission**

Book Club ~ afternoon

Thursday, April 2nd from 2:00 pm - 3:00 pm. **Thursday Afternoon Book Club.** Discuss with us "The Enchanted April," by Elizabeth Von Arnim. For more info contact Victoria Village staff by phone: 416 395-5950 or by email: dkyraleos@torontopubliclibrary.ca. Victoria Village, 184 Sloane Avenue. Adults. **Free**

Book Club ~ for all tastes

Wednesday, April 1st through Wednesday, May 13th from 10:00 am - 12:00 pm. **Downsview Book Club.** Love finding a good read? Join the Downsview Book Club and discover a new author or explore a classic you may have missed. The reading list has a fine mixture for all tastes. Club meets alternate Wednesday mornings starting February 4th to May 13th. All readers welcome! Please call to register: 416 395-5720. Downsview Library, 2793 Keele Street. Adults. **Free**



Easter Bazaar ~ Ukrainian food & crafts

Saturday, April 4th from 10:00 am - 2:00 pm. **Easter Bazaar.** Perogies, cabbage rolls, Ukrainian Easter breads, home-baked goods, ceramics, Ukrainian Easter eggs, embroidered and woven goods and much more. For more info contact Olena by email: toradmin1@ucss.info or by phone: 416 763-4982. Ukrainian Canadian Social Services, 2445 Bloor Street West. All Ages. **Free Admission**

Ebola Virus ~ misconceptions

Wednesday, April 1st from 6:30 pm - 8:00 pm, register by: Wednesday, April 1st. **What's In An Outbreak? - An Overview of Ebola and Infectious Disease.** Amidst the media panic on the current Ebola outbreak in western Africa, University of Toronto researchers from the Dept. of Immunology want to clear up some of the misconceptions surrounding the virus. The focus will be on Ebola and the biological and sociological factors that have contributed to the outbreak, and why Ebola has spread so much in some areas and much less in other regions. For more info contact Peggy Ho by email: eaprograms@torontopubliclibrary.ca or phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

Euchre Night ~ euchre enthusiasts

Wednesday, April 1st from 7:00 pm - 9:00 pm (this event repeats). **Euchre Night.** Come join many Euchre enthusiasts during Euchre night at the Legion Branch 210. For more info phone: 416 231-2021. Royal Canadian Legion, Branch 210, 110 Jutland Road. Adults. **\$3.00**

Film Screening ~ Double Happiness

Wednesday, April 15th from 1:00 pm - 3:00 pm. **Double Happiness.** Reel Canada presents National Canadian Film Day. This countrywide celebration of Canadian film is an opportunity to join film buffs across the country to watch some of the wonderful films made in Canada. We will be screening Double Happiness (1994). Rated PG. For more info phone: 416 395-5980. York Woods Public Library, 1785 Finch Avenue West Adults. **Free**

Karaoke ~ sing or listen

Sunday, April 5th from 5:00 pm - 9:00 pm (this event repeats). **Karaoke at the Branch.** Come out every Sunday evening for an entertaining night of Karaoke. You may want to bring your singing voice or simply come out to listen. All are cordially welcome to attend. For more info contact Jim Farrell by email: jimb.farrell@yahoo.ca or by phone: 416 425-1714. Royal Canadian Legion, Branch 22, 1240 Woodbine Avenue. Adults. **Free**

Meditation ~ mindfulness

Monday, April 13th from 11:30 am - 12:30 pm (this event repeats). **Mindful Moments: Meditation Hour.** Stonegate Community Health Centre invites you to spend an hour with yourself to just be. Mindful Mondays. Registration is required and spaces are limited. Childcare available with advanced notice. For more info contact Lin or Khen by email: lin.chou@stonegatechc.org or phone: 416 232-0700. Stonegate Community Health Centre - new temporary location - 1243 Islington Avenue, 8th floor, Suite 800, Adults. **Free**

Mental Health 101 ~ supports & services

Thursday, April 9th from 7:00 pm - 8:00 pm, register by: Thursday, April 9th. **Mental Health 101.** Presented by Reconnect Mental Health Services, this information session will review the current mental health system and where we have come from. An overview of mental illnesses and treatments will be described as well as supports available and how to access services. There will be time for questions. For more info contact Peggy Ho by email: eaprograms@torontopubliclibrary.ca or by phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

