



# BULLETIN

# 536 July 16<sup>th</sup> – 31<sup>st</sup>, 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 Repair Café is Back!!

Toss It? No Way!

Get broken household items fixed for free and learn while doing it! The Repair Café has fixers for computers, electronics, small appliances and furniture, clothes, jewelry, books, bikes and more. For whatever you need fixin' bring it on!

Saturday, July 18

10:00 am – 2:00 pm at Skills for Change

791 St Clair Avenue West, 2<sup>nd</sup> Floor

Cost: Free

### Lose Yourself on Toronto Island

On June 19<sup>th</sup> the William Meany Maze re-opened to the public. The maze was dismantled in 2011 and last summer approximately 1200 black cedar trees were planted to recreate the maze. The original design dates back to 1967.



## We are Recruiting for Our Board

The Consumer/Survivor Information Resource Centre of Toronto is looking for people to join our Board of Directors. We're looking for people with some experience being on a board, some with financial experience, computer skills, or taking minutes of a meeting. You must have lived experience of a mental health or addictions issue and be and comfortable identifying as such, and have a desire to help the consumer/survivor community. We want to reflect the diversity of our community. Our expectations are that you will attend board meetings once per month and be on one committee. We are a governance board that does not get involved with the day-to-day running of the Centre.

**If you are interested in this opportunity, then, no later than August 12, 2015,**

Please send your resume, &/or a letter saying why you would like to be considered for a position on our board to:

Consumer/ Survivor Info Centre

c/o CAMH, The Mall

1001 Queen Street West

Toronto ON M6J 1H4

or to: [csinfo@camh.ca](mailto:csinfo@camh.ca)

Interviews will be held on August 26 and a date TBD in September.

New Board Candidate Orientation will be held in late September.

Our Annual General Meeting will be held October 21, 2015 at 6:00 pm.

The Consumer/Survivor Information Resource Centre of Toronto is a small non-profit organization that is funded by the Ministry of Health and Long-Term care through the Toronto Central LHIN (Local Health integration Network). We have been in operation since 1992. We are located at the Queen Street site of the Centre for Addiction and Mental Health and we thank them for their generous support in providing us with rent-free premises and for paying for the postage to mail our newsletter, The Bulletin. We have our own funding and our own Board of Directors and we are an independent organization.

Our main services are to provide information on a wide variety of topics to people who call or drop-in to our premises; to maintain a diverse collection of materials on topics of interest to consumer/survivors; to publish a twice-monthly newsletter called The Bulletin; to provide a year-round tax clinic for low-income consumer/survivors to have their taxes prepared for free; and to host a series of information workshops on topics of interest to the c/s/x community.

## PhACS (Physical Activities for Consumer Survivors)

Ongoing. Rain or shine. WALK or RUN for your HEALTH Sundays at 10 am with PhACS (Physical Activities for Consumer Survivors). We work in partnership with Accent on Ability, a non-profit organization, to promote wellness through physical fitness and social activities. We serve consumers survivors, their friends and people with diabetes. It is your choice to walk, walk and run or run 3-5K. The walks are 30-45 minutes. We are a small friendly group and meet by the entrance of the Café. No registration. Free. 416-604-6973 [www.accentonabilities.org/phacs.htm](http://www.accentonabilities.org/phacs.htm).

When: Sundays at 10:00 am

Where: Toronto east - Riverdale Perk Café, 633 Logan Ave (N/E corner of Logan/Withrow)

Chester Subway Station. 2 big blocks east on Danforth to Logan and 3 big blocks south, or 506 Carlton Streetcar Eastbound to Logan. 5 blocks north of Gerrard St. East.

## **Facility helps those in need acquire furniture**



**Scarborough Furniture Bank**  
Staff photo/ANDREW PALAMARCHUK

*Scarborough Centre for Healthy Communities (SCHC) community engagement manager Nancy Bolton takes part in the official opening of the SCHC Scarborough Furniture Bank at its Ellesmere Road location.*

June 4, 2015

Scarborough Mirror

By [Andrew Palamarchuk](#)

Low-income Scarborough residents now have somewhere to turn to in order to furnish their homes for free. The new and improved Scarborough Furniture Bank, run out of a 4,500-square-foot showroom at 1960 Ellesmere Rd., officially opened its doors Tuesday, June 2.

