

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

## THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm  
416 595-2882 • [csinfo@camh.ca](mailto:csinfo@camh.ca) • [www.csinfo.ca](http://www.csinfo.ca)

### Our Mission

*Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.*

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### C/S Info Annual General Meeting

Wednesday, October 25, 2017

Light Dinner at 5:30 pm

Meeting from 6:00 pm to 8:00 pm

**CAMH, 1001 Queen Street West, in Training Room A, in the Community Centre**

Everyone is invited to The Consumer/Survivor Information Resource Centre of Toronto's Annual General Meeting. At this year's meeting we'll also be celebrating the 25th Anniversary of the Bulletin!

Join the board of directors and staff of the C/S info Centre as we review the activities of the past year and vote for Directors standing for re-election.

There will be prizes!

All are welcome!

**Please RSVP** to 416-595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca) to let us know that you will be joining us.

We can't wait to see you there!



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### How has the Bulletin made a difference in your life?

This November marks the 25th Anniversary of the Bulletin and we're inviting you, our loyal readers, to join us in the celebration. Over the years we've strived to include varied postings of events, support groups, workshops, articles and fun stuff of all kinds - something for everyone!

We're planning the special edition and would like to include your comments about how the Bulletin has made a difference in your life.

**Please call or email us with your feedback!**

**Visit the CS Info table at Mindfest on October 4 at**

Hart House. Our office will be closed all day. (see page 2)



**mindfest**  
PARTICIPATE • EDUCATE • CELEBRATE

## Mindfest 2017

**Wednesday, October 4 from 9:30am - 4:30pm**  
**7 Hart House Circle, Free**

Mindfest is an all-day informative, inspirational, inclusive community-building mental health and wellness fair. It is part of National Mental Illness Awareness Week. The aim: to increase awareness of mental health and illness as well as provide resources and services for people with lived experiences, families, advocates and our communities.

Launched in 2013, Mindfest began as a unique initiative spearheaded by the Department of Psychiatry, University of Toronto with the following aspirational goals:

- Promote awareness, dialogue, and understanding about mental health and mental illness;
- Decrease stigma related to mental illness;
- Share advances in the mental health field;
- Increase awareness of available resources and services at the campus and in the community

Every year, Mindfest attracts and engages over 500 attendees from universities, high school, professionals, and the general public to this multi-faceted event. It is a community fair, and so much more, as attendees are able to pick and choose from many different formats to learn more about mental health and mental illness and hear first-hand accounts from people.

For more information visit: <https://www.mindfest.ca/>

## The Aftermath of Loss

**Friday, October 6 from 2:00 pm to 3:30 pm**  
**Toronto Public Library**  
**Don Mills Branch**  
**888 Lawrence Ave. E.**

What's next after your spouse/partner passes away? Authors Sharon Lennox and Deborah Marsh, both widowed, offer practical information to those who have suffered a significant personal loss and talk about their book, *The Aftermath of Loss: A Guidebook for Widows*.

416-395-5710

## Voice Yoga

**Monday, October 16 from 2pm - 3:30pm**  
**Secret Handshake Gallery, 170a Baldwin St. Upper**  
**Not wheelchair accessible - Free will offering**

Voice Yoga is a fun, expressive approach to harm reduction and empowerment. Do you hear the beauty of your voice? Do you feel its power, its imagination?

We allow ourselves to sing traditionally, improvise, write a poem, make noise, laugh, read a poem. We feel energy and see ourselves in a new light.

Come join us. Let's sing, make some noise, share a poem, make a new friend, take a risk and gain confidence.

### Registration and information:

[creativevocalizationstudio@hotmail.com](mailto:creativevocalizationstudio@hotmail.com) or call C/S Info at: 416-595-2882 and we'll email Voice Yoga for you.



**Share your journey through the wilderness of Toronto's mental health care system**

**Tuesday, October 10**  
**from 6:30pm to 9pm, Free**  
**215 Spadina Ave, 4th Floor,**  
**Innovation Lab**

**What is it:** This is a 2.5 hr. workshop of drawing and storytelling exercises to share experiences of navigating mental health services and exploring solutions to challenges.

**Who is it for:** Anybody with lived experience of navigating mental health care services in Toronto that wants to explore solutions to service challenges is welcome to attend.

**Who is doing it:** This workshop is part of the City of Brains Project, a volunteer project to map journeys through Toronto's mental health care system so others can find accessible, effective help more quickly. Read and listen to stories at: [www.cityofbrainsproject.com](http://www.cityofbrainsproject.com)

Mark Freeman will be facilitating the workshop. He is a writer and workshop facilitator with lived experience of recovery from a bunch of diagnoses. You can learn more about Mark here: [www.markfreeman.ca](http://www.markfreeman.ca)

Free Registration: <https://goo.gl/KS7wNt>  
[startswithme.ca/brains](http://startswithme.ca/brains)

## Crazy Talks

**Come join the talk:**

**Tuesday, October 3, 2017**

**7:00 - 8:30 pm**

**OISE, Room 12-274 (12th floor)**

**252 Bloor St. West, at St. George Subway Station**

Jai Mills is a survivor who has led a number of peer groups and organizations in Ontario. She talks about how people with psych experience can use their knowledge and skills to advocate for policy changes at all levels.

**Crazy Talks** is a monthly discussion event on psych and mad politics. Join local writer 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 and ASL interpretation is available upon request. We meet every **FIRST** Tuesday of the month.

For more information, please email [madly@teksavvy.com](mailto:madly@teksavvy.com) or call 647-478-4241.

*I am no longer accepting the things I cannot change... I'm changing the things I cannot accept.*

Angela Davis

## Hearing Voices Café Begins Its Third Year

**Monday, October 2 from 6pm to 8pm**

**Coffee and All That Jazz, 72 Howard Park Ave.**

Hearing Voices Café is for everyone. Built on belief that we can talk about difficult experiences in ordinary places in ordinary ways—so we do.

Join us for different kind of conversation about what it means to be human.

**Fall 2017 Future Meetings:**

**Monday, November 6, 2017**

**Monday, December 4, 2017**

[www.recoverynet.ca](http://www.recoverynet.ca)

## Peer Support Community of Practice: Networking for Work and Life

**First Thursday of Every Month, from 4pm - 6pm**

**Next Meeting: Thursday, October 5**

**George Brown College, 341 King St. E., Floor 4 Rm. 413**

This Community of Practice (COP) is the continuation of a group formerly facilitated by the Self-Help Resource Centre. The group is an opportunity for peer support workers and individuals interested in peer support, to share valuable resources and experiences, learn and develop professional skills, and brainstorm solutions to challenges in the field.

### October's Topic: Resources & Where to Find Them

Please note: The structure of the group is very informal, **without an identified facilitator.**

This group is now self supported, participants are responsible for their own transportation and snacks.

Past topics have included: Networking for Work and Life, Police Reference Checks, Compassion Fatigue and Peer Worker - What it's Really Like.

All are welcome! For more information or to be added to the email list, please contact Christine at the C/S Info Centre: [christine.miranda@camh.ca](mailto:christine.miranda@camh.ca) or call: 416-595-2882.

## The Empowerment Council:

### ARRIVING AT CAMH

**Are you a current or (recent) former inpatient of CAMH?**

**WHAT DO YOU NEED WHEN YOU ARRIVE ON A PATIENT UNIT?**

We are looking for 10-20 participants  
Join our focus group to discuss how CAMH can best provide useful information resources.

Register

by email [lucy.costa@camh.ca](mailto:lucy.costa@camh.ca)

or phone 416-535-8501 ext. 33013

**Thursday, OCTOBER 12, 2017**

**4:00 pm - 5:00 pm**

## Toronto Withdrawal Management Services System

Help with withdrawal from Alcohol and/or other drugs

### Only a call away

#### Central Access Number:

**1-866-366-9513**

#### Toronto Area: 416-864-5040

Central Access is a toll free number for those who need to connect to the Toronto Withdrawal Management Services System. The Central Access staff will help you find the right location and level of service for your needs.

The Central Access number is your connection to Day, Community and Residential Withdrawal Management Services.

Available 7 days a week/24 hours a day.

### Who is it for?

The Toronto Withdrawal Management Services System Central Access number is for:

- Any person needing to withdraw from alcohol and/or drugs
- 16+ years of age
- Social service and health care professionals seeking to refer clients
- Anyone requiring information about Withdrawal Management Services.

