

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: Please call ahead of time  
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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**Next Deadline for Bulletin Submissions is : Tuesday, February 6, at noon.**

Please send to: [CSINFO@camh.ca](mailto:CSINFO@camh.ca)

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## Free \$25 LOBLAW CARD

Loblaw discovered that Canadians were overcharged for the cost of some packaged bread products in our stores and other grocery stores across Canada. In response, we're offering eligible customers a \$25 Loblaw Card, which can be used to purchase items sold in our grocery stores across Canada. Registering for and obtaining the \$25 Loblaw Card will not affect customers' right to participate in any class action or to receive any incremental compensation that may be awarded by the court.

For more information or to register please contact:

<https://www.loblawcard.ca/>

## New Drop In Hours

The drop-in will be open on first and third Tuesday of the month between 11:00 am and 2:00 pm and every Thursday from 11:00 to 2:00 pm. At other times, please call ahead.

The Empowerment Council Presents:  
Sex, Love, Relationships & Bodies: A  
workshop for women 25 years and  
OVER (Women include: Trans, cis-gendered  
and two spirit identified)

**FEBRUARY 28th 2018**

**1:30 – 3PM**

**1001 Queen Street West, Room TBA**

During this workshop you'll have a chance to think about bodies, relationships, sexual health and where to access supportive services.

Questions like. . .

What do I need to know about sexual health check-ups?

How do antidepressants affect orgasm?

How do I go about meeting people to date?

Where can I learn more about supports for dealing with abuse?

This workshop is the first in a series of workshops that will be run through the Empowerment Council on topics related to women's physical, emotional and social health needs.

Karen B. K. Chan

Sexual Health Promoter, Toronto Public Health

**TO REGISTER**

Email: [jessica.evans@camh.ca](mailto:jessica.evans@camh.ca)

or call 416 535-8501 Ext. 33013.

A Thank you to the participants of The Housing Stop Workshop.

Hello All,

My name is Britney Bennett, I facilitated the workshop entitled The Housing Stop Workshop, presented by the C/S Info Centre. We discussed such topics as The Toronto Transitional Housing Allowance, subsidized/ rent-gearred-to-income housing and the applications processes.

It was important for me to reach out to all of those who showed interest and attended The Housing Stop Workshop on Friday January 19, 2018. I appreciate you all taking the time to come out. It was an excellent turnout with amazing participants who shared their knowledge, experience and questions. As a second year Community Worker student I was grateful for the discussions that arose as it allows me to further my learning.

It was a pleasure to have the opportunity to share what I know and learn from members within the community. On behalf of CS Info, thank you!

## Crazy Talks

Tuesday, February 6, 2018

7:00 - 8:30 pm

OISE, Room 12-274 (12th floor)

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

Jeremiah Bach has officiated at many a mad community event. He wants to talk ethics in psych and peer work. Join the discussion.

Crazy Talks is a free public monthly event that encourages informal conversations on psych and mad politics. Some months we invite guest speakers to start our chat. Everyone is invited to listen and contribute.

Crazy Talks is not part of a mental health or university program. We are wheelchair accessible. ASL interpreters are available upon request. We meet every FIRST Tuesday of the month, same time and place.

Our twin event is Mad Stories, every LAST Tuesday of the month, same time and place. Mad Stories invites people to tell short stories, loosely based **on real life, without analysis or critique.** "Tell your story your way."

## Health Quality Ontario's Patient, Family and Public Advisors Council is currently recruiting new members.

The Patient, Family and Public Advisors Council ensures Health Quality Ontario's work and strategic priorities are guided by the lived experiences of Ontarians.

Made up of 24 individuals from across Ontario, members bring unique and diverse perspectives based on their experiences with the health system. Individuals serve a three-year term and come together four to six times a year to share their advice and insights into what quality health care looks like. Among the many issues the Council will discuss, its current priorities include transitions in care, long-term care and advancing best practices for patient and public engagement across Ontario.