The facility operates three days a week and can serve 1,000 families per year. The service is targeted at new immigrants, refugees, people leaving a shelter, the poor and those who experienced bed bugs.

"Bed bugs are becoming more prevalent especially in Scarborough, mainly in the high rises," said Nancy Bolton of Scarborough Centre for Healthy Communities, which operates the furniture bank.

The service costs \$200,000 a year to run and is funded by the city.

Bolton said most clients are referred to the furniture bank from housing workers from various community agencies.

"We're able to provide them with furnishings for every room in their household," she said. "And we even include housewares."

Beds are the most popular item with people who visit the furniture bank, says Christine Hewitt, also of SCHC.

"Some people are in a bachelor (apartment) or they're in a room, so there's no room for a couch," she added. The previous model of the Scarborough Furniture Bank operated only one day a week out of storage units and served 226 families last year.

# Computer Column

## Scary things your computer tells you (even when you didn't ask...)

By Martha The Computer Gal

As a general rule, your computer only responds to your requests. So if something happens that you didn't ask for....question it. You might get a message popping up that asks you if you should download and install an update; for instance Adobe Flash or Reader, or even Microsoft updates. Antivirus and antispyware programs need to update themselves quite often, and if they're not configured to do this automatically, they will ask you if it's ok. As long as you recognize the program making the request, go ahead and download the update. If you don't recognize it, just close the pop up window. If it returns, and keeps returning, you've picked up some malware. Do a manual scan with your antivirus and antispyware applications, and if they don't get rid of it, email me.

Now for some specific nasties.

1. A window (or pop-up) appears telling you that you have 750 virus infections, or some horrible number, and a link to download a program to get rid of them. This is a classic malware/virus attack, and downloading the software they suggest will give you the virus.

2. Microsoft says you need to fix up your computer. This message is usually accompanied by a phone number or link to a website that will supposedly repair the issues. Microsoft doesn't care about you and your computer, believe me! It's a scam. Sometimes the phone number gets you a human being, who will inevitably suggest that there's nothing more they can do and you should pay for something more powerful. Occasionally that person you contact will suggest he or she connect with your computer via Remote Desktop. This too will guarantee a virus infection, and you will be swamped by hundreds of pop ups. Eventually your antivirus protection will be disabled, and you won't be able to use your usual search engine. I know this sounds a bit creepy...but the search engine won't allow you to go to any sites that might connect you to an antivirus download.

3. The RCMP says you have all kinds of issues. This is another spooky one. A big window will pop up, the kind of window you either can't close or if you do, it comes right back. There will be a legitimate looking logo, sometimes the RCMP coat of arms, sometimes Microsoft, or just 'Windows'. But there will be a logo that looks real. Again...the RCMP really, really doesn't care about your computer! And if you click on the link, you're doomed.

4. Rogers (or any internet service provider) says you've been downloading illegal software. Starts by saying 'Re: Allegations of Copyright Infringement' this is new, horrible, and unfortunately, legit <http://redboard.rogers.com/2015/01/20/you-lost-me-at-notice-of-alleged-copyright-infringement/> Even the explanation offered by Rogers is a bit obtuse! I've heard of two people who have received this letter, and both were very, very upset. And both knew that neither they nor anyone who could have been using their computers had downloaded anything illegal. In one instance, the wrong IP address was quoted. I'm sure many, many others have received this borderline abusive email.

5. Offers to speed up your PC. The most common is 'Speed Up PC', <http://botcrawl.com/how-to-remove-pc-speed-up/> This article also tells you how you can get rid of the little beastie if you download it by accident.

