



BULLETIN

561 August 16-31, 2016

The 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/>

Consumer / Survivor Info Centre – Information for you!

Mission and Values: The Consumer/Survivor Information Resource Centre exists to meet the information needs of Consumers/Survivors in the Toronto Area. We value relevant and effective information to help Consumers/Survivors achieve a better quality of life. We embrace diversity and various understandings of mental health. Participative processes are valued in the operation of the Centre.

Services:

Information Centre: We are an information resource centre providing assistance and referral to Consumers/Survivors and others in the Greater Toronto Area. We offer this service through telephone, email, mail and in person. We have a broad range of literature and information catalogues available in our office. Almost all of our staff and volunteers are consumers of mental health and/or addiction systems.

The Bulletin: We also publish this free newsletter - The Bulletin - twice a month. The aim of the newsletter is to provide information of relevance to consumers/survivors, such as self-care, drug warnings, newsbytes, workshops, conferences, employment supports and free, low cost things to do in the Toronto area. We welcome submissions from our readers. You can subscribe to the bulletin by mail or email.

Our newsletter has become so popular that we are outgrowing our current email distribution system. We will keep you posted about any changes. Current and past issues are always available on our website. If you are creative and like design, we are starting a small workgroup to refresh the look and feel of both our print and e-versions. Please call or email for more information.

Tax Clinic: We provide a year-round income tax clinic for low-income Consumers/Survivors with simple returns. We are a partner in the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP) and as such, clients must meet their guidelines. Income should be under \$30,000 for a single person and up from there if you are a larger family unit. They also have five criteria to meet their definition of a simple return:

1. No self-employment income or expenses
2. No rental income
3. No capital gains
4. No bankruptcy
5. No returns for the year a person was widowed

During March and April, we do the current tax year only, but during the rest of the year, we go back as far as Canada Revenue will allow, which is ten years. The Tax Clinic works by appointment, so give us a call at 416-595-2882 and we will be happy to set up a time for you. We also have the names of other clinics for people who are not Consumers/Survivors.

Community Supports

Toronto Drop-in Group: Substance Use and Mood Disorder Support Group

First and third Sunday of each month, from 1:00pm - 3:00pm
Mood Disorders Association of Ontario - 36 Eglinton Ave. W., Suite 602
<https://www.mooddisorders.ca/> 416-486-8046

This is a non-judgmental drop-in, peer support group for anyone living with concurrent disorders (the combination of mood disorders and substance use/addiction issues). People in all stages of wellness and recovery are welcome, meaning the group is open to both those who are currently using and those who are abstaining (however, sober attendance is required).

Toronto Shyness and Social Anxiety Support Group

Every Saturday 5:00pm - 6:30pm
519 Church Street, Room 301
Call Rama at 416-886-7119 / <http://www.torontosocialanxiety.com/>

This is a support group for those who experience anxiety or discomfort around other people, whether in large gatherings, small groups, or one-on-one.

Student Psychological Distress:

A recent [CAMH survey](#) found one third of Ontario students in grades 7 to 12 experienced moderate to serious psychological distress. Girls were twice as likely as boys to experience distress. With this in mind and September just around the corner, we have pulled together some walk-in supports available to the youth in your lives:

Help when you need it – No appointments. No fees.

The times of the walk-in services differ, so please contact the agency directly for specific times.

Oolagen Community Services

What's up Walk-in – ages 18 and under
Monday to Friday – call for hours
65 Wellesley Avenue E (at Church St.), Suite 500
416-395-0660
www.oolagen.org

Family Services Toronto

Walk-in – for ages 18 and over
Wednesdays 3:30pm to 7:30pm (arrive by 6:15)
128 A Sterling Road, Second Floor, suite 202
416-595-9618
www.familyserVICEToronto.org

Woodgreen Community Services

Ages 18 and over
Wednesdays 4 pm (latest arrival 6:15)
815 Danforth Ave, Suite 100 (at Donlands)
416-645-6000 (ext 2550)
www.woodgreen.org

East Metro Youth Services

What's up Walk-in – ages 29 and under
Monday to Saturday – call for hours
1200 Markham Rd. (at Ellesmere), Suite 200
416-438-3697
www.emys.on.ca

Delisle Youth Services

Ages 13-21
Tuesday and Wednesday 2pm to 5pm (arrive by 4)
Thursday 2pm to 6pm (arrive by 5)
Saturday 10am to 1pm (arrive by)
40 Orchard View Blvd, Lower Level
416-482-0081
www.delisleyouth.org

