



# BULLETIN

# 539 September 1<sup>st</sup> – 15<sup>th</sup>, 2015

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4  
Phone Hours: M–F from 9–5 / Drop-in Hours: M–F from 9–4  
Tel: 416-595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

## Save The Date

The Consumer/Survivor Information Resource Centre of Toronto's  
Annual General Meeting will be Wednesday, October 21<sup>st</sup>.

We'll meet for a great dinner, some music and fun, and of course, a review of the year past and election of new Board Members. Please join us at the Bonar-Parkdale Presbyterian Church at 250 Dunn Avenue just south of Queen Street West at 6:00 pm. All are welcome. Please RSVP to 416-595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca).

## Recovery Day Toronto

September 20 from Noon – 3:00 pm. **Celebrate recovery from addiction.** Mel Lastman Square.

[www.recoveryday.ca](http://www.recoveryday.ca)

## Community Announcements



**PeerZone Workshop**  
**Exploring Our Stories**

PeerZone Workshop. Co-sponsored by C/S Info, Houselink and the Self-Help Resource Centre. Tuesday, September 22 from 1:00 pm – 4:00 pm. To be held at Houselink, 1678 Bloor Street West in the Board Room. Call the C/S Info Centre to register at: 416-595-2882. Free. Registration is limited to 12 people. Anyone who self identifies as having experience of mental distress or drug and alcohol issues can participate in PeerZone workshops.

## Potential Changes to the Historic Patient Built Wall at Queen Street

Dear Friends,

I am writing to advise you of some matters that are currently in progress in regards to the next phase of CAMH Redevelopment:

[http://www.camh.ca/en/hospital/about\\_camh/CAMH\\_redevelopment/phase1C/Pages/default.aspx](http://www.camh.ca/en/hospital/about_camh/CAMH_redevelopment/phase1C/Pages/default.aspx)

In particular, there are proposed changes to the Queen Street historic patient built wall. As part of this next phase of the redevelopment there are a number of proposed changes in the works.

They are briefly outlined as follows:

- Proposed demolition of the greenhouse and the garage are at the south east end of the property;
- Proposal to open up the bricked up window sections of the historic wall;
- CAMH will be taking ownership and responsibility of Shaw Park at the north-east corner of the CAMH property (currently, Garfinkel Park on the far north-west corner of the CAMH grounds is the responsibility of the City of Toronto as is Shaw Park until CAMH takes ownership of it;
- Shaw Park will be redeveloped to potentially include a children's play area, possibility for a water feature and discussions about a permanent art installation or monument or tribute to patient labourers. The goal we have been told, is to "open the space" to invite members of the public into the grounds;
- As part of this process of "opening it up" CAMH has proposed 3 bays of the wall -16 to 24 metres (52 to 78 feet) of the CAMH Queen Street site's patient-built Historic **East Boundary Wall** that runs south of 1001 Queen Street West along Shaw Street be removed;
  - The argument put forward is that there is major wall degeneration and repair requirements are severe. Bricks are beginning to fall down particularly near the top of the wall (and this is true if you walk past the wall you can see this for yourself),
  - By tearing down this section, the bricks could then, be used to repair the other sections of the remaining wall that surrounds the property,
  - If this section of the wall is not torn down, then it will still require repairs and this might involve replacement bricks which may look slightly different. There is discrepancy of opinion on whether this would work or, whether the inclusion of new brick would impact the integrity of the wall.

CAMH has sent these proposals to the Toronto Preservation Board for an expert opinion. The Board in turn will submit an opinion to CAMH (if it hasn't already) about whether it supports the application for partial demolition of the wall. It may have done so already.

**But, ultimately the final decision rests with Toronto City Council.**

If you have concerns or do not support this proposal the best thing to do is to **contact Toronto City Council** with your views and, more specifically, Mike Layton who is councillor for Ward 19.

Another thing you can do is contact the Toronto Preservation Board for more information about their position.

Lucy Costa  
Empowerment Council

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**A Shout Out to anyone who believes in The Gerstein Centre**

From Helen



On Sunday, October 18 I will be walking the 5 km in the ScotiaBank Toronto Waterfront Marathon.

