

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 10am to 4pm • 416-595-2882

Drop-in Hours: 11-2pm 1st and 3rd Tuesday of the month and every Thursday • 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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C/S Info and Sound Times

Update on Integration:

Last month we informed you that the Consumer-Survivor Information Resource Centre (CSIRC) and Sound Times were looking at merging.

By joining together, we will be able to enhance our valued information and tax help services. We will be in a position to offer new services and reach more people in our community with information and support with their personal health and other important needs. For example, we will look at better ways to deliver information directly to individuals who don't have a computer and may not be aware of the Bulletin or other services and supports.

I am very pleased to inform you that CSIRC intends to join Sound Times as of April 1, 2018.

The tax clinic services will be available for the 2017 tax season. Like past years, people interested in tax help can inquire by calling 416-595-2882.

The Bulletin is continuing at this time. Sound Times is likely to look at ways to further improve and expand upon this and other information services over the coming year.

You will be kept informed and are encouraged to share your ideas and input about what kind of information is important to you and how you want to receive it.

We are confident that the integration with Sound Times would serve our community and partners well.

If you have questions or thoughts about the integration plans, as always, please contact us at:

Christine Miranda - C/S Info - 416-595-2882
christine.miranda@camh.ca

Lana Frado - Sound Times - 416-979-1700
lanafrado@soundtimes.com



Althea Knight art www.altheaknight.com

Community Announcements

Creative Writing Workshop for All

Friday, March 2, from 1-2:30pm

Location: CAMH - 1001 Queen Street West
Community Centre in the Annex Room,
across from the women's washroom

Come and express yourself through words in a fun, safe, welcoming and supportive environment. Trained by the Toronto Writers Collective, Dominique will lead you through a variety of prompts that will help to get you writing. If you wish to share your words you will get only positive feedback. You are always free to pass on reading your work out loud. Paper and pens will be provided so bring yourselves to a session that asks only for your willingness to come to a place where you can let go and see where the writing takes you.

No creative writing experience needed!

Dominique Davies has written from a young age and greatly appreciates the power of the page to hold thoughts, feelings and ideas. She writes memoir, plays, **short stories and poetry**. Dominique has a **Master's in English Literature**, a Diploma in Expressive Arts Therapy and has led creative writing groups across the city.

To register, please call C/S Info at 416-595-2882
Register soon as space is limited.

Tokens and light refreshments available.

Houselink: Road to Employment' February 2018 Workshops at The Libraries

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

February 20 - Advanced Computers Skills –
Excel & Word!

Presented by: Tobias Henkes – Consultant &
Tara Pishghadam – YMCA LOP Program

February 27 - Customer Service Skills in the
Business World!

Presented by: Tara Pishghadam – YMCA Learning
Opportunities Program (LOP)

Wednesdays 1:00 -3:00 pm at Bloor-Gladstone Library:
1101 Bloor St West (1 Block East of Dufferin Station)

February 21 - Education: Assistant Cook ,
Construction

Presented by: Alexis Goncalves – George Brown College

February 28 - Coop Engineering, Accounting &
Office Assistants

Presented by: Anne Bennett – TDSB' Yorkdale
Adult Learning Centre

For more information:

416-516-1422 ext 268

Email: angelaza@houselink.on.ca

Woodgreen Financial Empowerment Free Income Tax Clinics

Woodgreen Community Services offers a free tax clinic for people who are living on a low income and have a simple return. There are locations across the city. For more information or to book an appointment:

Call the tax line: 416-645-6000 ext 1187

or email: taxclinic@woodgreen.org

Community Yoga

Tuesday, February 27 6:30 to 7:30 pm

Annette Street Library

145 Annette Street (west of Keele Street)

A community-run yoga class for all levels - beginner and advanced practitioners alike. Bimonthly. All you need is a mat and water bottle. If you'd like to teach some classes let library staff know! (Reoccurs: Mar 13 & 27)

Phone: 416-393-7692

Black, Indigenous and People of Colour Peer Support Group

Mood Disorders Association of Ontario
36 Eglinton Avenue West, Suite 602

A peer support group 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.

