

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: New hours coming soon - Please Call 416 595-2882 • csinfo@camh.ca • 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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Exciting news about the C/S Info Centre!

We have some exciting news about the future of the Consumer/Survivor Information Resource Centre, or “C/S Info”.

We are always looking for ways to reach more people with our services.

With changing technology and demographics, our community’s information needs are changing. We have seen a steady drop in the number of people who visit and call the C/S Info office. Most people are getting information online from various sources. But many marginalized individuals without computers are not getting good information and are falling further behind.

The Centre is looking at partnering with other groups as a way to get our services to more people who need them. We are looking at a closer partnership with Sound Times, a well-established Consumer-Survivor organization that shares our values.

Our boards of directors have agreed to explore a merger between the Centre and Sound Times to create one, larger organization. We believe that by joining together we will be able to increase our valued services, building on the Bulletin and tax help service, and offer new services to our community.

As you may know, many health care organizations have merged or are considering merging with other organizations

Organizations have different objectives for merging. C/S Info and Sound Times share the following objectives:

- To improve and broaden the support services offered to the consumer/survivor community;
- To support stronger and more sustainable consumer/survivor organizations in the community.

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Exciting news about the C/S Info Centre! Continued from page 1

The key principles of C/S Info's merger with Sound Times are the following:

- Effective on or about April 1, 2018, C/S Info will transfer all of its programs and services to Sound Times, and Sound Times will assume responsibility for C/S Info's programs and services;
- Sound Times will be the successor organization in the merger;
- Sound Times will be responsible for C/S Info dissolution after the merger is complete.

C/S Info's board of directors and Executive Director have concluded that C/S Info and, most importantly, our community will benefit from a merger with Sound Times. Sound Times is a much larger organization and has more resources and different skills than C/S Info. We can do things together

that the C/S Info cannot do on its own. For example, together we could look at how to bring our information services to where people are in different parts of city – shelters, drop ins, and other locations.

This is an exciting time for C/S Info, and we will keep you informed about the transition through the Bulletin and in other ways.

Thank you,

Christine Miranda
Executive Director– C/S Info Centre
Lana Frado
Executive Director—Sound Times

The Housing Stop Workshop

Friday, January 19, 2018, 1:00 pm – 2:30 pm

CAMH, The Mall, Training Room A, 1001 Queen Street West, Toronto

In this free workshop, facilitated by Britney Bennett, participants will get an overview of the Housing Connections application process, including:

- eligibility and how to apply for subsidized housing
- the Toronto Transitional Housing Allowance (TTHA)
- the Toronto Portable Housing Allowance (TPHA).

Britney is a second year Community Worker student from George Brown College, and is completing her placement at C/S Info. Her professional interests are in poverty reduction, mental health, addiction, housing and homelessness.

Snacks, beverages and TTC tokens will be provided.

To register, please call 416-595-2882 and leave your name and phone number.

Recruiting 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. Our mission is to provide funding to help improve the quality of life for low income consumer/survivors. The organization raises community awareness regarding mental health.

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



The West End Peer Support Group
Eatonville Library in Etobicoke.
430 Burnhamthorpe Road

It will run on the first Wednesday of the month for the following dates:

Wednesday February 7th,
Wednesday March 7th, and
Wednesday April 4th.

Safe-Injection Sites in Toronto.

Toronto now has two supervised injection sites — one official, one unsanctioned — where drug users can have someone watch over them, and one harm reduction worker says the city will need both and many more if it's going to prevent overdose deaths in the future.

There are two supervised injection sites located at the works and one Located in Moss park Queen street and Sherbourne. Health Centre. site will operate from 4-10 p.m. from Monday to Saturday. Once all three safe-injection sites are open, they'll operate from 10 a.m. to 10 p.m. every day .

For more information or call Tel: 416-392-0520

Scarborough Women's Center

Building Self-Esteem workshop

Monday January 22,29 & February 5
2100 Ellesmere Rd Suite 245 Scarborough
(Free admission)

Feel good about ourselves and trusting our decision.
Learn how to enhancing techniques that can last a lifetime.

Breaking the Habits of Failed Relationships

Tuesday January 23
2100 Ellesmere Rd Suite 245 Scarborough
(Free admission)

- Learn how to un-memorize your emotional state.
- Learn how the brain becomes accustom to hardship.
- Learn to see relationships as mirrors.

For more information or to register, please contact:

Email: outreach@scarboroughwomenscentre.ca

Call: 416 439-1111

<http://www.scarboroughwomenscentre.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 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!



**“What destiny does not do is home visits.
You have to go for it.”**

Carlos Ruis Zafon (author)

Star Learning Center

Location: 40 Oak St, Toronto,
(Free Admission)

For the month of January 2018 the star learning center will host various Courses, Workshops and Activities that are free of charge.

- Intro to culinary Arts
- Mindful Knitting
- Wrap through Wellness
- Typing & Computer skills
- Ball Hockey and much more.

For more info:

Call: 647 302-7827

Email: STAR@smh.ca

Web: <http://www.stmichaelshospital.com/programs/mentalhealth/star.php>



The Toronto Central LHIN CSI Network Presents: Foundation of a Movement: “Power of Change Together”

WHEN: Monday January 29th, 2018, from 10 AM- 5 PM.

WHERE: 519 Church Street Community Centre, 2nd floor ballroom, Toronto, ON

Through the last half of the 20th century people with mental health issues fought to gain the right to live freely and access housing, employment and required services. While enormous strides have been made, there are still stigmas, a shortage of adequate services, and barriers to accessing housing and employment.

Over the years, consumer survivor organizations have been focusing on their own sustainability and missions. **The Toronto Central LHIN's CSI Network believes that the consumer survivor community – both organizations and individuals - would benefit from coming back together to work as a consumer survivor movement.**

In July 2017, approximately 70 consumer survivors came together to discuss how we can make this happen. They identified five foundations to building a strong movement based upon our current challenges and the supports that

are already available. These include:

1. Enhanced communication, greater transparency, and collaboration among consumer/survivor initiatives and support services.
2. Focus on peer support employment and training.
3. Enhanced support services.
4. Permanent funding for peer support initiatives.
5. Creation of a peer support hub (model).

In January 2017, we will be bringing together the organizations that make up the CSIs of Toronto to fully report on these consumer survivor recommendations and discuss how we, as a collective group of CSI organizations can lead the movement forward.

For more information or to register:

<https://www.eventbrite.ca/e/foundation-of-a-movement-power-of-change-together-tickets-41707316707>

or call 416-427-9198

Addiction Resources:

It can be a challenge to find reliable resources around addiction recovery, particularly when there is a strong desire to make a change. In our efforts to increase our resources for our readers who may be struggling with addictions, we found the following page at the Ontario Addiction Treatment Centres website, that we hope you may find helpful:

<https://www.oatc.ca/addiction-recovery-books/>

This site lists user-friendly books that they recommend for clients in the early stages of recovery. These are meant to complement existing after-treatment care. We have not had

time to review these books, but wanted to share this list with you, so use your best judgment, and we wish you well!

“If you’re careful to listen to your instincts and question conventional wisdom, set priorities and make thoughtful choices, eventually you’ll figure out how to design a lifestyle that suits you. So what if it doesn’t look like everybody else’s? So what if others judge you for it? Who cares? You’re independent now, and so is the way you think.”

Arlene Dickinson (Canadian entrepreneur)

Get on the Sherbourne Health bus!

Accessing health and social supports is the key to helping individuals in the community manage their wellbeing and prevent further illness. However, many factors can stand in the way. Some individuals are often too wary to approach standard health care due to stigma. Others are unaware of the services available to them or are physically unable to access these services. Competing priorities, such as obtaining food or housing, can also make accessing health care challenging.

What services are provided?

Services are provided by a nurse practitioner, mental health counsellor, program workers, and other specialized health and service providers.

