



Stay cool this summer!

# BULLETIN

# 537 August 1<sup>st</sup> – 15<sup>th</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

### PeerZone Workshop Understanding Our Distress



PeerZone Workshop. Co-sponsored by C/S Info, Houselink and the Self-Help Resource Centre. Wednesday, August 12 from 1:00 pm – 4:00 pm. To be held at Houselink, 1678 Bloor Street West in the Board Room. Call the C/S Info Centre to register at: 416-595-2882. Free. Registration is limited to 12 people. Anyone who self identifies as having experience of mental distress or drug and alcohol issues can participate in PeerZone workshops.

### STAR Learning Centre – Free Workshops & Courses

Friday August 28 from 2:00 pm - 3:30 pm. **Introduction to STAR Learning Centre.** STAR (Supporting Transitions and Recovery) Learning Centre is an adult education program offering free courses and workshops for anyone who has experienced challenges around housing or financial instability. STAR programming addresses a variety of topics including health and wellness, education, employment, personal and social skills development, and hobbies. This is an info session for those who are interested in finding out more about STAR Learning Centre and how to register.

To attend this info session, email: [STAR@smh.ca](mailto:STAR@smh.ca) or call: 1-855-592-7827 (Toll-Free) or 647-302-STAR (7827). 209 Victoria Street, Room 218. Adults. **Free**

## **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 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.

## **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.

## **VOICE YOGA**

Monday, August 10 from 2:00 pm to 3:30 pm. Come sing, make a sound, make noise, read a poem, sing a song, write a poem, make a song. Kensington Market area, 170 Baldwin St., upstairs.  
For info: [creativevocalizationstudio@hotmail.com](mailto:creativevocalizationstudio@hotmail.com).



## **Crazy Talks**

**Spirit & Psych  
With Lauren Tenney from NYC**

Lauren Tenney, survivor activist and PhD, talks about how psych has tried to contain and manage spiritual experiences to the present day. Multiple cultural and religious beliefs confound this project, but what about the spiritual nuances in madness itself?

**Tuesday, August 4  
7:00 pm - 8:30 pm  
OISE, Room 12-274 (12th floor)  
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 with a presentation. 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 and we are working towards ASL interpretation. We meet every **FIRST** Tuesday of the month.*

*For more information, please email: [madly@teksavvy.com](mailto:madly@teksavvy.com) or call: 647-478-4241.*

## **What's New at VanDuzer Art Studio?**

Seat of Knowledge

Wednesdays 11:00 am to 12:30 pm, beginning July 22, 2015

Come experience how to self-connect. Strengthen and harmonize your own energies through easy, fun exercises.

\*\*\*\*\*

Functional Art

Thursdays 1:30 pm to 3:30 pm, beginning July 23, 2015

Renew, reuse, or recycle a wide variety of materials to create functional artistic pieces for personal use or to give as gifts. Experiment with watercolour envelopes and cards; acrylic canvas frames and mirrors; labels and covers for jars, boxes and containers; fabric painting on cloth materials; and café-style table tops. Basic to advanced projects suitable for all artistic levels.

\*\*\*\*\*

Time Changes:

Beginner Guitar

New time slot -- Fridays 4:30 pm to 5:30 pm, beginning July 31, 2015

Mental Health Jam

New time slot -- Fridays 5:30 pm to 7:00 pm, beginning July 31, 2015

\*\*\*\*\*

*VanDuzer Art Studio is located at 196 Beverley Street*

*For more info contact Tamara at: 647-280-4931*

# Employment Matters



A HOME, A JOB, A FRIEND AND SOCIAL CHANGE

*Are you a person on Ontario Works? Are you interested in gaining skills to work as a*  
**Relief Worker?**

***En Route to Employment may be an opportunity for you!***

*The 36 day intensive training includes sessions on:*

- Survivor to Provider
- Anti-Oppression
- Diversity Training
- Relief Work in a Drop in or Shelter Setting
- Moving Forward: Re-entering the Workforce
- Asset Mapping, Goal Setting
- Wellness
- Diversity Issues
- Conflict Resolution
- First Aid & CPR
- Budgeting
- Work Etiquette
- Resume Writing
- Interview Skills

And much more!

