



BULLETIN

556 June 1 – 15, 2016

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/>

A Welcome Note from Our New Executive Director

Hello!

My name is Christine Miranda and I'm delighted to be joining C/S Info as Executive Director. I am looking forward to working with our dedicated board, generous volunteers and talented staff to meet your information needs.

Getting to know our community is important to me, and I encourage you to visit, call or send me an email to share your thoughts about the centre.

Finally, I want to take this opportunity to honour and thank Helen Hook for her many years of extraordinary leadership and service to the Centre and the CS community. Her efforts have made the centre more than just a place to get information, it's a place where you can come as you are and receive a friendly smile and chat, things that are often hard to come by.

Helen, thank you for your warm welcome and for trying to do the impossible – teach me everything you know before you embark on your next adventure. On behalf of our community, I wish you a very happy retirement!

~ Christine Miranda



It's June and it's heating up!

Just a friendly reminder that as the sun shines down on us, it's very important to practice sun safety. The warm sun can feel good on our skin but too much can cause damage.

Before you head outdoors, follow these sun safety tips from the Government of Canada:

- cover up (wear a hat, when you buy sunglasses, make sure they provide protection against both UVA and UVB rays)
- limit your time in the sun (use the UV Index forecast, when the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen)
- use sunscreen
- drink plenty of cool liquids (especially water) before you feel thirsty; if sunny days are also hot and humid, stay cool and hydrated to avoid heat illness

For more sun safety tips visit:

<http://www.healthycanadians.gc.ca/healthy-living-vie-saine/environment-environnement/sun-soleil/index-eng.php>

Enjoy your summer!

Community Announcements

CALL FOR SUBMISSIONS

16th Annual BEING SCENE JURIED EXHIBITION

CALL TO ARTISTS – Workman Arts members or artists who have received services from CAMH

Artists may submit a maximum of 2 works either two-dimensional – maximum size 48”x72” and/or three-dimensional sculptures – maximum size 24”X24”x24”

THERE ARE TWO WAYS TO SUBMIT:

1. DIGITAL SUBMISSION – please fill out the form at www.workmanarts.com/beingscene-2016 and email submission form and digital images (150dpi, between 500px and 1500px across) of your work to sarah_turner@workmanarts.com

OR

2. DROP OFF – please bring your art to Workman Arts at 651 Dufferin St. from 9:00 am - 4:00 pm, Monday - Friday to be documented for adjudication

Artists are responsible to deliver artwork selected by the jury in “exhibition ready” condition (mounted or framed with hanging hardware)

SUBMISSION DEADLINE: 4:00 pm, Friday July 29, 2016

The exhibition will be held at the Gladstone Hotel: March 1 – March 27, 2017

Produced by Workman Arts for CAMH



CBTp Group: Cognitive Behavioural Therapy for Psychosis

In this 16-week group you will learn:

- What it means when someone hears voices. How can we explain voice hearing?
- The relation between stress and hearing voices, and understanding the meaning of the voices.
- How to decrease the voices’ impact on your day-to-day life.
- Keeping track of the voices: when they are worse, when are they better?
- Sharing and learning new strategies on how to cope – developing a tool box of strategies.

When: Every Monday for 16-weeks, running from July 11 to October 31

Start Date: Monday July 11, 2016

Time: 1:00 pm to 3:00 pm

Location: The HUB – 2660 Eglinton Ave. East (Brimley Rd. and Eglinton Ave. East)

Free. Tokens and snacks will be provided.



This is a closed group. To register please contact Michael Wall at:
416-482-4103 ext. 340.



Opportunity made here.





TORONTO MAD PRIDE WEEK

July 11 – 17, 2016

Mad Pride Week is a festival created, organized and run by consumer survivors. We want to present great events, artists, workshops, music and activism.

To make it happen we need you to get involved, volunteer, attend, donate and be your Mad Mad self!

Calling Mad Artists and Musicians

The Mad Market is on: Saturday, July 16, 2016

We seek diverse artists who identify as Mad people or consumer survivors.