This group runs on the
1st Tuesday of the month from 1:00-3:00 pm and the
2nd Tuesday of the month from 7:00-8:50 pm.

For More information:

Call: 416-486-8046

Web: <https://www.mooddisorders.ca/>

The moment in between what you once were, and who you are now becoming, is where the dance of life really takes place.

Barbara De Angelis

Sleep & ABI Workshop

February 22, 2018 from 1:00 PM – 3:00 PM
LOCATION : Friends House
60 Lowther Avenue Toronto, ON M5R 1C7

Is insomnia keeping you up?

Join BIST for an afternoon lecture with neuropsychiatrist Dr. Celeste Thirlwell, B.Sc (neuro), MD, FRCPC at Friends House.

Dr. Thirlwell is the Director of the Sleep Wake Awareness Program at the Centre for Sleep and Chronobiology, and the developer of "SWAP" – a Sleep Awake Wellness Program. SWAP is a multi-disciplinary program which provides sleep/wake health education for patients. Dr. Thirlwell evaluates the whole of a patients' medical history and assists them to "SWAP" maladaptive

LUNCH PROVIDED BY NEINSTEIN PERSONAL INJURY LAWYERS

To Register:

<https://www.eventbrite.ca/e/sleep-abi-workshop-tickets-41521840944>

Reclaiming Yourself After Abuse

North York Women's Centre is a community of diverse women providing programs, resources and support that empower women to effect positive change.

Reclaiming Yourself after Abuse is a 10 week group program for women who have experienced violence in intimate relationships. The group provides a supportive environment where women will explore the impacts and effects of abuse, examine their personal responses, strengthen individual coping skills and develop strategies for moving forward.

Registration is now open for Spring 2018:

Tuesday 6:00 to 8:30 pm

March 6-May 8, 2018

116 Industry Street (Weston Rd and Eglinton)

Intake appointments before the program begin are required. To schedule an appointment: 416-781-0479

Intake Assessment dates:

Tuesday, February 20 and Tuesday, February 27

Visit www.nywc.org

Nourish Your Mind, Body and Spirit

Tuesday February 27 - 6:30 to 7:30 pm
Walter Stewart Library
170 Memorial Park Ave
(west of Coxwell Ave, north of Mortimer Ave)

Connect with your inner power and take charge of your well-being. Learn how to transform your lifestyle, increase your motivation, set goals, commit to daily self-care and spirituality routines, create an Action Plan, overcome obstacles, and celebrate your successes. Based on the strategies and tools from Susan Sommers's second book on health and fitness, Love Your Body...Embrace Your Life!

Speaker: Susan Sommers is an award-winning health and fitness expert and a two-time Marathoner. She has taught and lectured extensively in universities and conferences across Canada and the United States.

Everyone welcome. Drop in. No registration required. Free.

Phone: 416-396-3975

Disclosure, Accommodation and Background checks

Here's a brief summary by C/S INFO of the "Accommodation and Disclosure Workshop" hosted by the C/S INFO, Friday January 12, 2017. Presented by David Oddie, Social Worker, B.Sc., M.A., M.S.W., R.S.W., SDH Service, Complex Care and Recovery Program, CAMH

DISCLOSURE

Disclosure is when you share information about your health in the workplace. You have the right not to disclose and an employer does not have the right to ask you about your diagnosis or treatment though they may not know this. If you are thinking of disclosing, brainstorm any accommodation or other employer support that would help you do your best work. Also, think about whether any of your symptoms or medication side-effects, affects your ability to work well.

When disclosing, it can be helpful to describe your health in general terms such as 'a medical condition' and describe your symptoms rather than name a diagnosis. Explain how it affects your performance and name the accommodations that would enable you to do your best work. Plan what you are going to say ahead of time.

ACCOMMODATIONS

Some aspects of accommodations include: changes to the school/workplace or its procedures, minimizing or removing barriers to success for someone with a mental or physical disability, asking for accommodation requires a degree of disclosure (which is one of the most challenging parts of accommodation), and disclosure should always involve a clear discussion of confidentiality.

