



Autumn begins this month!

BULLETIN

540 September 16th – 30th, 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

You are Invited

The Consumer/Survivor Information Resource Centre of Toronto's
Annual General Meeting will be Wednesday, October 21st.

Please join us. We'll meet for a great dinner, some music and fun, and of course, a review of the year past and election of new Board Members. We'll be at the Bonar-Parkdale Presbyterian Church at 250 Dunn Avenue just south of Queen Street West from 6:00 pm until about 8:00 pm. All are welcome. Please RSVP to 416-595-2882 or csinfo@camh.ca.



PeerZone Workshop Exploring Our Stories

We're holding our second PeerZone Workshop! Co-sponsored by Houselink, the Self-Help Resource Centre and C/S Info Centre. Tuesday, September 22 from 1:00 pm – 4:00 pm. It will be held at Houselink, 1678 Bloor Street West in the Board Room on the second floor. 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.



We are starting a CBTp group for **individuals who hear voices, and are distressed by their voices.**

What: offering 16 week group sessions. Participants will:

- learn self-management strategies using CBTp tools and principles [developing a tool box] to cope with voices
- learning to identify triggers/cues for voices and what keeps the cycle going
- understanding meaning of voices, normalizing information about voices
- sharing coping strategies and trying out new ones etc. with the
- learn connection of thoughts, mood and behaviour and how this relates to voices
- receive hand-outs, reading material, & other resources

When: Every Tuesday for 16 weeks, starting October 20th

Where: 210 Dundas Street West

Time: 1:00 pm to 3:00 pm

For more information, please call Deqa Farah at 416-482-4103 x 223.

Managing Your Depression and Anxiety Group at the Mood Disorders Association of Ontario

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

Through participation in this group you will:

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

Dates: Thursdays from 10:30 am – 1:00 pm starting Thursday October 1st through November 26th
(Please Note: November 19th group is cancelled)

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

Registration is required. Please contact Elyse Grieco at 416-486-8046 ext. 238 to register.
Please note that registration involves a brief intake interview.



Celebrating 30 Years September 2015



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 1:00 pm.

Visit www.repaircafetoronto.ca for more details.

WHEN: Saturday, September 26 from 10:00 am – 2:00 pm

WHERE: Skills for Change, 791 St. Clair Avenue West

COST: FREE!! Donations always welcome.

DIRECTIONS: Take the St. Clair streetcar westbound from the St. Clair West station. Get off at Arlington Avenue.

Hope to see you there or at a future Repair Cafe!

The Dream Team is looking for new members!



We are a group of psychiatric consumer/survivors who advocate for more supportive housing in Ontario for people with mental health issues. By telling our personal stories, by conducting and presenting research, and by standing up for human rights, we demonstrate and promote the life-altering benefits of supportive housing. You can learn more about us by checking out our site: www.thedreamteam.ca

We are currently looking to diversify and expand our membership.

- Do you believe that all people have the right to safe, secure and affordable housing?
- Are you a current or past supportive housing tenant?
- Are you passionate about social justice?
- Are you willing to publicly share your story in order to fight stigma and discrimination?

We are currently seeking to strengthen our group by seeking individuals who are in their 20's, individuals who identify as ethno-racial/people of colour. Contact our Coordinator for more information 416-516-1422 ext. 262 or email coordinator@thedreamteam.ca.

Self-Help Resource Centre offers two Walking Groups

Walk With Us

Come join us for a walk of the scenic routes in the areas around St. Clair Avenue East and West. We meet:
Every Thursday from 1:30 pm – 3:30 pm at Deer Park Library, 40 St. Clair Ave East
Every Friday from 11:00 am – 1:00 pm at Silverthorn Library, 1748 St. Clair Avenue West
We walk for an hour and then chat over drinks and snacks.

shrc@selfhelp.on.ca or 416-487-4355

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.

Ontario Universities' Fair

Metro Convention Centre, 222 Bremner Blvd. South Building
Everything you wanted to know about University

On Friday, September 25th to Sunday, September 27th from 10:00 am to 5:00 pm, the Ontario Universities' Fair allows you to speak with representatives from each Ontario University about programs, campus life and anything else to help you make a decision about which Ontario University to choose. Each university is represented with a full display. Staff members provide additional materials about programs, admission requirements and student life. Each university also offers a scheduled information session several times throughout the OUF weekend. No admission charge or pre-registration required.



Road To Employment

Are you looking for a job or employment resources?

Job & Employment Resource Fair

Thursday, October 1, 2015 from 12:00 Noon – 4:00 pm

519 Church Street, 2nd floor
(Intersection of Church and Wellesley)

Register here:

<http://www.eventbrite.ca/e/job-employment-resource-fair-tickets-18233665384>

For more info call: 416-516-1422 ext. 268 or angelaza@houcelink.on.ca



THE EMPOWERMENT COUNCIL ADVOCACY BURSARY

THE EMPOWERMENT COUNCIL:

A VOICE FOR THE CLIENTS OF CAMH

1001 Queen Street West, Room 160 Toronto M6J 1H4 416-535-8501 ext. 33013

This bursary was established with a generous donation by an anonymous donor to the Empowerment Council in order to acknowledge and support individuals wanting to explore the area of mental health advocacy and human rights. The main purpose of the bursary is to provide financial assistance to low-income clients and/or students who may be pursuing education in college, certificate courses, undergraduate/graduate courses, other professional development training/workshops or related courses. The award can also be applied to education-related equipment for courses, and depending on the program this could also be for video or art supplies.

SCOPE OF BURSARY

The bursary is for those who are proposing to undertake some work or education in the area of advocacy, human rights or opportunities that contribute to the history of psychiatric survivor/ consumers community work, research or in the growing field of Mad Studies. Too often, the importance of funding for the advocacy and human rights of consumers and psychiatric survivors is overlooked. This bursary is aimed at focusing on support for specific educational discovery in this area.

Applicants may apply for a bursary one of two ways:

- a. An award to cover costs of courses or professional development etc. as mentioned above or,
- b. Support for a human rights related project with clear outcomes and timelines. If you are proposing a project please submit a letter of intent (not exceeding 2000 words) together with a budget and other relevant information. This award is conditional on the bursary holder agreeing to submit a final report of work completed and related receipts. One – two letters of support from organizations or colleagues is required.

The awards are chosen by the Empowerment Council Selection Committee. The bursary is typically in the \$500 range, but may occasionally be more depending on need. At its discretion, the Empowerment Council Selection Committee may approve several bursaries to a maximum total of \$1500.00

Please note: It is the applicant's responsibility to ensure that all required and/or applicable documentation is included with the application. Return the completed application to the attention lucy.costa@camh.ca or by mail to the EC Selection Committee, 1001 Queen Street West, Room 160, Toronto, Ontario M6J 1H4.

Application Due Date: October 15, 2015

In addition to online and at the EC Office, you can also get an application at the C/S Info Centre.



Employment & Volunteer Matters

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 and 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. Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity. Not all applicants will be selected for interview.

Deadline for applications is **Wednesday, September 30, 2015.**

Things To Do in our beautiful city...

Free and Low-Cost Events for September 16 – 30, 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

Authors of Crime

Tuesday, September 29 from 6:30 pm – 8:00 pm. **An Evening with Crime Writers of Canada.** Do love a good crime novel? Four authors from Crime Writers of Canada - Sharon A. Crawford (moderating), Rob Brunet, Karen Blake-Hall, and M.H. Callway – share their most recent work and what it entails. Contact Sharon by email: words@samcraw.com. Runnymede Public Library, 2178 Bloor Street West. Adults. **Free**

Computer Help for Seniors

Friday, September 18 from 11:00 am – 1:00 pm. **Free 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 during the 50+ Computer Lab Drop-In. 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+. For info, please contact: olderadults@centraleglinton.com or Sherri Bulmer at 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Avenue East. Seniors. **Free**

Crafting

Thursday, September 17 from 6:00 pm – 8:15 pm. **Yarn Lovers Wanted.** Crochet? Knit? All yarn lovers welcome. Already know how to knit or crochet, or want to learn, or want to share your talents with likeminded people? Bring your supplies or project and join us every Thursday evening. For more info, contact: Arlene Williams, Email: quanah@look.ca. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Tuesday, September 29 from 2:00 pm – 3:30 pm. **Creating a Dream Catcher.** Come to the library and make your own beautiful dream catcher! All supplies will be provided. Registration is limited to 15 older adults. Please call or visit the branch to register. Phone: 416-396-8890. Albert Campbell District Library, 496 Birchmount Road. Seniors. **Free**

Employment

Wednesday, September 16 from 12:30 pm – 2:00 pm. **The Scannable Resume.** In today's job market, only sending out paper resumes can limit your job opportunities - it's seen as outdated and old-fashioned. Join us as a career developer from Seneca College, Faculty of Workforce Skills Development presents on how to get your resume noticed on the Internet, effective electronic resumes and cover letters, do's and don'ts when making your online resume, online job application strategies, and tips for writing e-mails to potential employers. Call 416-396-8950 to register. Agincourt Library, 155 Bonis Avenue. Adults. **Free**

Wednesday, September 16 from 6:30 pm – 8:00 pm. **Small Business Network: How Coworking Can Support Your Small Business.** Coworking is a style of work that involves a shared work environment for freelancers, entrepreneurs, and small business owners who work independently and on their own businesses or projects. Why work alone when you can work alongside like-minded, supportive people in a productive environment? Rachel Young from Camaraderie Coworking, Inc. will discuss what you need to know about coworking and coworking spaces, including: • The history of coworking • Examples of coworking spaces and their diversity • Who uses coworking spaces? • Benefits of coworking and how small business owners can grow • How to evaluate a coworking space • What to bring on your first day of coworking. For more info, phone: 416-393-7674. Bloor/Gladstone Library, 1101 Bloor Street West. Adults. **Free**

Festivals and Fairs

Saturday, September 26 from 1:00 pm – 3:30 pm. **Culture Days & Métis Roots Cultural Showcase.** Celebrate Culture Days with Toronto & York Region Métis Council by enjoying performances and learning traditional Métis arts and crafts at Malvern Toronto Public Library. Stop by this hands-on event to learn how to play the wooden spoons, beading, sash weaving and much more! Phone: 416-396-8966. Malvern Library, 30 Sewells Rd. All Ages. **Free**

Sunday, September 27 from 11:00 am – 6:00 pm. **The Word on the Street.** The Word On The Street is a non-profit organization that celebrates Canadian reading, writing, and champions literacy primarily through a free, annual outdoor festival. Each September, in communities from coast-to-coast, we invite everyone to participate in hundreds of author events, presentations and workshops, and to browse a marketplace that boasts the best selection of Canadian books and magazines you'll find anywhere. And it's free! For the past 25 years, The Word On The Street has been renowned for the quality and diversity of its event programming. See the line-up of incredible Canadian literary talent at the 26th festival: <http://thewordonthestreet.ca/toronto/festival/schedule/>. Harbourfront Centre, 235 Queens Quay West. **Free**

Finances

Monday, September 21 from 1:00 pm – 2:30 pm. **Retiring on a Low Income.** Many financial advisors are unfamiliar with income security programs, such as Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and Ontario Disability Support Plan. If you are a low-income person, you need to know how to get the most from these income security programs. The area can be very confusing. Learn to navigate the system with John Stapleton, Open Policy Ontario, and Ellen Roseman, Toronto Star, in an informative workshop. Free, drop-in. Contact: Suzanne Alimoglu, Email: salimoglu@torontopubliclibrary.ca. Phone: 416-394.5170. Albion Library, 1515 Albion Road. Adults. **Free**

Food

Wednesday, September 16 from 2:00 pm – 3:30 pm. **Healing with Sprouts - The Best Sprouts to Eat and Grow.** Ever wonder what it's like to sprout seeds at home? Do you know the health benefits and the best sprouts to eat and grow? Do you know how to create your own (DIY) sprouters with only a few dollars? Learn from a vegan nutritionist Virginie Misseri ways to incorporate sprouts into a variety of different recipes; adding nutrition, vibrant colour and texture to your meals! For more information about this event, contact: Peggy: 416-394-5270 or email: eaprograms@torontopubliclibrary.ca. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

Thursday, September 24 from 6:30 pm – 7:30 pm. **Juicing Workshop.** Learn how to make your own fruit and vegetable juices! This workshop will teach you how to juice for optimal health, how to use the juicer, proper juice storage, the best fruits and vegetables for juicing, and some easy & affordable recipe ideas. Participants will make their own juices during this free workshop! Registration is required, please register at the library or call 416-396-8950. Agincourt Library, 155 Bonis Avenue. Adults. **Free**

Geology

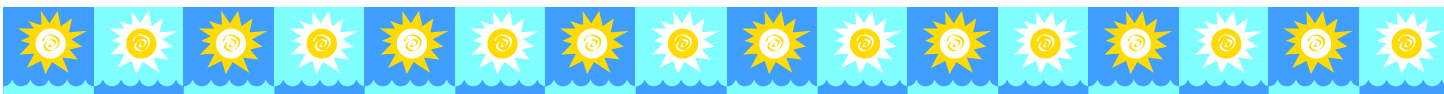
Saturday, September 19 from 10:00 am – 6:00 pm & Sunday, September 20 from 11:00 am – 5:00 pm. **45th Annual Wonders of the Earth Gem & Mineral Show and Sale.** Dealers with international specimens, auctions, demonstrations and displays, bead and jewelry artisans and fun for the kids connected to the hobby of rock and mineral collecting. For more information www.scarbgemclub.ca. or 416-282-5319. Held at the Don Montgomery Community Recreation Centre, 2467 Eglinton Avenue East. All Ages. **\$5 adults \$1 kids**

History

Friday, September 18 from 2:00 pm – 4:00 pm. **A Century of Ontario Photographs.** Join Ontario Senior Archivist Paul D. McIlroy as he goes through more than 100 years-worth of Ontario photographs, highlights from the many records of Archives of Ontario. An explanation on how Archives of Ontario manages these records will also be offered. Register at the information desk or by calling 416-395-5710. Don Mills Library, 888 Lawrence Ave East. Seniors. **Free**

Saturday, September 19 from 9:00 am – 12 Noon. **Humber Heritage Committee Historical Walk.** Join Lieutenant Governor John Graves Simcoe, in reenacting the first day of his 1793 journey up the Toronto Carrying Place. Saturday September 19 assembling 9:00 am, departing 9:30 am from the parking area south of 8 South Kingsway (The Rousseaux Site - Petro-Canada) by the Humber. Ending at the Governor's 1793 camp site at Eglinton and the Humber River. Bob Roden is the Gov and Historical commentary by guide Madeleine McDowell. 416-767-7633. Adults. **Free.**

Wednesday, September 23 from 7:00 pm – 8:00 pm. **The Downsview Built De Havilland Mosquito.** Aviation historian Keith Hyde will speak on the Downsview built De Havilland Mosquito. Often called the wooden wonder and probably the world's first multi-role combat aircraft, over one thousand Mosquito were built at Downsview by thousands of men and women across the GTA. A number of Canadian squadrons flew Mosquitos on bombing and interdiction missions. For info phone: 416-393-7703. Beaches Library, 2161 Queen Street East. Adults. **Free**



Movies ~ *under the stars*

Friday, September 25 from 8:00 pm – 10:00 pm. **The Sapphires (TIFF in Your Park)**. As part of our fortieth-anniversary celebrations, TIFF is bringing the festival experience to your neighbourhood! Phone: 416-599-8433. Historic Fort York, 100 Garrison Road. Adults. **Free**

Science Talk

Tuesday, September 22, from 6:30 pm – 8:00 pm. **Science Literacy Week: Cosmology, Cellphones, & Videogames**. Professor Keith Vanderlinde from the Dunlap Institute of Astronomy & Astrophysics, at the University of Toronto has spent the last decade using telescopes to study the Universe -- its composition, history, and eventual fate. Aided by the technologies that make cellphones and videogames staples in modern culture, he and colleagues from across Canada are building a massive new radio telescope which will begin mapping deep space to study the mysterious "Dark Energy", which drives the Universe's evolution. Join us for this engaging talk, as part of Science Literacy Week at the Toronto Public Library. To register for this free lecture, please call 416-396-8950. Space is limited! Agincourt Library, 155 Bonis Avenue. All Ages. **Free**

Tuesday, September 22, from 6:30 pm – 8:00 pm. **The Science of Science Fiction: A Hitchhiker's Guide to Godel's Incompleteness Theorem**. Dr. Juris Steprāns (Mathematics and Statistics) looks at logic in science fiction, including both the misconceptions and insights which scifi has produced about Godel's theorem, one of the most misunderstood results of mathematics. The Science of Science Fiction series is presented in collaboration with York University's Faculty of Science. For more info, contact: Lillian H. Smith Library, Email: lillianprograms@torontopubliclibrary.ca or 416-393-7746. Lillian H. Smith Library, Room A, 239 College Street. Adults. **Free**

Wednesday, September 23 from 6:30 pm – 8:00 pm. **The Air Up There**. In Earth's most remote and pristine environments, scientists find polluted air. Jennifer Murphy (U of T, Chemistry) discusses what arctic air quality reveals about the health of our planet. Presented in collaboration with the Royal Canadian Institute for Science. Phone: 416-394-5247. Brentwood Library, 36 Brentwood Road, North. Adults. **Free**

Wellness

Wednesday, September 16 from 7:00 pm – 9:00 pm. **Taoist Tai Chi Open House**. Renovate your mind and body. Visit us to discover the health benefits of practicing the internal arts of Taoist Tai Chi. A Beginner Weekend will be held Friday, Sept. 18 to Sunday, Sept. 20 to introduce participants to the Taoist Tai Chi Arts 108-move set. Contact: Janka Safar/ Barb Taylor: 416-236-0720 or Email: etobicoke@taoist.org or see www.taoist.org/weekend. Taoist Tai Chi Society, Etobicoke Location, 35 Chauncey Avenue. All Ages. **Free**

Thursday, September 24 from 6:30 – 8:00 pm. **Stress - Signs and Symptoms**. Learn from a homeopath and registered nutritionist Jocelyn McTavish what are the signs and symptoms of stress, and how if not treated, it may cause havoc on our adrenal system and impairs many aspect of health such as weight gain, sleep, hormone regulation and depression. For more information, contact: Peggy Ho, Email: eaprograms@torontopubliclibrary.ca or 416-394-5270. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

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

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



Go green; get The Bulletin by email! Subscribe by email here: csinfo@camh.ca

**Thanks for subscribing! From the C/S Info Bulletin Team:
Helen and Cassandra and our wonderful volunteers Jacqueline and Moira!**



C/S Info Centre is on Facebook. Search: [CSInfo Centre](https://www.facebook.com/CSInfoCentre) to check us out.

BULLETIN 540 September 16 – 30, 2015 9

5
Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our **Annual General Meeting on October 21, 2015** 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: _____

☐ Yes! (please check the box) I will be attending the AGM on October 21, 2015 at 6:00 pm at Bonar-Parkdale Presbyterian Church at 250 Dunn Ave. (See page 1 for more details.)

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.**