6. If you need some new software, go looking for it yourself. Google can guide you to free or trial versions of what you need, for instance if you need a DVD burner try doing a Google search for 'free DVD burning software'. Be careful not to accept any offers for other goodies when you're installing free software, though. Unsolicited software is almost always malware. Here are some good sites to find safe free stuff:  
<http://download.cnet.com/windows/>  
<http://www.tucows.com/>  
<http://www.majorgeeks.com/>  
<http://sourceforge.net/>

And to finish my little speech...some of you have heard it all before! ...If you don't know you need it, you don't need it. Pops offering things that are too good to be true? They are too good to be true. And they're never harmless.

## **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](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call C/S Info at: 416-595-2882 and we'll email Martha for you and then she'll call you.

## **Employment Matters**

### **Sound Times seeks additional Community Service Interns**

Several Positions Available

One Year Paid Internship, 25 hours per week

Afternoon and Evening Shifts Required

Locations: 280 Parliament Street, Toronto

2340 Dundas Street West, 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 multiple members 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.

Interns selected for these positions will:

- Participate in the ongoing process of training and education in peer-based engagement and community-building, acquiring the skills needed for full participation in providing services and supports as working members of the peer support/self-help team.
- Acquire working knowledge of available community resources relevant to the needs of the membership.
- Work "on the floor" with existing staff during afternoon and evening hours, benefiting from on-the-job learning opportunities that arise as a part of the expansion of service hours into the evening.
- Participate in individual supervision, targeted toward making the connection between education and skill-building in providing support oriented to recovery/empowerment, and the experiences gained in meeting the needs of service users in a peer-delivered service environment.

Qualifications:

- Lived experience of /contact with the mental health system, and membership in good standing at Sound Times.
- 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.

Members interested in applying should submit a resume (if available) to ([hiring@soundtimes.com](mailto:hiring@soundtimes.com)) Applicants lacking a resume should apply by means of a written submission outlining why they are an ideal candidate for this opportunity.

**Please note that the deadline for applications is  
5 PM Friday, July 31/2015.**

*Not all members applying will be selected for interview.*



# Things To Do in our beauty of a city...

Free and Low-Cost Events for July 16 – 31, 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!

## **Author Talk ~ *mystery and crime genres***

Thursday, July 23 from 6:30 pm - 8:00 pm. **Crime Writers Create Murder and Mayhem at Fairview Library.** Join Crime Writers of Canada authors Sharon A. Crawford (hosting), Rosemary McCracken, Steve Burrows, Sylvia Warsh, and Nate Hendley as they create a little crime (reading). Authors will talk about and read from their latest mystery and crime books, and answer questions about murder and crime writing. Contact Sharon by email: [words@samcraw.com](mailto:words@samcraw.com). Fairview Public Library, 35 Fairview Mall Drive. Adults. **Free**

## **Comedy ~ *stand-up***

Tuesday, July 21 from 7:30 pm to 9:30 pm. **Laughing Like Crazy.** Join the MDAO stand-up comedians for another great show! Graduates of the 21<sup>st</sup> Laughing Like Crazy Training will perform. For info, call 416-486-8046. Seats can be reserved at: <https://llc-july21.eventbrite.ca>. For info on Mood Disorders, [www.mooddisorders.ca](http://www.mooddisorders.ca). Central YMCA, 20 Grosvenor Street, 2<sup>nd</sup> Floor Auditorium. Wheelchair accessible. (Note from The Bulletin team - these events are often sold out, so do get a ticket.) **Free**

## **Dancing ~ *dance or sing***

Wednesday, July 29 from 7:30 pm - 10:30 pm, this event repeats. **Wednesday Night Karaoke Dance Party** with DJ Burt Austin, Couples and singles welcome. Lots of free parking. BBQ food available for purchase. Phone: 416-293-0872. Royal Canadian Legion, Branch 614, 100 Salome Drive. Adults. **Free**

## **Environment ~ *water talk***

Wednesday, July 22 from 7:00 pm - 8:00 pm. **Your Water Footprint.** Featuring Stephen Leahy, environmental journalist and author of "Your Water Footprint: The Shocking Facts About How Much Water We Use to Make Everyday Products." Our "water footprint" is the amount of fresh water used to produce the goods and services we consume, including growing, harvesting, packaging, and shipping. From the foods we eat to the clothes we wear to the books we read and the music we listen to, all of it costs more than what we pay at the checkout. Phone: 416-395-5649. North York Central Library Auditorium, 5120 Yonge Street. All Ages. **Free**