Do you want to share your voice and help improve care for everyone? The Council is currently recruiting new members. [Apply by February 16.](#)

If you have questions, please reach out to us at [engagement@hqontario.ca](mailto:engagement@hqontario.ca).

## 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

[www.inkwellworkshops.com](http://www.inkwellworkshops.com)

[info@inkwellworkshops.com](mailto:info@inkwellworkshops.com)

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 February:

Feb. 7 - **Revision** with Stuart Ross

Feb. 14 – **Writing for Young People** with Mahak Jain

Feb. 21 – **Screenwriting** with Elyse Friedman

Feb. 28 – **Revision** with Stuart Ross

## The Toronto Public Library is adding 30,000 new streaming videos to their collection!

Toronto Public Library is now offering a platform, Kanopy, which lets you stream thousands of feature films, documentaries, international films and training videos, for free, on all of your devices – and all you need to create your account is an email address and a library card.

Here are the details:

You can access Kanopy films with your smartphone, tablet, PC or Smart TV

Kanopy is compatible with Roku, Android, iOS and Apple TV

You have three days to watch each film

You can access up to eight films a month

All films are fully accessible, with captions and transcripts, and

are compatible with screen reader software such as JAWS

To learn more, check out our Getting Started Guide.

The selection of films is outstanding. It includes titles from producers including the Great Courses and PBS, as well as award-winning indie, documentary and Canadian films. Hundreds of new titles are added each month

<http://torontopubliclibrary.typepad.com/digital-services/2018/01/presenting-kanopy-30000-new-streaming-movies.html>

\*Toronto Public Library (Press Release) Introducing Kanopy: 30,000 New Streaming Movies January 23, 2018

## Mackenzie House celebrates Black History Month on Family Day

February 18, 2013 –12:00 PM to 5:00 PM

82 Bond Street, Toronto 416-392-6915

Regular Admission :Adults \$5.71, Seniors \$3.54, Youth \$2.62, Children: \$2.65 (plus tax) Children (4 and under): Free.

“Visit Mackenzie House on Family Day and learn more about the early Black community in Toronto, including those who published newspapers. Print a souvenir copy of Mary Ann Shadd Cary's newspaper, The Provincial Freeman, in our re-created 1850s Printshop! Children can try illumination - colouring previously drawn and printed pictures - which was a popular practice in the 19th century.”

## Black, Indigenous and People of Colour Support Group

1st\_Tuesday\_of\_the month from 1:00-3:00 pm, and The 2nd Tuesday of the month from 7:00 to 8:50 pm

Mood Disorders of Ontario, 36 Eglinton Ave. West. Suite 602, Toronto

This free peer support group is for individuals identifying as a person of colour. This is a respectful and safe space to discuss mental health challenges as they relate to the complex identities and experiences of racial minorities in Ontario.

Website: [www.moooddisorders.ca](http://www.moooddisorders.ca)

Phone :1-866-363-MOOD (6663).

## C/S Info Tax Clinic: Tax Season starting March 5th!

We will start to accept appointments starting Tuesday, February 20th.

**Even if you don't owe money** to the government, there are three good reasons to do your taxes before April 30:

1. To ensure your HST, Trillium and Canada Child benefits keep coming to you. Assistance to understand and complete application forms
2. If you live in rent-g geared-to-income, you need to show your CRA Notice of Assessment to your housing provider to prove you are still low income. Your rent will be set to the income on your Notice of Assessment.
3. If you are over 65, the Notice of Assessment is the proof that you are still low income and that will keep your GIS (Guaranteed Income Supplement) flowing. If your taxes are late, you could be cut off from part of your income in July.

**If you owe money, it's even more important to do your taxes** before April 30th to prevent penalties and interest from adding up.

Here at C/S Info we have a Community Volunteer Income Tax Clinic. What does that mean? We have wonderful volunteers here who can file your taxes, free of charge.

