

# BULLETIN

# 563 September 16-30, 2016

The Consumer/Survivor Information Resource Centre of Toronto  
1001 Queen St. West, Toronto M6J 1H4  
Phone Hours: M-F from 9 am – 5 pm  
Drop-in Hours: M-F from 9 am – 4 pm  
Tel: 416-595-2882 csinfo@camh.ca www.csinfo.ca

## Preparing for a Mental Health Appointment

Many of us seek support from family, friends and even co-workers when we are experiencing mental health challenges. However, if there comes a time when this support is not enough, making an appointment to talk to your doctor can be a next step. A family doctor can be a gateway to accessing other services: referrals to specialists like psychiatrists or psychologists, or to social workers, community organizations and support groups. Seeking help early can enable you to address concerns before they evolve into something more troubling.

Below are a few suggestions for making the most of your appointment with your doctor. This list is a guide, so use what is helpful to you.

- ✦ It is normal to feel some anxiety when addressing mental health concerns, so writing down symptoms and questions in advance not only provides you with a written record of your own, but also ensures you give your doctor as much information as possible.
- ✦ Bring a list of any medications and supplements you have been taking and be prepared to discuss any possible alcohol or drug use.
- ✦ Some physical illnesses can cause mental health problems (a symptom of a low thyroid, for example, is depression). A doctor should try to rule them out first.
- ✦ Bring paper and a pen with you to take notes and to write down any follow-up questions.
- ✦ If possible, bring someone you trust to the appointment with you. They can offer moral support, ask questions, help you advocate for yourself and help you remember details later on. No doctor will forbid you bringing support.
- ✦ It is important to be honest. If you are not (out of fear or shame, for example), it may be harder to get to the root of the problem and an accurate diagnosis and treatment plan.
- ✦ If you don't understand something, ask for clarification, and keep asking until you do. Part of a doctor's role is to make sure you understand your health. The better you understand, the more likely you will remember the treatment options or an action plan.
- ✦ Ask questions about treatment options, medications, referrals and diagnoses. Don't be afraid to share any concerns or apprehensions you may have about the treatment being recommended. You have the right to disagree with your doctor and ask for other options.
- ✦ Feeling heard and respected by your doctor is important in recovery; if you don't think this relationship is possible, consider seeing someone else.
- ✦ You may have to go on a wait list for a specialist or other services. If so, discuss creating an interim treatment plan.
- ✦ Ask about other self-care practices you can incorporate – exercise, nutrition or changes to sleep routines, for example.
- ✦ Don't be disappointed if it takes more than one appointment to begin feeling better – this is quite normal!

Preliminary and follow-up research can be helpful, but be sure to search reputable sites for information. Many organizations and hospitals have great websites or libraries to check out. You can also call the C/S Info Centre for help finding reliable research resources.

*Contributed by Randi Storfer*

## Save the Date

The Consumer/Survivor Information Resource Centre of Toronto's  
Annual General Meeting  
Wednesday October 26, 2016

Refreshments 5:30 pm & Meeting 6:00 pm – 8:00 pm  
at 1001 Queen Street West, in The Mall at CAMH

Join the board of directors and staff of the C/S Information Resource Centre for a review of the activities of the past year and vote for Directors standing for re-election.

All are welcome! Please RSVP to 416-595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca)

*Currently there are no open positions on the Board of Directors. If anyone is interested in applying to become a member of the Board, please feel free to call or email us for more information.*

## 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](mailto: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!



## My Take On Fitness

Fitness plays a huge role in my life. It is my hobby, my passion and best of all, it is my career. I currently work at System Fitness as a membership manager. I have been working for fitness clubs for twelve years helping people reach fitness goals. I have always had an active lifestyle playing sports and cross-country. I got into weight training when I was twelve years old and it has made a huge impact on my life. It has given me the confidence I didn't have, the endorphins to enable me to be an upbeat and positive person and provides me with a better overall quality of life. In writing this, I hope to help people understand the benefits of exercise, why it is important and help inspire people to get started working toward their health and fitness goals.

