

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
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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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25 Years of The Bulletin: A Look Back At Where We Were



Photo Credit: Joan



Photo Credit: Christine

Rewind! Here are 2 of the 5 locations that C/S Info once called home. Pictured (left) is where we moved in 1998: 71 King St. East, 2nd floor. Now it's home to a fine dining Italian restaurant. Pictured (right) is the house at: 252 College Street that was the previous home of the C/S Info Centre and the Bulletin in 1999 (prior to our move to our current location at CAMH at 1001 Queen St. West, in 2008). We were on the 3rd floor of that house.

How has the Bulletin made a difference in your life?

November marks the 25th Anniversary of the Bulletin and we invited you, our loyal readers, to join us in the celebration and conversation.

Here are your comments about the Bulletin:

It was 2014, I was in a homeless shelter and one of the shelter staff began posting a copy of the Bulletin on a bulletin board.

The Bulletin contained SO MUCH information that I could not remember by the time I got back to my room to write it down; I began stealing "The Bulletin" from the board.

This publication has become more than a source of meaningful information. In 2016 I was asked if I would like to contribute some of my photography to The Bulletin. It has been a great pleasure to contribute my photography. I hope that all the readers enjoy the photos as much as I do taking them.

I am thankful to be a contributor and the Photographer for The Bulletin on the 25th Anniversary and look forward to continuing to enhance The Bulletin in future years.

Thank you to all who contribute in the various ways to make this publication a reality each and every month. Each person plays a part in empowering a community to live an enhanced quality of life.

I would love to see The Bulletin grow to include more art, more personal stories and businesses run by people with lived experience of mental illness and consumer survivors.

-Elisheva

Congratulations to The Bulletin on twenty five years of service! Thank you! Thank you! Thank you!

By Ruth Ruth Stackhouse,
The Friendly Spike Theatre Band,
Director

In 1993, when The Bulletin was just getting started, The Friendly Spike Theatre Band began developing a play called *Marked, Living With a Stigma*: a woman's journey through the psychiatric system. While discussing the personal nature of the play with the late Bruce Cattle, the host of a CIUT Radio Show, called *Caffeine Free*, we expressed that we wanted to include other voices from the field, along with our own, in the play. A well connected guy, Bruce gave us the name of many psychiatric survivor activists and groups, he also suggested we announce our event in The Bulletin. We did, and I think we are safe to say The Bulletin has helped our theatre promote every play since those early days. Thank you!

During the 2000s Friendly Spike began playing an active role in Mad Pride organizing, and like a dear friend, The Bulletin was there to help spread the word, and get folks involved. Today, The Bulletin is a solid member of the Mad Pride effort, publishing a special Mad Pride edition each year in July. Thank you!

In 2005, I became a student at the School of Disability Studies at Ryerson University. It was at this school I developed my interest in Mad People's History, an interest that would lead me into graduate studies at York University where I would eventually receive my MA.

Throughout my academic journey The Bulletin served me as a trusted, reliable source of information.

Thank you!

Please note: the next issue of the Bulletin will be a regular, single issue (December 1—December 15, 2017).

The holiday edition this year has been moved to December 16, 2017—January 15, 2018.

The holiday edition will be mainly filled with fun things to do coupled with support for the holiday season. Our regular edition of the Bulletin will resume on January 16.

If you have any fun, free or low cost holiday activities that you'd like to share with other readers send us an email or write to us. We truly appreciate your contributions to the Bulletin. Thank you so much!

One of the Most Impactful Emails That I Have Received

By Dominique Davies

I don't know how the Bulletin came into my email inbox. I don't remember signing up for it online or in person.

It came like a beacon of light into my life last winter. As I read the Bulletin for the first time, I saw that there was a call for volunteers to do office work at the Consumer/Survivor Information and Resource Centre. I filled out the application form and sent it in. Christine Miranda, the Executive Director, called me and invited me to the office for an interview.

I was nervous, as it had been some time since I had applied for an office job, or any job for that matter. Christine was very warm and welcoming, as were the office and all the other people there. I felt more at ease than at any other previous interview. Soon after, I began volunteering two afternoons a week and have been doing so ever since. I feel valued, appreciated and accepted for who I am and what I have to offer.

I have learned new skills, educated myself further on mental health recovery, gained great insight into the amount of information and resources that are available for consumers/survivors, assisted at and attended amazing workshops and events, worked with wonderful people and much more. I have been able to share my new-found knowledge with those in need. The greatest gift is being able to pass on what I am being given.