Training will be from 10:00 am - 3:00 pm, Tuesday, Wednesday and Thursday for **12 weeks** starting **Sept 15<sup>th</sup>, 2015**

You will receive:

- A small cash honorarium of \$60 per week for participating
- TTC Tokens
- A hearty lunch on the days you are training

**15 spots are available for the Relief Worker training program!**

An information session will be held at **2:00 pm & 5:30 pm** on **August 20<sup>th</sup>** at:

WORKING FOR CHANGE  
1499 QUEEN STREET WEST, Suite #203  
TORONTO, ON M6R 1A3

For further information, please contact:  
Working for Change  
(416) 504-1693

Attendance at this session is encouraged, but not mandatory. TTC tokens will be available.

**In order to participate it is necessary to have a referral from your Ontario Works worker.**

## **Sound Times Support Services 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.

***While the July 15/15 advertisement was targeted to internal candidates from the Sound Times membership, we are now accepting applications from the broader Consumer/Survivor community.***

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

Candidates interested in applying should submit a resume (if available) to [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 5:00 pm Friday, August 14, 2015.**

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

## **A-Way Express Courier Position**

As of August 4, 2015 A-WAY Express is accepting applications from consumer/Survivors for the position of Courier. A-WAY Express offers reliable courier service by public transportation to our customers throughout Toronto. A-WAY Express provides meaningful and supportive employment to people with direct experience of the mental health system. Please visit our office to fill out an application:

2168 Danforth Avenue

Open Monday – Friday, 9:00 am - 5:00 pm

[www.AWayExpress.ca](http://www.AWayExpress.ca)

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



**Free and Low-Cost Events for August 1 – 15, 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!

## **Book Group ~ for women**

Wednesday, August 5 from 1:30 pm - 3:30 pm, this event repeats. **Feminist Book Discussion Group.** Book group meets at the North York Central Library on the first Wednesday of each month, from 1:30 pm - 3:30 pm, second floor. On Wednesday, August 5th. We will discuss "Something Fierce: Memoirs of a Revolutionary Daughter" by Carmen Aguirre. The books we read are available at public libraries and a number are held for us at the North York library on the second floor. Co-sponsored by the Older Women's Network, and open to all women, even if you have not read the book. Refreshments are served at the meetings. Contact Diane by email: [diane.meaghan@utoronto.ca](mailto:diane.meaghan@utoronto.ca) or phone: 416-509-5508. North York Central Library, Room 2, 5120 Yonge Street. Adults. **Free**

## **Dancing ~ sing or dance**

Sunday, August 2 from 2:00 pm - 7:00 pm, this event repeats. **Sunday Afternoon Karaoke Dance Party** with DJ John Mills. 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**



Monday, August 3 through Sunday, August 9 at 6:45 pm. **Dusk Dances.** Opening band and salsa class start at 6:45 pm, dance performances start at 7:30 pm. In its 21st season, Dusk Dances is an enchanting outdoor dance festival that brings high quality urban, contemporary and traditional dance to Withrow Park. Audiences are invited to enjoy works by top Canadian

choreographers and participate in free salsa dance classes by master teacher Miko Sobreira. An event for all ages, bring your chairs and blankets, and get ready for a breathtaking evening of live performances! Please visit the website for special matinee performances on Thursday and Sunday, as well as a detailed schedule. Visit: <http://duskdances.ca> or call: 416-504-6429 ext. 24. Withrow Park, 725 Logan Ave, south of the Danforth, between Logan and Carlaw. All Ages. **Pay-what-you-can**

## **Dogs ~ talented canines**

Saturday, August 1 through Monday, August 3 from 12:00 pm - 4:00 pm. **The WoofJocks Canine All Stars.** The WoofJocks are a team of professional dog trainers and, of course, their very talented dogs. They offer 30-minute, variety-type shows that are both educational and entertaining. Great for the whole family! See [pawsway.ca](http://pawsway.ca), email: [info@pawsway.ca](mailto:info@pawsway.ca) or phone: 416-360-7297. Purina Pawsway Event Space, 245 Queens Quay West. All Ages. **Free**

## **Farmers' Market ~ outdoor**

Saturday, August 1 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! Website: <http://Withrowmarket.com> or phone: 416-459-4253. North end of Withrow Park, 725 Logan Ave. All Ages. **Free Admission**

Tuesday, August 4 from 4:00 pm - 7:00 pm. **Stonegate Farmers' Market - Cook's Night Out.** Come out and join the community for a healthy delicious dinner of gazpacho, bread, and beef sausage! At \$2 per person, it's a deal and because, let's face it, once in a while it's nice to have someone else do the cooking! Contact Julia by email [julia.graham@stonegatechc.org](mailto:julia.graham@stonegatechc.org) or phone: 416-231-7070. St. James Anglican Church, 194 Parklawn Rd. All Ages. **Free Admission, \$2 for the meal**



## Festivals and Fairs ~ *music and community*

Sunday, August 9 from 7:00 pm - 11:00 pm, this event repeats. **Aboriginal Pavilion.** The Aboriginal Pavilion is a 19 day Indigenous arts, culture, and sports festival being held at Fort York National Historic Site's Garrison Common, concurrent to the Toronto 2015 Pan Am / Parapan Am Games from July 10 – 26, 2015 and from August 7 – 9. Contact Dalton by email: [daltonhiggins@gmail.com](mailto:daltonhiggins@gmail.com), phone: 416-964-9087. Fort York National Historic Site, 250 Fort York Blvd. All Ages. **Free Admission**

Saturday, August 15 from 11:00 am - 10:30 pm and Sunday, August 16 from 11:00 am - 7:00 pm. **York-Eglinton International Street Festival.** The 8th Annual York-Eglinton International Street Festival is one of Toronto's must-see events. Created to showcase Toronto's diverse community, the International Street Festival features live musical performances from local talent, salsa dance demonstrations and instruction, a street-level carnival, countless food vendors, an exotic animal petting zoo, and amazing sales offered by community businesses. This is a free festival and is open to everyone, including families with small children and pets. The event features one-kilometer full-street-closure along Eglinton Ave. W. from Marlee Ave. to Dufferin St. with an expected attendance of over 25,000 and is now the largest summer event in the North York Community. Contact Olena Gapon by email: [events@yorkbia.com](mailto:events@yorkbia.com) or phone: 647-349-7781. Eglinton Ave. West from Marlee to Dufferin St. All Ages. **Free Admission**

Saturday, August 15 and Sunday, August 16 from 12:00 Noon - 11:00 pm, this event repeats. **TD Festival of South Asia.** Be part of the most unique street festival in Toronto. Gerrard Street East between Coxwell and Greenwood will be transformed into Little India. Come experience exotic cuisines, live entertainment, fashion show, arts & crafts displays, fun family activities and much more. Visit: [www.festivalofsouthasia.com](http://www.festivalofsouthasia.com) or email: [gibbia@gerrardindiabazaar.com](mailto:gibbia@gerrardindiabazaar.com). Gerrard India Bazaar 1426 Gerrard St. East. All Ages. **Free Admission**

July 10 – August 16 from 10:00 am - 10:00 pm. **\*Ontario's Celebration Zone: 38 Days of Free Music & Entertainment.** Toronto's Harbourfront Centre, 235 Queens Quay West. **Free**

*\*A special thanks to one of our lovely readers for tipping us off to this event. ☺*

**Ontario's Celebration Zone** is featuring the following:

- 400 ft. zipline, 40 ft. rock climbing wall, adrenaline jump
- Nightly concerts, featuring up-and-coming and legendary Ontario musical artists performing in every genre from hip hop and indie rock to country and classical: The Glorious Sons, Divine Brown, Elliott Brood, Lindi Ortega, Down With Webster, Kardinal Offishall, Ron Sexsmith, Great Lake Swimmers, The Strumbellas, Young Empires, and so many more!
- Ontario's Celebration Zone will offer entertainment throughout the day, including over 50 theatre and dance performances, Aboriginal, Francophone and ethno-cultural community showcases, book readings, art installations and comedy performances to entertain audiences of all ages and interests
- 17 celebrity chef cooking demonstrations and two cook-offs
- Weekly Ontario Fresh Market on Wednesday's featuring Farmers, food and craft vendors
- More than 100 kid-friendly activities, including circus acrobats, children's theatre and hands-on science adventures
- Ontario innovation showcases, where kids of all ages can try the coolest toys from Ontario's digital media sector or take part in multi-player video game tournaments
- Daily morning workouts, "try a sport" opportunities and fly-boarding demonstrations every Saturday



### Talk ~ *what's in your cosmetics*

Thursday, August 6 from 6:30 pm - 8:00 pm. **Cosmetic Ingredients in the News - Cutting Through the Hype.** Many cosmetic ingredients have come under fire from various environmental groups as being "dirty" and "toxic". What should the consumer believe? In this session, an analysis of the scientific research on these ingredients will be covered, along with a discussion of what is currently known about toxins in beauty products. Free/No Cost Library program. Space is limited. Please see Agincourt branch staff or phone 416-396-8950 to register. Phone: 416-396-8950. Agincourt Library, 155 Bonis Ave. Adults. **Free**



### **Movies ~ *under the stars or at your local library***

Wednesday, August 5 from 8:45 pm - 11:00 pm, this event repeats. **Free Flicks.** This summer, join us every Wednesday for an outdoor film screening by the lake. The final film of the season is Audience Choice. Voting closes August 19 and the winner will be announced on August 24. Choose your favourite today! August 5 will be a showing of *Boy*, a New Zealand film, 1984. Michael Jackson is everywhere, and a young Maori lad (newcomer James Rolleston) is about to meet the father he barely remembers. Taika Waititi's delicate character piece, *Boy*, captures the awkwardness of a family reunion with people you're supposed to love, but barely know. It also features a fine performance from writer-director Waititi (whom you may have seen as a sheepish vampire in *What We Do in the Shadows*) as a shiftless father.

<http://www.harbourfrontcentre.com/freeflicks/2015/index.cfm>. WestJet Stage, 235 Queens Quay West. **Free**

Wednesday, August 5 from 8:00 pm - 11:00 pm. **The Beach Village Movie Nights in the Park.** Join The Beach Village for Movie Nights in the Park every Wednesday starting July 8 – August 26! You voted on your favourite movies, now come out and enjoy them with your friends and family! (Screenings will rotate between Kew Gardens and Ivan Forrest Gardens Park). Experience these movies under the stars. Contact Jessica by Email: [office@thebeachvillage.com](mailto:office@thebeachvillage.com) or phone: 416-693-2242. Kew Gardens, 2075 Queen St. East. All Ages. **Free**

Friday, August 7 from 9:00 pm - 11:00 pm. **Beyond the Lights (TIFF in Your Park).** As part of our fortieth-anniversary celebrations, TIFF is bringing the Festival experience to your neighbourhood! We are excited to partner with Park People to launch this new series of travelling outdoor screenings taking place in park sites throughout the Greater Toronto Area this summer. **Website:** <http://tff.net/tiffinyourpark>. Phone: 416-599-8433. Maidavale Park, 1021 Birchmount Rd. Adults. **Free**

Monday, August 10 from 6:00 pm - 7:45 pm. **Revenge of the Pink Panther - Comedy Classic Film Festival.** Need a laugh? See Peter Sellers as Inspector Clouseau. Drop-In Movie. First Come, First Seated. 100 minutes. Rated PG. Contact Todd by email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

Tuesday, August 11 from 10:00 am - 11:45 am. **Rat Race - Comedy Classic Film Festival.** Need a laugh? The story tells of a Las Vegas casino tycoon who pits 6 ordinary people against each other in a wild dash for two million dollars jammed into a locker hundreds of miles away. Drop-In Movie. First Come, First Seated. 112 minutes. Rated PG. email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

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

Sunday, August 2 from 7:30 pm - 9:00 pm, this event repeats. **Sunday Serenades.** Sunday Serenades returns to Toronto's Mel Lastman Square on Sunday evenings until 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**

Wednesday, August 5 from 7:00 pm - 9:00 pm. **Twilight Concert in the Park.** Free Outdoor Concert featuring the Toronto All Star Big Band. Contact Debbie & Staff by email: [jswoods@bellnet.ca](mailto:jswoods@bellnet.ca) or phone: 416 622 4124. Applewood/The Shaver Homestead, 450 The West Mall. All Ages. **Free**