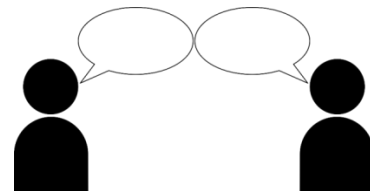
YouthLink

Ages 12 to 21
Wednesdays 12pm to 6:45pm
747 Warden Avenue
(between Eglinton and St. Clair)
416-967-1773
www.youthlink.ca

Telephone Supports:

Kids Help Phone:

1-800-668-6868
<http://org.kidshelpphone.ca/>





**Canadian Mental
Health Association**
Mental health for all

Living Life to the Full: A Mental Health Promotion Course to Support Caregivers 55+

A caregiver is anyone that provides care to a friend, family member or neighbour in need. Caregivers provide emotional, physical and/or practical support in an unpaid position. At CMHA Ontario they value the important role caregivers play—and would like to invite all caregivers 55+ living in the city of Toronto to join in for a Living Life to the Full course. Living Life to the Full is an opportunity for caregivers to care for themselves. In this interactive 8-week course, caregivers will learn skills and knowledge to cope with life's challenges, and meet other caregivers in similar situations.

To find a course in a community setting near you, please visit: www.ontario.cmha.ca/caregivers-toronto
For more information about the project, please contact Jenny Hardy, Program Manager, at jhardy@ontario.cmha.ca or (416) 977-5580 ext. 4135.

This project is funded in part by the Government of Canada's New Horizons for Seniors Program as part of the ENRICHES Collaborative.

"Understanding Violence in our Communities of Practice", at CAMH

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 affects 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 the Discussion with Speaker and Short Film Screening by Jaene Castrillon,
Tuesday, August 16 from 4pm – 5:30pm, at CAMH, 1001 Queen St West, Training Room A.
Refreshments will be provided.

PLEASE RSVP at ec.volunteer@camh.ca

They need to know numbers to order refreshments. For more information, please contact: 416-535-8501 Ext. 33013



The C/S Info Centre was tipped off a few years ago - If you are a person with a disability (of any type), you and one support person may enter the Ex free of charge. The C/S Info Centre called the Exhibition and was told that proof of disability is not mandatory, although bringing an ODSP slip just in case may help if there's a problem.

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 the high turnover of ticket takers, not all employees may know about this.

The Canadian National Exhibition runs from Friday, August 19 – Monday, September 5, 2016.
You can check the schedule online www.theex.com or call 416-263-3330
or pick up a guidebook at the gate.

There's an app for that!

Mind your Mind

We want to introduce you to **mindyourmind**, an award-winning, non-profit mental health program that engages youth, emerging adults and the professionals who serve them to co-develop reliable and relevant resources. Programs are designed to reduce the stigma associated with mental illness and increase access and use of community support, both professional and peer-based. Through the use of active engagement, best practices and technology, mindyourmind inspires youth to reach out, get help and give help.

Below is information about two of the apps they have developed. You can investigate their other services on the webpage: <https://www.mindyourmind.ca/>

Be Safe

Be Safe was created to improve access to and coordination of mental health and addictions services for children, youth and families. It is a system navigation tool that helps youth find help when they need it, supports them through the process of reaching out when it feels overwhelming and empowers them to reach out safely.

- Allows youth to create a digital safety plan
- Informs the youth about mental health and addiction resources in their local community (may not be available in all areas)
- Directs them to the best options for their needs through a decision-making aid
- Creates a personal 'get help script' that helps youth find the words to reach out

Mind Your Mood

Mind Your Mood is a revolutionary, easy-to-use app that allows youth and young adults to track their moods securely on their phone.

Mind Your Mood features:

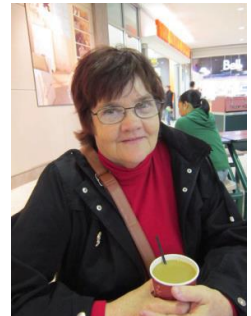
- A choice of 7 mood-faces and 28 mood-words, so you can be as specific as you want
- A scale to measure the intensity of your moods; both positive and negative
- The ability to add notes and to 'flag' them for later conversations
- Interactive reports that graph intense emotions for your review
- Built-in email functionality so you can email your mood log to your counsellor for discussion

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 spyware 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 will email Martha for you and she will call you.

Also, if you have any computer article suggestions for Martha please let her or us know!



Repair Café

Saturday August 27th - 10:00am - 2:00pm (Registration closes at 1:00 pm)
Toronto Reference Library – 789 Yonge Street
<http://repaircafetoronto.ca/>

Repair Café Toronto is a grassroots, volunteer group that organizes events where neighbours help neighbours learn how to repair. You are welcome to bring your broken household item – computer, electronics, small appliance, clothing, jewellery, book or bike. Anything you can carry – you name it!

Summer Fitness: What You Need to Know About Warm Weather Workouts

This summer has been a hot one! Even with the heat, it is important to stay active. Below is an excerpt from an article about warm weather workouts: <http://www.womenshealthmatters.ca/a-question-of-health/question-of-health/Summer-fitness-what-you-need-to-know-about-warm-weather-workouts>

Summer is a great time for outdoor activities: the days are long and warm, and there are plenty of things to do, whether it be swimming, cycling, kayaking or going for a walk. However, summer has its own hazards that can present challenges: extreme heat, humidity, poor air quality and the sun's UV rays are just a few of the things to consider when planning a warm weather workout.

Some of the most serious dangers in hot weather are dehydration, heat exhaustion and heat stroke.

To stay hydrated, drink water before, during and after exercising, but don't just think about hydration when you're active. "Think about hydration all day, and aim to drink two to three litres of water a day," Delos-Reyes says. "Choose healthy snacks such as fruit that help keep you hydrated, and stay away from coffee before and after a workout because caffeine is a mild diuretic. It's a good idea for adults to limit their caffeine intake to 400 milligrams per day, which is about three cups of coffee."

Even if it's hot, don't neglect your warm-up. Warming up and cooling down are still important in hot weather, because it's harder for your body to recover from exertion if you start and stop vigorous activity abruptly.

To get the most out of summer while beating the heat, Delos-Reyes recommends thinking about when, where and how you exercise in hot weather. "The best times for working out outdoors in warm weather are early morning and in the evening," she says. "Stay out of the sun from 10 a.m. to 4 p.m. when the sun is at its most intense."

"Do the activities you're used to doing, but take the pace down a bit," Delos-Reyes suggests. "For example, if you usually walk briskly to work, walk a bit more slowly in the heat or decrease walking duration. If playing a sport, play it a little less intensely. For example, if you are playing tennis, forget the one-bounce rule during hot weather: agree to adjust the rules to let the ball bounce twice if you need to so you don't have to keep sprinting across the court."

Another option is to consider water sports, such as swimming or aqua fitness, that help keep you cool. Alternatively, you might want to do activities that are less vigorous, such as gardening.

Think about where to exercise in the heat. Choose shady areas or cloudy times of day over direct sun. "For example, if you like to walk, choose a shaded walking path in an area with trees instead of a walk on the boardwalk in constant direct sun," says Delos-Reyes. "Wear sunscreen, a hat, light-coloured clothing and good walking shoes. Even though it's summer, don't wear flip-flops because they offer no support or protection for your feet."

Danger signs

Be mindful of the potential hazards of warm weather workouts. Use weather forecasts and air quality reports as a guideline for when to take your workout indoors.

"If there is a public warning about extreme heat, smog or poor air quality, or a warning about high weather-related risks to elderly people or children, don't exercise outdoors," Delos-Reyes says. "You might want to try indoor activities such as fitness class, spinning or yoga classes, or mall walking, instead."

Be alert to the danger signs of heat exhaustion: dizziness or light-headedness, nausea or vomiting, fatigue or weakness, headache or confusion, unusual shortness of breath, rapid heart rate, profuse sweating.

"If you are experiencing symptoms of heat exhaustion, stop what you are doing, cool your body and rehydrate by drinking lots of water. Rest, go to the nearest cool and shaded area, take a cool shower or use cold compresses," says Delos-Reyes. "Heat exhaustion can lead to heat stroke, so if you experience any of the above symptoms, you want to treat them."

Heat stroke has more extreme symptoms, such as muscle cramping, seizures, fainting, or ceasing to sweat despite the heat. Heat stroke is life threatening. It is defined as core body temperature of 105 F or 40 C. Heat stroke is a medical emergency: call 911 or go to the emergency department.

This information is provided by Women's College Hospital and is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

Talk to Youth Now

Are you between the ages of 16 and 29?
Have you experienced mental health challenges?