## Centre for Addiction and Mental Health: Addiction Assessment Services

Addiction assessment, brief counselling, and treatment planning and referral to day and residential programs. No referral is necessary, but an assessment is. Service is available for individuals 18+ who are experiencing alcohol and drug addiction challenges.

Call Access CAMH:

416-535-8501 (Intake Assessment ) ext. 2

60 White Squirrel Way 4th Fl.

For more information visit: [www.camh.ca](http://www.camh.ca)

## University Health Network: Toronto Western Hospital Woman's Own Withdrawal Management Centre

Alcohol and drug detoxification

- residential, day and community withdrawal management
- case management
- assessment and referral

To apply call Central Access at:

1-866-366-9513

## MadX Presents: Decolonize Your Mind

Friday, October 13th 2:00 pm to 5:00 pm

The 519: 519 Church Street

### Q. What does the phrase DECOLONIZE YOUR MIND mean to you?

We hope to make space to hear many voices, and we hope you will join us in making space to hear first from those whose peoples were here first...

For more information visit: [madx.ca](http://madx.ca)

### About this event

This event is brought to you by MADx collective, a small group of friends who come together as people Indigenous to Turtle Island, and also as newcomers from many lands.

We don't have answers but we do have lots of questions and we think its important and time to make spaces together in which we can speak, be heard and hear each other.

There will be no formal speeches or presentations but if you have something important you want to say and you want to have heard, let us know and ask for a slot, we'll do our best to make space.

## Mad Stories

Tell your stories your way. No labels, no analyses, no critiques. Listen in or join us as we tell short stories loosely based on daily life. Open to consumers, users, survivors, anyone with 'mad' experiences. Monthly meetings. Free and accessible. Not funded by mental health agencies or university programs.

Contact Erick Fabris, Toronto writer on psychiatric industry and practices. Email Erick: [madly@teksavvy.com](mailto:madly@teksavvy.com) or call: 647-478-4241.

*Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.*

Joel A. Barker

## Career Development

### A-Way is Hiring!

Celebrating its thirtieth anniversary of successful operation, A-Way Express is a social enterprise incorporated as a non-profit. They further mental health recovery through employment within and the operation of a courier business. The business serves the City of Toronto and delivers packages and documents using public transit. A-Way Express employs people who are recovering from mental health and addiction issues. For more information about A-Way Express visit their website at [www.awayexpress.ca](http://www.awayexpress.ca)

#### Operations Manager

Reporting to the Executive Director, the Operations Manager will oversee and direct business operations at the front office level, develop A-Way's technological capacities, oversee customer relations, develop new business opportunities, and supervise staff. Please reference this position as AW001 in your application. Download the full job description: <http://www.awayexpress.ca/s/2017-07-JD-Operations-Manager.pdf>

#### Program Coordinator, Employment Support

Reporting to the Operations Manager the Program Coordinator supervises and supports the courier staff group, fulfills all administrative functions related to the courier team, encourages participation and empowerment of the courier staff group, and administers some human resource functions for the agency. Please reference this position as AW002 in your application. Download the full job description: <http://www.awayexpress.ca/s/program-coordinator-jd.pdf>

For both positions, the initial contract length is six months with a strong possibility of renewal. The job descriptions have been recently modified and will continue to be under review during the life of the contract.

Please submit your application by 5pm on October 9, 2017 by submitting your cover letter and resume within one Word document or PDF format. Applications may be sent by email to: [meredith@awayexpress.ca](mailto:meredith@awayexpress.ca) A-Way Express encourages you to apply early, since they will be accepting applications on a rolling basis.

As a consumer/survivor initiative, we strongly encourage people with lived experience of mental health and addiction issues to apply. This direct experience is considered an asset. If you have lived experience and/or belong to other equity seeking groups, you may wish to self-identify in your cover letter.

We are unable to respond to enquiries and we will only be responding to those applications that are selected for interviews.

If you require accommodation in the hiring process please advise at the time you are offered an interview. Contact information with a member of the hiring committee will be given to you at that time.



**A-Way Express**  
THE WHOLE PACKAGE





## NEED A JOB?

Do you need help with your resume? Neighbourhood Link Support Services can help. (Call 416-691-7407 and ask for Desimira Milusheva she is willing to take calls and talk or meet with those who call about their resumes.)