We only do simple returns that meet the following criteria:

- Must be a consumer survivor (identify as having a psychiatric or addictions history).
- Have income under \$30,000.
- Don't have self employment income or expenses.
- Don't have rental income (you aren't a landlord).
- Don't have capital gains (you aren't selling stocks, bonds, second properties) or have over \$1,000 interest income for the year.
- Didn't declare bankruptcy in the year we're filing your taxes for.
- Weren't widowed in the year we're doing your taxes for.

For the month of March, we will only file 2017 returns.

*For more info, please give us a call at 416-595-2882*

## Career Development



# TORONTO NORTH SUPPORT SERVICES

*Mental Health and Homeless Services*

Position: Peer Support Facilitator. Part-time Contract

Reports to: Project Manager. Closing Date: February 2, 2018

The Peer Support Facilitator will provide supports to a group of complex clients, including individuals who are experiencing health and mental health challenges, homeless and/or substance use.

Toronto North Support Services uses the Mental Health Commission definition of peer support. That is, someone with lived experience of a mental health challenge or illness is in a positive state of recovery and has developed an ability to provide peer support. The primary role of the position is to collaboratively create, coordinate and facilitate a drop-in program. The position will also assist clients to access community services and social/recreational activities. It will provide peer support to clients who are hospitalized or who require accompaniment to medical, legal and social services appointments. This position also responsibilities related to documentation.

The position works with a wide range of team members, including case managers, peer support staff, a nurse and psychiatrists, who work cooperatively to assess, plan, treat and support clients.

### Education, Knowledge and Skills:

Knowledge of issues affecting individuals who access TNSS services such as poverty, homelessness, unemployment, stigma, and isolation.

Experience coordinating programs and facilitating groups.

Demonstrated experience and/or training in the provision of peer support in the adult mental health sector

Comprehensive knowledge of community resources for mental health and substance abuse in North York and the GTA  
Sound judgment that is, first and foremost, respectful of the consumers being served and is based on the use of recovery-oriented standards

Ability to handle stressful situations and recognize the signs of someone going into or experiencing a crisis

Demonstrated awareness of and sensitivity to diversity issues and ability to work within an anti-racist, anti-oppression framework

Computer literacy and experience with Microsoft Word

Experience working, and developing relationships with marginalized individuals from diverse racial and cultural backgrounds.

Training in the following areas: Crisis Prevention, WRAP, Recovery, Harm Reduction, Trauma informed approach, anti-oppression/anti-racism, mental health and addiction an asset.





#### Position Description

Provide support that is rooted in harm reduction and trauma informed

Facilitate groups in a way that relates to and engages with individuals from a peer perspective

Collaborate with case managers on how best to support individuals in the program

Provide individuals with supportive listening and encouragement

Facilitate client interaction with each other in group setting

Work collaboratively, respectfully and constructively with clients, team members, other service providers, volunteers, management and external stakeholders

Assist with crisis intervention as needed

Document client-related activities on the Client Information System's database

Participate in case review meetings, team meetings and training sessions as required

Work from a harm reduction approach and a Recovery perspective

**Work cooperatively with team members and other service providers in order to better meet client's needs**

Other duties as assigned by the Project Manager

Identify self-care needs to Supervisors

Please forward your resume and cover letter to Arif Nizami at HR@tnss.ca or by fax to 416-640-2817.

Applications will be accepted until 5:00 pm on February 2nd 2018.

Toronto North Support Services is a workplace that is characterized by respect, choice and inclusion. We strive to foster a workplace that reflects the diversity of the community we serve and welcome applications from all qualified applicants. We encourage applications from those who are consumers of mental health services.

We strive to foster a workplace that reflects the diversity of the community we serve and welcome applications from all qualified candidates; however, only those selected for an interview will be contacted. If you require accommodation in the interview process please communicate that if contacted.

#### Mini-Repair Café at HackLab!

**Saturday, February 3, 2018, 1:00 pm-4:00 pm**

1266 Queen Street West – Suite 12, Toronto, ON, Canada

Visitor registration ends at 3:00 p.m.

This is a mini-Repair Café for small appliances, electronics and clothing only.

<http://repaircafetoronto.ca/info@repaircafetoronto.ca>

When shifts and transitions in life shake you to the core, see that as a sign of the greatness that's about to occur.

Unknown

What if you simply devoted this year to loving yourself more?

Unknown

## Bridges To Moms

Are you a pregnant or parenting woman looking for support with drug and alcohol concerns? We can help.

We provide services to women, who are pregnant or parenting (children ages 0-6) who have issues with substance use (drugs/alcohol).

### Our Approach

Mobile – **we'll come to you**

Harm reduction-we respect your goals to reduce your use

Non- judgmental

Strengths-based – we focus on what you do well

Woman - centered – we care about empowering women

### Bridges to Moms

Discuss where you are at and help you set goals

Provide supportive counselling

**Help you communicate with Children's Aid workers**

Advocate for you and help you access resources (ex. Housing)

Provide information about other community services

Help to improve parenting skills

### Moms and Kids Too (MK2)

MK2 is a 21-day community-based treatment group for women and their children. We meet 33 days per week. Breakfast and lunch are provided.

The MK2 Program includes:

Specialized activities to promote bonding with your child

Discuss factors that lead women to use substances

Practical strategies to decrease use and/or maintain abstinence

Parenting workshops and support

Sessions to encourage women's health and well-being

## Bridges To Moms and Moms and Kids Too (MK2)

Sheridan Mall Site

2202 Jane St. Unit 5

Toronto, ON

M3M 1A4

Monday 9am-5pm

Tuesday 9am-8:30pm

Wednesday 9am-5pm

Thursday 9am-8:30pm

Friday 9am-5pm

Saturday & Sunday Closed

### Contact

Audrey: Program Manager

Mobile – 416-993-8810

Office – 416-249-8000 x 3237

For South Simcoe and Northern York Region location and more information:

Tharshiga: 905-806-0389

Addiction Outreach Counselor

This project is funded by the Central LHIN

Bridges to Moms is a collaborative initiative between Black Creek Community Health Centre, The Jean Tweed Centre and ASYR Addictions Services for York Region

**“The most common way people give up their power is by thinking they don't have any.”**

**Alice Walker**

**The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.**

**Russel M. Nelson**

## Things To Do

### Toronto Light Festival

**When:** Every Thursday January 19, 2018 - March 4, 2018

**Event Time:** 5:00 pm - 10:00 pm

**Where:** The Distillery District  
9 Trinity St

**Cost:** Free

The Toronto Light Festival is a new visual journey and an imaginative cerebral adventure. During the cold, dark days of winter, City residents will be drawn out of their traditional indoor habitats to experience Toronto in a way they never have before. The Festival exhibits the creativity of local and international artists and is a winter experience designed to entertain & inspire.

For more information:

**Website:** <http://www.torontolightfest.com>

### Catch a Free Concert with the Canadian Opera Company

Most Tuesdays and Thursdays Noon

(All winter long.)

145 Queen St. W., Toronto

(Across from Osgood Subway Station)

Keep warm and enjoy a concert in one of the city's most breathtaking and intimate spaces. Located in the Four Seasons Centre For the Performing Arts, the Richard Bradshaw Amphitheatre is home to free concerts presented by the Canadian Opera Company (COC) all winter long. Artists from around the world and the COC ensemble share their talent in six series: vocal, piano, jazz, dance, chamber and world music. Concerts take place most Tuesdays and Thursdays at noon, and some Wednesdays at noon or 5:30 p.m.

All winter long.

<https://www.coc.ca/plan-your-visit/free-concert-series>

Or call: 416-363-6671

### 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!

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