You are not alone!

Talk to Youth Now (TTYN) is an inclusive peer support group that recognizes the benefits of sharing experiences with other young adults. This is a non-judgemental and confidential space where you can express yourself among your peers, with discussion facilitated by peer supporters. Registration is not required and there is no cost to attend!

What can you expect?

- ▶ Information about community resources and events
- ▶ Ideas for accessing supports
- ▶ Snacks and TTC tokens are available

Every Monday

5:30 PM to 7:30 PM

18 Camden St., Toronto, M5V 1V1
South of Richmond St., west of Spadina Ave.
416.461.2345
connect@stellasplace.ca

Please contact us with any accessibility questions or information.
Please note that we are not wheelchair accessible at this time.



Young Adult
Mental Health

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.

MOVIES

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 - 1 Dundas Street East

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

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

August 23 - 8:30 pm: Tommy Boy

August 30 - 7:30 pm: Airplane! & Dracula: Dead and loving it

The Beach Village Movie Nights

Wednesdays throughout the summer to August 31. Movies begin at dusk.

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

Free popcorn while it lasts!

August 17: Inside Out – Kew Gardens – 2075 Queen Street East

August 24: Night at the Museum – Ivan Forest Gardens – 131 Glen Manor Drive

August 31: Willy Wonka and the Chocolate Factory – Kew Gardens

Sail-In Cinema

Thursday August 18 to Saturday August 20 – gates open at 6:00pm. The movie starts approximately at 8:00pm at Sugar Beach, 25 Dockside Drive

<http://www.sailincinema.com/home.aspx> TEL: 416-863-2000

Sugar Beach transforms into an outdoor movie theatre, making it Toronto's largest outdoor theatre event. Whether you choose to watch from the comfort of your blanket, recliner, or boat in the harbor, the two-sided screen floating in the water makes this free movie night truly epic. Films begin after sundown. Showings:

August 18 - Hook

August 19 - Jumanji

August 20 - The Princess Bride

Toronto Public Library- Reference Branch

789 Yonge Street, Hinton Learning Centre, from 6:00- 8:00pm.

<http://www.torontopubliclibrary.ca> TEL: 416-395-5577

Join in for some inspiring, uplifting and entertaining films and documentaries. Films are themed around STEM (Science, Technology, Engineering & Math), Finance, Careers, Innovation, Imagination and the Human Spirit.

Thursday, August 18: Murderball

Friday, August 19: Facing Ali



MUSIC

Summer Music in the Garden

Thursday August 18, at 7:00pm

Toronto Music Garden, Harbourfront, 475 Queens Quay West

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

Wood, Metal, Skin: Nagata Shachu, taiko drumming ensemble

Live on the Patio

Thursday August 25, at 5:00pm

Roy Thomson Hall, 60 Simcoe Street

<http://roythomson.com/liveonthepatio> TEL: 416-593-4822

Samba e Forró: Flavia Nascimento

Beatles 50

Exhibit, Concerts and other events!
Runs through to November 2016



Exhibit - The Market Gallery, 2nd floor - St. Lawrence Market, 95 Front St. East
<http://www1.toronto.ca> TEL: 416-392-7604

It was 50 years ago when The Beatles played Toronto for the last time. In this exhibit, curated by City of Toronto Museums & Heritage Services, When the Beatles Rocked Toronto looks at the city in the early-to-mid sixties during a time of profound change punctuated by the Beatles' tours in 1964, 1965 and 1966.

Follow From Toronto the Good to Toronto a Go Go, a Timeline from 1950 to 1966, and experience How We Lived, Where We Played and When the Beatles Rocked Us. Re-live the Toronto sounds and scenes through photographs, music and memorabilia.

Tickets: www.themarketgallery.streamintickets.com

Adult (19-64 yrs): \$10
Senior (65+ yrs): \$5
Youth (13-18 yrs): \$5
Child (6-12 yrs): \$5
Child (5 and under): FREE

Hours of Operation

Monday - Closed
Tuesday, Wednesday, Thursday - 10:00 am to 6:00 pm
Friday - 10:00 am to 7:00 pm
Saturday - 9:00 am to 5:00 pm
Sunday - 10:00 am to 4:00 pm

ART

Free Creative Writing Workshops

Thursday, August 18th, from 2:00 pm – 4:00pm

Thursday, August 25th, from 2:00 pm – 4:00pm

Routes - 2700 Dufferin Road, Unit 90.