## **Farmers' Market ~ *outdoor***

Saturday, July 18 from 9:00 am - 1:00 pm, this event repeats. **Withrow Park Farmers' Market.** Weekly outdoor market every Saturday from 9:00 am - 1:00 pm featuring organic produce, bread, cheese, prepared foods, guest vendors, kids' crafts and music! Phone: 416-459-4253. Website: <http://Withrowmarket.com>. North end of Withrow Park, 725 Logan Ave. All Ages. **Free Admission**

Saturday, July 18 from 9:00 am - 1:00 pm, this event repeats. **Junction Farmers' Market.** The Junction Farmers' Market provides local, sustainably produced fresh foods in ways that build community, support local food growers and producers, and promote access to healthy food for all. Email: [kiersten.vizz@gmail.com](mailto:kiersten.vizz@gmail.com). Website: <http://junctionmarket.ca/>. Phone: 647-929-9527. Junction Train Platform, 2960 Dundas Street West. All Ages. **Free**

Tuesday, July 28 from 8:00 am - 2:00 pm, this event repeats. **East York Farmers' Market.** Ontario farmers' market now in its 15th year. Contact: Ruth Abbott email: [rabbott@sympatico.ca](mailto:rabbott@sympatico.ca) phone: 416-429-9684. East York Civic Centre, 850 Coxwell Avenue. All Ages. **Free Admission**

Wednesday, July 29 from 3:00 pm - 7:00 pm, this event repeats. **The Farmers' Market at University of Toronto Scarborough** is back again this summer with local produce, cheeses, baked goods and more! Come visit us from 3:00 pm - 7:00 pm every Wednesday. [farmersmarket@utsc.utoronto.ca](mailto:farmersmarket@utsc.utoronto.ca). University of Toronto Scarborough Campus, 1265 Military Trail between Ellesmere and Morningside in Parking Lot G. All Ages. **Free Admission**

Wednesday, July 29 from 3:00 pm - 7:00 pm this event is repeating. **Fairmount Park Farmers' Market.** Join us Wednesdays 3:00 pm - 7:00 pm in the heart of Beach Hill for the Fairmount Park Farmers' Market. Fresh farm fare, artisanal foods, plenty of dinner options, live music, kids cooking classes and activities. A wonderful way to spend a mid-week evening and to support local food producers! Fairmount Market Email: [info@fairmountmarket.ca](mailto:info@fairmountmarket.ca) website: <http://www.fairmountmarket.ca> phone: 647-929-2968 Fairmount Park, 1757 Gerrard St. East. All Ages. **Free Admission**

### **Festivals and Fairs ~ music and community**

Friday, July 10 until Friday July 24. **Franco-Fête.** In partnership with the Ignite/Animer program, the 2015 edition of Franco-Fête de Toronto will be increasing from its traditional 3 days to 14 days representing the most important cultural Francophone event taking place during the Pan American Games. Franco-Fête will be the platform of choice to highlight the dynamism of the Francophonie of yesterday and today in Canada and America. Franco-Fête will bring together on stage, in the space of two weeks, dozens of French-speaking Ontarian, Canadian and Pan American artists. The great and incomparable Louisiana native singer-songwriter Zachary Richard; the mother of all pop and multi-Félix Award winner, the popular Quebec singer Ariane Moffatt; the critically acclaimed soprano Marie-Josée Lord; the infectious Brazilian sounds and rhythms of Pirate Del Sol; Franco-Ontarian singer-songwriter Stef Paquette; Canadian-Peruvian artist Patricia Cano with her jazz, soul and blues infused South American folk forms; multi-award winning Quebec singer Kevin Parent, whose albums have achieved multi-platinum status and earned him numerous Juno Award nominations; the powerful and seductive voice of marijosée; the Colombian vibe of Brussels based La Chiva Gantiva; Shawn Jobin, one of the hottest artists on the Canadian urban music scene; Vancouver's Isabelle Longnus; New Brunswick's platinum-selling recording artist Lisa Leblanc; hailing from New Brunswick, the all-female indie-folk-country music trio Hay Babies; the rowdy hip-hop and techno infused folk-music of SWING; and, the multi-award winning, electro-hip-hop group Radio Radio, who was short-listed for the 2010 Polaris Music Prize. [ydsquare.ca](http://ydsquare.ca) or <http://www.franco-fete.ca/> for full schedule. Yonge-Dundas Square. **Free**