Call us to register for our Resume, Interview, Hidden Job Market and Social Media workshops.

Follow us on Twitter @NLinkEmployment for job openings, upcoming events and job search advice.

### Exciting Programs and Services for FREE

#### Neighbourhood Link Support Services

Laid off? Downsize? New to the country? New to the workforce? Looking for a different path in life?

The answer is right around the corner and close to where you live, at Neighbourhood Link Support Services, your gateway to Employment Ontario and a full range of job finding career options.

#### ONE-TO-ONE EMPLOYMENT COUNSELLING

Knowledgeable counsellors are standing by, ready to help you develop job search skills and assist with Employment Ontario programs, such as Second Career and apprenticeship.

#### CAREER EXPLORATION

Gain focus in identifying your skills, values, interest and strengths. Develop realistic employment goals and target a career path.

#### JOB WORKS PROGRAM

Enhance your job search skills. Learn about transferable skills, cover letters, resumes, interviews, networking and social media.

#### YOUR OWN PERSONAL JOB DEVELOPER

A job developer may be assigned to help execute your job search strategies and connect you with employers in the hidden job market.

#### RESOURCES AND INFORMATION

Jobseekers have access to computers, photocopying, fax machines and are eligible for resume tune-ups and daily workshops.

#### MOVING FORWARD

Sometimes the barriers to finding a good job are not **OBVIOUS** - an 8 week essential skills program that addresses stress anxiety mood and depression with supports to finding meaningful employment

#### New Knowledge and New Steps

how to escape the Survival Job Trap – A skill-enhancing program to help new and not-so-new immigrants navigate the Canadian job market

#### UP-AND-COMING EVENTS

@ Neighbourhood Link Support Services

#### Hiring Event, S & P Data Customer Service/ Telecommunications

October 5, 2017 from 10:00 AM – 1:00 PM  
(Please call to register to attend event)

Call today to learn more about your options 416.691.7407

[www.neighbourhoodlink.org/employment](http://www.neighbourhoodlink.org/employment)

416-691-7407

3036 Danforth Ave, Toronto, ON M4C 1N2  
(Victoria Park and Danforth)

## Repair Café

**Sunday, October 1st and 15th: 12:00 pm to 4:00 pm**

**Toronto Tool Library—St. Clair Branch**

**830 St. Clair Avenue West**

Help to fix your broken small appliances and home electronics. For more information:

[info@repaircafetoronto.ca](mailto:info@repaircafetoronto.ca) or visit:

<http://repaircafetoronto.ca/>

## Free and Low Cost Meals in Toronto

With Thanksgiving just around the corner, we wanted to share a few options for meals in the city. \*Please call the organization for more details.

### **Sistering, A Woman's Place** (women only)

962 Bloor Street West

416-926-9762

Free - Every day

Meals brought to table - 12:00 noon -1:00 pm

Line up for meal - 1:00 -2:45 pm

### **Sistering Parkdale** (women only)

220 Cowan Ave

416-588-3939

Free

Mon-Fri, 12:00 - 12:30pm - can call ahead and get a meal saved until 1:00 pm

### **St. Francis Table**

1322 Queen Street West

416-532-4172

\$1/hot meal

Dinner - 4:30 - 6:00 pm Mon-Thurs

Lunch - 12:00 - 1:00 pm Tues-Fri, Sun

### **Syme-Wooler Neighbourhood & Family Centre**

2468 Eglinton Ave W

416-766-4634

Free, every day

Breakfast 9:00 - 10:00 am Lunch 12:00 - 1:00 pm

Dinner and movie 4:30 - 7:00 dinner served around 5:30 (Wednesdays only)

### **Wellesley Mimico United Church**

2 Station Rd.

416-251-5811

Saturday - community lunch 12:00 - 1:00 pm

Food bank 11:00 am - 1:00 pm, not last Saturday of the month (food bank only)

## CAREER DEVELOPMENT



### **Oasis Movement: Recovery and Employment**

**921 Danforth Ave.**

**Phone: 416 461 7739**

Recovery and employment go hand in hand. Oasis invites you to be part of a movement that helps individuals who have made the decision to be free of drug and alcohol addiction, integrate themselves back into society by providing programs and services designed to help them to stabilize their recovery, overcome personal barriers, educate themselves and join the workforce by finding viable employment.