InkWell Workshops offers free creative writing classes in Toronto to individuals living with mental health and addictions issues. Anyone interested in attending is invited; participants no longer need to be member of CMHA.

For more information, please visit <http://www.inkwellworkshops.com/> TEL: Routes: 416-781-4199

HEALTH AND WELLNESS

Healing Yoga at The 519

Wednesdays from 1:30 - 2:45pm

519 Church Street

Explore healing yoga practices for mind, body and spirit in a small group setting. Healing Yoga is a trans-positive space welcoming all women who identify as having experienced trauma. Previous yoga experience is not required. All yoga equipment is provided. Snacks, juice and TTC tokens are also provided. Healing Yoga requires registration to attend.

To register contact Robyn Letson: rletson@The519.org or TEL: 416-355-6774

ROM Walks

<https://www.rom.on.ca/en/whats-on/romwalks> TEL: 416-586-8000

ROMwalks take place Wednesday evenings and Sunday afternoons from May to October, and provide guided walking tours through Toronto neighbourhoods of architectural and historical interest. Walks are free of charge and take place rain or shine. Approximately 90 minutes to 2 hours long. Registration is not required. For the entire list see the above website,

Look for the purple ROMwalks umbrella

Yorkville - Wednesday, August 17, 2016 – 6:00pm – meet at Yorkville library

The Grange - Wednesday, August 24, 2016 – 6:00pm – meet at Dundas and McCaul

Waterfront – Sunday, August 28, 2016 – 2:00pm – meet at South East corner of Bathurst St. and Queens Quay West

Rosedale I – Wednesday, August 31, 2016 – 6:00 pm – meet at Northeast corner of Castle Frank and Bloor

Stress Management

Tuesday August 23, from 6:30-8:00pm

Toronto Public Library, Burrows Hall Branch, 1081 Progress Avenue, Scarborough

Are you under stress? Discover symptoms and causes as well as health risks associated with stress. Learn stress management and relaxation techniques to regain control of your life.

To register, please visit the Branch or call 416-396-8740.

Brain Health and You

Monday, August 29, from 1:00-3:00pm

Toronto Public Library, Malvern Branch, 30 Sewells Road, Scarborough

An expert from the Alzheimer Society of Toronto will teach you ways to reduce the risk of developing dementia. This interactive workshop with games and activities will show you research findings and help you recognize habits that promote a healthy brain lifestyle. This program is suitable for seniors and their caregivers.

Register in person at the branch or by calling 416-396-8970.

FESTIVALS

Chinatown Festival

Saturday, August 20 12pm - 11pm, Sunday, August 21 11am - 8pm

<http://www.chinatowntcf.com/> TEL: 416-260-9800

West side of Spadina between Sullivan and Andrew Streets.

The festival is filled with delicious multicultural foods and Asian arts such as lion dances, Kung Fu, folk dance, traditional music and much more. The Festival site, Toronto Chinatown, has a rich history in culture and is right in the heart of the lively and bustling downtown area.

Wild Blueberry Festival

Sunday August 21, 10am -3:30pm

www.evergreen.ca/wildblueberry/ TEL: 416-596-7670

Evergreen Brickworks, 550 Bayview Ave

Come eat, play, explore and celebrate wild blueberries at this year's festival!

Canada's Coconut Festival

Saturday August 27, 10:00 am - 8:00 pm. David Pecaut Square (Metro Hall), 215 King St W

www.coconutfestival.ca TEL: 647-631-4348

The Festival is a Free General Admission event featuring 70 vendors dealing with coconut in your food choices, wellness programs, cleaning supplies, cosmetics, fashion and more from Asia & Pan America. You can taste and shop for various coconut products including those from local artisans: vegan coconut cakes, spreads, oils, energy snacks, chips, dips drinks, organic baby food and more.

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 is free to receive. If you do not 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

*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!*

Supported by:



Ontario

Toronto Central Local Health
Integration Network

CS Info - General Membership Application

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 welcome to attend our Annual General Meeting whether you are a member, or not. Details regarding date and location will be announced soon. Your subscription to The Bulletin continues without a break whether you are a member or not.

To become a member 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 consumers/survivors of the psychiatric and mental health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumers/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumers/survivors in the community.
4. To assist consumers/survivors in utilizing other resources, such as mental health and information services.
5. To identify gaps in the information resources available to consumers/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 serving the Greater Toronto Area and understand there is no charge for membership.

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