1. **Name:**
2. **Contact info:** email, phone number, URL.
3. **What type of art:** (painting, comics, jewelry, pottery, music + more)
4. **Experience & examples of your art:** experienced & new artists wanted.
5. **Story about your Art and its connection to “Madness”:** (3-5 sentences max.- indicate if we can share your story on the website)

Apply now (before June 17): We prefer that you use our website application form (<http://www.torontomadpride.com/2016/05/mad-market-call/>) or email us at torontomadpride@gmail.com with the subject line “Mad Market” + Your Name. You can also mail to Sound Times, 280 Parliament St., M5A 3A4 (no art by mail please). We need different types of art. Number of artists is limited.

Together we can make Mad Pride 2016 a Huge Success!!!

Celebrate, empower and build community through education and advocacy
Get social and involved: volunteer: torontomadpride@gmail.com www.torontomadpride.com
@madpridetoronto [facebook.com/torontomadpride](https://www.facebook.com/torontomadpride)

Donate to Mad Pride Toronto at: <http://bit.ly/1YLEcVs> Share the link!

Ontario Introduces Reloadable Payment Card for Social Assistance

Source: Government of Ontario

Province Offering New, Safer Option for Clients

May 16, 2016 9:00 A.M.

Ontario is making it safer and easier for people to receive and use their social assistance benefits. Ontario Disability Support Program (ODSP) clients who do not have a bank account will be able to receive their benefits on a reloadable payment card rather than receiving a paper cheque.

The card, provided by the Royal Bank of Canada, works in the same way as a debit card but does not require a bank account. Each month that a client is eligible for ODSP benefits, funds are loaded onto the card and clients can then use their card to make ATM cash withdrawals, as well as in-store or online purchases or payments. To ensure client privacy and safety, the cards are not monitored and they do not identify the cardholder as a social assistance client or a recipient of government services.

For individuals without bank accounts, reloadable payment cards offer many benefits, including:

- Not having to use expensive cheque-cashing services and avoiding the risk of carrying large amounts of cash
- Four no-fee ATM withdrawals per month and unlimited in-store or online payments and purchases
- Enhanced security with PIN and chip technology.

The province will phase the new cards into use. In the first phase that is already underway, clients can volunteer to test the reloadable payment card and will provide feedback on the kinds of supports, information and processes needed to benefit fully from the card. This summer in a second phase, the card will be issued to all ODSP clients who are unable to open or maintain a bank account - with some exceptions, such as those who have limited access to a bank machine.

Learn More About Ontario Disability Support Program Income Support:

http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income_support/index.aspx

Articles of Interest

<http://globalnews.ca/news/2693327/we-are-loan-sharks-why-one-womans-leaving-the-payday-lending-business/?sf26112286=1>

http://www.huffingtonpost.ca/marvin-ross/disability-tax-credit_b_10108032.html

<https://www.thestar.com/news/gta/2016/05/25/ontarios-affordable-housing-wait-list-grows.html>

http://www.blogto.com/eat_drink/2016/05/now_you_can_buy_fresh_produce_at_ttc_subway_stations/

Computer...Help!



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, Photoshop, etc. She can be reached at: gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416-595-2882 and we'll email Martha for you and then she'll call you. Also, if you have any computer article suggestions for Martha please let her or us know!



The **Women's 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.

The Women's Empowerment Series focuses on:

- Building women's strengths and resiliency
- Strengthening personal power and self-confidence
- Promoting success in making positive change

Women's Empowerment Series: Exploring our Potential

Exploring our Potential is the second program of the three-part Women's Empowerment Series. In Exploring our Potential, participants will gain knowledge of themselves by exploring strengths, skills and identity. They will examine their individual needs, priorities and options. Tasks and activities will allow space for each participant to have "me time," while also encouraging women to share and learn from each other in a supportive environment.

Location: 116 Industry St. (Weston Rd. and Eglinton)

Tuesdays: Morning, Afternoon or Evening sessions June 21 – August 16, 2016

Prior To The Program Beginning, Intake Appointments Are Required. Call NYWC At: 416-781-0479 To Schedule An Intake Appointment.