At first Oasis was a safe haven, where people who had troubles in the past – drugs, alcohol, unemployment, homelessness – could go and stay out of trouble. People could relax there, have a cup of coffee, talk to other people like them who knew what they were going through – they'd been there.

And now? Twenty-three years later, the OASIS Addiction Recovery Society still provides post-detox individuals, treatment centre graduates and Twelve Step Fellowship members support – a 'safe haven' and social interactivity.

And now there's more – much more. The founders realized that meaningful work was a key element in rebuilding individual pride, the human spirit and the will to succeed – to find a better life.

One of the programs offered at Oasis is "Employment Essentials" ideal for individuals with at least 30 days sober who can commit to a six week program and are interested in evaluating their options.

The program focuses on creating a plan of action through self-assessment, life-skills, pre-employment skills, basic computer literacy training, recovery maintenance, educational/employment options exploration and goal-setting. Clients benefit from participating in group workshops where they gain valuable social skills that are transferrable to their personal lives and the workplace.

For more information on other programs please call: 416-461-7739 or [oasismovement.org](http://oasismovement.org)

## THINGS TO DO

### Parkdale Walking Group (PWG's) Upcoming walks:

#### The LOVE Walk

Wednesday, Oct 11 - meet at 11:45am by the globe outside  
The Parkdale Library  
1303 Queen St West,  
Depart at noon This is our second LOVE Walk of this year.

#### Diversity Walk

Wednesday Nov 29 - meet at 10:45am by the globe outside  
The Parkdale Library  
1303 Queen St West,  
Depart at noon

#### Holiday Insights Walk

Wednesday, Dec 20 at 10:45am - meet at the globe outside  
Parkdale Library  
1303 Queen Street West.  
An opportunity to share (or not - your choice) various holiday traditions.

Help make the world safe for all women and children, and everyone!

#### Join The LOVE Walk on

**Wednesday, October 11th 2017 at 12:00 pm**

The LOVE Walk is a social change initiative, created and founded by Althea Knight, to promote love, joy and safety

for all women and children, and everyone, by raising awareness of ways in which to increase bystander intervention and support for women and children who are experiencing violence.

The LOVE Walk is a silent meditative walk with a focus on LOVE.

There is so much noise in our daily lives, that a way to draw attention to the cause of ending gender based violence and promoting peace, love, joy, and safety, in the fray of voices is to: "speak up silently". This silence also helps to lend positive support and encouragement for all those voices who have been silenced.

#### How to Join The LOVE Walk

Register to organize and lead a 30, 60 or 90 minute LOVE Walk on October 11th in your community. It can be a walk to a local park, through your neighbourhood, or on a trail. Let us know your city, town and the community you will be walking with!

Registration is easy and it's free:  
[thelovewalktoronto@gmail.com](mailto:thelovewalktoronto@gmail.com)

We'll send you details and the guidelines once you register.

### Mindfulness, Mental and Brain Health

**Wednesday, October 4 from 6:30 pm to 8:00 pm**

**Toronto Public Library**

**Don Mills Branch**

**888 Lawrence Avenue East**

Dr. Nasreen Khatri discusses how even brief mindfulness practice can improve mood and memory.

For more information and to register call: 416-395-5710

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT298083&R=EVT298083)

[Entt=RDMEVT298083&R=EVT298083](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT298083&R=EVT298083)

*"A man cannot discover new oceans unless he has the courage to lose sight of the shore."*

Andre Gide

*"You miss 100 percent of the shots you never take."*

Wayne Gretzky



## Things To Do

### The EH List Toronto Public Library's Writer Series - Fall 2017

Meet Your Favourite Canadian  
Writers

Join the conversation online:  
[tpl.ca/ehlist](http://tpl.ca/ehlist)

### Toronto Book Award Finalists: Jen Agg, Catherine Hernandez, B. Denham Jolly, John Lorinc and James Maskalyk

Tuesday, October 3:  
7:00 -8:00 pm  
S. Walter Stewart Branch  
170 Memorial Park Ave.  
416-396-3975

### The Cult of Overwork With Katrina Onstad

Wednesday, October 4:  
7:00 - 8:00 pm  
Runnymede Branch  
2178 Bloor St. W.  
416-393-7697

### Robert Rotenberg: Heart of the City

Thursday, October 5:  
6:30-7:30 pm  
Barbara Frum Branch  
20 Covington Rd.  
416-395-5440

### Honouring the Elders, with Maria Campbell and Cherie Dimoline

Friday, October 13: 7:00 - 8:30 pm  
Toronto Reference Library,  
Appel Salon  
789 Yonge Street  
416-395-5577  
TTY 416-393-7100

Free tickets available at [tpl.ca/  
appelsalon](http://tpl.ca/appelsalon)

## App 4 Independence

You can participate in a research project exploring how an app for  
people with schizophrenia spectrum challenges could be helpful.

### The smart phone app is designed to:



- Connect you with your care providers
- Connect you with other people like you
- Provide you with strategies and tools  
designed with other people like you

### The App 4 Independence Research Project is for people who:

- Are 18 years old and over
- Have a diagnosis in the schizophrenia spectrum
- Own and use an Android OS smartphone (iPhones not eligible)
- Have a talk and data plan
- Read and speak conversational English



Surveys will take place in person at a CAMH downtown site for Toronto residents and will  
be done online for those outside of Toronto who cannot attend an in-person meeting.  
Participants will be compensated for their participation.

If you or someone you know would be interested in an app like this, please contact  
Laura Feldcamp, Research Analyst 2, at 416-535-8501 Ext.30698  
or drop us an email at [laura.feldcamp@camh.ca](mailto:laura.feldcamp@camh.ca)

**camh**  
Centre for Addiction and Mental Health

For more information about programs and services at CAMH please  
visit <http://www.camh.ca> or call 416-535-8501 (or 1-800-463-6273)

REB #: 84-2016

## Rom Walk - Queen's Park Circle

**Sunday, October 8: 2:00 pm to 4:00 pm**

**1 Queens Park Crescent E**

In front of the Ontario Legislative Building - look for the purple umbrella

The provincial legislature, the mansions on Queen's Park Crescent, St. Michael's Uni-  
versity, Victoria University. Learn their stories and secrets, and see some new and  
interesting Toronto architecture.

Walk is free and goes rain or shine. Phone: 416-586-8097 or email [info@rom.on.ca](mailto:info@rom.on.ca)

## Sunday Morning Yoga with Lululemon at Scarborough Town Centre

**Sunday, October 1 (repeats every Sunday)**

**from 9:30 am - 10:30 am**

**Scarborough Town Centre, beside Centre Court, Free**

Join Lululemon on Sunday mornings for a complimentary 1 hour yoga practice, led by local instructors who are also Lululemon ambassadors.

Each week will bring a new practice, new learnings and new perspective.

Please bring your own mat, towel and water and arrive in your athletic gear. All participants are welcome and the practice is suitable for all levels of yoga enthusiasts.

<https://www.eventbrite.ca/e/sunday-morning-yoga-with-lululemon-at-stc-tickets-35048700607>

## Toronto Flower Market Last Market of the season!

**Saturday October 7 from 10:00 am to 3:00 pm**

**Shaw Park at CAMH**

**1001 Queen Street West**

The Toronto Flower Market celebrates and supports Ontario grown flowers and plants connecting growers and florists directly with the city. They raise awareness about flower varieties grown locally in fields and greenhouses while cultivating a passionate local flower community.

For more information:

[torontoflowermarket@gmail.com](mailto:torontoflowermarket@gmail.com)

[www.torontoflowermarket.ca](http://www.torontoflowermarket.ca)

## 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'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!



## Subscribe For Free!

**To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).**

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

**You can also follow us on:**

**Facebook:** [facebook.com/csinfocentre](https://www.facebook.com/csinfocentre)

**Twitter:** [twitter.com/CSInfoCentre](https://twitter.com/CSInfoCentre)

Where we post even more information and resources.

All previous issues are available on our website: [www.csinfo.ca](http://www.csinfo.ca)

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### Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

Thank you from the C/S Info Bulletin Team and all of our wonderful volunteers!

**Go green; get The Bulletin by email!**

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