I am looking for people who want to walk with me and the Gerstein crowd, get sponsors and raise money for the Centre. I have walked three times before because I believe in the great work the Gerstein Centre does. The money we raise at the walk/run helps to pay for all the Wellness and Recovery Programs the Gerstein offers including the FRESH program, (Finding Recovery through Exercise Skills and Hope), WRAP and PeerZone. It's a great time for a great cause.

If you aren't up for the walk, you could sponsor me. You can go on-line to my page at STWM, or you can contact me at the C/S Info Centre 416-595-2882 or [helen.hook@camh.ca](mailto:helen.hook@camh.ca). No donation is too big or too small. The Gerstein Crisis Centre is a registered charity and receipts will be issued for donations over \$20.

The 15,000 people who call every year, the hundreds of people who stay at the house on Charles or the Gerstein on Bloor, or who enroll in one of our programs need the Gerstein Centre and will so appreciate your help. If you would like more information, call me at 416-595-2882.

Helen Hook

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**Voice Yoga**



Monday, September 14 from 2:00 pm to 3:30 pm. Come sing, make a sound, make noise, read a poem, sing a song, write a poem, make a song. Secret Handshake Gallery, 170 Baldwin St. (Kensington Market area), upstairs. For info: [creativevocalizationstudio@hotmail.com](mailto:creativevocalizationstudio@hotmail.com).

## **PSYCHIATRIC SURVIVOR ARCHIVES OF TORONTO SEEKING BOARD MEMBERS**

The Psychiatric Survivor Archives of Toronto (PSAT) is a psychiatric consumer/survivor operated non-profit organization that is dedicated to ensuring that the history of people who have experienced the psychiatric system(s) is preserved. Operating since 2001, PSAT is a grassroots organisation and seeks to reflect the broad diversity of views that are expressed by all people with a mental health history however they choose to self-identify.

### **PSAT is presently inviting applications from individuals interested in serving on its Board**

Potential directors should be aware that PSAT is a working board, which means that interested applicants should be available to dedicate at least 5-10 hours of work each month. This may include preparation via reading, reviewing and commenting on materials or specific tasks as assigned in order to ensure the ongoing archival work of the organization that ensures the preservation of our community's history and for the purposes of promoting PSAT and creating partnerships. Directors will be elected for either a one-year term or a two-year term. Please note, that all current board vacancies are required to be filled by individuals who identify as consumer/psychiatric survivors/psychiatric disability etc.

### **Each member of the Board of Directors is expected to do the following:**

- Understand and support the work of PSAT;
- Have an interest in, or knowledge of consumer/ psychiatric survivor experiences, expertise and history;
- Commitment to attending monthly Board meetings;
- Commitment to attend the Annual General Meeting;
- Be aware and abstain from any conflict of interest.

### **Demonstrated skills in areas listed below would be an asset:**

- Finance;
- Policy development;
- Storing and preserving perishable documents;
- Communications, outreach and public education;
- Fundraising and/or grant writing;
- Digital technology used for preservation of archives;
- Website building and maintenance.

The selection committee will review the list of prospective directors, interview selected applicants and do its best to choose individuals who collectively cover as many of the skills identified above to strengthen PSAT's work.

### **Interested applicants should send an email with 1- 2 pages (max) addressing the following:**

1. Name
2. Phone Number and Organization (if applicable)
3. A paragraph outlining your thoughts about why we need to preserve the history of psychiatric survivor/consumers/mental health service users etc.
4. Do you have previous Board or, other volunteer experience? Please list all relevant skills.

**If you have a resume or CV please feel free to also attach to your email and forward to: [psychsurvivorarchives@gmail.com](mailto:psychsurvivorarchives@gmail.com) by 5:00 pm September 12, 2015**

Get ready for the upcoming Federal Election, come to a workshop on...

**Everything you need to Know about Federal Politics and the Federal Election**

**Learn about:**

- What are the responsibilities of the Federal Government?
- What are the different political parties promising?
- How to vote/why to vote
- How to have your voice heard...And much more!

*Ready to Vote* 

**Wednesday, September 9 from 1:00 pm – 4:00 pm (part 1)**

**Wednesday, September 16 from 1:00 pm – 4:00 pm (Part 2)**

(though it's not mandatory, we encourage people to attend both sessions)

**1678 Bloor Street West (near Keele), 2<sup>nd</sup> Floor**

TTC and snacks will be provided. Please RSVP to Naomi at: 416-516-1422 ext. 250  
or [naomibe@houcelink.on.ca](mailto:naomibe@houcelink.on.ca)

## **Employment & Volunteer Matters**

### **Elections Canada Needs People to Work the Federal Elections**

(Thanks for this employment seekers tip from a dear reader!)