Register by June 10, 2016 to be guaranteed an intake appointment.

This program is FREE. Talk to us about childminding and other accommodations available.

NYWC Programs are funded by the Ontario Women's Directorate and the City of Toronto

www.nywc.org

Employment Matters

York University, Youth Disabilities Counsellor, Closing Date: 7/25/2016

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=339779&l=2>

Canadian Mental Health Association, Project Manager, Human Services and Justice Coordinating Committee Secretariat, Closing Date: 6/12/2016

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=339592&l=2>

Save The Date

Circle the date for these upcoming events...

1. **Repair Café** at Driftwood Community Recreation Centre
Back Saturday, June 18 from 12:00 pm - 4:00 pm
4401 Jane Street, North York
2. **Mad Pride Week** Is Approaching Quickly! July 11 – July 17, 2016. YOU can make Mad Pride even better by volunteering: torontomadpride@gmail.com Remember, to mark your calendars it's an event not to be missed!
3. **The Friendly Spike Theatre Band** Is delighted to announce the company's 2016 production: What's Next... The Big C? By Henrik Kartna – Tuesday, July 12 (preview) to Friday, July 15, 2016 at 7:00 pm
The Scotiabank Studio Theatre within the Pia Bouman School of Ballet and Creative Movement, 6 Noble St., PWYC, Reservations are advised: friendlyspike@primus.ca Opening Night: Wednesday, July 13, 2016

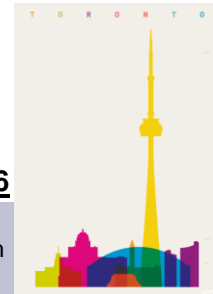
Things To Do

in our beautiful city...

Free and Low-Cost Events for June 1 - 15, 2016

For TTC information call: 416-393-4636 (INFO) or visit: ttc.ca

As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend Thank you!



Art

Now through Friday, June 10 daily from 8:00am - 9:00pm. **MINDSET 2016.** An Annual Juried Photography Exhibition. Mindset: from my perspective; from where I stand; from my point of view; the way I see it. Mindset presents works by artists who are members of Workman Arts. Participating artists respond to the concept of "mindset" to reflect on individual and collective experiences, beliefs and thoughts as they contribute to mental attitude or disposition. Works in this exhibition examine how our mental attitudes influence our interpretations of events, our environment, and our relationships. Artscape Youngplace, 180 Shaw Street, 2nd Floor Hallway Gallery. **Free**

Books and Authors

Wednesday, June 1 from 2:00 pm - 3:00 pm. **Tea and Books.** Wondering what to read next? Join librarian Miro Sikura for a cup of tea and a lively presentation of interesting books. 416-393-7671 or bbertrand@torontopubliclibrary.ca. High Park Library, 228 Roncesvalles Ave. Adults. **Free**

Crazy Talks

Tuesday, June 7 from 7:00 pm - 8:30 pm. **Crazy Talks.** Henrik Kartna is a theatre artist who has worked with Friendly Spike Theatre Band among others. His most recent play "What Next, The Big C?" asks about physical health and cancer in the context of psych. Join in the conversation. 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. ASL interpretation may be available upon request. We meet every **FIRST** Tuesday of the month. For more information, please email madly@teksavvy.com or call 647-478-4241. OISE, Room 12-274 (12th floor) at 252 Bloor St. West, up from St. George Subway Station. **Free**

Dance

Friday, June 3 from 4:00 pm - 6:00 pm. **Sharing Dance Day.** Canada's National Ballet School (NBS) will host its third annual Sharing Dance Day. This public event encourages Canadians of all ages and fitness levels to take part in the joy of dance and become united in promoting dance and physical activity as part of a healthy lifestyle. Communities all across the country will be participating. The event will feature dance and musical performances by some of Canada's most talented artists including: Juno-Award winner, Jully Black, KasheDance and Gadfly, among others. Free ballet, street dance and Afro-Caribbean dance classes will also be offered as will other activities for the entire family. www.sharingdance.ca. Yonge-Dundas Square. **Free**

Festival

Wednesday, June 1 at 9:00 am. **Pride Flag Raising Ceremony.** Pride Month officially begins with the annual flag raising ceremony at Queen's Park. Join Premier Kathleen Wynne, powerhouse community leaders and Honourable guests as the Pride colours are hoisted upon the most important flagpole in the province. View the Pride event guide: https://issuu.com/intorontomag/docs/official_pride_guide_2016?e=1858183/35588969. Queen's Park. **Free**

Thursday, June 2 from 11:00 am - 2:00 pm. **Party at Union Station.** Union Station is pairing with TD Bank Group to throw a Free Party at the Union Station Plaza, which backs onto Front Street. You'll get to see Canadian artists Shawn Hook and Francesco Yates perform. Apparently, this will serve as the kick-off event for a summer-long roster of free, outdoor programming in front of Union Station. Union Station. **Free Admission & Free Lemonade too!**



Saturday, June 4 from 1:00 pm - 6:00 pm. **Riverside Eats and Beats Street Festival.** Taste the Eats and feel the Beats on Riverside's 10 vibrant blocks. Riverside will be hosting their annual Street Festival, showcasing Riverside's family friendly food outlets and unique small town in the big city atmosphere. The Riverside District is renowned for its home design shops, heritage architecture, cafes, pubs and popular contemporary restaurants. The Riverside District extends from the DVP to just past Degrassi Street along Queen Street East. Local eateries will be opening their doors serving tasting plates and musical entertainment. There will be a variety of destination points at four street closures with live music, and entertainment and, of course mouthwatering Riverside tasters. Fresh music will enliven Riverside's streetscape with sounds ranging from Samba, New Orleans-style Jazz, Funk, Celtic, Accordion Folk, Drumming, Roots/Rock and Children's music. Between the Don Valley Parkway to just past Degrassi Street on historic Queen Street East. **Free**

Sunday, June 5 at 1:00 pm. **DiversityFest.** The celebration of Canada's cultural kaleidoscope presenting an array of entertaining arts and culture performances. DiversityFest is a daylong free festival featuring some of the best Canadian and International artists and performances showcasing an eclectic fusion of South Asian, Chinese, Filipino and Arab arts and culture. Yonge-Dundas Square. **Free**

Saturday, June 11 from 11:00 am - 10:00 pm. **Dundas West Fest.** An annual street festival with lots of vendors, entertainment, food and fun. Dundas West will be blocked off from vehicular traffic. From Lansdowne to Shaw along Dundas Street West. **Free**

Saturday, June 11 from 11:00 am - 8:00 pm. **Roncy Rocks Music and Art Festival.** This event features a juried art show and sale, music, food and side-walk sale. Roncesvalles Village, along Roncesvalles Ave. **Free**

Gardening and Plants

Saturday, June 4 from 10:00 am - 12:00 Noon, this event repeats. **Community Beautification Project: Basic Gardening.** Parks, Forestry & Recreation will be providing an eight-week program on "Basic Gardening Skills." This program gives tips on how to beautify their own neighborhoods. Families welcomed!
msstaff@torontopubliclibrary.ca. Morningside Library, 4279 Lawrence Ave. East. Ages eight plus. **Free**

Saturday, June 11 from 9:00 am - 1:00 pm. **Library Book Sale.** Bring a bag and take home new treasures during the Library's Big Book Sale. Proceeds support the Youth Advisory Group's New Garden at S. Walter Stewart. Prices: Hard covers / Graphic Novel & Large Paperbacks --- \$1 each OR 3 for \$2 Paperbacks, magazines, Children's Books, Comics --- 50¢ each OR 3 for \$1 Videos, DVDs & CDs --- \$2 each OR 3 for \$5 Buy Library bag and Fill it! --- \$10. 416-396-3975. S. Walter Stewart, 170 Memorial Park Ave. All Ages. **Free**