Brain Health

Saturday, February 24 - 1:00 to 2:30 pm
St Lawrence Library

171 Front Street East (at Sherbourne)

Use interactive games and exercises to learn about key principles of brain health that may reduce your risk of dementia. In partnership with Alzheimer Society of Toronto.

Phone: 416-393-7655

Examples of accommodations include: flexible hours, instructions given both orally and in writing, extended learning period, mentor, changing exam time and/or environment and modifying physical environment.

BACKGROUND CHECKS

It is not legal for an employer to ask if you have a criminal record, with a few exceptions such as a requirement to be bonded or work with vulnerable persons. The legal version of the question is usually "Have you been convicted of a criminal offence for which you have not received a pardon?"

You have the right to ask for a copy of the record from the police services where you live. You may have to make separate requests if you have lived or had contact with the police in other locations.

Your employer or volunteer agency must have your consent to do a police record check and a search cannot be done without your agreement. Also, you may agree to one level of check (such as a criminal record check) but not another (such as a vulnerable sector check).

If you have no history with the police, the record check will come back as "clear". If there is a history, the employer or volunteer agency will be notified and they will likely ask you for information regarding this.

Please feel free to get in contact with David Oddie at 416-535-8501 ext.32084 if you'd like to learn more.

Achieve "Shelf" Control

Friday, February 23 - 2:00 to 3:30 pm
Don Mills Library - Auditorium
888 Lawrence Ave E (west of Don Mills Rd)

Learn the basics of home organization and decluttering. Topics covered include getting started, how to do it and how to stay organized. Presented by Professional Organizer Cherri Hurst, who has thirteen years in the business.

For more information or to register call 416-395-5710

His Dream Lives On

Today is a day we all sing
In honor of Martin Luther King

Wherever people fight to be free
His name is remembered with dignity

When black people weren't treated right
He stood strong to lead the fight

He fought with love, not guns or darts
He changed peoples' minds and their hearts

But some people didn't like his words
He was taken away, to a better world

Yet his dream lives on, that all can be free
When we knock down the walls between you and me

Martin Luther King's life did not last
But his dream and his spirit are free at last



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My Secrets for Healthy Living

Thursday, February 22 - 2:00 to 3:30 pm
Humber Bay Library

200 Park Lawn Rd (north of the Queensway)

This presentation by Lindsay Atkinson, certified fitness and nutrition coach, will give you tips on how to lead a healthier lifestyle both nutritionally and physically.

Please call 416-394-5300 to register for this program.

Stress Management through Meditation

Tuesday, February 20 - 7:00 to 8:00 pm

Barbara Frum Library
20 Covington Rd

(west of Bathurst St & north of Lawrence Ave W)

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.

(Reoccurs: Mar 06 & 20, Apr 10 & 24)

Phone: 416-395-5440

Black Trauma

DATE AND TIME Saturday, February 17, 2018

10:00 AM – 4:00 PM

LOCATION Toronto Plaza Hotel
1677 Wilson Avenue

FREE ADMISSION and LUNCH will be provided
Door Raffle!

DESCRIPTION

Essence of Mind Outreach Program in recognition of Black History Month Presents "Black Trauma"

Join our courageous panel members as they share their stories of trauma and the progress developed in their lives. What is Trauma? Types of Trauma? How to recover from Trauma?

****DISCLAIMER: Please note that this event will be videotaped and also photographed ****

Presentations:

"Trauma in the Black Community: Toward Resilience and Recovery"

Deanne Edwards Ed.D. (Cand.), M.Ed., C. Psych. Assoc. and Sharon Barrett, MSW, RSW

"What is Post Traumatic Slave Syndrome and how to we reverse the curse"

Dewitt Lee III - Co-founder of Emancipation Month

To register for this event email your full name to info@myessenceofmind.org

Eventbrite: <https://www.eventbrite.ca/e/black-trauma-tickets-42296953326>

Community Supports and Announcements



The Dream Team is currently looking to diversify and expand its membership.

We strive to represent the diversity of people living with mental health and/or addiction issues in Toronto. We are currently strengthening our organization by actively recruiting: Youth/people 18-29, People of Colour/racialized people, Members of the LGBTQ+ community, Indigenous peoples, Immigrants & refugees. We welcome all applications, but individuals from the equity-seeking groups will be prioritized for membership.