A Bulletin subscriber informed us that there are employment positions available through Elections Canada where you can sit for the whole day, a typical day is from 8:00 am - 10:00 pm, it pays between \$100 - \$125/day and these jobs are easy to get. For more info check out the website below and put your postal code into the search field on the right hand side to view jobs in your area:

<http://www.elections.ca/content2.aspx?section=job&document=index&lang=e>

### **Volunteer Opportunity – City Cider Team**

Do you like meeting new people and being a part of community events? Then you may want to become a part of Not Far From The Tree's City Cider volunteer team! City Cider festival is an all-ages urban harvest celebration, nestled in a heritage orchard in Toronto, presented by Not Far From The Tree and Spadina Museum. This annual event features live music, delectable eats, freshly pressed cider, magic for the little ones, field games, and so much more! All proceeds from the event go to support Not Far From The Tree's fruit picking and sharing program.

Our annual urban harvest celebration is taking place on Sunday, September 20, from Noon - 5:00 pm at Spadina Museum (285 Spadina Rd.). The event is sure to be awesome, but we can't do it without amazing volunteers like you! Volunteer roles include cider making, ticket sales, welcome/registration, food preparation, leading games and activities, and more! If you are interested in becoming a part of the team, please fill out our registration form:

<https://nfftt.wufoo.eu/forms/city-cider-volunteer-registration-2015/>

For more information about the City Cider festival, visit the website [www.citycider.org](http://www.citycider.org) or contact Not Far From The Tree [info@notfarfromthetree.org](mailto:info@notfarfromthetree.org) or 416-658-0724.

## **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 spy ware scans and clean-ups, coaching in MS Office, Photoshop, 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 C/S Info at: 416-595-2882 and we'll email Martha for you and then she'll call you.



# Things To Do in our beautiful city...

**Free and Low-Cost Events for September 1 – 15, 2015**

For TTC information call 416-393-4636 (INFO) or visit the TTC website. As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend. Thank you!



## Art ~ at the Distillery

Saturday, September 5 from 11:00 am - 6:00 pm, this event repeats. **Artfest Toronto at the Distillery.** Artfest Toronto, in its 8th year, is emerging as one of Toronto's favourite summer art shows. Celebrating painting, photography, sculpture, fine craft, live music and more from Canada's top artists. Set throughout the cobblestone lanes of the Historic Distillery District in downtown Toronto. Contact: [lorymacdonald@gmail.com](mailto:lorymacdonald@gmail.com). Distillery District, 28 Gristmill Lane. All Ages. **Free**

## Bike Clinic ~ at a farmers' market

Tuesday, September 1 from 4:00 pm - 7:00 pm. **Stonegate Farmers' Market - Bike Clinic.** Ride your bicycle to the market today and receive a service-check and pointers on D.I.Y. bike repair. Learn basic skills and ask questions about how to care for your bike to make it last. Contact: 416-231-7070 or [julia.graham@stonegatechc.org](mailto:julia.graham@stonegatechc.org). St. James Anglican Church, 194 Parklawn Rd. All Ages. **Free**



## Book Clubs ~ for adults

Thursday, September 3 from 2:00 pm - 3:00 pm or 7:00 pm - 8:00 pm. **Adult Book Clubs.** Join us for a lively discussion of "Defending Jacob" by William Landay. Contact: 416-395-5951 or [vvstaff@torontopubliclibrary.ca](mailto:vvstaff@torontopubliclibrary.ca). Victoria Village Library, 184 Sloane Ave. Adults. **Free**

Tuesday, September 15 from 2:00 pm - 3:00 pm. **Tea & Books.** Join us for refreshments and a lively discussion of selected books. Contact: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca) or 416-394-5270. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Thursday, September 10 from 7:00 pm - 8:00 pm. **Non-Fiction Book Club.** Join us the second Thursday of the month for a discussion on selected non-fiction books. September 10th's book is "This Changes Everything" by Naomi Klein. For more information and to register please visit the branch or call: 416-396-3975. S. Walter Stewart Library, 170 Memorial Park Drive. Adults. **Free**



**CNE ~ Free Admission for people with a disability**, plus one support person is free (if needed). Otherwise the best deal C/S Info could find is: **\$6 after 5 pm** Available Mondays (except Labour Day), Tuesdays, Wednesdays and Thursdays, buy at the CNE gate.