Thursday, July 16 to Sunday, August 9, 7:30 pm. **Toronto Summer Music Festival.** Celebrating its Tenth Anniversary, Toronto Summer Music Festival brings outstanding classical music experiences to the city in the summer with a program featuring renowned Canadian and international artists in 24 mainstage concerts, plus masterclasses, lectures, interviews, workshops, and free outreach concerts. The 2015 Festival theme, The New World, pays homage to the Pan Am Games and explores the rise to pre-eminence of American culture in the 20th century. The festival celebrates the great composers of the Americas, European composers who sojourned in the Americas, and those attracted to the New World and whose works were inspired by it. Performances include pianists Garrick Ohlsson and Ingrid Fliter, soprano Karita Mattila, jazzman Danilo Pérez, the Danish and Borromeo String Quartets, the Broadway musical The Last Five Years, and a Tango concert featuring stars from So You Think You Can Dance. Visit [www.torontosummertime.com](http://www.torontosummertime.com) for a full calendar of events. 647-430-5699 or [jennifer@torontosummertime.com](mailto:jennifer@torontosummertime.com). Website: <http://www.torontosummertime.com/>. University of Toronto, Edward Johnson Building, 80 Queen's Park Crescent. All Ages. **A mixture of free and ticketed concerts and events**

Friday, July 17 from 7:00 pm to 11:00 pm, Saturday, July 18 from 10:00 am to 11:00 pm, and Sunday, July 19 from 10:00 am to 6:30 pm. It's the 10th edition of **Ritmo y Color**, one of Toronto's largest pan-Latin festivals, showcasing the cultural vibrancy of today's diverse Latin American communities both locally and internationally. Catalyzed by artistic innovators, Ritmo y Color presents a contemporary vision of Latin America that challenges assumptions. There will be music of many varieties including Afro Cuban, Rock en Espanol, and Brazilian dance, food and food demos, film, percussion workshops, a chance for children to do crafts like making Mexican wrestler masks, digital fun with an Instagram Scavenger Hunt, soccer, zumba and a market to buy food and crafts. Harbourfront Centre, 235 Queens Quay West. **Free**

Saturday, July 25 from 12:00 noon to 10:00 pm. **Persian Family Day 2015.** Persian Family Day Festival is the biggest Persian Family Fun Festival. Contact: Bahareh Nouri, Email: [office@persianfamilyday.com](mailto:office@persianfamilyday.com). Phone: 416-500-0007. Website:<http://www.persianfamilyday.com>. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Sunday, July 26 from 10:00 am to 5:00 pm. **Guild Alive Art Festival.** Surrounded by the beautiful Guild Inn Gardens the festival will feature all the arts: artist vendors, music, tellers, and artistic demonstration. Also featured will be community groups, live entertainment, new eateries, pub, and children's activities. Feel free to spread the word to others to join us! Email: [GuildAlive@guildalivewithculture.ca](mailto:GuildAlive@guildalivewithculture.ca). Phone: 416-396-7222. The Guildwood Inn Gardens, 201 Guildwood Parkway. All Ages. **Free**

Sunday, July 26 from 11:00 am to 9:00 pm. **Matsuri Japanese Summer Festival.** The time has come when Japan will once again colour Toronto's downtown at Yonge-Dundas Square on Sunday July 26th at this year's MATSURI! With live music and dance performances, a market featuring the best of Toronto's Japanese food, and new this year, a Harajuku & Cosplay Fashion Contest, we are excited to present the 3rd Toronto Japanese Summer Festival, an exploration of Japanese and Japanese-Canadian community, and a celebration of Japan, its culture, art, cuisine and quality of life through its products and services. The Festival is open to the public and free for everyone. Let's bring out our Japanese Spirit as we once again celebrate our love of everything Japanese! <http://kurakake-market.jimdo.com/> or [www.ydsquare.ca](http://www.ydsquare.ca). Yonge-Dundas Square. **Free**

