



The sun sets on summer

BULLETIN

538 August 16th – 31st, 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/



Spread the word.
Have some fun.

The C/S Info Centre was tipped off 2 years ago and here it is again: if you are a low income person with a disability (of any type) you may enter The Ex free of charge with a +1 (support person) and their admission is complimentary as well.

The C/S Info Centre called The Exhibition and was told that proof of being a low income person isn't mandatory, although bringing an ODSP or OW stub is appreciated.

If you have any difficulty (we hope you won't ☺), please ask for the Gate Manager or call 416-263-3330 for inquiries. We were also told that due to high turnover of ticket takers/sellers at The Ex, this tidbit of info may not be known by all employees.

The Canadian National Exhibition runs from August 21 – September 7, 2015. You can check out what's on, online: at www.theex.com or pick up a guide book at the gate.

Save the Date



15th Annual BEING SCENE Juried Exhibition

Produced by Workman Arts for CAMH

September 16 - October 15, 2015 | 12:00 Noon - 5:00 pm, daily

Admission: Free

Gladstone Hotel, 1214 Queen Street West

OPENING RECEPTION

Thursday, September 17 | 5:00 pm – 8:00 pm

Voice Yoga

Monday, September 14 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. Secret Handshake Gallery, 170 Baldwin St. (Kensington Market area), upstairs. For info: creativevocalizationstudio@hotmail.com.

Community Announcements

The Repair Café

The Repair Cafe is held one Saturday of each month at different locations in Toronto. At this cafe, there are volunteers (free of charge) available for fixing and showing you how to fix, computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. To avoid line-ups please arrive early. They will be able to serve visitors who arrive before 3:00 pm. Visit www.repaircafetoronto.ca for more details.

WHEN: Saturday, August 22 from 12:00 Noon - 4:00 pm

WHERE: Central Neighborhood House, 349 Ontario Street

COST: FREE!! Donations always welcome.

DIRECTIONS: Take the Carleton streetcar east to Ontario Street. Walk south to 349. Hope to see you there or at a future Repair Cafe!



Disability Application Medical Report and Medical Chart – 1 Page Form You Bring To Your Doctor

To lower costs, clients may ask their doctors to use a 1 page medical report form instead of requesting a full formal medical opinion. Some doctors may be more willing to complete this form compared to preparing a full medical report. This simplified medical report can be submitted to the Disability Adjudication Unit (DAU) at the Ontario Disability Support Program or Canada Pension Plan to support a client's disability application. C/S Info has copies of this 1 page form available at our office or if you can't make it in, we can mail one to you. (Info from YourLegalRights.on.ca a project of CLEO)

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 or call: 1-855-592-7827 (Toll-Free) or 647-302-STAR (7827). 209 Victoria Street, Room 218. Adults. **Free**



Mad Stories

Tell your story your way. No labeling, no critique, no analysis. Come listen or join in as we tell (very) short stories, loosely based on life events. Open to consumers, survivors, and anyone with mad experiences.

Tuesday, August 25, 2015
7 - 8:30 pm
OISE, 12th Floor, Room 12-274
at 252 Bloor St. West - St. George Subway

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

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 C/S Info at: 416-595-2882 and we'll email Martha for you and then she'll call you.

Employment & Training 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!**

Training will be from 10:00 am - 3:00 pm, Tuesday, Wednesday and Thursday for **12 weeks** starting Sept 15th, 2015. Fifteen spots are available for the Relief Worker training program!
An information session will be held at 2:00 pm & 5:30 pm on August 20th at:

For further information, please contact:

WORKING FOR CHANGE
1499 QUEEN STREET WEST, Suite #203
TORONTO, ON M6R 1A3
416-504-1693

Sound Times seeks Community Service Interns

Multiple Positions Available

One Year Paid Internship, with shifts each day Monday through Friday

Afternoon and Evening Shifts Required

Location: 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 Consumer/Survivors 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.

There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

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 a good candidate for this opportunity. Deadline for applications is **Monday, August 31, 2015**.

Not all applicants will be selected for interview.

Career Exploration

Wednesday, August 26 from 2:00 pm - 4:00 pm. **Career Exploration.** An employment counsellor from Goodwill Employment Services will present a 2 hour workshop covering career planning and exploration. Topics covered will include:

- What you should know about the career planning process
- Identify your skills, values & interests against a potential career path
- Tools and resources

For more information or to register visit the branch or call: 416-396-8890. Albert Campbell District Library, 496 Birchmount Rd. Adults. **Free**

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

Free and Low-Cost Events for August 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!

Book Reading ~ non-fiction

Wednesday, August 26 from 7:00 pm - 8:00 pm. **Project Animal Farm - An Investigator's True Story.** Author, Sonia Faruqi will discuss her experiences investigating animal farms around the world. Over the course of living with farmers, hitchhiking with strangers, and risking her life, she developed surprising insights and solutions - both about the food industry and herself. She will offer a riveting and revealing look at what truly happens behind farm doors and she will describe the impacts of factory farms on animal welfare, human health, and the environment. The event will end with audience questions, a short reading from her book: Project Animal Farm and a book signing. Drop-In Program. First come, first seated. Contact Todd by email: tbuhrows@torontopubliclibrary.ca or phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

CNE ~ Free Admission for low income earners with a disability. (See page 1 for more details)

Dancing ~ dance in the park

Thursday, August 27 from 6:30 pm - 8:00 pm. **Dance in Dufferin Grove Park.** It's an end-of-summer tradition. Come dance with us again this August 27, our sixth year in beautiful Dufferin Grove Park in Toronto's west end. The park is one block south of Bloor and Dufferin, and it's easily accessible by subway. For drivers, there is plenty of free parking in the Dufferin Mall located just across the street. Dancing starts at 6:30 pm and winds up around 8:00 pm, depending on the sunset. Keith and Deirdre Bark will brief a set of easy, fun dances aimed at getting the crowd to join in. The dance coincides with the weekly Organic Farmers Market which ends at 7:00 pm so come by early and pick up some fresh organic produce. There are also vendors selling snacks and drinks. Contact Graham by email: twoscots@rogers.com or visit the website for more events: <http://www.dancescottish.ca/index.html>. Dufferin Grove Park, 875 Dufferin Street. All Ages. **Free**

Farmers' Market ~ outdoor

Tuesday, August 18 from 8:00 am - 2:00 pm, this event repeats. **East York Farmers' Market.** Ontario farmers' market now in its 15th year. Contact Ruth by email: rabbott@sympatico.ca or phone: 416-429-9684. East York Civic Centre, 850 Coxwell Avenue. All Ages. **Free**

Tuesday, August 18 from 4:00 pm - 7:00 pm. **Stonegate Farmers' Market - Annual Corn Roast.** Join us at the Stonegate Farmers' Market for the annual corn roast, featuring sweet and juicy Ontario corn! Like a backyard barbeque for the whole neighbourhood! Come out and join the fun. Contact Julia by phone: 416-231-7070 or by email: julia.graham@stonegatehc.org. St. James Anglican Church, 194 Parklawn Road. All Ages. **Free**

Wednesday, August 19 from 3:00 pm - 7:00 pm, this event repeats. **Farmers' Market at University of Toronto Scarborough.** The Farmers' Market at University of Toronto Scarborough is back again this summer with local produce, cheeses, baked goods and more! Contact Michele by email: farmersmarket@utsc.utoronto.ca. University of Toronto Scarborough Campus, 1265 Military Trail, between Ellesmere and Morningside in Parking Lot G from 3:00 pm – 7:00 pm every Wednesday. All Ages. **Free**

Tuesday, August 25 from 4:00 pm - 7:00 pm. **Stonegate Farmers' Market - Healthy Cooking Demo.** If you missed our very popular Healthy Cooking Demo in June, join us at the Market for more great tips and recipes! And get the freshest local ingredients direct from our farmers! Contact Julia by email: julia.graham@stonegatehc.org or phone: 416-231-7070. St. James Anglican Church, 194 Parklawn Rd. All Ages. **Free**

Annette Village Farmers' Market

Wednesday, August 26 from 3:00 pm - 7:00 pm, this event repeats. On Wednesdays from 3:00 pm - 7:00 pm from May to October, a special Farmers' Market happens in Annette Village at the Runnymede Presbyterian Church (corner of Annette St. and Willard Ave.) Sponsored by Crème Fraîche Market Cafe, the market offers fresh Ontario fruits and vegetables, Ontario cheeses, Ontario pasta and flours, local sustainably raised meats, sustainably caught fish, preserves, fresh bread and baked goods, wine, delicious prepared foods, and other artisan delights. There is a constant flow of neighbours enjoying the tantalizing tastes and leaving with bags of fresh Ontario produce and artisan products. Contact: Ashley: cremefraichefarmersmarket@gmail.com. Runnymede Presbyterian Church, 680 Annette St. All Ages. **Free**

Festivals and Fairs ~ music and community



Sunday, August 16 from 9:00 am - 1:00 pm, this event repeats. **Open Streets TO.** Run, walk, bike, play! Come out to Open Streets TO on Sunday, August 16 and Sunday, September 6 and experience Toronto's streets like never before. From 9:00 am to 1:00 pm, Bloor St. (from Spadina to Parliament) and Yonge St. (from Bloor to Queen) will be closed to cars and opened for people to enjoy as 'paved parks'. Everyone is welcome at this fun and free event! info@openstreetsTO.org. Bloor St. (Spadina-Parliament) and Yonge St. (Bloor-Queen). All Ages. **Free**

Sunday, August 16 from 11:00 am - 7:00 pm, this event repeats. **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. As an added bonus, Elmo, Cookie Monster and Abby Cadabby characters will walk-around and available for photo opportunities during the festival. 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. The festival will take place August 15 from 11:00 am to 10:30 pm and August 16 from 11:00 am to 7:00 pm. Contact Olena by email: events@yorkbia.com or phone: 647-349-7781. Eglinton Ave. W. from Marlee to Dufferin St. All Ages. **Free**

Saturday, August 22 from 1:00 pm - 10:00 pm and Sunday, August 23 from 12:00 Noon - 6:00 pm. **BIG On Bloor Festival.** BIG on Bloor is a two-day, car-free summer street celebration of arts, culture and small business. Now in its 8th year with up to 80,000 people attending. Bloor Street between Dufferin & Lansdowne. www.bigonbloorfestival.com. **Free**

Sunday, August 23 at 5:00 pm, this event repeats. **Tirgan Iranian Festival.** Tirgan Festival is returning to Toronto's Harbourfront Centre from August 20 -23, bringing together artists from around the globe to showcase the richness and diversity of Iranian art and culture through their mosaic of world-class talents. The theme for Tirgan 2015 is Homeland, for homeland is the anchor with which we settle in the diverse ocean of humanity, spanning across history and nurturing our identity as human beings. The festival offers something for everyone, from workshops and activities to performances in music, dance, theater, cinema, literature and the visual arts. Tirgan is also a great opportunity to sample savoury Iranian cuisine and a traditional bazaar, showcasing a range of items including arts and crafts, Persian literature, exotic sweets, spices, and even traditional musical instruments and much more. Visit our site at tirgan.ca for more information and schedule of events. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Saturday, August 22 and Sunday, August 23 from 12:00 Noon - 9:00 pm. **4th Annual Scarborough Afro-Carib Fest.** The 2015 Scarborough Afro-Carib Fest is a free two-day fun filled event for people of all ages and backgrounds to experience the richness of the cultural fabric that makes up our wonderful city. The festival offers its guests live musical performances and activities that highlight African and Caribbean culture. This year's event promises more exciting activities and entertainment including a showcase of elaborate Afro-Caribbean cultural costumes. There will be something for everyone! Contact Madeline by Email: info@hsdconline.org or phone: 416-345-1613. Albert Campbell Square, Scarborough Civic Centre, 150 Borough Drive. All Ages. **Free**

Saturday, August 22 from 12 Noon - 11:00 pm and **Sunday** August 23 from 11:00 am - 8:00 pm. **Chinatown Festival.** West side of Spadina between Sullivan and Andrew Streets. <http://www.chinatowntcf.com/>. **Free**

Friday, August 28 - Sunday, August 30 from 11:00 am - 7:00 pm. **TAIWANfest.** TAIWANfest returns to Harbourfront Centre with a lineup of programming including Taiwan's top EDM band in Magic Power, famous Taiwanese street food, an indigenous fashion exhibit in The First Impressions, a lifestyle craft showcase in The Art of Seating, a film screening featuring both Canadian and Taiwanese film directors, a contemporary dance telling you the story of "red" eggs, a children's delight of Holy Sheep exhibit and lots more. For more info, please visit www.taiwanfest.ca. Contact ACSEA by email: info@acsea.ca or phone: 604-263-9311. Harbourfront Centre, 235 Queens Quay West. All Ages. **A mix of free and ticketed events**

Thursday, August 27 from 12:00 Noon - 11:00 pm, Friday, August 28 from 12:00 Noon - 11:00 pm, Saturday, August 29 from 11:00 am - 11:00 pm and Sunday, August 30 from 11:00 am - 8:00 pm. **Buskerfest.** www.torontobuskerfest.com The festival takes over the iconic Yonge Street from Queen to College and throughout the neighbourhood including Yonge-Dundas Square, Trinity Square Park and Gould St on the Ryerson Campus. Admission is by donation to Epilepsy Toronto. Each busker will pass a hat which is a **voluntary donation.**

Movies ~ under the stars or at your local library

Monday, August 17 from 6:00 pm - 8:15 pm. **Jaws - Celebrate its 40th Anniversary.** Celebrate the 40th anniversary of Jaws. Directed by Academy Award winner Steven Spielberg, Jaws set the standard for edge-of-your-seat suspense, quickly becoming a cultural phenomenon and forever changing the movie industry. When the seaside community of Amity finds itself under attack by a dangerous great white shark, the town's chief of police (Roy Scheider), a young marine biologist (Richard Dreyfuss) and a grizzled shark hunter (Robert Shaw) embark on a desperate quest to destroy the beast before it strikes again. Featuring an unforgettable score that evokes pure terror, Jaws remains one of the most influential and gripping adventures in motion picture history. Drop-In Movie. First come, first seated. 124 minutes. Rated 14A. Contact Todd by email: tbuhrows@torontopubliclibrary.ca or phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

Thursday, August 20 – Saturday, August 22 at dusk. **Sail In Cinema.** This year they are showing Ghostbusters, The Goonies and E.T. <http://www.sailincinema.com/> Sugar Beach, 25 Dockside Drive. **Free**

Wednesday, August 26 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. You voted on your favourite movies, now come out and enjoy them with your friends and family! Experience these movies under the stars in our beautiful parks. Free admission and free popcorn! Contact Jessica by email: office@thebeachvillage.com or by phone: 416-693-2242. Ivan Forrest Gardens Park, 131 Glen Manor Drive at Queen St. East. All Ages. **Free**

Music ~ an evening of sound

Sunday, August 16 from 7:30 pm - 9:00 pm. **Sunday Serenades.** Sunday Serenades returns to Toronto's Mel Lastman Square. 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**

Open Mic ~ comedy

Sunday, August 23 from 8:00 pm - 11:00 pm, this event repeats. **Comedy Open Mic.** Real Jokes @ Placebo hosted by Scott Belford Every Sunday 8:00 pm. No Cover. Contact Melissa by email: events@thelincoln.ca or phone: 647-926-0947. Placebo Space 2877, Lakeshore Blvd. West. Adults. **Free**

Seniors ~ technology and more

Monday, August 17 from 11:00 am - 12:00 pm. **Preventing or Managing Pre-diabetes & Type 2 Diabetes.** The Session will be conducted by a registered Dietitian Sarah Dunford from West Toronto Diabetes Education Program. Topics include: what is diabetes & pre-diabetes, eating healthy and exercise strategies. Light refreshments will be provided. Registration required. islingtonseniors@bellnet.ca or phone: 416-231-3431. Islington Seniors' Centre, 4968 Dundas St. West. Seniors. **Free**

Thursday, August 27 from 2:00 pm - 3:00 pm. **Senior Tech Drop In.** Join us for self-directed learning. Don't worry about getting stuck, staff are here to help. Popular topics include using Facebook, Email, downloading an eBook and transferring files from a digital camera. Some computer experience is required. To register call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Seniors. **Free**

Tuesday, August 18 from 11:00 am - 12:00 pm, this event repeats. **FREE 50+ Stretch & Breathe Drop-in (Chair Exercise).** Must be aged 50+. This free program is a mild exercise, inspired by animal movement that is related to Tai-Chi, Chi Gung and Chinese Yoga. We'll follow easy stretching DVDs; each session runs for 50 minutes. If you are interested, please stay after the video for a 5-10 minute meditation practice. Stretch and Breathe is limited to nine participants due to room size, and is offered on a first-come, first-served basis in the 2nd Floor, Movie Room. Call for more info such as changes in schedule. Must be aged 50+. Contact Sherri by phone: 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Ave. East. Seniors. **Free**

Wednesday, August 19 from 2:45 pm - 3:45 pm, this event repeats. **50+ Lifestyle Workshop.** Bring a pen and paper and join us for free in the 2nd Floor, Program Room on Wednesdays at 2:45 p.m. for topics such as happiness, stress management and more. Must be aged 50+. 416-392-0511, ext. 228 or email: olderadults@centraleglinton.com. Central Eglinton Community Centre, 160 Eglinton Ave. East. Seniors. **Free**

Wellness ~ meditation and healthy eating

Monday, August 17 from 11:30 am - 12:30 pm, this event repeats. **Mindfulness Meditation in the Park.** Starting July 20th – August 31st on Mondays from 11:30 am – 12:30 pm in Bell Manor Park. Spend an hour with yourself being mindful of what is present in the moment. This class will be a combination of seated, standing and walking meditation, all guided by the facilitator. No experience is required. Please bring your own chair, or blanket for the park! If the weather is not cooperative, class will take place at Stonegate CHC. Registration is required, to register please call the Stonegate CHC at 416-231-7070 ext. 307 or email: julia.graham@stonegatechc.org. Bell Manor Park, 1 Bayside Lane. Adults. **Free**

Women's Programming ~ North York Women's Centre

North York Women's Centre (NYWC) is a community of diverse women providing programs, services and supports that assist women to effect positive change. NYWC has moved to 116 Industry Street!

Registration is now open for the fall 2015. Call NYWC at 416-781-0479 to schedule an intake appointment.

Women Empowerment Series is a set of three skill-building programs. Weekly workshops are held in a supportive environment, with group discussions and interactive activities. Participants will gain skills and knowledge to move forward in their lives, while making connections with other women.

Asserting Ourselves is the third program of the three-part Women's Empowerment Series. Through Asserting Ourselves, participants will consider how they interact with others. They will learn skills to effectively communicate and assert themselves, with the opportunity to practice these skills with each other in a safe and comfortable space. The group will help women learn about healthy relationships while also exploring how to deal with difficult relationships and social situations.

Mondays, October 19 – December 14, 2015.

Morning Sessions from 10:30 am – 1:00 pm at 116 Industry Street.

Evening Sessions from 6:00 pm – 8:30 pm at 1267 Weston Rd.

Register by September 14, 2015 to be guaranteed an intake appointment.

Intake appointments are available for: Monday, September 21 and Monday, September 28, 2015.

Reclaiming Yourself after Abuse is a 10-week group program for women who have experienced past relationship violence. The group provides a supportive environment where women will explore the impacts and effects of abuse, examine their personal responses, strengthen individual coping skills and develop strategies for moving forward.

Wednesdays October 14 – December 16, 2015.

Morning Sessions from 10:30 am – 1:00 pm at 116 Industry Street.

Register by September 16, 2015 to be guaranteed an intake appointment.

Intake appointments are available for: Wednesday, September 23 and Wednesday, September 30, 2015.

Yarn Lovers ~ *crochet or knit*

Thursday, August 27 from 6:00 pm - 8:15 pm, this event repeats. **Crochet? Knit?** All yarn lovers welcome. Already know how to knit or crochet, or want to learn, or want to share your talents with like-minded people? Bring your supplies or project and join us every Thursday evening from 6:00 pm to 8:15 pm. Contact Arlene by email quanah@look.ca.

Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Wednesday, August 19 from 12:30 pm - 2:30 pm, this event repeats. **FREE 50+ Cindy's Knitting Circle Drop-in.**

Bring your yarn, needles and patterns and join Cindy's Knitting Circle. Whether you are experienced or not, this is the Circle for you! If you want to learn the basics, or are a little rusty, Cindy can assist you. Wednesdays from 12:30 pm - 2:30 pm. Must be aged 50+. See Central Eglinton Community Centre's 50+ Calendar for info such as changes in schedule. Contact Sherri by email: olderadults@centraleglinton.com or phone: 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Ave. East. Seniors. **Free**

To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email us at: csinfo@camh.ca.

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN (Local Health Integration Network). It's **free** to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. www.csinfo.ca



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



CSinfo Centre is on Facebook. Search: [CSinfo Centre](#) to check us out.

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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