Native Plants ~ in Toronto

Thursday, April 9th from 7:15 pm - 9:00 pm. **Native Plants in Toronto.** Leaside Garden Society's Paul, maintains a strong knowledge of Ontario native plant species and their communities and fosters them in his own gardens. He is the past vice-president & president of the North American Native Plant Society and has had the pleasure of presenting for numerous garden clubs and conservation authorities on the importance of native plants to our ecology. For more info contact Nora Campbell by email: leaside@gardenontario.org or visit the website: <http://www.gardenontario.org/site.php/leaside>. Leaside Public Library, 165 McRae Drive. Adults. **Free**



Nature ~ in the city

Tuesday, April 7th from 6:30 pm - 8:15 pm. **Nature In The City.** Toronto's varied natural habitats play host to an astounding diversity of wild plants and animals. Come learn about some of the more intriguing species that can be found here, and various opportunities to more about nature in the city. For more info email: natureteacher1@gmail.com. Annette Street Library, 145 Annette Street. Adults. **Free.**

Open Mic ~ lots of jokes and no cover

Sunday, April 5th through Monday, April 6th from 7:30 pm - 2:00 am (this event repeats). **Comedy Open Mic.** Real Jokes @ Placebo hosted by Dion Arnold & Scott Belford Every Sunday. No Cover. For more info contact: Melissa Fawcett by email: events@thelincoln.ca or by phone: 647 926-0947. Placebo Space, 2877 Lakeshore Blvd. West. Adults. **Free**

Seed Library ~ free seeds

Saturday, April 11th from 1:00 pm - 3:00 pm. **Seedy Saturday.** Learn how to save seeds in the city with the Toronto Seed Library. In this all-ages information session, we'll be reviewing the basics of seed libraries and seed saving plus have free seeds on hand for everyone. There will also be a children's planting workshop, so bring the whole family! Feel free to bring any questions you may have. Registration is required. For more info or to register phone: 416 395-5720. Downsview Library, 2793 Keele Street. All Ages. **Free**

Self-Publishing ~ 3 biggest rules

Wednesday, April 8th from 7:00 pm - 8:00 pm. **The Three Biggest Rules of Self-Publishing.** Thinking about self-publishing? 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 phone: 416 394-5247 or email: tbuhrows@torontopubliclibrary.ca. Brentwood Library, 36 Brentwood Road North. Adults. **Free**



Spring Festival ~ family friendly

Friday, April 3rd at 11:00 am (this event repeats). **2015 Spring Fling.** Celebrate the arrival of spring with a three-day family-friendly festival. There will be music, dance, games and hands-on activities. For more info contact the information desk by email: info@harbourfrontcentre.com or by phone: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**



Wellness Fair ~ 4th annual

Saturday, April 11th from 11:00 am - 3:00 pm. **Islington Wellness Fair.** 4th Annual Islington Wellness Fair. Featuring over 30 health & wellness exhibitors from the Etobicoke community. For more info contact Gary Hepworth by email: garyhepworth@homecarephs.com. Islington Golf Club, 45 Riverbank Drive. Adults. **Free**

Wellness Lecture ~ 211 Toronto

Thursday, April 2nd from 1:30 pm - 2:30 pm. **Wellness Lecture: "211 Toronto".** Join us at the Bernard Betel Centre for a free Wellness Lecture with 211 Toronto. Come learn about this untapped resource as well as specific services for seniors. For more info contact Maria Lindgren by email: marial@betelcentre.org or by phone: 416 225-2112. Bernard Betel Centre, 1003 Steeles Avenue West. Seniors. **Free**

Wildflowers ~ spring flora

Thursday, April 9th from 6:30 pm - 8:00 pm. **The Secret Lives of Spring Wildflowers.** Join accomplished naturalist Richard Aaron as he shares fascinating stories about Toronto's spring flora. Learn about a wildflower that deceives insects, another plant once used for medicine but now banned, and much more. For more info email: bbertrand@torontopubliclibrary.ca or visit: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT191207&R=EVT191207> or phone: 416 393-7671. High Park Library, 228 Roncesvalles Avenue. All Ages. **Free**



Writers' Group ~ find inspiration & share work

Friday, April 10th from 2:00 pm - 4:00 pm (this event repeats). **Writers' Group.** Meet other writers and enthusiasts. Find inspiration and share your work in an informal, supportive environment. Writers of all genres are welcome. To register, call: 416 396-8890. Albert Campbell District Library, 496 Birchmount 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.

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