Services include:

- Treatment & monitoring of temporary or chronic illness
- STI & HIV Testing
- Hepatitis C services
- Foot care & wound care
- Preventative care & screening (PAP tests, colorectal cancer screening)
- Diabetes services
- Health education & promotion
- Addiction counselling & harm reduction
- Emotional & crisis support
- Referral to community supports
- Form assistance (government benefits, social assistance, missing I.D.)
- Connection to ongoing primary care services
- The program also provides harm reduction supplies, overdose prevention education including Naloxone distribution, and safe sexual health supplies, like condoms.
- Some hygiene products are also given out to those clients receiving healthcare services. Seasonal supplies are distributed as needed to address health and safety during temperature extremes.

Winter 2018 Schedule

Note: Listed stops are open to all individuals unless other-



wise specified.

Tuesday evenings from 6 to 8 pm:

Maxwell Meighen Centre @ 135 Sherbourne Street

Wednesday afternoons from 2-4 pm (every second week):

Maggie's @ 526 Richmond Street East

Fridays afternoons from 1:30-3:30 pm:

St. Felix Centre @ 25 Augusta Avenue

No Ontario Health Card is required to access the services.

For more information

Call: 416-324 4180

Email: info@sherbourne.on.ca

Web: <http://sherbourne.on.ca/>

AND What about a Shower Bus?

HOW (Hygiene on Wheels) is in the works. They need your ideas and help.

- What do you think is a good shower bus?
- Will this help you live inside and/or outside the shelter system?

The bus will provide a shower and laundry for the homeless. Here is the link to the FB group for those for who would like to keep up with our progress.

[Facebook group - click here](#)



Hiring Event, Immediate Openings!

Neighbourhood Link is hosting a Hiring Event

Monday
January 22, 2018
10:00 am

at

Neighbourhood Link Support Services
3036 Danforth Avenue, ON M4C 1N2

Manpower
One of Canada's largest providers of temporary employment opportunities will be interviewing for full time assignments in:

- Warehouse
- Fork Lift Operator
- General Labour
- Customer Service
- Office Administration

For registration Please Contact:
Reception at 416-691-7407

Bring your Resume
Note: All registered participants will be interviewed



Looking for a new Group? Resource?

Call 211

Housing, food, therapy, and more?
Call 211 when you are looking for something new. Don't get stuck in old patterns. Take action.
Call or go online: <https://211ontario.ca/>

Note: 211 took over managing the Self Help Resource Centre list of groups and resources.



“Stand up. Stand out. Don't let anyone tell you you can't.”

Arlene Dickinson
(Canadian entrepreneur)

North York Women's Centre

FREE Program for Women
Women Empowerment Series: Discovering Our Power
(9 sessions)

Registration is now open for winter session
January 25-March 22, 2018

Every Thursday: 2:30 PM- 5:00 PM
Location: 116 Industry Street (Weston and Eglinton Ave)

Please Contact: Taslima Begum at 416-781-0479

Benefits: Able to understand and handle difficult emotions, personal strengths, coping strategies, self-esteem, self-confident and self-empowerment within very interactive group setting and safe environment
Other services includes: Child-minding and other accommodational needs, TTC tokens for those who is in need and light refreshment

Women Empowerment Series: Asserting ourselves (9 sessions)

Registration is now open for winter session
January 24-March 21, 2018
Every Wednesday: 6:00 PM- 8:30 PM
Location: 116 Industry Street (Weston and Eglinton Ave)

Please Contact: Taslima Begum at 416-781-0479

Benefits: Able to understand and handle difficult emotions, how to interact with others, effective communication, learn about healthy and unhealthy relationships, deal with difficult relationship and situation, self-confident and self-empowerment within very interactive group setting and safe environment

Other services includes: Child-minding and other accommodational needs, TTC tokens for those who is in need and light refreshment.



Are you a Job Seeker with a Disability?

**Do you have Post-Secondary Education
or
Equivalent Work Experience?**

The **Workplace Essential Skills Partnership (WESP)** is a FREE dynamic cross-disability employment program for professional job seekers with disabilities.

- ✓ Increase your confidence and grow your network
- ✓ Enhance your resume, cover letter, and interviewing skills
- ✓ Learn about disclosure and accommodation in the workplace
- ✓ Access employers hiring qualified candidates with disabilities

**Income Supports (ODSP, OW, EI, etc.)
are NOT REQUIRED to attend WESP**

Registration is now OPEN for the following workshops:

January 15 – February 2, 2018 (three-week workshop)

February 20 – March 2, 2018 (two-week workshop)

March 19 – 23, 2018 (one-week workshop)

Please complete our Pre-screening Intake Questionnaire available online at www.ccrw.org/wesp

Got Questions? Contact us at:
cmacdiarmid@ccrw.org
416-260-3060 Ext. 232

THIS PROJECT IS BROUGHT TO YOU BY THE CANADIAN COUNCIL ON REHABILITATION AND WORK (WWW.CCRW.ORG) AND FUNDED BY EMPLOYMENT ONTARIO

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Career Development

WRAP Level 2 Facilitator Training

Monday, January 22 to Friday, January 26
3660 Midland Avenue, Suite 337

Repertoire of Skilz is accepting applications for WRAP level 2 training.

Becoming a Wellness Recovery Action Plan (WRAP®) Facilitator is a journey in mutual learning and growth! This training can help to prepare individuals to become peer support workers and agents of change in their communities! This training is appropriate for people with lived experience who would like to lead Wellness and Recovery (WRAP®) groups, work with others to develop their own WRAP® and give presentations on health and wellness, and mental health recovery related issues to groups or organizations.

Also a: WRAP 2 Refresher
The Copeland Centre identifies that it is best practice for

WRAP Facilitators to attend a refresher course at least once every two years. Participation in this course will fulfil that **requirement. In addition, WRAP Facilitator's will remain up to date** in the evidence-based practices of WRAP® Facilitation and further develop their facilitation skills in a shared mutual learning environment.

Please contact Repertoire of Skilz for more information about applying to the program and subsidies.

www.RepOfSkilz.com

info@RepOfSkilz.com
1-647-770-2719
3660 Midland Ave, Suite 337
Toronto, ON, M1V 0B8

Houselink' Road to Employment

Getting Paid While You Train Series: Free Training in Retail, Service & Construction

Tuesdays 1:00 - 3:00 pm
Lillian H. Smith Library:
239 College Street (1 Block East of Spadina Ave)

January 16
Augmented Education & Hospitality Services
Alexis Goncalves - George Brown College

January 23
Discovering Ontario's Skilled Trades
Alanna Golloher - Ontario College of Trades

January 30
Survive and Thrive - Move Ahead Financially
Lisa Salmon - CPA Canada

For Information please contact:
angelaza@houcelink.on.ca
Or call: 416-516-1422 ext. 268

Career Success Series: Free Training as a Retail Sales Associate

Wednesdays 1:00 - 3:00 pm
Bloor-Gladstone Library:
1101 Bloor Street West - 1 block east of Dufferin Station

January
Basic Retail Selling Skills
Marcie Wenn - Retail Council of Canada

January 24
Augmented Education & Hospitality Services
Alexis Goncalves - George Brown College

January 31
Survive and Thrive - Move Ahead Financially
Lisa Salmon - CPA Canada

For Information please contact:
angelaza@houcelink.on.ca
Or call: 416-516-1422 ext. 268

THINGS TO DO

The Power Plant

Contemporary Art Gallery
231 Queens Quay West
January 27 to May 13, 2018

Kader Attia - The Field of Emotion
Emeka Ogbob - The Song of the Germans

The Power Plant is located near the Harbourfront Centre. This is a gallery dedicated to contemporary art. It's free and easy to get to. Call or visit the website for more details about the upcoming exhibitions which start January 27th, 2018.

Tuesday–Wednesday 10 - 5 PM
Thursday 10 - 8 PM
Friday–Sunday 10 - 5 PM
*Open Holiday Mondays 10 - 5 PM

For more information:

Call: 416.973.4949

Email: info@thepowerplant.org

Visit: <http://thepowerplant.org/>

Orchardviewers

Thursday afternoons - 2:00 to 3:00 pm
Northern District Library - Room 224
40 Orchardview Blvd
(1 block north of Eglinton Station)

Spend an enjoyable afternoon listening to a range of performers. From author visits to musicians you will enjoy our entertainment on a weekly basis. Our 2018 winter session will host musicians, authors, explorers and more, don't miss out. No registration required.

January 18:

Music concert with cellist, essayist, and educator Amina Holloway

January 25:

Piano concert with Masterclass Players

For more information, please call:
416-393-7610

InkWell Creative Writing Workshops

Wednesdays, 2-4pm
CMHA Toronto Routes Location
2700 Dufferin St. Unit 90
Free, Drop-in, Light Snacks and TTC tokens provided
Wheelchair accessible, scent-free, nut-free

InkWell is a collective of award-winning writers who deliver high-caliber creative writing workshops in a positive and supportive environment. Workshops are free to attend for any adult over 18 who experiences mental health or addiction issues. Workshops give writers the tools they need to tell their stories or improve existing manuscripts. No writing experience is necessary.

Each instructor identifies as having lived experience of mental illness, though it should be noted there is no need to write about mental illness or disclose personal information. Consider joining us on a Wednesday afternoon for inspiration and motivation!

Workshop Schedule for January:

- Kathy Friedman: Jan. 10 – Fiction/Non-Fiction
- Mahak Jain: Jan. 17 – Kidlit
- Jeff Latosik: Jan 24 – Poetry
- Kathy Friedman: Jan 31 – Fiction/Non-Fiction

For more information:

www.inkwellworkshops.com

info@inkwellworkshops.com

Community Exercise Programs for Seniors 65+

10:00 to 11:00 OR 11:00 to 12:00 noon

Every Tuesday

Yorkville Library - 22 Yorkville Avenue

For More information please call: 416-393-7660

Each session includes a variety of exercises to improve endurance, strength and balance. Offered in partnership with CareFirst Seniors. Please bring your Health Card to the first session.

VanDuzer Art Studio - JANUARY Schedule

Eden Community Homes - 196 Beverley St.

Mondays:

9:00am-12:00pm Art Drop-in
12:00-3:30pm Sketching (and Fabric Painting) with Dan
4:00-6:00pm Pottery with Maury Marianna

Tuesdays:

9:00am-12:00pm Art Drop-in
4:00-6:00pm Art Drop-in

Wednesdays:

9:00am-6:00pm Art Drop-in
4:00-6:00pm Stone Carving with Alfredo

Thursdays:

9:00am-4:00pm Art Drop-in
4:00-6:00pm Pottery with Salvador

Fridays:

9:00-1:00pm Art Drop-in
1:00-3:00pm Beading
3:00-6:00pm Art Drop-in

Saturdays:

9:00am-6:00pm Art Drop-in

Sundays:

9:00am-6:00pm Art Drop-in

If you wish to become a member of the VanDuzer Art Studio, please contact Tamara to make an appointment for a tour.

Tamara Wilen, Art Studio Coordinator

Call: 416-977-3655 or 647-280-4931

Email:

twilen@edencommunityhomes.org

Web: <http://>

www.edencommunityhomes.org

Stress Management through Meditation

Tuesday, January 23

Tuesday, February 6

6:00 to 8:00 pm

Barbara Frum Library

20 Covington Road

Please join us for this stress relieving series. Feel transported to another realm by the beautiful chanting of sacred mantras and breathing meditation. Two methods of meditation will be taught and practised: one using the breath and another accompanied by beautiful music courtesy of Meditation Toronto.

Drop in, no registration required.

For more information:

Call: 416-395-5440

Web:

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT22364&R=EVT22364>

“Always bear in mind that your own resolution to succeed is more important than any one thing.”

Abraham Lincoln (former U.S. president)

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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