## Farmers' Market ~ *outdoor*

Tuesday, September 1 from 3:00 pm to 7:00 pm, this event repeats. **Davisville Village Farmers' Market.** Come with your family and enjoy the day with Ontario's finest fruits, vegetables, breads, meats, sweets and treats. Come for the splash pad, playground or tennis and stay for the amazing food! Enjoy the sounds of our Emerging Artists and take part in Fitness in the Park straight through until Thanksgiving weekend in October. Presented by AppleTree Markets Group, a non-profit organization dedicated to building community via local food hubs and events since 2008. Contact: 416-899-1990, <http://www.appletreemarkets.ca> or [appletreemarkets@gmail.com](mailto:appletreemarkets@gmail.com). June Rowlands Park, 220 Davisville Ave., Davisville Ave. and Mount Pleasant Rd. **Free**

## Festivals and Fairs



Friday, September 4 through Monday, September 7. **Hot & Spicy Food Festival.** This year, the Hot & Spicy Food Festival celebrates its 18th anniversary. Culinary experiences shape all aspects of global culture and food continues to thrive as a central method of cultural expression. Harbourfront, 235 Queens Quay West. **Free Admission**

Friday, September 4 from 7:00 pm – 10:00 pm through Monday, September 7 (Saturday to Monday, 3:00 pm – 10:00 pm). **Hispanic Fiesta.** The 34th Anniversary of Hispanic Fiesta in 2015 is ready to fill Mel Lastman Square with the splendid sounds, tempting treats and colourful culture that the Hispanic heritage is famous for. Hispanic Fiesta will feature the best known local & International Hispanic performers covering 20 different countries that speak Spanish. Mel Lastman Square, 5100 Yonge Street. <http://hispanicfiesta.com/>. **Free Admission**

Saturday, September 5 from 2:00 pm - 8:00 pm. **Vietnamese Lantern Festival.** The Vietnamese Lantern Festival, also known as the Mid-Autumn Festival is a day for Asian families and local communities in Toronto to gather and to celebrate the end of summer by eating moon cakes and exploring what the Vietnamese culture has to offer. Our free and family-friendly event offers lots to do from childrens activities to displaying local talents and the Ao Dai (traditional Vietnamese long dress) competition. We have a lantern competition, which is the pride of the festival because it shows the dedication that went into making their unique lanterns. At the end of the festival, we will end with a lion dance. [tina@vwat.org](mailto:tina@vwat.org) or 647-723-2165. Dufferin Grove Park, 875 Dufferin St. All Ages. **Free**

Saturday, September 12 from 1:00 pm - 4:00 pm. **A Taste of Ukraine - Ukrainian Heritage Day.** Songs, Dance, Vendors, Ukrainian Food, Stories, Embroidery, Pysanka Demonstration, Key Note Speaker and much more! Learn More about the Ukrainian culture. Open to the community! Email: [ado@stdemetrius.ca](mailto:ado@stdemetrius.ca) or 647-725-0844. Ukrainian Canadian Care Centre, 60 Richview Rd. All Ages. **Free Admission**

Saturday, September 12 from 11:00 am - 10:00 pm & Sunday, September 13 from 11:00 am - 7:00 pm. **Cabbagetown Festival.** Cabbagetown's largest event of the year. The Festival will include: live music, classic cars on display, kidz zone, amazing food, world class buskers, pet photo booth, Blair's Run\*. \*Blair's Run registration will be at 8am Sunday with a 9:00 am race time. [www.blairsrn.com](http://www.blairsrn.com). <http://cabbagetownto.com/events/cabbagetown-festival-of-the-arts-2015-sept-11-13th-2015-09-12/>. Cabbagetown, Along Carlton and Parliament Streets. **Free Admission**

## Garden Show ~ *veggies + flowers*

Saturday, September 12 from 2:00 pm - 4:30 pm. **Amazing Annual Flower & Veggie Show.** 200+ members of the Agincourt Garden Club will bring entries from their own gardens for a friendly competition in 112 different categories. Contact: [Ccheryl.penner@rogers.com](mailto:Ccheryl.penner@rogers.com) or 416-414-7704. Knox United Christian Education Centre, 2575 Midland Ave. All Ages. **Free**

## Handwriting ~ *how it can help your brain*

Thursday, September 10 from 7:00 pm - 8:00 pm, registration is required. **How Handwriting Can Help You Learn, Think, Connect (And Tell You Who You Are).** Clinician Annetter Poizner will show how and why you should bring handwriting back into daily life. Provide a workout for your brain while cultivating your own unique style of self-expression; all with the stroke of a pen! To Register: 416-395-5660. North York Central Library Auditorium, 5120 Yonge Street. **Free**

## Human Rights ~ seminar

Thursday, September 10 from 6:30 pm - 8:00 pm, registration is required. **Ontario Human Rights and You.** Human rights laws exist in every province and territory in Canada. In Ontario, you are protected from discrimination by these laws when you apply for a job, join a club and rent an apartment. What are human rights? Learn how these laws came about and how they affect you and your family every day. Contact: [bbaillargeon@torontopubliclibrary.ca](mailto:bbaillargeon@torontopubliclibrary.ca). To register: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

## Movies ~ under the stars

Wednesday, September 2, from 9:00 pm to 11:00 pm. **Free Flicks at Harbourfront.** Movies by the lake, all summer long! If we're talking about things that endure through the generations, the idea of family is inescapable. Culturally and personally, the values and fascinations we pass forward are rooted in the world and the people that have shaped us: a fondness for sports, a flair for mad science, a little patch of land in Hawaii or even literal baggage. These movies explore that concept from the inside out. 416-973-4000 or <http://www.harbourfrontcentre.com/freeflicks/2015/index.cfm?ref=home> Email: [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com). Harbourfront Centre Westjet Stage, 235 Queens Quay West (Queens Quay West and Lower Simcoe Street). **Free**

## Music ~ an evening of sound in the park

Monday, September 14 from 4:30 pm - 5:30 pm. **Music Mondays in the Park.** Meet friends and neighbours in the park to listen to great music on late summer afternoons. Bring your picnic blanket or lawn chair and come ready to be entertained! [julia.graham@stonegatechc.org](mailto:julia.graham@stonegatechc.org) or 416-231-7070. Bell Manor Park, 6 Hill Heights Rd. All Ages. **Free**

Thursday, September 3, from 5:00 pm to 7:00 pm. **Play the Parks.** Play the Parks is back for the 3rd season! Join in at McGill-Granby Parkette to soak in the summer sun and hear upcoming Toronto artists play the parks. Play the Parks is presented by the businesses in the Downtown Yonge Business Improvement Area. <http://www.downtownyonge.com/playtheparks/>. McGill-Granby Parkette, 415 Yonge Street Yonge and College St. **Free**

## Repair Café ~ back again

Saturday, September 12 from Noon - 4:00 pm. **Repair Café.** Repair Café Toronto is pleased to announce that they are providing additional small repair events in addition to their regular monthly cafés. In September, they are delivering a small café at the Agincourt Branch of Toronto Public Library. They will have volunteer fixers available for computers, electronics, small appliances, clothes, among others. For whatever you need fixing, bring it on! Our team of fixers will show you the practical know-how. Learn how to fix it while enjoying a cup of coffee or tea. To avoid lineups, please arrive early. Registration will close around 1:00 pm. [www.repaircafetoronto.ca](http://www.repaircafetoronto.ca). Agincourt Library, 155 Bonis Ave. **Free**



## Small Business ~ start-up know-how

Thursday, September 10 from 6:30 pm - 8:00 pm. **Back to Basics: Starting a Small Business!** This workshop will cover a number of key considerations to keep in mind before starting a small business. This workshop will include topics such as legal structure, record keeping, business planning and research, sources of financing and how to manage your business and measure success. With Richard Sakanashi, Sakanashi & Associates. Register in person or by phone at 416-396-8950. Space is limited. Agincourt Library, 155 Bonis Ave. Adults. **Free**

## Talk

Tuesday, September 1 from 7:00 pm - 8:30 pm. **Crazy Talks.** Post-Sanism? With Dr. Richard Ingram from Vancouver. Dr. Richard Ingram is a psychiatric survivor and Mad activist. In recent years, activists and theorists have revived the terms "sanism" and "mentalism". Richard suggests the term "post-sanism" is needed to describe how non-conformity is policed in postmodern societies. Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris and guest speakers who start each discussion with a presentation. Everyone is invited to participate and contribute. Crazy Talks is not affiliated with any mental health agency or university program. wheelchair accessible and we are working towards ASL interpretation. We meet every FIRST Tuesday of the month. please email [madly@teksavvy.com](mailto:madly@teksavvy.com) or call 647-478-4241. OISE, 252 Bloor St. West, room 12-274 (12<sup>th</sup> floor). **Free**

*\*a special thanks to our volunteer Jacqueline for her contributions to the free and low cost activities section!\**



## Tours ~ theatres

Tuesday, September 1 through Friday, September 4 from Noon to 12:45 pm. **Tour the Elgin and Winter Garden Theatres.** The Elgin and Winter Garden Theatre Centre is offering a shortened 45-minute lunchtime tour of both theatres to the public. From Tuesday to Friday at Noon, visitors will get a chance to see the original and new lobbies, the elegant Elgin Theatre and the whimsical Winter Garden Theatre. Elgin and Winter Garden Theatre Centre, 189 Yonge Street. Cash only. No reservations required. Adults, students and seniors: **\$5** (includes HST)

## Wellness ~ yoga, health expo and more

Saturday, September 12 from 2:00 pm - 4:00 pm. **Breast, Cervical, & Colorectal Cancer: What You Need to Know.** Cancer is the leading cause of death in Canada, with rates continually on the rise for Canadians aged 50 and older. Find out how to improve your breast, cervical, and colorectal health at this free presentation offered by a Toronto Public Health nurse. Topics to be discussed: What is a Risk Factor? Risk Factors for Breast, Cervical, and Colorectal cancer. Facts and Common Misconceptions about Cancer, Early Detection and Screening Tests, Easy Ways to Reduce Your Risk. Free parking. Call 416-396-8950 to register for this free workshop. Agincourt Library, 155 Bonis Ave. Adults. **Free**

Sunday, September 13 from 11:00 am - 4:00 pm. **Health and Culture Expo.** Help promote good health by celebrating the vibrancy and value of the rich cultural diversity in Toronto. Let's move and be active! 416-636-2471. Mel Lastman Square, 5100 Yonge Street. **Free**

Thursday, September 3 from 1:30 pm - 2:30 PM **Wellness Lecture: "Natural Beauty Products in Your Kitchen"** Join us at the Bernard Betel Centre for a free wellness lecture on natural beauty products made in your kitchen. Holistic Nutritionist, Riva Waldman, will be teaching us about great skincare products that can be made with ingredients in your own home! Riva will go over ingredients to avoid in cosmetics, skin care and how to make budget friendly beauty products yourself. [marial@betelcentre.org](mailto:marial@betelcentre.org) or 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**



Saturday, September 12 from 10:15 am - 12:00 pm, this event repeats. **Sahaja Yoga Meditation.** Try Sahaja Yoga Meditation, a simple, time-honored technique of Meditation. Sahaja Yoga Meditation helps reduce, stress and increase wellness. It brings better focus and helps people become more centered and better balanced. Anyone can do it. All classes are free. <http://www.freemeditation.com/>. [arvindahuja1008@gmail.com](mailto:arvindahuja1008@gmail.com) or 416-201-7649. New Toronto Public Library, 110 Eleventh St. All Ages. **Free**

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**To subscribe to The Bulletin** call the Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email us at: [csinfo@camh.ca](mailto:csinfo@camh.ca).

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN (Local Health Integration Network). It's **free** to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. [www.csinfo.ca](http://www.csinfo.ca)



**Go green; get The Bulletin by email! Subscribe by email here: [csinfo@camh.ca](mailto:csinfo@camh.ca)**

***Thanks for subscribing! From the C/S Info Bulletin Team:  
Helen and Cassandra and our wonderful volunteers Jacqueline and Moira!***



Ⓜ

Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting on October 21, 2015 and **vote** for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

## General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Email: \_\_\_\_\_

☐

Yes! (please check the box) I will be attending the AGM on October 21, 2015 at 6:00 pm at Bonar-Parkdale Presbyterian Church at 250 Dunn Ave. (See page 1 for more details.)

Please Note: We must receive your signed application at least 48 hours prior to the Annual General Meeting in order for you to be able to vote. **You do not need to be a member to continue to receive the Bulletin.**