### **Movies ~ outside at dusk**

Tuesday, July 28 from 8:30 pm to 10:45 pm. **MINI Canada Presents City Cinema – Dreamgirls.** A trio of black female soul singers cross over to the pop charts in the early 1960's, facing their own personal struggles along the way. PG-13, 130 minutes. [www.ydsquare.ca](http://www.ydsquare.ca) Yonge-Dundas Square. **Free**

### **Music ~ an evening of sound**

Sunday, July 19 from 7:30 pm - 9:00 pm, this event repeats. **Sunday Serenades.** Sunday Serenades returns to Toronto's Mel Lastman Square on Sunday evenings from July 5 to August 16. Hosted by musical director Scott White, this free concert series features some of Ontario's best live jazz, big band and swing acts on Sunday evenings. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Sunday, July 19 from 4:00 pm - 5:00 pm. **Summer Music in the Garden: Sublime Schubert.** Cellist Shauna Rolston joins the Cecilia String Quartet to perform Schubert's magnificent String Quintet in C Major, D. 956. Toronto Music Garden, 475 Queens Quay West. **Free**

Thursday, July 23 from 7:00 pm - 8:00 pm. **Summer Music in the Garden: Jayme Stone's Lomax Project, Part II.** Four of North America's most distinguished roots musicians pay tribute to pioneer folklorist Alan Lomax by reviving powerful songs from his collection of field recordings — from Bahamian sea shanties to African-American a capella singing, to ancient Appalachian ballads and fiddle tunes. Jayme Stone (banjo), Margaret Glaspy (voice, guitar), Tatiana Hargreaves (fiddle, voice) and Joe Phillips (bass). Toronto Music Garden, 475 Queens Quay West. **Free**

Thursday, July 30 from 7:30 pm to 9:00 pm. **Concert Under the Stars.** The North York Concert Band presents a free concert of band music, show tunes, swing music, and more featuring the band and soloists under the baton of John Edward Liddle. [Klanctot@northyorkconcertband.ca](mailto:Klanctot@northyorkconcertband.ca). Phone: 416-802-6819. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Thursday, July 30 from 7:00 pm - 8:00 pm. **Summer Music in the Garden: Impressions.** Toronto's Ton Beau String Quartet performs Maurice Ravel's ravishing String Quartet in F Major, and Bill Rowson's expansive String Quartet No. 1, composed for the Ton Beau in 2014. Bijan Sepanji and Alexa Wilks (violin), Alex McLeod (viola) and Sarah Steeves (cello). Toronto Music Garden, 475 Queens Quay West. **Free**

Wednesday, July 22 from 7:00 pm - 9:00 pm. **Free Twilight Concert in the Park.** Featuring the Etobicoke Community Concert Band with Pipe & Drum Band. Please bring your own chair or blanket. Email: [jswoods@bellnet.ca](mailto:jswoods@bellnet.ca). Phone: 416-622-4124. Applewood/The Shaver Homestead, 450 The West Mall. All Ages. **Free**

Friday, July 31 at 8:30 pm. **Virgin Mobile presents Indie Friday.** JUNO nominated Tre Mission is a 22-year old MC/producer from Toronto. Patching together pieces of hip hop, grime, reggae, dancehall, bass, dubstep, jungle, and house, he showcases a remarkable range for a young, self-produced, independent artist. This year, his album, Stigmata was nominated for the JUNO Award for Rap Recording of the Year. Keita Juma is a Mississauga, Ontario based Rapper/Producer, originally from Bristol, England. His music is shaped by a blend of UK Underground and Dub Reggae. In 2012 he released his critically acclaimed self-produced LP, Water. His latest project, Chaos Theory, is a dark and well-crafted album. Virgin Mobile presents Indie Fridays at Yonge-Dundas Square. Kick-start your weekend with free concerts every Friday night from June 26 through September 4 at 8:30 pm. As the sun goes down, the stage will light up with some artists we think you should know including Buck 65, Zaki Ibrahim, Grand Analog, and more. <http://www.tremission.com/> or <http://keitajuma.com/>. **Free**





## Seniors ~ *money talk and more*

Thursday, July 16 from 2:00 pm - 3:30 pm. **Money Saving Tips for Boomers & Seniors.** This is a two-part workshop for boomers and seniors covering some ways to save money. Stacey from Toronto Public Health will break down healthy eating habits and how to do so on a budget. Susie from Toronto Hydro will teach us about the Save on Energy Home Assistance Program. Learn how to qualify for FREE energy upgrades and conservation tips to assist manage your electricity bills. To register call 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Seniors. **Free**

Friday, July 17 from 11:00 am - 1:00 pm this event repeats. **50+ Computer Lab Drop-in.** High-speed computers and internet access! No reservations! Located on the 2nd Floor. There will be a volunteer available to assist you. We can help you set up e-mail accounts, perform searches and print documents. (Cost of printing is 20 cents per page.) Closed for Stat Holidays. See Central Eglinton Community Centre's 50+ Calendar for info such as changes in schedule. Must be aged 50+. Contact: Sherri Bulmer, Email: [olderadults@centraleglinton.com](mailto:olderadults@centraleglinton.com) Website: <http://www.centraleglinton.com> Phone: 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Avenue East. Seniors. **Free**

## Tech Talk ~ *DSLR cameras*

Monday, July 20 from 6:30 pm - 8:00 pm. **Digital Cameras and Open Online Courses.** In this session library staff will demonstrate how to access free open online courses on photography. In the second half, photography expert, Nicole Olds, will demonstrate how to use a Digital Single Lens Reflex (DSLR) camera. Customers must bring their own DSLR camera for the second half. To register call 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. W. Adults. **Free**

## Wellness ~ *lectures & yoga*

Thursday, July 16 from 1:30 pm - 2:30 pm. **Wellness Lecture: "Oral Health".** Join us at the Bernard Betel Centre for a Free Wellness Lecture on Oral Health. Toronto Public Health will discuss how to best care for our mouths, the importance of good oral health, disease prevention and other concerns specific to older adults. Contact: Maria Lindgren Email: [marial@betelcentre.org](mailto:marial@betelcentre.org). Phone: 416-225-2112. Bernard Betel Centre, 1003 Steeles Avenue West Seniors. **Free**

Thursday, July 23 from 1:30 pm - 2:30 pm. **Wellness Lecture: "Take Charge - Energy Consumer Education".** Join us at the Bernard Betel Centre for a free Wellness Lecture titled: "Take Charge - Energy Consumer Education" Come and learn about what the Ontario Energy Board is and how they can help you make informed decisions about your energy supply. They will discuss smart meters, consumer protection, the low-income energy assistance program, understanding your energy bill and how to go about a complaint. **Contact:** Maria Lindgren Email: [marial@betelcentre.org](mailto:marial@betelcentre.org) Phone: 416-225-2112. Bernard Betel Centre, 1003 Steeles Avenue West. Seniors. **Free**

Saturday, July 18 from 10:15 am - 12:00 pm, this event repeats. **Sahaja Yoga Meditation.** Try Sahaja Yoga Meditation, a simple, time-honored technique of meditation. Sahaja Yoga Meditation helps reduce, stress and increase wellness. It brings better focus and helps people become more centered and better balanced. Anyone can do it. All classes are free. <http://www.freemeditation.com/>. Contact Arvind Ahuja by email: [arvindahuja1008@gmail.com](mailto:arvindahuja1008@gmail.com) or phone: 416-201-7649. New Toronto Public Library, 110 Eleventh St. All Ages. **Free**

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**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](mailto: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](http://www.csinfo.ca)



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

As the saying goes, membership has its privileges. Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and **vote** for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

## General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Email: \_\_\_\_\_

**Please Note: We must receive your signed application at least 48 hours prior to the Annual General Meeting in order for you to be able to vote.**

**You do not need to be a member to continue to receive the Bulletin**