Some of the most important benefits of exercising include:

- Reduce the risk of health problems such as diabetes, heart attacks, hypertension, osteoarthritis, arthritis, obesity
- Manage your weight
- Improve your mental and cognitive health to improve your ability to perform daily tasks
- Improve muscle and bone density and reduce the risk of falls and fractures if you are an older adult
- Increase your life quality and chances for a longer and productive life

I would like to help as many people as possible get started with physical activity. Too many people don't exercise: they may not know the benefits or have a hard time getting started. Many of us have obstacles. Whatever they may be, there are ways to overcome them. Create a fitness goal, have monthly targets and work at it every day. The more you use your body, the more it will appreciate you and vice versa. When it comes to strength, flexibility, balance, you must "use it or lose it." If you feel you have "lost it", it just takes a bit of effort (and sometimes a bit of help) to regain it.

Many of us procrastinate, but getting started is half the battle. When it comes to exercising, don't think about it. Find activities you enjoy and just do it. Wheels in motion stay in motion.

*Contributed by Jonathan Sanger*

# Coping Skills



Coping skills help us get through difficult times- they can give us an important break from mental and emotional distress, and sometimes they are literally life saving. Keep this list of coping skills handy for when you need it... folded up in your wallet or bag or post it up on the wall somewhere handy at home.

**Make the list work for you.**  
Use a highlighter pen to mark the skills that work best for you & add your own ideas over the page.

<b>Distraction</b> Absorb your mind in something else	Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning and tidying, gardening, arts & crafts.	<b>Pros</b> Gives your heart & mind a break. Great for short-term relief. Great to get through a crisis.	<b>Cons</b> Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.
<b>Grounding</b> Get out of your head & into your body & the world	Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.	<b>Pros</b> Helps slow or stop "dissociation" (feeling numb, floaty or disconnected). Reduces physicality of anxiety.	<b>Cons</b> Sometimes it's better to stay a bit dissociated (that's how your mind protects you).
<b>Emotional Release</b> Let it out!	Yell, scream, and run! Try a cold shower. Let yourself cry...and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!	<b>Pros</b> Great for anger and fear.  Releases the pressure of overwhelming emotion.	<b>Cons</b> Hard to do in every situation. Feels odd. Some people might think your acting "crazier" (Be selective with how and where you do this.)
<b>Self Love</b>	Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.	<b>Pros</b> Become your own best friend, your own support worker. Great for guilt and shame. You deserve it!	<b>Cons</b> Sometimes can feel really hard to do, or feel superficial (but it's not).
<b>Thought Challenge</b>	Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?	<b>Pros</b> Can help to shift long-term, negative thinking habits. Trying to be more logical can help reduce extreme emotion.	<b>Cons</b> The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.
<b>Access your higher self</b>	Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause.	<b>Pros</b> Reminds us that everyone has value and that purpose can be found in small as well as large things.	<b>Cons</b> Don't get stuck trying to save everyone else and forget about you!

Find out more online at [www.indigodaya.com](http://www.indigodaya.com)

# Community Supports

## Recovery Day

<http://www.recoverydaycanada.com/#!toronto/cr6u> • email: recoverydaytoronto2015@gmail.com • Phone: None listed

During the month of September, Canadians in recovery from addiction join with friends and family to build awareness, challenge social stigma, and celebrate the role that recovery plays in improving the lives of individuals, families, workplaces and communities. We believe that recovery saves lives. We envision a world in which recovery from addiction is a common, celebrated reality - a world where individuals will not experience shame when seeking help. We are passionate about sharing our stories of recovery in the hope of inspiring others to join us on the rewarding yet diverse path to wholeness. Together we will demonstrate the power and proof of recovery from addiction.

**Sunday, September 18 from 12 noon - 3 pm** Mel Lastman Square, 5100 Yonge St.

**GAINING GROUND**  
WOMEN AND HARM REDUCTION

**GREAT SPEAKERS ON KEY TOPICS**

- Why do Women Use Substances?
- Exploring Substance Use, HIV and Pregnancy
- Substance Use, Mothers & Child Welfare
- Sex Work & Harm Reduction
- Experiencing Trauma & Use
- True Peer Work

**Click Here To Register**

**FURTHER INFORMATION:**  
Toronto Health Connection  
416-338-7600 | [publichealth@toronto.ca](mailto:publichealth@toronto.ca)

**Notes:** Please let us know at registration if you require accommodation. This is a scent free environment. We are unable to provide lunch. Bring a USB key if you want copies of the power points.

Toronto Public Health

FREE 2 DAY WORKSHOP

SEPTEMBER 21 & 22 9:30-4:30 PM

519 COMMUNITY CENTRE

519 CHURCH ST. BALLROOM

## Gaining Ground: Women and Harm Reduction

<https://tph.fluidsurveys.com/surveys/thc/50-gaining-ground-sept-21-22/> • Email: [publichealth@toronto.ca](mailto:publichealth@toronto.ca) • Phone: 416-338-7600 • Register on the website

This is a free two-day workshop for health and social service providers in Toronto, designed and lead by community partners, with the support of Toronto Public Health. We apply a social justice framework to explore the impact of systemic oppression and policies on the sexual health and overall well-being of women who use drugs. In this workshop speakers share first hand insight on critical topics: why women use drugs; exploring HIV, STI's and pregnancy; working with mothers who use drugs; trauma and substance use; programming for sex workers; legislation around sex work; what it means to include the voice of lived experience in this work and more.

Participants will take away:

- An understanding of the some of the unique issues affecting women who use substances and the importance of strength based programming.
  - Practical tips, tools and strategies for working from a harm reduction perspective.
  - An opportunity to reflect on your practice and to connect to service providers across sectors.
- Notes:** We are unable to provide lunch. Bring a USB key if you want copies of the power points

**Wednesday, September 21 &**

**Thursday, September 22**

**from 9:30 am - 4:30 pm both days**

519 Community Centre, 519 Church St.

## Self-Advocacy, Independent Living & Attendant Services Workshop

[http://www.cilt.ca/il\\_skills\\_workshop.aspx](http://www.cilt.ca/il_skills_workshop.aspx) • Registration: Anne Crasto 416-486-8666 ext. 263

The Anne Johnston Health Station and the Centre for Independent Living in Toronto (CILT) Invite you to a free Self-Advocacy, Independent Living & Attendant Services Workshop. Participants will:

- Increase their knowledge about consumer rights and responsibilities
- Enhance their ability to problem solve difficult situations
- Raise awareness of effective ways to self-advocate

**Thursday, September 22 from 1:30 pm - 4 pm** at The Anne Johnston Health Station, 2398 Yonge St.



## **WRAP**

Gerstein Centre - <http://gersteincentre.org/wellness-and-recovery/wrap/> • Phone: 416-929-0149

WRAP stands for **Wellness Recovery Action Plan**. The WRAP program involves an educational and planning process that is grounded in mental health recovery concepts such as hope, education, empowerment, self-advocacy, and interpersonal support and connection.

There are currently 3 opportunities to connect with Gerstein and their amazing community to make your wellness and recovery a priority through these WRAP related workshops that are coming up:

### **WRAP Through Fitness**

WRAP Through Fitness at the Gerstein Crisis Centre involves a fitness session at the YMCA followed by the traditional WRAP session afterward. Past participants say that the fitness component was highly beneficial and added to their overall experience of WRAP.

WRAP Through Fitness will run every Friday from September 23rd to November 11th.

Register online for the Information Session that will take place on

**Friday, September 16**

**12 noon - 1:30 pm**

at The Central YMCA, 20 Grovsnor Street

[Click to register for WRAP Through Fitness](#)

### **WRAP for Newcomer Syrian Women**

Are you a Syrian or Arabic speaking woman who has recently arrived in Canada? We are offering a free group to help you respond to the many changes you may be facing. This group will run from Sept 26 - Nov 14 and will help you:

- Manage your stress and responses to change
- Connect with women in similar situations

- Share ideas and re-establish a positive identity

Register online for the Information Session on

**Monday, September 19, from 10 am - 12 noon** at Gerstein Crisis

Centre (100 Charles Street East)

[Click to register for WRAP For Newcomer Syrian Women](#)

### **WRAP Power of Attorney Workshop**

Have you taken WRAP before? Do you need someone to make decisions for you when you are not able to do so for yourself, but also want decision making power when your condition improves?

This is a free service for those who qualify financially as per Legal Aid Ontario's eligibility guidelines. An information session on Powers of Attorneys and how a WRAP Plan can be used to help create a Power of Attorney that responds to your specific needs.

Register online for the Workshop, on

**Wednesday, September 28 from 1 pm – 3 pm**

at the Gerstein Crisis Centre (100 Charles Street East) [Click to register for WRAP Power of Attorney Workshop](#)



### **Recovery Forum - All about Peer Work**

**Thursday, September 22 from 4 pm - 6 pm,**

College Street United Church, 452 College St.

Light supper provided.

