

BULLETIN

560 August 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/>

Supporting Eachother

Mad Pride 2016 was a great success! Congratulations to the organizing committee for putting together such a fantastic event!

At one of the events: Peer Supporter Strategy and Discussion Session, I participated in a lively discussion about what peer support is, the challenges facing peer support workers and resources available to them. Throughout this issue I share some of what I learned.

Also, on page 2 is an article “There’s an app for that” describing an online mental health tool that can monitor different aspects of life to support or achieve wellness as well as an app to build your real life social networks.

Do you have any suggestions for articles or information you would like to see in the Bulletin? We love hearing from subscribers! Please send us your comments and suggestions: csinfo@camh.ca or call 416-595-2882.

What is Peer Support?

The following is an excerpt from the Mental Health Commission of Canada’s website.
<http://www.mentalhealthcommission.ca/English/focus-areas/peer-support>

An important contributor to recovery, peer support is a supportive relationship between people who have a lived experience in common. The peer support worker provides emotional and social support to others who share a common experience. But despite evidence of the benefits, for both individuals and families, peer support programs have yet to receive the focus, funding, and attention needed.

Providing hope for recovery

Peer support programs work by offering people support, encouragement, and hope that recovery is possible. Peer support considers the wellness of the whole person and focuses on health and recovery rather than illness and disability, in order to assist people in finding their own path to recovery. There is no “one-size-fits-all” approach to peer support. It can take many different forms and be offered wherever people need it, whether in peer-run organizations, workplaces, schools, or healthcare settings. Peer support is intended to complement traditional clinical care and vice versa.

The need for funding for peer support programs

Peer support initiatives can have a great impact on a person’s journey of recovery. The relationship forged between the peer supporter and the person with a mental health problem or illness can help improve quality of life as well as reduce the need for hospitalization. These initiatives also have the potential to connect families of people with mental health problems or illnesses, allowing them to share their understanding of the mental health system, which in turn can improve their ability to care for their loved ones and themselves. However, despite their effectiveness, peer support programs receive very little funding.

Different types of peer support

The various types of peer support fall along a spectrum ranging from informal support to formal peer support within a structured organizational setting. “Informal peer support” occurs when acquaintances notice the similarity of their lived experience and listen to and support each other. Peer support within a structured clinical setting can involve programs where peer support workers offer the opportunity for a supportive, empowering relationship. The values, principles of practice, and skills of peer support workers apply to all types of peer support and all types of organizations that offer it.

There's an app for that!

There are lots of tools that we can use to help us stay healthy. There are online services, applications (apps) for your mobile device, even wearable trackers! Optimism is one tool I use to help me stay healthy and alert me when I may need to seek additional support. Meetup is an app I use to make friends and build my support network.

Do you use any apps to help you stay healthy? I would love to hear about it so I can share your review with others in our community!

Optimism Online

www.optimismonline.com

Optimism is a tool you can use daily to track all sorts of information. A core data section tracks mood, how you coped, sleep and exercise. The stay well strategies section tracks things like healthy meals, enjoyable activities, time with others, time outside, medication taken etc. There are also sections where you can track triggers and symptoms. You can even enter notes about anything special happening on a particular day.

What I like about Optimism is that it can generate graphs that show how my mood, coping, sleep and exercise have been over a period of time. The graphs alert me to patterns and if I'm not feeling well I can make changes in my life or seek support. On the web version there is a section for planning. You can list your stay well strategies, triggers, symptoms, indicators for when you need to get help and what that help should be.

Optimism is free and available online through a browser or as an app available from the app store.



Meetup.com

www.meetup.com

Meetup helps people find and create communities based around the ideas and activities that matter to them. Meetups can be formed around a common interest or cause, and they are sustained through regular, face-to-face gatherings. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities. Meetup is available from a web browser or as a mobile app.

Meetups help people:

- Do what they love
- Find others and make friends
- Get involved in their local communities
- Learn, teach, and share
- Rise up, stand up, unite, and make a difference
- Be part of something bigger - both locally and globally

What I like about Meetup is the variety of groups available. There are groups for different hobbies, food, reading, exercise, culture, travel and even mental health support. You can join meetup.com with a nickname and without a personal picture to protect your anonymity if you like! Explore groups and join what you are interested in. Depending on the Meetup's settings you may be able to join immediately, otherwise, you'll be notified once your membership is approved.

To learn how to join meetup.com for free by computer or mobile app click here:

<http://www.meetup.com/help/article/898289/>

Want to start a group? You can do that too! Visit: <http://www.meetup.com/help/article/464982/>

Check out page 7 to see how Mental Health Peer Support Organization (MHPSO) is using meetup.com to organize support groups!

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, 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 Secret Handshake

Mission Statement

The Secret Handshake is a peer-to-peer Support for people with Schizophrenia.

The peer support provided by the Secret Handshake helps individuals with Schizophrenia avoid repeated admissions to the hospital. It empowers individuals to help each other and, most importantly, be accepted while going through a crisis.

Many people with Schizophrenia can feel very isolated and do not have the support and life skills to reintegrate into the mainstream. The Secret Handshake members flourish when they meet on a regular basis with others living with Schizophrenia.

We now have an online newsletter called "The Friendly Voice." Please contact us to subscribe and share with anybody in the mental health community; healthcare workers, family and friends, but most importantly those affected by Schizophrenia.

Cordially yours,

Michael Alzamora, The Friendly Voice newsletter editor

friendlysecrethandshake@gmail.com

Wellness Recovery Action Plan – WRAP

<http://mentalhealthrecovery.com>

What is WRAP?

The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

WRAP will help you:

- Discover your own simple, safe Wellness Tools
- Develop a list of things to do everyday to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times
- Guide you through the process of developing a Crisis Plan or Advance Directive
- Introduce you to Post Crisis Planning

Where to find a WRAP program:

The following organizations offer WRAP groups. Please call the organization for more information and to learn about referral and registration details.

Mood Disorders Association of Ontario – TEL: 416-486-8046 WEB: www.mooddisorders.ca

Gerstein Crisis Centre – TEL: 416-929-0149 ext 232 WEB: <http://gersteincentre.org/wellness-and-recovery/wrap/>

Build your own WRAP Online!

Can't get to a group? The **Build Your Own WRAP** online tool is available on the Mental Health Recovery website.

With Build Your Own WRAP, you get a program tutorial – it's like having someone personally walk you through each step, while providing ideas and examples.

When you build your WRAP online you can see clear and easy ways to get more information, see examples of what others have included in their WRAP and get ideas about wellness tools to include in your plan.

Some benefits of WRAP online:

- Access your WRAP from anywhere – all you need is an internet connection
- Print out your WRAP
- Email your WRAP to others – including yourself
- Add new ideas quickly and easily as you think of them or as life circumstances change.

There is a one time fee of \$10 for the online version.

For more information visit:

<http://mentalhealthrecovery.com/build-your-own-wrap/>



Crazy Talks

Jewelless Smith is a researcher, artist, and human rights activist. She asks us to think about mothering in psych society and discrimination against mad mothers. Join in the conversation:

Tuesday, August 2, 2016
7:00 - 8:30 pm
OISE, Room 12-202 (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. 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.



Understanding Violence in our Communities of Practice: An Invitation to Peer Leaders and allies

In December 2015, the Psychiatric Anti-Violence Coalition launched their report, "Clearing A Path: A Psychiatric Survivor Anti-Violence Framework", as an invitation for more dialogue on violence experienced by people with psychiatric disability and the need for an anti-violence approach. The Empowerment Council invites you to collaborate on a reflective follow-up session to foster dialogue on the ways structural violence and systemic oppression affect our communities. The goal of the session is to engage with a series of questions that will encourage us to think critically on what our place is in finding appropriate ways to respond to conflict arising from violence in our communities of practice. Some questions include: How can peers utilise their positions to advocate in the best interest of service-users inside and outside the mental health system and as fellow peer-workers? What are some strategies that can be developed to address tension in the workplace? How do we make the most out of the amount of power we have as peers or allies working for change?

Please Join Us for Discussion with Speaker and Short Film Screening by Jaene Castrillon
On Tuesday, August 16, 2016
Training Room A, CAMH Queen Street Site
4pm – 5:30pm
1001 Queen St West.
Community Centre Area
Refreshments will be provided.
RSVP at EC_volunteer@camh.ca

We invite you to contact us in advance if you have a specific structural concern for us to discuss. For more information please contact: 416 535-8501 Ext. 33013

Please share within your networks. Thank you!

Peer Support Resources:

Guidelines for the Practice and Training of Peer Support – Mental Health Commission of Canada

<http://www.mentalhealthcommission.ca/English/document/18291/peer-support-guidelines>

The Guidelines for the Practice and Training of Peer Support are intended to encourage the development of more peer support capacity in Canada and strengthen existing peer support initiatives. These Guidelines were developed in collaboration with peer support workers across the country. The document focuses on the empathetic and supportive role of a peer support worker in fostering hope, empowerment, and recovery.

International Association of Peer Supporters

<https://inaops.org/>

The mission of INAPS is to grow the peer support worker profession by promoting the inclusion of peer supporters throughout mental health and behavioural health systems worldwide.

The website has an extensive library of resources for peer support workers including videos, webinars and other documents

Peer Support Accreditation Certification Canada

<https://psac-canada.com/>

PSACC is a not-for-profit organization created to provide national certification and accreditation services in accordance with nationally endorsed standards of practice for mental health peer supporters. Its corporate mandate includes undertaking research and evaluation pertaining to peer delivered mental health services and programs.

National Conference on Peer Support

The conference was in April of 2016, however if you missed it, the presentations are available on the conference website:

<https://ncps-canada.com/presentations/>

EMPLOYMENT

Toronto Public Library is offering a variety of career and job search help workshops. Visit www.torontopubliclibrary.ca or call 416-393-7000 for more information about these and other programs offered through the library

Resume Writing Workshop – Monday, August 15 – 3:00 pm

Pape/Danforth – 701 Pape Avenue
416-393-7727

Maximize your relevant experience and accomplishment statement with professional formatting and presentation.

Cover Letters Workshop – Monday August 8 – 3:00 pm

Pape/Danforth – 701 Pape Avenue
416-393-7727

Next Steps Employment Centre delivers a workshop on writing cover letters.

Looking for a Job - Wednesday August 17 – 2:00 pm

Reference Library – 789 Yonge Street
416-395-5577

Discover job hunting resources available at the library, such as company information, industry information and interview materials. Online registration is required.
Program takes place in Learning Centre I

Interview Skills Workshop – Monday August 22 – 1:00 pm

Pape/Danforth – 701 Pape Avenue
416-393-7727

Prepare appropriate answers to common interview questions, and strategize on how to impress the employer that you're the right candidate.

Yorkdale is Hiring - Information Sessions - August 2016 (date not posted at time of printing)

20 new Yorkdale stores are recruiting for employment opportunities this fall.

Opportunities include:

- café associate
- beauty advisor
- stock associate
- sales associate
- customer service
- management positions, and more

For details on these opportunities and to get prepared, register to attend an information session. Register online at toronto.ca/ecportal (search keyword: Yorkdale).

For more information please call:

Laurin Persad 416-392-1343

Farah Irani 416-392-2842

Orletta Campbell 416-392-6948

NEED A JOB? TRAINING? EDUCATION?

FIND OUT WHAT EMPLOYMENT ONTARIO CAN DO FOR YOU!
ALL SERVICES PROVIDED AT NO COST!

AUGUST 2ND, 10 AM - 12 PM
402 SHUTER ST. TORONTO

ATTEND THIS SESSION AND LEARN ABOUT:

- ONTARIO GOVERNMENT PROGRAMS FOR JOB SEEKERS
- ELIGIBILITY CRITERIA FOR PROGRAMS AND SERVICES
- LOCATIONS OF OTHER EO SERVICE PROVIDERS
- HOW TO REGISTER FOR EO SERVICES

MUST SIGN UP TO ATTEND.
REGISTER TODAY:

ESC.INFO@DIXONHALL.ORG



This Employment Ontario service is funded in part by the Government of Canada



@DIXONHALLESC



DIXONHALL1929

WWW.DIXONHALL.ORG

402 SHUTER STREET
TORONTO, ON M5A 1X1

T: 416.956.4949 ext. 201
F: 416.956.4948

E: ESC.INFO@DIXONHALL.ORG

DIXON HALL
neighbourhood services

Winner of the 2015 Employment Ontario
Leadership Award for Innovation

Things To Do

For TTC information call: 416-393-4632 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.

COMMUNITY SUPPORT

Mental Health Peer Support Organization

The Mental Health Peer Support Organization is a group that helps adults with mental health labels and/or challenges and their adult families live happier and more fulfilling lives. Members within the group pledge to help each other and themselves at the same time. This group will inspire people to reach their individual goals with the shared support and encouragement. Sharing, caring and open, honest communication are key to the success of this group and its members.

We are currently working out of space donated by St. Joseph's Health Centre, 30 The Queensway, Toronto, ON M6R 1B5, as well as hikes in High Park and other events in various locations...

Community of Peers Built with Compassion and Reciprocity!

*We are always looking for new members to help, and new volunteers to help us, **everything we do is FREE to the public.** Often times our volunteers get help from our support groups below and become volunteers after receiving support. However we are always looking for volunteers of all types! If you are interested please contact: mhpso@yahoo.com and/or view website: www.mhpso.org*

Find a group right for you; we run 3 groups! You can find hotlinks to our 3 groups here: <http://www.mhpso.org/about/programs/>

1. Mental Health Peer Support Organization(MHPSO.org)

Based around peer support and recovery, MHPSO.org's primary focus lies in its weekly support group, as well as recovery-based learning. The support group, entirely run and facilitated by mental health peers, offers a confidential, non-judgmental, compassionate space for all attendees to listen, share and offer support.

Find out more by joining MHPSO.org on Meetup.com: www.meetup.com/Mental-Health-Peer-Support-Organization/

2. Depressed but Enthusiastic

A social group created to invite people who have isolated themselves because of depression, social anxiety or simply life events to meet and have fun. Members understand how difficult isolation can be to break, and the importance of social interaction in mental well-being and recovery. Events have included picnics, walks, games night, etc.

Find out more by joining on Meetup.com: www.meetup.com/Depressed-but-Enthusiastic/

3. Friends and Family for Mental Health

A group specifically designed for people who support and/or act as caregivers in lives of friends or family with mental health challenges (some of whom may also have their own mental health challenges), FFFMH offers a confidential, compassionate, understanding space to share stories and resources from peers in similar situations. FFFMH meets once a month on Wednesday nights.

Find out more by joining on Meetup.com: www.meetup.com/Friends-Family-For-Mental-Health-Support-Group/

For more info on any of the above 3 groups email mhpso@yahoo.com

*Note you can join meetup.com with a nickname and without a personal picture to protect your anonymity if you like!

Connect Initiative – Friday, August 19, 2016 – 10:00 am to 2:00 pm

Hart House, University of Toronto, 7 Hart House Circle

www.facebook.com/changingtheworldforjesus TEL: (289) 221-0542

World Changers is proud to be hosting an event called Connect Initiative. This event will be a great way to connect individuals in need to services they might not hear about otherwise or have access to. By providing an environment that encourages individuals to speak up and seek help, we know lives will be changed. There will be information about services related to addiction support, mental health services, churches, housing, employment, health care, education, clothing banks, and food banks.

Guests will also be receiving a free prepared meal and drink. A table full of free clothes and non-perishables items will also be available for those to take with them on their way out. World Changers does not discriminate against anyone based on gender, age, or sex.

All guests are welcomed.



ODSP Peer Navigator Support Group

Registration for our ODSP Peer Navigator Support Groups!

Contact **Self Help Resource Centre** now to register for ODSP peer support groups. The next series will be starting in December, 2016! Spots are filling fast so make sure you sign up early.

Topics of discussion will include: making connections, peer support, wellness practices, tips for navigating the ODSP system and employment. Groups will take place once a month for 5 months. Light refreshments and TTC tokens will be provided. For more information, or to register, please email registration@selfhelp.on.ca or call (416) 487-4355 .

Please let us know of any accommodations we can provide and we will do our very best to provide them. All are welcome!

About the program

The ODSP Peer Navigation Program offers peer support groups and one-on-one support to aid in successfully navigating the Ontario Disability Support Program (ODSP) system while we share resources, build social supports, and develop wellness tools. This program is for people applying to get on ODSP or already on ODSP and recognizes how overcoming challenges within the ODSP system develops valuable skills that can empower us in our future opportunities.

MOVIES

The Beach Village Movie Nights!

Wednesdays from August 3 – 31, 2016

8:00 pm until 11:00 pm - FREE

<http://www.thebeachvillage.com> TEL: 416-693-2242

Screenings rotate between Kew Gardens and Ivan Forrest Gardens Park

August 3: The Breakfast Club - Kew Gardens – 2075 Queen Street East

August 10: Big Fish - Ivan Forrest Gardens – 131 Glen Manor Drive



Harbourfront Centre – Free Flicks

Wednesdays from June to August 31, 2016

Concert Stage, 235 Queens Quay West

www.harbourfrontcentre.com TEL: 416-973-4000

August 3: The Last Dragon

August 10: The Good Lie

Yonge Dundas Square – City Cinema

FREE weekly outdoor film screening! Enjoy a short film from the NATIONAL FILM BOARD OF CANADA, followed by a classic comedy feature film, Tuesday nights on the Square.

<http://www.ydsquare.ca/city-cinema.html> TEL: 416-979-9960

Tuesday August 2 - 8:30 pm – Stripes

Tuesday August 9 - 7:30 pm – Wayne's World

Tuesday August 16 - 8:30 pm – There's Something About Mary

MUSIC

Yonge Dundas Square – Indie Fridays

<http://www.ydsquare.ca/indie-fridays.html> TEL: 416-979-9960

Friday, 5 August, 8:00 pm-11:00pm - Ben Caplan with Taryn Kawaja

Friday, 12 August, 8:00 pm-11:00pm - The Heavyweights Brass Band with MINOTAURS

Harbourfront Centre – Summer Music in the Garden

<http://www.harbourfrontcentre.com/summermusic/> TEL: 416-973-4000

Toronto Music Garden – 479 Queens Quay West

Treat yourself to free concerts this summer, featuring outstanding artists and a wide range of musical styles, from medieval love songs to finger-style guitar. Concerts take place in the Toronto Music Garden on most Thursdays at 7pm and Sundays at 4pm, and are approximately one hour in length. Bench seating is limited, so feel free to bring a lawn chair – and don't forget your hat or umbrella and sunscreen as shade is also limited.

FESTIVALS

PAN AMERICAN FOOD FESTIVAL

Yonge Dundas Square
August 13th and 14th - FREE
www.panamfoodfest.com

A one of a kind gastronomic event is taking over the heart of Toronto, one that promises to reveal the flavours of the Americas, local artists and talent. The fourth annual PAN AMERICAN Food Festival will showcase the best of the best food products, celebrating the great cultural diversity of the 41 countries of North, Central and South America, and the Caribbean. The Pan American Food Festival (PAFF) will showcase restaurants, food producers, chefs and the variety of national and regional cuisines of the Western Hemisphere, with a spotlight on one country each year.

A cultural festival of art, music and folklore will enhance the food experience to celebrate the region's diverse cultural expression.

Featured Country
This year, the featured country is Bolivia.



YOGAPALOOZA

Harbourfront Centre
Saturday August 6 and Sunday August 7 – 11:00 am to 6:00 pm - FREE
<http://yogapalooza.ca/> TEL: 416-973-4000

Yogapalooza is a celebration of music, movement and meditation. This year's two-day festival includes a variety of class styles like Vinyasa, Hatha, Kundalini, Laughter Yoga, and Nia. Enjoy workshops, demonstrations and a wellness-based marketplace. Bring your mats and your friends! All levels welcome.

Taste of the Danforth

Friday August 5 – Sunday, August 7 - FREE
<http://tasteofthedanforth.com/> TEL: 416-469-8200 EMAIL: info@tasteofthedanforth.com

The Krinos Taste of the Danforth is Canada's largest street Festival, welcoming approximately 1.65 million attendees annually. The Festival is celebrating its 23rd anniversary and this year the Festival is even bigger and better than before. With dozens of free activities for visitors of all ages. And of course Food!, Food, and more Food!

Shakespeare in High Park 2016 – through to September 4, 2016

High Park Amphitheatre – 1873 Bloor Street West
www.canadianstage.com

A searing battle for justice and revenge — and a young man's passionate quest for his place in the world. A wildly funny fairy-tale about a young woman who'll do anything for love — and a young man who'll do anything to escape her. For its 34th Season in Toronto's High Park, Canadian Stage presents Shakespeare's greatest tragedy *Hamlet* and bold and brilliant romance *All's Well That Ends Well* on alternating evenings throughout the summer. Pack a picnic, bring your friends and come enjoy this indispensable outdoor theatre tradition.

Hamlet: Tues, Thurs, Sat at 8 pm

All's Well: Wed, Fri, Sun at 8 pm

Run time for each show: 1hr 45 mins (no intermission)

COST: Pay what you can or reserve online for \$25

Free Backstage Tours: Tues, Weds at 6:15pm

GET ACTIVE!

Park Yoga

TEL: 647-969-8152 EMAIL: parkyogatoronto@gmail.com [facebook.com/ParkYogaToronto](https://www.facebook.com/ParkYogaToronto)

Bring a mat and your smile!

Cost: Donation based

Riverdale Park East
South end by large statue
Saturdays 10:00 – 11:00 am

Kew Gardens Bandstand
Corner of Lee Avenue and Queen Street East
Tuesday's 7:00 – 8:00 pm

Trinity Bellwods Park
South East corner near the Queen Street West gate
Mondays 7:00 – 8:00 pm

The Music Garden
Harbourfront Centre – 479 Queens Quay West
Tuesdays 7:00 – 8:00 pm

Walking – Where to Walk



PATH is downtown Toronto's underground walkway linking 28 kilometres of shopping, services and entertainment. Its underground location provides pedestrians with a safe haven from the winter cold and snow, and the summer heat. For a map of the PATH system and other places to walk visit:

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=b8478e686f1f1410VgnVCM10000071d60f89RCRD>

Each letter in PATH is a different colour, each representing a direction. The P is red and represents south. The orange A directs pedestrians to the west, while the blue T directs them to the north. The H is yellow and points to the east.

JUST FOR FUN!

Toronto Art Crawl – Entertainment District

Friday August 12, 2016 – 11:00 am to 6:00 pm - FREE

David Pecaut Square – 215 King Street West

<http://www.torontoartcrawl.com/>

50 amazing artists and designers featuring works of art, photography, fashion, pet fashion, sculptures, woodworkers, metal workers, home decor, handbags.... you name it, we have it!

Riverdale Farm – Garden Volunteer

Every Wednesday – 4:00pm – 6:00 pm, Sunday August 7 – 9:30 am – 11:30 am

201 Winchester Street TEL: 416-392-6794

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=a4f8dada600f0410VgnVCM10000071d60f89RCRD>

Do you have a green thumb itching to get busy?

Riverdale Farm needs your assistance preparing beds, planting annuals, weeding, deadheading, watering, and edging. Meet at the Drive Shed, first building on the left just inside the Winchester entrance. Tools will be provided.

Everyone 14yrs + Welcome!

Keep Calm and Colour On

Saturday August 13 and 27th – 2:00 pm

Toronto Public Library – Locke Branch – 3083 Yonge Street

416-393-7730 www.torontopubliclibrary.ca

Colour your cares away while you enjoy the latest trend of adult colouring. Listen to some interesting library titles on CD or receive an introduction to digital music services like *Spotify*. Materials are provided or bring your own.

Friday Night Knit/Crochet Club

First and Third Friday of every month – Friday August 5 and 19 – 6:00 pm – 8:00 pm

Toronto Public Library – Malvern Branch – 30 Sewells Road

416-396-8969 www.torontopubliclibrary.ca

Share your interest in knitting, crocheting and other wool crafts. Read and discuss knitting fiction. Learn how to crochet puppets and toys to accompany your children's favorite stories. Patterns and instruction provided. Bring your own materials.

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

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN). 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. Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.
www.csinfo.ca

Supported by:



Ontario

Toronto Central Local Health
Integration Network

From the C/S Info Bulletin Team and our wonderful volunteers: Jacqueline, Randi and Martha (the computer gal)!

Go green; get The Bulletin by email! Thanks for subscribing!