This work has added further purpose and structure to my life and so it is an important part of how I maintain my mental health. I look forward to every day that I come to **the office, and also to the days that I don't. Just knowing that this place exists makes me breathe more deeply, smile wider and feel hope swell in my soul. It enriches all the other positive parts of my week.**

I am so much more than my diagnosis, more than I could ever have believed when my mental health was first affected. This realization is in a way due to the Bulletin, which drew me to work here. It is reinforced by the staff and volunteers who make the office an incredible place to work and therefore, to thrive.

I don't know how the Bulletin arrived in my email inbox, but I could not be more grateful that it did. Thank you very much to all those who make it possible.

As far as I can recall, I became familiar with The C/S Info Resource Centre at the very beginning when it was located in a compact storefront next to the Parkdale Activity Recreation Centre on Queen St and Lansdowne. Glen Dewar was its founder and it became a little hub for resources about everything to do with mental health.

In those days, in the early 1990s, it seemed there were many more publications, reports and pamphlets as well as services and programs for consumer survivors. Of course, nowadays, endless resources can be found online.

The C/S Bulletin during the first 15 years or so was filled with so much information that it took a few days for me to get through an issue. Glen would include blurbs from The Toronto Star and The Globe & Mail about anything related to mental health from medical research findings to community services. It was usually six pages single-space.

When Glen left to go to work for Community Resource Consultants, he continued to provide the content from newspapers...but with time and new executive director, Linda Perolin, and later Helen Hook, the format became less dense and focused mostly on short pieces on mental health issues and more community resources, seminars, workshops and especially free stuff, as it is today.

It still makes me happy when each new issue arrives. Once I've read it, I post my copy on the bulletin board in the women's locker room at the YMCA with the hope that it will be of use to others for themselves or for a family member or friend.

- Ronny

Thank you for supporting the

Bulletin—from writing in to us to tell us how you feel about the Bulletin, to writing articles for the Bulletin—we **couldn't do it without you: our fabulous readers!**

25 years strong is quite an accomplishment! We are on issue #590 and from day 1 The Bulletin has been providing resources for your readers; so they may have the information they need to improve their quality of life and sense of community.

We, here at C/S Info, love putting this publication together—we do it because of you. We hope you enjoy reading the Bulletin and passing it along to those who may wish to make use of the resources and enjoy the activities. Thanks for everything!

Breaking Down BFRBs

Hosted by the Canadian BFRB Support Network



Nov. 18, 2017

Fort York Library
190 Fort York Blvd, Toronto, ON
1:15 p.m. - 4:15 p.m.

Free attendance and snacks!

**Learn about body-focused repetitive behaviours
Therapeutic Approaches to BFRB Management
Community Discussion on BFRBs
Tips and Tricks and Acceptance
Raffle for a Keen bracelet from HabitAware**

**For more information contact info@canadianbfrb.org
or visit canadianbfrb.org**

Fort York Library is an accessible space and our event is open to everyone

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.

For details, contact Erick Fabris, Toronto writer on psychiatric industry and practices. Email Erick: mad-ly@teksavvy.com or call: 647-478-4241.

“We must accept finite disappointment, but never lose infinite hope.”

- Martin Luther King, Jr.

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'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!



Support For Young Folks With Mental Health &/Or Substance Use Challenges

LOFT's Community Evening and Weekend Treatment program offers a variety of open and closed groups designed to support youth, aged 16 – 25, living with mental health and/ or who are using substances. This truly unique program offers groups on Tuesday and Thursday evenings as well as on Saturdays. Using a variety of therapeutic modalities, including DBT, ACT and CBT, Community Evening and Weekend Treatment groups provide youth the opportunity to engage with treatment, wellness and social skills.

The program also offers coordinated case management support where Community Treatment Workers meet one to

one in the community with individuals to identify challenges and support them to achieve the goals they set for themselves. Assessment, supportive counselling, goal setting, skills teaching, system navigation, linking to resources, advocacy and monitoring are all aspects of an individualized coordinated care plan.

For case management services please apply through the Access Point at: <http://theaccesspoint.ca/>

Groups (for Transitional Aged Youth 16 – 25) for November 2017 are listed in the calendar below:

November 2017 @LOFT

Mondays 5:30-7:30pm	Tuesdays 6 -7:30pm	Wednesdays 4 – 5:30pm	Thursdays 4-7:30pm	Fridays 2-3:30pm	Saturdays 1-3pm
<p>Write On, Write Here, Right Now!</p> <p>Creative Writing Workshop in collaboration with Toronto Writers Collective.</p> <p><i>Drop-in welcome!</i></p> <p>Final Group November 20th</p> 	<p>ACT-informed Recovery Group</p> <p><i>*November only*</i> Hosted at St. Mikes Hospital, Rm. 17-008 Cardinal Carter Wing, 17th floor.</p> <p>Skills for coping with, and thriving through, mental health and substance use challenges.</p> <p><i>Drop-in welcome!</i></p> <p>In The Game Nov 7th & 21st</p> <p>A group for folks with experience working in, or are currently considering, sex work.</p> <p><i>Drop-in welcome!</i></p>	<p>DBT Skills Training</p> <p>10 week skills training group.</p> <p><i>Registration required.</i></p> <p>Please contact tay@loftcs.org for information or to register!</p>	<p>Drop-in and Homework Group 4-6pm</p> <p>Social time with new and old friends. Learn skills to succeed in school. Meet LOFT staff and peers. Enjoy food and games in a safe, relaxed, and inclusive space.</p> <p>Life Skills 6-7:30pm</p> <p>Learn the skills you need to get through the day-to-day in this peer-led group.</p> <p><i>Come by and say 'hi' or stay all evening!</i></p>	<p>DBT Skills Training</p> <p>10 week skills training group.</p> <p><i>Registration required.</i></p> <p>Please contact tay@loftcs.org for information or to register!</p>	<p>DBT 2.0: Comic Book Edition</p> <p>Participate in the collaborative creation of a DBT skills informed comic book. Artists, writers, editors, DBT experts, and wannabe's of all of the above encouraged to attend!</p> <p><i>Drop-in welcome!</i></p>

All groups (unless otherwise noted) are now hosted at the TAY Hub at 721 Bloor St. West (across from Christie Station), Suites 301 and 303. For more information please e-mail: TAY@loftcs.org or call or text **416-432-3195 / 416-434-9172**



Art Exhibition

Monday, November 20 - Wednesday, November 22,
Opening hours listed below
Metro Hall Rotunda, 55 John St.

The Women's Art Afternoon and Fabric Art programs are community art programs composed of a diverse group of women facing long-term poverty.

Women come together as artists to create.

All money from the sale of the artwork will go towards supporting the artists.

Opening Reception:
Monday, November 20, 2017
from 5pm - 8pm

Exhibition Hours:
Tuesday & Wednesday 11am - 4pm

Presented by the artists from the Regent Park Community Health Centre
- Woman's Art Afternoon

Adelaide Resource Centre for Women
- Fabric Art Program

For further information, please contact: Josie at 416-364-2261

Funding courtesy of:
City of Toronto, Shelter, Support and Housing Administration

Hearing Voices Café Begins Its Third Year

First Monday of the month, 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.

2017 Future Meeting: Monday, December 4, 2017

www.recoverynet.ca

Crazy Talks

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 or call 647-478-4241.

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill

Career Development

Sound Times Seeks Community Service Interns

Multiple Positions Available

One Year Paid Internship, with shifts each day Monday through Friday

Afternoon and Evening Shifts Required

Location: 280 Parliament Street, Toronto

2340 Dundas Street West, Toronto

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use, or have used, the mental health system.

We are expanding our staff group to include Consumer/Survivors committed to completing a year-long intensive

internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work.

There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

Candidates interested in applying should submit a resume (if available) to hire@soundtimes.com. Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity.

Deadline for applications is:
Wednesday, January 31st, 2018.

Not all applicants will be selected for an interview.

Try Power Posing!

Amy Cuddy believes our body language shapes who we are. Social Psychologists like Amy, encourage us to 'power pose' to significantly change our body chemistry (increase testosterone and decrease cortisol). Amy argues that 'power posing'—standing in a posture of confidence, even when we don't feel confident—improves our feelings of confidence and thus can impact or chances of success.

This is not only important to practice before an interview or a stressful event, but also to feel more empowered as we go about our daily routines. It costs nothing!

Watch Amy Cuddy's Ted Talk here: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are/up-next

Call For Board Members

Are you interested in being part of a board of directors with Accent on Ability, a charitable non-profit organization? Accent on Ability is currently looking for board members. The organization raises community awareness regarding physical activity and mental health.

Call 416-888-4198 or email jward775@gmail.com

Hilary M. Weston Scholarship for Social Work

This program will grant two scholarships to students who are, or plan to be, enrolled during the 2018-19 academic year in a graduate-level social work program at a publicly funded university in Ontario. Applicants must have a demonstrated interest in, and commitment to, mental health issues and must be residents of Ontario.

Each recipient will receive a one-time scholarship of \$7,500. To submit an application for this scholarship by Dec. 15, 2017 visit: ontario.ca/honoursandawards

MDAO WRAP 2 Facilitator Training Workshop

Monday, November 20 - Friday, November 24, 9am - 5pm
Toronto, East York Civic Centre

Mood Disorders Association of Ontario is holding a WRAP level 2 facilitator training workshop. Get in touch with Eric Jonasson if you're interested: ericj@mdao.ca or 416-486-8046 x224.

Visit: <http://www.mooddisorders.ca/Node/1242> for details.

Please note: there is a fee involved.

THINGS TO DO

Toronto Christmas Market

Thursday, November 16 - Saturday December 23,
Hours of operation below
Distillery Historic District, 55 Mill St.

Free Weekdays, \$6 admission on weekends starting at 5pm on Fridays

Hours of Operation:

Mondays: Closed

Tuesdays: 12 Noon - 9pm

Wednesdays: 12 Noon - 9pm

Thursdays: 12 Noon - 9pm

Fridays: 12 Noon - 10pm

Saturdays: 10am - 10pm

Sundays: 10am - 9pm

(Opens at 4pm Opening Day, Thursday, November 16)

Ranked as one of the leading Christmas Markets in the world by Fodor's Travel, USA Today, and Mashable among many others, this annual event captures all of the tradition, heritage and charm of a European Christmas Market, while showcasing hundreds of unique and local handcrafted products. Family friendly entertainment includes musicians, carolers and children's choirs, holiday themed stage presentations and of course ... Santa and his roaming elves!

Visit the Toronto Christmas Market for great shopping, sweets and treats, and all the great restaurants of The Distillery Historic District. Come and experience the fun and magic of Toronto's first and only Christmas Market!

Tickets can be purchased in advance online or same day tickets are available for purchase at the Toronto Christmas Market [Ticket Sales Tent](#) – just north of the festival grounds, on Trinity Street between Mill Street and Front Street East (available until sold out for that day).

Please note: while the Market is not active on Mondays, the shops and restaurants of the Distillery Historic District are open 7 days a week.

Please contact: info@torontochristmasmarket.com if you have any questions.

*The Toronto Christmas Market is a C/S Info Staff **favourite! If you've never had the chance to attend, we suggest visiting on a weekday, when admission is free and the crowds aren't as large. ***

The Santa Claus Parade

Sunday, November 19 at 12:30 pm
Starts at Christie Pits and ends at St. Lawrence Market
(see website below for the exact route)

Since 1905, the Toronto Santa Claus Parade has made its way through the streets of downtown Toronto. Today, The Santa Claus Parade is the longest running children's parade in the world and one of the world's largest parades.

<http://thesantaclausparade.com/>

Queen Street Holiday Market

Saturday, November 25, from 1pm - 9pm
Twist Gallery, 1100 Queen St. West
(West of Ossington Ave.),

Chic and urban Shops located at the Twist Gallery in the heart of Arts and Creative District of Queen St. West.

There will be interactive entertainment throughout the day and also a hot chocolate and cafe for shoppers to lounge and enjoy.

Whether it is something for dinner, a gift for a friend, a treat for someone special or simply stocking up on essentials that you can't get elsewhere – this holiday market is a treat to visit.

<https://www.facebook.com/events/670323986495677>

Illuminite 2017

Saturday, November 18 from 5:30pm - 7:30pm
Yonge-Dundas Square, 1 Dundas St. East, Free

Illuminite begins with live music from Toronto-based pop-rock quartet Jane's Party. There's a tree-lighting show to follow. We won't spoil the fun by revealing too much, but let's just say prepare to be wowed by multiple acts.

This year's show is guaranteed to put you into the Holiday spirit.

<http://www.downtownyonge.com/illuminite/>

Things To Do

Access Lynda.com training FREE with your library card!

C/S Info recently received a couple of calls asking about The Toronto Public Library's access to Lynda.com. So we thought we'd explain again to our readers what Lynda is all about and how you can gain access to free training.

Lynda.com is an online learning platform. There are over 3,500 video tutorial courses led by experts on topics like web design, software development, photography, business skills, home and small office, project management, 3D + Animation, graphic design, audio, music, video editing and more.

Use your library card to create a personal account which will allow you to access and track your progress through your tutorials.

For more information visit: www.tpl.ca/lynda or call 416-393-7131.

Cavalcade of Lights at Nathan Phillips Square

Saturday, November 25, 7pm - 10pm
Nathan Phillips Square, 100 Queen St. West, Free

The Cavalcade of Lights at Nathan Phillips Square is an annual holiday tradition featuring the first illumination of Toronto's official Christmas Tree, live musical performances by some of Canada's top performers, a spectacular fireworks show and skating parties on the iconic outdoor rink.

<https://web.toronto.ca/business-economy/partnerships-sponsorships-donations/sponsor/major-festivals-events/cavalcade-of-lights/>

Repair Café at Albert Campbell Library

Saturday, November 25 from 12pm - 4pm,
Registration closes at 3pm
Albert Campbell Library, 496 Birchmount Rd., Free

At this full repair café, fixers can repair many different types of household items. Repair cafés are free of charge, Donations are welcomed.

For more info: <http://repaircafetoronto.ca/visit/> or email: info@repaircafetoronto.ca

Sony Centre for the Performing Arts—Community Programs—Dance Classes

Tuesdays, November 21 and November 28
from 5:30pm – 7:30 pm,
The Sony Centre For The Performing Arts,
1 Front Street East (at Front and Yonge), Free

This November, release your inner Diva at Beyography, a free tribute dance class at the Sony Centre.

In this intensive, two-hour class you'll learn the choreography to a music video:

Tuesday, November 21 - "Crazy in Love" by Beyoncé
Tuesday, November 28 - "Run the World" by Beyoncé

Entrance: Yonge Street Entrance (located along Yonge Street on the west side of the building halfway between Front St. and Esplanade). Community classes are accessed via the Yonge Street Entrance and not the main Front Street Entrance, unless otherwise specified on the Eventbrite page.

Doors: Doors open 15 minutes before class starts. Please arrive early to change and sign up so class can begin promptly. Late comers will not be allowed entrance.

Registration: registration is free for participants. 30 spots will be available to pre-register a spot online at the Eventbrite link below, 20 spots will be reserved for drop-in participants on a first-come, first-served basis. Please only pre-register if you are sure you can attend.

Waitlist: If the Eventbrite Registration is full, you are encouraged to join the waitlist. We will contact the waitlist with a class reminder and any updates regarding the number of available drop-in spots. If you are not contacted by Eventbrite to join the class, you are welcome to attend as a drop-in participant (first come, first served).

Drop-ins: Regardless of being on the waitlist, anyone welcome to arrive as a drop-in participant. There are 20 reserved spots per class for drop-ins and will allow additional drop-ins up to the capacity (50) of the class in case there are cancellations or no-shows.

To register: <https://www.eventbrite.ca/e/beyography-tickets-38114626875>

For more information: <http://www.sonycentre.ca/education-and-engagement/community-programs>

Free Access to Toronto's Historic Museums

A big thank you to Deborah, a subscriber to The Bulletin, for tipping us off to this gem:

Now through November 30, 2017, general admission to Toronto's historic museums is free! You can visit 9 of the city's museums at no charge, courtesy of Mackenzie Investments, as they celebrate their 50th anniversary.

The following museums have free general admission until November 30, 2017:

1. Colborne Lodge: 11 Colborne Lodge Dr. - This museum is in High Park. Colborne Lodge has seasonal events, craft workshops + more.
2. Fort York National Historic Site: 250 Fort York Blvd. - Fort York is the birthplace of urban Toronto. It is home to the original War of 1812 buildings.
3. Gibson House Museum: 5172 Yonge St. - This 1851 Georgian-style farmhouse was the home of David Gibson and his family.
4. Mackenzie House: 82 Bond St. - Last home of Toronto's first Mayor. Urban Victorian life of the 1860s.
5. Montgomery's Inn: 4709 Dundas St. West - The inn provides a look at 19th-century rural life and the role of the tavern in Colonial Canada.
6. Scarborough Museum: 1007 Brimley Rd. - The museum's log home and late 19th-century farmhouse tell the story of the area's rural past.

7. Spadina Museum: 285 Spadina Rd. - The stately 55-room house has been meticulously restored to its 1920s appearance.

8. Todmorden Mills: 67 Pottery Rd. - In the Don Valley. Todmorden Mills played a large role in Toronto's industrial growth.

9. Zion Schoolhouse: 1091 Finch Ave. East - This restored one-room schoolhouse depicts a typical day for students in 1910.

For more information visit The City of Toronto's website: <https://www1.toronto.ca/wps/portal/contentonly?vgnex-toid=af71df79b2df6410VgnVCM10000071d60f89RCRD&nrk=OB002C2121C07928852581C300639438>

If you get a chance to visit any of the museums listed, C/S Info would love to hear about it!

Email us at: csinfo@camh.ca or write to us and let us know about your time at any of the 9 museums above:

Consumer/Survivor Information Resource Centre
1001 Queen St. West
c/o CAMH, The Mall
Toronto, ON M6J 1H4

Enjoy!

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.

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

Where we post even more information and resources.

All previous issues are available on our website: 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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