### **Seniors ~ *money talk and more***

Tuesday, August 4 from 1:30 pm - 3:15 pm. **50+ Movie Matinee Drop-in: Still Alice.** Must be aged 50+. Movies are shown in the 2nd Floor, Movie Room. The cost is \$2.00 for refreshments. Let CECC know, one week before program date, if you would like Closed Captioning. Due to circumstances beyond our control, if CECC cannot get the scheduled film, we will try to find another that is just as interesting. Email: [olderadults@centraleglinton.com](mailto:olderadults@centraleglinton.com), website: <http://www.centraleglinton.com> or phone: 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Ave. East. Seniors. **\$2 for refreshments**



Thursday, August 13 from 12:15 pm - 1:15 pm. **Laughter Yoga.** Join us at the Bernard Betel Centre for a Laughter Yoga class! Learn the health benefits of laughter. No exercise or yoga mat required! Contact Maria by email: [marial@betelcentre.org](mailto:marial@betelcentre.org) or phone: 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**

Thursday, August 6 from 1:30 pm - 2:30 pm. **Wellness Lecture: "Depression and Older Adults".** Join us at the Bernard Betel Centre for a Free Wellness Lecture - Depression and Older Adults: Identifying Mental Health Concerns and Supporting Mental Health. Becky Curran from the Mood Disorders Association of Ontario will be discussing mental health/mental illness and challenges some myths and misunderstandings about them. Overall strategies to improve one's mental health and overall wellness are discussed. Contact Maria by email: [marial@betelcentre.org](mailto:marial@betelcentre.org) or phone: 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**

### **Wellness ~ yoga & a lecture**

Saturday, August 1 from 10:00 am - 11:00 am, this event repeats. **Park Yoga @ Riverdale Park East.** Summer is on, Yoga is out! Join us for a refreshing yoga practice in the park! Enjoy the sun instead of lights, trees instead of walls and birds singing instead of music. Fees are donation based with a portion of all proceeds going to support Nellie's Shelter - a local non-profit organization that provides shelter and programs for abused women and children in our community. [www.nellies.org](http://www.nellies.org). Classes are weather permitting. For updates be sure to "LIKE" Park Yoga Toronto on Facebook. Email: [parkyogatoronto@gmail.com](mailto:parkyogatoronto@gmail.com), visit: <http://www.theflyingyogi.ca> or phone: 647-969-8152. Riverdale Park East, 550 Broadview Ave. (Classes are located in the south east end of the park off Broadview Ave. by the large statue of Dr. Sun Yat Sen. Adults. **Donation**

Sunday, August 2 from 10:00 am - 11:00 am, this event repeats. **Park Yoga @ Jonathan Ashbridge Park.** Summer is on, Yoga is out! Join us for a refreshing yoga practice in the park! Enjoy the sun instead of lights, trees instead of walls and birds singing instead of music. Every Sunday 10:00 - 11:00am in Jonathan Ashbridge Park. Fees are donation based with a portion of all proceeds going to support Nellie's Shelter - a local non-profit organization that provides shelter and programs for abused women and children in our community. [www.nellies.org](http://www.nellies.org). Classes are weather permitting. For updates be sure to "LIKE" Park Yoga Toronto on Facebook. Email: [parkyogatoronto@gmail.com](mailto:parkyogatoronto@gmail.com) or phone: 647-969-8152. Jonathan Ashbridge Park, 20 Woodward Ave., corner of Queen St. East & Woodward just north of the Leslieville Farmer's Market. Adults. **Donation**

Saturday, August 1 from 10:15 am - 12:00 Noon, 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 by email: [arvindahuja1008@gmail.com](mailto:arvindahuja1008@gmail.com) or phone: 416-201-7649. New Toronto Public Library, 110 Eleventh St. All Ages. **Free**

Thursday, August 13 from 10:00 am - 12:00 Noon. **Prevent Diabetes Now!** Diabetes is a serious disease - but it can be prevented. Learn why diabetes is so common; determine your own personal risk for developing type 2 diabetes and what you can do to lower your risk. Presented by Toronto Public Health. Registration required. Call Albion Library: 416-394-5170 or contact Chris by email: [ccarelli@torontopubliclibrary.ca](mailto:ccarelli@torontopubliclibrary.ca). Albion Library, 1515 Albion Rd. 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](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)



**Go green; get The Bulletin by email! Subscribe by email here: [csinfo@camh.ca](mailto:csinfo@camh.ca)**

**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**