Do you believe that all people have the right to safe, secure and affordable housing?

- Are you a current or past supportive housing tenant?
- Are you passionate about social justice?
- Are you willing to publicly share your story in order to fight stigma and discrimination?

If being a part of our team interests you, contact the Dream Team at:

coordinator@thedreamteam.ca

Paint with Me

Thursday, February 15

1:00pm – 2:30pm

Meet: Maria A. Shchuka Library – Meeting Room

1745 Eglinton Ave W (east of Dufferin St)

Join us for an afternoon of colour, beauty and paint! Follow step by step instructions to create your very own canvas painting! Bring your creativity, imagination and painting skills for an afternoon of fun! Drop in. No registration required. (Reoccurs: Mar 22, Apr 19)

Phone: 416-394-1000

Wonderful Friend

You're a truly wonderful friend,
A short message I would like to send.
Over time, I did observe,
In this life, many things you deserve.
I'm not simply trying to flatter,
Mistakes from the past don't really matter.
You just need to look ahead,
Love from your heart, continue to spread.
I know everything will be alright,
Since we're a team in this fight.
So remember, you're not alone,
Right next to you, there's your mental clone.
by AnitaPoems.com

Black History Month Celebration

Money Power and Resistance

Wednesday, February 28 5:00 PM – 8:00 PM

Warden Woods Community Centre

74 Firvalley Court

Join us at Warden Woods Community Centre as we celebrate Black History month in partnership with York University; The Harriet Tubman Institute and Access Alliance,

" Money, Power and Resistance"- A community forum on cooperative banks among racialized Canadians.

Guest Speakers

- Mr. Obed Asamany, Ghana Cooperative Susu Collectors Association
- Dr. Caroline Shenaz Hossein, York University
- Ms. Susan Henry, Alterna Credit Union
- Ms. Ginelle Skerritt, Warden Woods Community Centre

To register:

<https://www.eventbrite.com/e/black-history-month-celebration-money-power-and-resistance-tickets-42794588767>

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

Locations:

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 [hiring@soundtimes.com](mailto: hiring@soundtimes.com).

Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity.

Not all applicants will be selected for interview.

Employment Ontario Information Session

Wednesday, February 21 or 28

10:00 am to 11:00 am

Regent Park Employment Services

402 Shuter Street

Info Session Explores:

Employment Ontario programs for job seekers (second career, literacy and basic skills and youth employment

Free services and programs at Regent Park Employment Services

Free Access to Job search resources, workshops, resume writing, financial literacy, workplace culture, employability skills, mentorship and networking support referral to other services.

Job development, one-on-one support to determine employment needs

Sign-up now:

Email: esc.info@dixonhall.org

Call: 416-863-0499 ext. 2080

The moment in between what you once were, and who you are now becoming, is where the dance of life really takes place.

Barbara De Angelis

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

Walking Group

Every Thursday

Time: 10:00am – 11:00am

East End Community Health Centre

1619 Queen St E (@ Coxwell Ave)

Join us Thursday mornings for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving.

Phone: Zari Atai 416-778-5805 x222

Website: www.eastendchc.on.ca

Toronto Meal Programs

Cornerstone Urban Church
40 Oak Street (near Dundas & Parliament)
416-203-7117

Saturday: Dinner 5-6:30 pm

Maxwell Meighen Centre
135 Sherbourne St.
416-366-2733

Monday, Wednesday, Saturday: lunch 12:30pm
(pick up a ticket at 11:30am)

Good Neighbours Club (for men over 50 only)
170 Jarvis St.
416-366-5377

Monday – Sunday, breakfast 8:15am – 9:15am
lunch 12-2 pm

Saturday, dinner 5-7pm

Salvation Army Gateway
107 Jarvis St
416-368-0324

Every day EXCEPT Tuesday and Friday,

Dinner 4:30-5:30pm (pick up ticket from 1-4pm)

519 Community Centre

519 Church St

416-392-6878

Sunday, breakfast 10am

Lunch 12noon

Monday, dinner 6pm (trans)

Wednesday, dinner 5pm (trans youth)