Health & Wellness

Thursday, June 2 from 1:30 pm - 2:30 pm. **Wellness Lecture: "Art of Living".** Join us at the Bernard Betel Centre for a FREE Wellness Lecture on the "Art of Living" with Debra Eklove, a Holistic Practitioner with the Art of Living Foundation. This presentation will look at the benefits of breathing, meditation and physical activity for people's mental and physical well-being. marial@betelcentre.org or 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**

History

Monday, June 13 from 2:00 pm - 3:30 pm. **Fading History.** Dave Cook, local author, former councilor and story teller, discusses the interesting things that took place while researching for his book: Fading History: Stories of Historical Interest. Plus a number of local stories and significant events that took place in Etobicoke and Mississauga areas. Call: 416-394-5270 or email: eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Tuesday, June 14 from 2:00 pm - 4:00 pm. **Genealogy Family History - Where to Start?** Ever wanted to research your family history but did not know where to start? In this presentation we will look at the tools you will need to start your research. Call 416-394-5270 or email eaprograms@torontopubliclibrary.ca to register. Eatonville Library 430 Burnhamthorpe Rd Adults. **Free**

Incredible Free Stuff

Borrow Instruments at the Library? Now you can! With the generous support of Sun Life Financial, Toronto Public Library launched the city's first **musical instrument lending library** on April 7, 2016. The Sun Life Financial Musical Instrument Lending Library collection – guitars, ukuleles, violins and more – is housed at Parkdale Branch and can be borrowed for free with a library card. Approx. 100 musical instruments can now be borrowed from and returned to the Parkdale Branch. Parkdale Library, 1303 Queen St. West. **Free**

Law

Wednesday, June 15 from 12:00 Noon - 1:30 pm. **Employment Law Basics.** Learn about the hiring process, legal implications of hiring employees vs. freelancers or contractors, employment contracts and more. Anupa Ann Varghese, an employment lawyer with small and medium-sized businesses will cover these topics and more. Call to register. abprograms@torontopubliclibrary.ca or 416-394-5170. Albion Library 1515 Albion Rd. Adults. **Free**

Meditation

Monday, June 13 from 10:00 am - 11:00 am, this event repeats. **Mindfulness Meditation.** This class will be a combination of seated, standing and walking meditation, all guided by the facilitator. No experience is required. Please bring a chair or blanket. 416-231-7070. Bell Manor Park, 6 Hill Heights Rd. Adults. **Free**

Memory

Wednesday, June 15 from 7:00 pm - 8:00 pm. **How Memory Changes with Age.** Dr. Shayna Rosenbaum, Associate Professor in the Departments of Psychology and Biology at York University, discusses the latest research on age-related changes to memory and brain function. 416-395-5649. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

Movie

Monday, June 6 doors open at 6:30 pm (first come, first served), movie starts at 7:30 pm. **NOW Magazine Free Flick Mondays: Jurassic Park.** NOW Magazine and The Royal Cinema - Toronto invite you to the free monthly film series - NOW Free Flick Mondays. The June screening will be the science fiction adventure film - Jurassic Park! In Steven Spielberg's massive blockbuster, paleontologists Alan Grant (Sam Neill) and Ellie Sattler (Laura Dern) and mathematician Ian Malcolm (Jeff Goldblum) are among a select group chosen to tour an island theme park populated by dinosaurs created from prehistoric DNA. While the park's mastermind, billionaire John Hammond (Richard Attenborough), assures everyone that the facility is safe, they find out otherwise when various ferocious predators break free and go on the hunt. Tickets are free and available at the cinema when doors open at 6:30 pm (first come, first serve). The first 100 guests will be treated to free popcorn courtesy of The Royal Cinema. The Royal Cinema, 608 College St. **Free**

Music

Monday, June 13 from 11:30 am - 12:30 pm, this event repeats. **Drum Your Way To Wellbeing.** Learn to play the African drum. Reflect and share with others. Reduce tension. Be in the present moment. Childcare is not provided. Bring your own chair. 416-231-7070 Bell Manor Park 6 Hill Heights Rd., Adults | Free

Wednesday, June 15 from 7:30 pm - 9:30 pm, this event repeats. **Toronto Sacred Harp Singing.** Come and sing shape note music from the Sacred Harp every third Wednesday of the month in the Music Room at Bloor Street United Church (enter to the left of the sanctuary and follow the signs). Everyone is welcome, no experience necessary. The singing is participatory, not a performance or rehearsal. There are songbooks to borrow. Music Room at Bloor Street United Church, 300 Bloor Street West. All Ages. **PWYC**

Spring Sales, Fairs & Markets

Wednesday, June 1 from 2:00 pm - 6:00 pm, this event repeats. **Montgomery's Inn Farmers' Market.** Built in 1830, Montgomery's Inn was once part of a 400-acre farm, which supplied food for the Montgomery family, guests of the inn and for retail sale. Much of this land continued to be farmed by tenant farmers through the 1940s. Though the farm is long gone, the inn remains and has been restored as a museum. Today we celebrate the inn's agricultural roots by once again offering farm-fresh produce for sale at the Montgomery's Inn Farmers' Market. Our vendors sell local and organic veggies, fruit, meat, cheese, eggs, honey, preserves, baked goods, fresh bread and prepared foods that you can take home or enjoy on the premises. Enjoy live music in our new picnic area. Every Wednesday from 2:00 pm to 6:00 pm. For complete vendor listings or to join our newsletter, visit <http://montgomerysinn.com/farmers-market/> . khill4@toronto.ca or 416-394-8113. Montgomery's Inn Museum, 4709 Dundas St. West. All Ages. **Free**

Saturday, June 4 from 10:00 am - 4:00 pm. **Really Really Free Market at Campbell Park.** Weather permitting, the RRFM hopes to enjoy a day of community exchange outdoors. A few friendly reminders: - we cannot accept large items unless you leave your contact info and are available to pick them up at the end of the day if they are leftover - you do not have to bring anything - if you bring items, please do so before 3pm - please remember the "shopping cart" guideline for collecting materials We are always looking for new volunteers to assist with organizational and/or day-of market tasks. Email: rrfmarket@gmail.com if you are interested in volunteering or have any other questions about the market. Campbell Park, 255 Campbell Ave. **Free, Really!**

Storytelling

Wednesday, June 15 from 6:30 pm - 8:00 pm, this event repeats. **East End Storytellers Group.** Storytelling is not just for children - adults can share and enjoy stories too! This group is open to storytellers of all levels including those just learning to share and tell stories. Story-listeners are also welcome. Share your love of stories and storytelling with others in a supportive environment. Stories can be from personal experience, your own imagination, folktales from various cultures or anything in between. All are welcome. Morningside Library, 4279 Lawrence Ave. East. Adults. **Free**

Voice Yoga

Monday, June 13 at 2:00 pm. **Voice Yoga.** Come and join the group: sing a song, read a poem, make a noise, etc. creativevocalizationstudio@hotmail.com. Secret Handshake Gallery, 170 Baldwin St., upstairs. **Free-will offering.**

Walking and Running

Every Wednesday at 5:30 pm. **Running Free!** Running Free is a free weekly walking & running group for CAMH and the greater community. All CAMH clients, staff and volunteers are welcome, as well as family, friends and neighbours. The group is open to those who walk, those who want to learn to run, as well as more intermediate runners. If you have any questions or would like to RSVP please contact Andrea at: andrea.reynolds@camh.ca or 416-535-8501 x 33074. Remember to wear comfortable shoes and gym wear. Extra shoes and running gear is available for those who need it. CAMH, Bell Gateway Building, 100 Stokes St. **Free**

Every Sunday at 9:00 am. **Walking Group.** Go for walk and come back for refreshments and talk about health topics. roseognjenovic@gmail.com. North York General Hospital, main entrance at Branson Hospital Site, 555 Finch Ave. West. All Ages. **Free**



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

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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. Our 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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From the C/S Info Bulletin Team: Christine and Cassandra and our wonderful volunteers: Jacqueline and Martha (the computer gal)!

Thanks for subscribing!