Please contact Carmen 416-539-0690-356

Wellness Recovery Worker - Houselink Community Homes

### **Job Posting:**

#### **Raging Spoon – Cook and Dishwasher Positions**

<http://ragingspoon.ca/working-for-change/> • Address: 1658 Queen St. W. • Phone: 416-504-6128

• Email: [ragingspoon@workingforchange.ca](mailto:ragingspoon@workingforchange.ca)

The Raging Spoon is hiring one cook and one dishwasher position for its catering service as they are getting busier.

They offer a supportive work environment for consumer survivors consisting of applicable culinary training and a deep awareness of survivor challenges in the work place.

Previous commercial kitchen experience would be an asset.

They do not however, turn away consumer survivor applicants based on lack of experience, but need to employ discretion when considering for the position.

Please submit your c.v./resume **by mid to the end of September** by mail, walk-in or email.

## WORKSHOPS AND CONTINUING EDUCATION

### Times Change Women's Employment Service

<http://www.timeschange.org/client-services.html> • Phone: 416-927-1900 • Address: 365 Bloor St. E, Suite 1003

In a welcoming and supportive environment, Times Change Women's Employment Service offers career and educational counselling, a wide range of computer services and a comprehensive resource centre, all free of charge. We are a non-profit charitable community agency in Toronto, inspiring, supporting and empowering women with their career goals since 1974. Times Change offers a wide variety of group workshops, resources, information sessions, quality resources and counselling, free of charge, for as long as needed. Some of the workshops are:

- Getting Started Workshop
- Career Planning Workbook
- Job Search Workshop
- Educational Counselling
- Second Career Information Session
- Instructor-Led Computer Workshops
- Self-Directed Computer Tutorials
- Resource Centre
- Job Matching & Placement
- Sage 50 Certification Free Online Training
- Additional Support Services
- Resume Clinic

### Are you a youth looking for a full-time job?

St. Stephen's  
Community House

Employment & Training Centre

**Opportunity Knocks** is a program created for youth who are currently not in school and are looking to gain experience and get a job. Participants will receive minimum wage during the three weeks of pre-employment training and a 12-week job placement.

This program is designed to help youth facing barriers to employment develop the broad range of skills, knowledge, and work experience they need to participate and succeed in the job market. Opportunity Knocks will provide the youth training and certification in Food Handling, Health & Safety, Service Excellence and Smart Serve as well as a variety of employability workshops such as resume writing, interview skills, career exploration and other life skills. Through Opportunity Knocks, each participant benefits from a participant-centered approach and ongoing support, which helps youth complete activities successfully, and ultimately find and keep a job.

#### Opportunity Knocks Participant Eligibility:

- Must be between 15 and 30 years of age
- In need of assistance to overcome barriers to employment
- Out of school and out of work on a full-time basis
- Canadian citizen, permanent resident or a protected person
- Not in receipt of Employment Insurance benefits (in the last 3 years)

St. Stephen's Community House - Employment & Training Centre – 1415 Bathurst Street, Suite 100

Please contact Program Staff directly for eligibility screening skills:

Beth Kesselman, 416-925-2103 ext 4223, kbeth@sschto.ca  
Katie Yumol, 416-925-2103 ext 4303, ykatie@sschto.ca

### Retail Industry Launch Pad

Are you interested in a career in retail?

A 5 day intensive employment readiness program for individuals with no previous retail experience – resume writing & interview preparation – one day work placement to gain experience – customer service excellence certification – P.O.S training

Apply today! – Only 10 spaces available!

Monday, September 26 – Friday, September 30 –

Regent Park Employment Services – 402 Shuter Street

In order to be considered for the program you will need to register and attend an

**Information session:** - To Register: [www.Toronto.ca/ecportal](http://www.Toronto.ca/ecportal) search using keyword: LAUNCHPAD

**Tuesday September 20 or Thursday September 22 from 10:00 am – 12:00 noon**

# WORKSHOPS AND CONTINUING EDUCATION

## Free Online Learning at GCFLearnFree

<http://www.gcflearnfree.org/> • To contact, use the online form: <http://www.gcflearnfree.org/info/support/contact-us>

The GCFLearnFree.org program helps millions around the world learn the essential skills they need to live and work in the 21st century. From Microsoft Office and email to math, social media and more. It offers 125 tutorials, including more than 1,100 lessons, videos, and interactives, completely free. Learn what you want, when you want, absolutely free!

## Toronto Public Library - Computer and Library Training & Career & Job Search

<http://www.torontopubliclibrary.ca/> • Phone: 416-393-7131

The Toronto Public Library provides various types of courses available at all branches and online. Below, are examples of their activities, but for more information, trainings and locations, please click the links on the topic you are interested in for more information.

### Career & Job Search

[www.torontopubliclibrary.ca/programs-and-classes](http://www.torontopubliclibrary.ca/programs-and-classes)

### Employment Ontario Information Session

**Wednesday, September 21 from 1 pm - 4 pm**

[North York Central Library](#)

A representative from Employment Ontario will provide information one-on-one, every 1st and 3rd Wednesday of the month, to individuals looking for career changes and explain about employment services, including resume and interview skills, government-sponsored training, self-employment and other programs. Please call 416-395-5613 before 11 am on Wed to confirm that a representative is coming that day.

### WoodGreen Professional Resume Critiquing

**Thursday, September 22 from 2 pm - 3 pm**

[Gerrard/Ashdale Library](#)

Drop in at the Gerrard/Ashdale branch or book a free half hour appointment with a professional employment counsellor from WoodGreen Employment Services. Call 416-645-6000 ext. 2316 to book your appointment.

### Computer & Library Training

[www.torontopubliclibrary.ca/programs-and-classes/categories/computers-library-training.jsp](http://www.torontopubliclibrary.ca/programs-and-classes/categories/computers-library-training.jsp)

### Word Basics Part II: Formatting

**Tuesday, September 27 from 10 am - 12 pm**

[Toronto Reference Library](#) in Learning Centre 2.

Learn to edit and format text, use bullets, and more. An introduction to Microsoft Word 2013. Basic keyboarding and mouse skills required. Call 416-393-7209 to register.

### Excel Basics Part I

**Thursday, September 22 from 7 pm - 8:30 pm**

[Maria A. Shchuka Learning Centre](#)

Learn to open, create and edit a simple table using Microsoft Excel. Basic keyboarding and mouse skills required. To register ask staff or call 416-394-1000.

### eLearning

[www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEDB0187&R=EDB0187](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEDB0187&R=EDB0187)

Your Toronto Public Library card gives you access to online services that can help you learn new skills. Over 3,500 video tutorial courses led by experts on web design, software development, photography, business skills, home and small office, project management, 3D + Animation, graphic design audio, music, video editing and more. Requires the creation of a personal account, which will allow you to track your progress through your tutorials.

To get a library card, you will need to bring valid name and address identification with your photo to your local branch. The following are types of identification the library will accept: Driver's license or Ontario health card (version with address on the back) or Ontario Photo ID Card (ages 16 and up).

### Book a Librarian

[www.torontopubliclibrary.ca/book-a-librarian/](http://www.torontopubliclibrary.ca/book-a-librarian/)

Meet with a librarian and get help with research, library information, career information, homework help and more. Make a free 30-60 minute appointment with a librarian at one of the branches by completing a web form, drop in or call to your local branch or call Answerline at 416-393-7131 to be directed to a library staff member who can help you.

# Things to Do!

For TTC information call: 416-393-4632 or visit [ttc.ca](http://ttc.ca)  
Please call ahead to confirm the time, place and date of the event you wish to attend.\*

## MUSIC

### Sublime Schubert

[http://www.harbourfrontcentre.com/whatson/today.cfm?id=8242&festival\\_id=243](http://www.harbourfrontcentre.com/whatson/today.cfm?id=8242&festival_id=243) • Phone: 416-973-4000

Cellist Shauna Rolston joins the Cecilia String Quartet to perform Schubert's sublime *String Quintet in C Major, D. 956*.

**Sunday, September 18 at 4 pm**, at the Toronto Music Garden, 475 Queens Quay West

## DANCE

### Kaeja d'Dance presents: ReGeneration

[http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=7899606b4d301410VgnVCM10000071d60f89RCRD&WT.rd\\_id=museum-events](http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=7899606b4d301410VgnVCM10000071d60f89RCRD&WT.rd_id=museum-events)

ReGeneration, a community dance performance, re-imagines the history of Montgomery's Inn through dance, music and art. Residents will be paired with professional choreographers to create new dance works. The event features dancers from Keaja d'Dance, students of Etobicoke School of the Arts and The Music Studio, and artists from Creative Village. Space is limited, come early. FREE.

Montgomery's Inn – 4709 Dundas S. W. at Islington

**Saturday, September 24 1 pm and 3pm**

**Sunday, September 25 1 pm and 3 pm**

## HEALTH AND WELLNESS

### Park Yoga Toronto

<http://www.meetup.com/ParkYogaToronto/>

The Flying Yogi® studio takes yoga out of studio and into the parks offering donation-based classes that are open to the entire community. Classes are weather permitting. Please check our Facebook 1 hr prior to coming class for any last minute schedule changes <https://www.facebook.com/ParkYogaToronto>. Bring a mat and your smile!

**Saturday, September 20 - 10 am to 11 am** at the [Riverdale Park East](#), 550 Broadview Ave.

**Sunday, September 18 - 10:30 am - 11:30 am** at the [Jonathan Ashbridge Park](#), 20 Woodward Ave M4L 2Y5.

**Monday, September 19 – 7 pm – 8 pm**, at the [Trinity Bellwoods Park](#), 790 Queen St W.

**Tuesday, September 20 – from 7 pm – 8 pm** at the [Toronto Music Garden](#), 479 Queen's Quay West.

### The Gerstein Centre will be hosting the 2nd Annual F.R.E.S.H. Ball Hockey Tournament!

All are welcome and encouraged to come and participate or just cheer us on! Come out to support and cheer on individuals who **Find Recovery through Exercise Skills and Hope**. Catered meal and refreshments provided! To sign up for free or for more information call Michael Aucoin 647-462-9601

**Saturday, September 24 starting at 1:30 pm until 5:00pm**, at the Dufferin Grove Park, 875 Dufferin St.

### Scarborough Women's Centre

Register online at <http://www.scarboroughwomenscentre.ca/workshops/> • Phone: 416-439-7111

Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment. All our services are free ((\$5 donation welcome, if you can).

**Monday, September 26 from 7 pm - 9 pm:** *Body Mapping*, a way to gain understanding of ourselves, our bodies and emotions.

**Thursday, September 29 from 7 pm - 9 pm:** *Visualize Your Future*, a powerful mindfulness exercise.



## MOVIE

### RWM presents SECONDS (1966)- Film Screening & Panel Discussion

<https://www.eventbrite.ca/e/rendezvous-with-madness-john-frankenheimers-seconds-1966-tickets-27331060939>

Rendezvous With Madness Film Festival presents a screening of John Frankenheimer's Seconds, followed by a panel discussion on the film's depiction of mental illness. Tickets \$10- \$13.

**Thursday, September 29 from 6:45 pm - 9:30 pm**, at the Revue Cinema, 400 Roncesvalles Avenue.

## ART

### Scarborough Arts Walk

<https://culturedays.ca/en/2016-activities/view/579bbc92-d630-4a4f-8125-71214c4a89be> • Phone: 416-698-7322

Join Scarborough artist Pavla Uppal for a creative walk through the environs overlooking the Scarborough Bluffs that is meant to inspire participants to unlock their creativity.

**Friday, September 30 from 4 pm -6pm**, at 1859 Kingston Rd., Scarborough

## FESTIVALS

### Todmorden Mills Harvest Festival

<http://www.toronto.com/events/harvest-festival-at-todmorden-mills/> • Phone: 416-396-2819.

Todmorden Mills Heritage site celebrates the harvest season in the valley. Visitors can tour the historic homes on site, sample traditional recipes, tour the Wildflower Preserve and create a take-home craft. It's a free of charge event.

**Sunday, September 25 from 12 pm - 4 pm**, at the Todmorden Mills, 67 Pottery Road

### Open Streets TO

<http://www.openstreetsto.org/> • Phone: 647-206-9815

Open Streets TO is a free recreation program, that connects our diverse neighbourhoods and people across the city. Open Streets TO is focused on promoting physical activity and exploring our city in healthy and fun ways.

East -West Corridor runs from Bloor St. W. and Dufferin St. across to Danforth Ave. and Hampton Ave.

**North-South Corridor runs along Yonge St. from Bloor St to Queen St.**

**Sunday, September 18 10 am - 2 pm**



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

You can also follow us on Facebook <https://www.facebook.com/csinfocentre> and Twitter <https://twitter.com/CSInfoCentre>, where we post more information and resources.

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. <http://www.twitter.com/CSInfoCentre>

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](http://www.csinfo.ca)

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

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

Cover image: <https://mollymediastudios.files.wordpress.com/2011/07/learn.jpeg>

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## 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. Your subscription to The Bulletin also 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. 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**

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