Toronto Council Fire

439 Dundas St East

416-360-4350

Monday – Sunday, lunch 12-12:30pm

Monday – Thursday, dinner 4-4:30pm

Good Shepherd Centre

412 Queen St East

416-869-3619

Monday – Sunday, dinner 2-4pm

Salvation Army

77 River St

416-304-1982

Monday, lunch 11am-12noon

Tuesday-Friday, lunch 9am-12noon and 1-3pm

Back Pain Simple Tips for a Not So Simple Problem

Thursday, February 15 - 6:30pm – 7:30pm
Walter Stewart Library - 170 Memorial Park Ave
(west of Coxwell Ave and north of Mortimer Ave)

A short description of back pain and its causes followed by a presentation of easy exercises and stretches that can be done daily to prevent and manage back pain.

Speakers:

Dr. Sangeeta Oza practiced medicine for 30+ years and now focuses on Lifestyle Medicine, believing in the value of adding lifestyle interventions into a patient's medical treatment prescription. She believes that although Western medicine has an important role to play in treating and managing disease, integrating lifestyle medicine is just as important, if not more, in treating non-communicable diseases which are causing a heavy burden on the health of our communities and on our medical system.

Everyone welcome. Drop in. No registration required. Free.

Phone: 416-396-3975

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

Feelings are just visitors, let them come and go.

Unknown

Monday Memoir Writers Group

Every Monday until April 3, 2018

Time: 2:00pm –4:00pm

Lillian H Smith Public Library

At: 239 College St (east of Spadina Ave)

The Memoir Writers group meets at the library every Monday afternoon except holidays. Come share your ideas and develop your style! New members are welcome.

For more information please call 416-393-7746

Community Announcements

Tax Season is upon us!

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-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.**

From now until May or June, we will only file 2017 returns. Once the current tax season is over, we will once again help with filing past and current year returns. CRA allows you to file as far back as 10 years.

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

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!



Creative Writing Group

Every Thursday - 2:00pm – 4:00pm

Routes - 2700 Dufferin Street, Unit 90 (@ Briar Hill)

Routes is now offering free drop-in creative writing classes at *Routes*. Anyone over 18 living in Toronto with a mental health or addictions issue can come!

InkWell's award-winning team of professional writers with lived experience of mental illness facilitate workshops in fiction, creative non-fiction, poetry, playwriting, and spoken word. The workshops offer instruction on writing craft, provide writing prompts and time to develop written work, and create a supportive community through the **sharing and discussion of participants' writing**. Each session includes time for both writing and sharing.

Phone: 416.781.4199

Things to do:

Social Drop-In Group

Every Thursday

Time: 1:30pm – 3:00pm

At: 61 Pelham Park Gardens (south of Davenport)

This program provides adults in the community with access to a variety of social, recreational and educational activities. It's a great opportunity to meet others who live in the area and get information on other programs at Davenport Perth Neighbourhood Community Health Centre - DPNCHC and the Davenport area.

Phone: Eileen Hannan, 416-656-8025 ext. 370

There are some things one can only achieve by a deliberate leap in the opposite direction.

Franz Kafka

High Park Walking Tours

Every 1st and 3rd Sunday of the month

Time: 10:30am – 12:00pm

Location: Meet at the benches just south of Grenadier Café and Teahouse in High Park

Sunday morning casual gatherings offering observations on the various elements of the park. Each walk has a different theme and is led by volunteer scientists, historians, and local naturalists who will help you to understand and explore High Park's many characteristic features. May go on natural trail so dress appropriately. Meet at the benches just south of Grenadier Café and Teahouse in High Park.

Phone: 416 762-3453

Website: <http://www.highpark.org/programs/high-park-walking-tours/>

Winter Rouge 2018

Sunday, February 18 - Time: 11:00am – 4:00pm

Rouge National Urban Park - 1749 Meadowvale Rd

Parks Canada is bringing the winter games to the GTA this Family Day long weekend! Get outside and get moving with a full day of winter activities and sports in Rouge National Urban Park. Improve your slapshot, learn to curl, enjoy some winter birding or nature walking. This event is free and no registration is required.

For more information call 416-264-2020

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!

Supported by:

