

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 10 am to 4 pm • 416-595-2882 • [csinfo@camh.ca](mailto:csinfo@camh.ca)

Drop-in Hours: 11 am -2 pm, 1st & 3rd Tuesday of the month and every Thursday • [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.*



## Table of Contents

Financial Information	1
Upcoming Workshops	2
Community Supports and Announcement	3
Mental Health Activism	5
Career Development	6
Things to Do	8

## How to File a Simple Tax Return

**Date: Tuesday, March 6, 2018**

**Time: 6:30 to 8:00pm**

**Location: Flemingdon Park Library,  
29 St Dennis Drive**

A representative from the Canada Revenue Agency (CRA) will facilitate the Teaching Taxes course. The course will help you understand why you pay taxes and how taxes are used. It also teaches the basics of taxation, rights and responsibilities as a taxpayer and how to complete a simple tax return.

To register: 416-395-5820 or [www.torontopubliclibrary.ca/](http://www.torontopubliclibrary.ca/)

## Financial Abuse Prevention

This seminar identifies the top forms of financial abuse. Learn about the red flags and where you should go for help. Presented by the Canadian Bankers Association, at the following Toronto Public Library locations:

Friday, March 2 - 2:00 pm to 3:00 pm

Beaches - 2161 Queen Street East - 416-393-7703

Monday, March 26 - 2:00 pm to 3:00 pm

Runnymede - 2178 Bloor Street West - 416-393-7697


## Tax Season is upon us:

Three good reasons to file your taxes before April 30:

1. Ensure your HST, Trillium and Canada Child benefits continue uninterrupted
2. If you live in rent-gated to income, you'll need to show your Notice of Assessment
3. If you are over 65, your Notice of Assessment is proof to keep your Guaranteed Income Supplement flowing.

If you are living on a low income, give us a call and we can help you find a free tax clinic near you - 416-595-2882

# Upcoming Workshops



## Empow(HER)

**OPEN TO WOMEN OF COLOUR AGED 16-24**

THURSDAYS FROM 4-6 PM ON:  
 ☼ MARCH 8 ☼ MARCH 15 ☼ MARCH 22 ☼ MARCH 29

Join us for a fun-filled 4-week group on developing healthy relationships with others, and most importantly, within ourselves.

Have fun, learn, and make new friends!

Volunteer hours, food, and TTC tokens will be provided!

SPACE IS LIMITED. FOR REGISTRATION, CONTACT:  
 STEPHANIE  
 (416) 593 7655 EXT. 4922  
 STEPHANIES@WHIWH.COM

**25**  
 WOMEN'S HEALTH  
 IN WOMEN'S HANDS  
 COMMUNITY HEALTH CENTRE  
 INCREASE • INNOVATE • IGNITE

WE ARE LOCATED:  
 2 CARLTON STREET  
 5<sup>TH</sup> FLOOR  
 TORONTO, ON  
 M5B 1J3  
 (COLLEGE SUBWAY STN)

## Creative Writing Workshop for All

Date: Friday, March 2, 2018

Time: 1:00 pm - 2:30 pm

Location: CAMH, 1001 Queen St West,  
 Community Centre (Annex Room,  
**across from the women's washroom**)

Cost: Free!

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, space is limited! Tokens & light refreshments available.

"I've interviewed and portrayed people who've withstood some of the ugliest things life can throw at you, but the one quality all of them seem to share is an ability to maintain hope for a brighter morning, even during our darkest nights. So I want all the girls watching here, now, to know that a new day is on the horizon! And when that new day finally dawns, it will be because of a lot of magnificent women, many of whom are in this room tonight, and some pretty phenomenal men, fighting hard to make sure that they become the leaders who take us to the time when nobody ever has to say "Me too" again."

- Oprah Winfrey

"What I know for sure is that speaking your truth is the most powerful tool we all have."

- Oprah Winfrey

# Community Supports and Announcements



**A voice for the clients of the  
Centre for Addiction and Mental Health**

## **Sex, Love, Relationships & Bodies**

**A workshop for women 25 years and over**  
(Women includes trans, cis-gendered and two spirit identified)

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

*What do I need to know about sexual health checkups?  
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?*

**FEBRUARY 28th 2018**

**1:30 – 3PM**

**1001 Queen Street West**

**KAREN B. K. CHAN**

**TORONTO PUBLIC HEALTH**

**TO REGISTER**

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

**Or, call 416 535-8501 Ext. 33013.**

**REGISTER**

"The question you must ask yourself isn't will you get a happily-ever-after? The question you need to ask yourself is, will you be able to live with yourself if you don't let yourself have a happily-now, and end up having nothing at all?"

- Karen Marie Moning (author)

"Never bend your head. Hold it high. Look the world straight in the eye."

Helen Keller



# Community Supports and Announcements

## Day Withdrawal Management Services



UHN

Day Withdrawal Management Services is a 28-day program. The program offers services to women with substance use issues. It is for women in the post-acute stage of withdrawal from alcohol and/or drugs.

At this program, you can learn how to manage your withdrawal symptoms in a supportive community setting.

### The program offers these services:

- Pre-treatment support
- 1 on 1 counselling and support
- Treatment plans tailored for you
- Support groups that help you learn about life skills
- Support groups where you can share experiences and feelings about addiction and treatment
- Auricular acupuncture (ear acupuncture)
- Case Management

### Who can join the program?

This program is open to women who have substance use issues. You must be 16 years of age or older to join. If you are under 16 years of age, you can join with consent from a parent or guardian.

### When and where is the program?

The program is Monday to Friday, from 10:00 am to 3:00 pm. Meals are provided.

### How do I join the program?

Call us directly at 416-392-9281 or call Central Access at 1-866-366-9513.

You do not need a doctor's referral to join.

When you call, the program staff will ask you some questions. Then she will let you know what day you can start.

Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)  
© 2017 University Health Network. All rights reserved.  
This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

Author: Women's Own Withdrawal Management Centre  
Revised: 02/2017  
Form: D-5917

UHN-0



**Patient Education**

*Improving health through education*

# Community Supports and Announcements

## Safe Injection Site comes to Downtown!

**Fred Victor's** received an Exemption from Health Canada and will open a Safe Injection Site (SIS) at Queen Street East and Jarvis Street.

Starting Wednesday, February 21, 2018, the SIS will open from 6 pm to 12 am daily at 139 Jarvis Street (downstairs).

## 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](mailto:taxclinic@woodgreen.org)

## Computer Help!

Martha Gandier offers fellow consumers/survivors free over-the-phone or remote online computer advice and support with computer repairs, upgrades, installations, networking, virus and spyware scans as well as clean-ups, coaching in MS Office, etc.

She can be reached at: [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416-595-2882 and we'll email Martha for you.

If you have any computer article suggestions for Martha please let her or us know!

To see previous articles by Martha, please go to C/S Info's The Bulletin page on the website.



## Mental Health Activism!

All too often, services needed to improve quality of life for people living with mental health and addiction challenges are unavailable or have extensive wait lists due to lack of funding to hire staff to run programs which are proven to be effective in harm reduction; especially those which are strengths-based and recovery-focused. The result is that people who are already struggling are suffering needlessly.

According to CMHA Ontario's website, in 1979 mental health funding occupied 11.3% of the total health budget. Currently, only 6.5% of the budget is allocated toward mental health and addictions. To break it down into concrete numbers, the 2017 budget allocated \$54 billion for healthcare. Of that, only \$3.5 billion was directed to funding for mental health and addictions. #erasethedifference is a campaign to balance out healthcare spending between physical and mental healthcare.

Agencies across the province are scrambling for funding.

How can we expect other people to make the changes to the system we know need to happen, if we do not raise our voices and make our needs known? How much longer must agencies remain underfunded? How many more people need to fall between the cracks in a drastically underfunded mental healthcare system that too often fails the very people it was originally intended to help?

On June 7, 2018, we face an election. CMHA Ontario is calling out for Ontarians to band together and sign their petition. This is an opportunity for all of us, whether we have lived experience or not, to send a clear message that this disparity in funding is not acceptable. To read their powerful message, or sign the petition, please go to <https://erasethedifference.ca/>

# Career Development



**WOMEN'S ENTREPRENEURSHIP  
FESTIVAL / WESTON-MOUNT DENNIS**



# EMPOWER YOUR ENTREPRENEURIAL SPIRIT

**MARCH 8<sup>TH</sup> 2018**  
9:45 AM to 2 PM / 116 INDUSTRY STREET  
TORONTO, ON

## PROGRAM INCLUDES:

- / Discovering Your Entrepreneurial Talents
- / Entrepreneurship Opportunities in Building and Construction Trades
- / Local Women Business Owners Journeys to Success
- / Advice on Getting Started
- / Programs, Services and Steps to Take

**CELEBRATE INTERNATIONAL WOMEN'S DAY  
FREE EVENT. EVERYONE IS WELCOME.**

**REGISTER BY MARCH 2<sup>ND</sup> TO SECURE YOUR SPOT**

[View Program Details](#) & [Register](#) | Call Barb for Information at **416.769.7685**

Participants get Free Lunch from Women-led Food Vendors

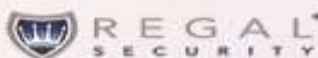




# Career Development

## JOB FAIR

**MARCH 7<sup>th</sup>**  
**FROM 10:00 AM - 1:00 PM**



### HIRING FOR

Retail | Logistics | Cleaning | Cashiers | Customer Service  
 Site Supervisors | School Bus Drivers | Delivery Drivers

**Regent Park Community Centre**  
**402 Shuter Street**  
**Banquet Hall A & B**

**REGISTER  
 ONLINE**

[www.dixonhall.org/marchhiringevent](http://www.dixonhall.org/marchhiringevent)



Dixon Hall Employment Services  
 402 Shuter St.  
 Toronto, ON M5A 1X6  
 T. 416.863.0499 x 2080  
[eso.info@dixonhall.org](mailto:eso.info@dixonhall.org)

**EMPLOYMENT  
 ONTARIO**

### Sound Times Seeking Community Service Interns

Multiple Positions Available, 1 Year Paid Internship,  
 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.

# Things To Do

## Winter Stations 2018

On until April 1st 2018

Kew Beach - Woodbine Avenue and Lakeshore Blvd East

Winter Stations is an annual international design exhibition showcasing the winners of the Winter Stations Design Competition to the backdrop of Toronto's snow-swept beaches. Join during the coldest month of the year to see 7 inspired contributions from the US, Germany, UK, Netherlands and Canada

For more information:

Email: [info@winterstations.com](mailto:info@winterstations.com)

Web: <https://winterstations.com/>

## Spring Flower Show 2018

On until April 29 - 10:00 am to 5:00 pm

Allan Gardens Park and Conservatory  
19 Horticultural Avenue

Spring comes early to Allan Gardens!

The Spring Show runs from February 25 to April 29 as the Cool House gradually transitions to Spring. Tulips, fragrant hyacinths and other bulbs join cool crops like primula and schizanthus to provide a sea of brightly coloured flowers and blooms.

For more information: 416-392-7288

Facebook event:

<https://www.facebook.com/events/179872059293843/>

## Ontario Place - Bonfire

March 10 - 17, 2018 - 6:00 pm to 11:00 pm

What better way to cap off a day of exploration and skating, than sitting by the fire? The bonfire area is located on the north end of Cedar Cove, a short walk from the outdoor skating rink. Sit down and warm up on the log seating and rugged armour stone blended with comfortable Muskoka chairs. Please note the bonfire is operated by Ontario Place Staff.

## Toronto Light Fest

On until March 4 -

Sundown to 9:00 pm Sunday to Wednesday

Sundown to 10:00 pm Thursday to Saturday

Distillery Historic District - Cherry St South of Front St

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 and inspire.

For more information: [info@torontolightfest.com](mailto:info@torontolightfest.com)

Visit: <https://www.torontolightfest.com/>

## Winter at Ontario Place

March 9 to March 18

955 Lake Shore Blvd West

The West Island of Ontario Place is Toronto's destination for all your favourite winter activities. Take a stroll through the West Island to experience the beautiful winter setting and enjoy activities and attractions along the way.

Admission is FREE

Winter Light Exhibition

Sunset to midnight

Experience the creativity and innovation of the 12 illuminated exhibits by local artists that project, shape and transmit, reflect or contain light. The Winter Light theme mimics Ontario's winter landscape.

For more information:

Call - 416-314-9900

Email: [info@ontarioplace.com](mailto:info@ontarioplace.com)

Visit: <http://ontarioplace.com/en/winter/>



# Things To Do

## Theatre @ York University Presents: Christopher Marlowe's "Dido, Queen of Carthage"

**Dates: Sunday, March 18, 2018 - Saturday, March 24, 2018**

**Time: 7:30 pm, except March 21 & 23: 1:00 pm, March 24: 2:00 pm**

**Location: Sandra Faire and Ivan Fecan Theatre, Accolade East Building, York University,  
4700 Keele Street, Toronto**

Shadowed by war, *Dido, Queen of Carthage* is the original tragic love story with its hero Aeneas, the exiled prince of Troy, compelled by Fate to leave his beloved Dido, Queen of Carthage to fulfil a political destiny. Aeneas, the son of Venus, is one of the Trojans who escapes from the city after it is destroyed. In his exile he seeks refuge in Carthage. Learning of Aeneas' experience and loss, Dido falls in love with him, only to be forsaken shortly after. Torn between her personal abandonment and national sacrifice, Dido performs an ultimate act of resistance.

Each Theatre @ York production this season will include an ASL interpreted performance, as well as a Relaxed performance designed to reduce anxiety and provide a safe, enjoyable experience, taking into account variable sensory, communication or learning needs and abilities.

Box office information: Tickets are available by phone at 416-736-5888 or online at <http://theatre.ampd.yorku.ca/about/performances/theatre-york/box-office/>

Ticket Prices: Previews: \$7.00 (March 18 - 19, 2018)

ASL interpreted Performance: \$5.00 (March 21, 2018)

Relaxed Performance: 5.00 (March 22, 2018)

All other performances: General admission: \$20.00, Student/Senior: \$12.00

Groups of 10 or more: \$10.00 (when all group tickets are purchased at once for a single performance..

Available by phone or in person at the box office only)

*Please note:* Tickets for all events may be purchased with cash (in-person sales only), Visa, MasterCard and American Express. A \$2.25 service charge per ticket (HST included) is applied to phone and internet orders. All ticket sales are final. There are no refunds or exchanges.

## Mad Stories

**Date: Last Tuesday of March**

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

**Location: OISE, 252 Bloor St. W., Rm 12-274,  
Toronto**

**Cost: Free**

Hosted by local writer Erick Fabris, Mad Stories is a short story sharing event, informal and improvised, loosely based on life. There's no analysis or critique! This is an accessible event, and ASL can be provided.

For more information: [erickfabris.com/crazytalks](http://erickfabris.com/crazytalks) or look for the ad in NOW Magazine.

## Crazy Talks

**Date: First Tuesday of March**

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

**Location: OISE, 252 Bloor St. W., Rm 12-274,  
Toronto**

**Cost: Free**

Crazy Talks is an open discussion forum, hosted by local writer Erick Fabris, on the topics of mad and psych issues. This event will often feature a mad guest speaker. This is an accessible event, and ASL can be provided.

For more information: [erickfabris.com/crazytalks](http://erickfabris.com/crazytalks) or look for the ad in NOW Magazine.

# Things To Do

## Toronto Vintage Clothing Show

Dates: Saturday, March 3 & Sunday March 4, 2018  
 Time: 10:00 am - 4:00 pm  
 Location: Queen Elizabeth Building, Exhibition Place,  
 100 Princes Blvd, Toronto  
 Admission: \$10.

From Kensington to Queen West, Toronto loves vintage fashion. At the Toronto Vintage Clothing Show, there will be thousands of vintage garments available from the 1920's through to 1990's, including designer items. The exhibition will also showcase accessories and jewelry.

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

"Old ways won't open new doors.":

- Unknown

## Publishing in Literary Magazines & Contests

Date: Friday, March 2, 2018  
 Time: 2:00 pm – 4:00 pm  
 Location: Routes, 2700 Dufferin St., Unit 90, Toronto

Join Jeff Latosik, an award-winning poet and the former poetry editor at the Humber Literary Review, for a free, drop-in and interactive discussion about submitting your work to literary magazines and contests. Learn insider tips on how to choose where to submit your work, write cover letters, and cope with rejection. Open to everyone.

Light Snacks and TTC tokens provided. This event is wheelchair accessible, scent-free and nut-free.

For more information: [www.inkwellworkshops.com](http://www.inkwellworkshops.com) or [info@inkwellworkshops.com](mailto:info@inkwellworkshops.com)

## Voice Yoga

Monday, March 12 from 2pm - 3:30pm Secret Handshake Gallery, 170a Baldwin St. Upper Not wheelchair accessible  
 - Free will offering

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

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

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

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

## 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://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)

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN).

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:

