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BULLETIN

Issue #568, December 1-31, 2016

The Consumer/Survivor Information Resource Centre of Toronto
1001 Queen Street West, Toronto, ON M6J 1H4
Tel: (416) 595-2882 M – F: 9am – 5pm
Office Drop-In Hours: M – F: 9am – 4pm
www.csinfo.ca csinfo@camh.ca

Community Supports for Distress

Winter holidays can be a fun time of the year; they can also be a tough time for many of us too. We sincerely hope that all of our readers have a safe, healthy and happy holiday season. If, however, you are in distress and need someone to talk to, here are a few resources. This is by no means a complete list, but is certainly a place to start if you need help.

Warm Line (Progress Place) – open until midnight

Call: 416-960-9276 • Text: 647-557-5882 •

www.warmline.ca (online chat)

Warm Line (Krasman Centre)

1-888-777-0979 (open 24 hours)

Toronto Distress Centres

416-408-4357

www.torontodistresscentre.com

Distress and crisis line open 24/7

Gerstein Crisis Centre

Crisis Line: 416-929-5200 (open 24/7)

100 Charles Street East, Toronto • 416-929-0149

1045 Bloor Street West, Toronto • 416-604-2337

www.gersteincentre.org/about-us/

Anishnawbe Health Toronto

24/7 Mental Health Crisis Management Service:

416-891-8606

Assaulted Women's Helpline

416-863-0511 / 1-866-863-0511

#SAFE (7233) on Bell/Fido/Telus/Rogers cell phones

www.awhl.org

Fem'Aide (Veuillez appeler pour les services en français)

1-877-336-2433

www.femaide.ca

Toronto Rape Crisis Centre / Multicultural Women Against Rape

416-597-8808 • www.trccmwar.ca • crisis@trccmwar.ca

Crisis line is open 24/7.

Kids Help Phone

1-800-668-6868

www.kidshelpphone.ca/Teens/Home.aspx

www.kidshelpphone.ca/Kids/Home.aspx

Free, anonymous phone and/or web counselling, available 24/7

Seniors Crisis Access Line

416-619-5001

Monday – Friday 10:00 am – 9:30 pm, Saturday &

Sunday 10:00 am – 6:00 pm

Catchment area: Highway 401 to Lake Ontario, Warden to Islington

They provide assistance in stabilizing age-related mental health and/or addiction crises, provide immediate referrals and linkages to community mobile crisis units and have translation supports in 110 languages.

Victim Services Program

416-808-7066 • www.victimservicestoronto.com •

info@victimservicestoronto.com

40 College Street, Toronto

Assists individuals and families after crime or unexpected tragedy with crisis intervention, practical assistance, referrals to other programs, services and counselling.

Announcements

The Ministry of Community and Social Services is conducting province wide consultations on designing the Basic Income Guarantee (BIG) Pilot Project

Ontario is seeking public input to help inform the design of a basic income pilot, which is an innovative new approach to providing income security. The pilot would test whether a basic income is a more effective way of lifting people out of poverty and improving health, housing and employment outcomes.

Through the consultations, Ontario is seeking input from across the province, including from people with lived experience, municipalities, experts and academics. The province will also work with Indigenous partners to tailor a culturally appropriate engagement process that reflects the advice and unique perspective of First Nations, urban Indigenous, Métis and Inuit communities.

The province is consulting on key questions, including: who should be eligible, where the pilot should take place, what the basic income level should be and how best to evaluate it. The consultations will be guided, in part, by a discussion paper by the Hon. Hugh Segal, [Finding a Better Way: A Basic Income Pilot Project for Ontario](#), and will run from November 2016 to January 2017.

*The deadline for the survey is January 31, 2017.
To complete the survey, please visit:*

www.ontario.ca/page/basic-income-pilot-consultation

First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310, Open 24/7 for Mental Health and Wellness



This is a National toll-free number that provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and upon request in Cree, Ojibway and Inuktitut.

Mental health and wellness encompass both the mental and emotional aspects of being – how you think and feel. Some signs of good mental health include: knowing and taking pride in who you are; enjoying life; being able to form and maintain satisfying relationships; coping with stress in a positive way; striving to realize your potential; having a sense of personal control.

The following is a link to the news release that gives further details on this initiative: www.newswire.ca/news-releases/government-of-canada-announces-mental-wellness-help-line-for-indigenous-peoples-597315221.html

International Day of Persons with Disabilities Event

*Saturday, December 3, 2:00 pm - 4:00 pm
Metro Hall, 55 John St. Rooms 308 and 309*

You are cordially invited to attend this year's International Day of Persons with Disabilities event in Toronto focused on employment. This is Goal 5 of United Nations 17 Sustainable Development Goals, on decent work and economic growth. Elected representatives from all three levels of government are invited to come and speak on government employment initiatives, as well as persons with disabilities to share their employment success stories. You will also hear about an Inclusive Employment Advocacy Project in which people with disabilities can participate to learn how to advocate for equal access to employment programs and services. Refreshments, attendant care, and ASL will be provided.

Contact aebctoronto@gmail.com or 647-947-9022 to RSVP
torontocentralhealthline.ca/eventNetwork/displayEvents.aspx?id=14185&date=2016-12-03

Announcements

From Surviving to Advising: Pairing mental health service users as advisors to psychiatry residents

January 2017 – June 2017

Contact Sacha Agrawal at sacha.agrawal@camh.ca for more information and to obtain application forms

People with lived experience of mental health and substance use challenges are invited to apply for a teaching role in an innovative co-produced course that pairs service users as advisors to senior psychiatry residents at the University of Toronto. You will meet with students in small groups and in pairs monthly for 1 hour from January to June 2017. You will also attend monthly peer supervision meetings.

The goals of the project are to increase understanding of recovery among psychiatry residents and to foster the attitudes necessary for these future psychiatrists to deliver person-centered, strengths-based, recovery-oriented care. You will facilitate learning by sharing your perspectives, using narrative to illustrate key points and fostering critical reflection.

We seek individuals with lived experience of mental health and/or substance use challenges who wish to make a positive impact on the future of psychiatry in Ontario. Experience using psychiatric services is essential. You must have excellent oral communication skills and be able to engage students in an open, genuine and collaborative learning process. At least 5 years of lived experience is preferable. Experience working as a peer support worker or system advocate is considered a strong asset.

We are committed to recruiting a diverse group of advisors who represent the service user community in Toronto. Individuals from marginalized and minority groups are strongly encouraged to apply.

A cash honorarium is offered for each meeting. Meetings with peers and with psychiatry residents are held monthly on Mondays and Thursdays, respectively. Exact dates and times are available on request.

ODSP Peer Navigation Program

2nd Thursday of each month starting December 8th, 2016 OR the 2nd Friday of each month starting December 9, 2016
40 St. Clair Avenue East, Suite 307, Toronto

The ODSP Peer Navigation Program offers peer support groups and one-on-one support to aid in successfully navigating the Ontario Disability Support Program (ODSP) system while we share resources, build social supports, and develop wellness tools. This program is for people applying to get on ODSP or already on ODSP and recognizes how overcoming challenges within the ODSP system develops valuable skills that can empower us in our future opportunities. Topics of discussion will include: making connections, peer support, wellness practices, tips for navigating the ODSP system and employment. The next series will be starting in December, 2016! Spots are filling fast so make sure you sign up early. Groups will take place once a month for 5 months. Participants can register for one of the options listed above. Light refreshments and TTC tokens will be provided.

Contact www.selfhelp.on.ca or call 416-487-4355 to register or for more details • www.selfhelp.on.ca

Sister Writes

Space and dates yet to be determined. Please contact info@sisterwrites.com for information as it becomes available.

Sister Writes is a creative writing and literacy program dedicated to honouring the wisdom and experiences of women in downtown Toronto. Founded by writer Lauren Kirshner in 2010, with the support of Sistering, a drop-in center empowering ordinary women in extraordinary situations, Sister Writes provides women with the opportunity to work with professional women writers, develop creative potential, hone literary and leadership skills, receive mentorship, and build self-esteem. The Writing Workshop program runs for 12 weeks and the next winter session begins in January, 2017.

To Register, send an email to lauren@sisterwrites.com (with the subject line: Register for Winter Session) introducing yourself and answering, in however much detail you like, the following questions:

- ◆ Why do you want to join Sister Writes? ◆ What do you hope to gain as a writer from Sister Writes?
- ◆ Are you comfortable listening to stories by other women and working collaboratively in a workshop group?
- ◆ Are you able to commit to attending 12 consecutive weeks of workshop during the session you are registering for?

info@sisterwrites.com • www.sisterwrites.com

BURSTOW TAKES ON PSYCHIATRY: A SPECIAL TALK AT THE TORONTO REFERENCE LIBRARY

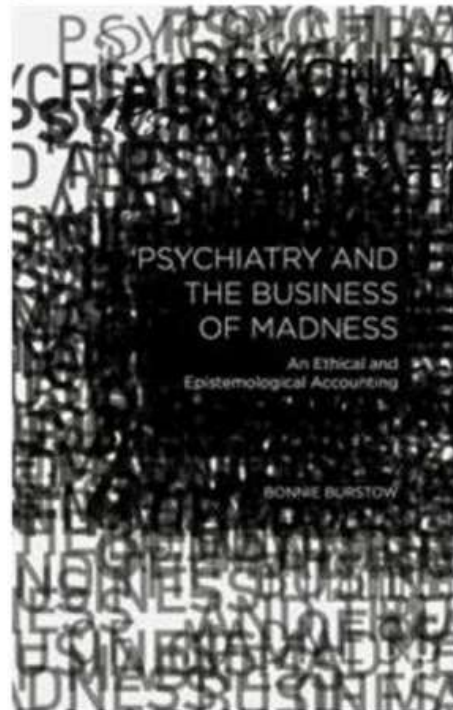


University of Toronto Professor Bonnie Burstow, author of 'Psychiatry and the Business of Madness', presents a fundamental critique of psychiatry. Burstow makes the case that psychiatry's tenets are unfounded, that psychiatry intrinsically harms, and she calls on society to admit that the turn toward psychiatry was a colossal misstep.

What:
**Lecture by Dr.
Bonnie Burstow**

When:
**Tue Dec 06, 2016
6:30-8:30pm**

Where:
**Toronto Reference
Library
789 Yonge St.
Beeton Hall**



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Lecture

.....
Q & A

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Discussion

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Books

Available

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PSYCHIATRY AND THE BUSINESS OF MADNESS

Call for Performers



Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad people, and people the world has labelled “mentally ill”

We're hosting a music night at the Gladstone Ballroom on February 2nd! Musicians and performers interested in volunteering their time are asked to kindly email a link or file of their work (demo quality fine) to madpridemusic@gmail.com

This is a great opportunity to connect with other musicians in the community, build supports, and make your voice heard!

Community Supports

Women Empowerment Series Hosted by the North York Women's Centre

This series is a set of three skill-building programs. Weekly workshops are held in a supportive environment with group discussions and interactive activities. Participants will gain skills and knowledge to move forward in their lives, while making connections with other women.

Discovering our Power

Tuesdays February 7 - April 4, 2017, 2:30 pm - 5:00 pm
116 Industry St. (Weston Rd. & Eglinton)

This is the first program of the three-part Women's Empowerment Series. In this program, participants will gain an understanding of difficult emotions and the effects they have on mental and physical well-being. They will identify personal strengths and coping strategies to draw upon during stressful situations and learn how to build self-esteem and confidence. Using group discussions and interactive activities, group members will gain strength and knowledge to move forward while making connections with other women in a supportive environment.

Register by January 9th, 2017 to be guaranteed an intake appointment.

Reclaiming Yourself after Abuse

Tuesdays February 7 - April 11, 2017, 5:30 pm - 8:00 pm
116 Industry St. (Weston Rd. & Eglinton)

This 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. Register by January 26, 2017 to be guaranteed an intake appointment.

Please note: TTC tokens and child minding will be provided based on individual needs.

Contact NYWC at (416)781-0479 to schedule an intake appointment • www.nywc.org

The Mental Health Peer Support Organization (MHPSO) Re-Named!

MHPSO has re-named, and is now operating as the registered charity *Mental Health Support Network (MHSN)* (charity #781 973 128 RR0001)! It was created by peers for peers to support individuals and families who are struggling with mental health challenges. Providing a safe and non-judgmental space, MHSN inspires people to reach their individual goals with the support and encouragement of people on a similar journey. Since 2011, we have been working out of a space generously donated by St. Joseph's Health Centre, 30 The Queensway, as well as conducting hikes in High Park and other events in various locations.

We are always looking for new members to help and new volunteers to help us. Everything we do is FREE to the public. Often, our volunteers get help from our support groups and become volunteers after receiving support. However, we are always looking for volunteers of all types!

Please contact: mhpsoc@yahoo.com and/ or view new website: www.mentalhealthsupportnetwork.org

Monday Night Peer Support Group (A group from www.meetup.com)

Monday December 5, 12 and 19, 2016, 7:00 pm – 9:30 pm

The keystone of MHSN's programming, this weekly discussion group takes a recovery-based approach and offers a confidential, non-judgmental, compassionate space for all participants to listen, share and offer support.

Find out more by joining www.mentalhealthsupportnetwork.org/ or at www.meetup.com/MentalHealthSupportNetwork/.

Creative Expression Group: Principles of Art Therapy (A group from www.meetup.com)

Sunday December 4 and December 11, 2016, 2:00 pm – 4:30 pm

No need to be an artist, just be someone looking for a creative outlet and safe space to engage and explore your own experiences or look and listen to those of others. Drawing, colouring, manipulating clay, etc. -- these activities can reduce anxiety and boost mood. Create a work of beauty or meaning; learn a new skill or hone a long since rusty one. There are no expectations beyond the hope that you are present. Go forth and have therapeutic fun!

Please register at www.meetup.com/MentalHealthSupportNetwork/.

Creative Expression Group: Principles of Narrative Therapy – Journaling (A group from www.meetup.com)

(Two-part group): Tuesday November 29 & Tuesday, December 6, 7:00 pm – 9:30 pm

Do you like to write? With exercises on catharsis, self-compassion, and empathy, and facilitated from a non-judgmental and anti-oppressive framework, this group encourages participants to follow their intuitions, emotional intelligence, and creative impulses. Go forth and scribble!

Please register at: www.meetup.com/MentalHealthSupportNetwork/

Friends and Family for Mental Health (FFFMH) (A group from www.meetup.com)

Wednesday December 7, 2016, 7:00pm – 9:30pm

A group specifically created for people who support and/or act as caregivers for people with mental health challenges (some of whom may also have their own mental health challenges), FFFMH offers a confidential, compassionate, understanding space to share stories and resources from peers in similar situations.

www.meetup.com/Friends-Family-For-Mental-Health-Support-Group/

Depressed but Enthusiastic (DbE) (A group from www.meetup.com)

Saturdays in December 2016 – Start date to be announced

A social group created to invite people who have isolated themselves because of depression, social anxiety or simply life events to meet and have fun. Members understand how difficult a problem isolation can be to break and the importance of social interaction in mental wellbeing and recovery. Events have included picnics, walks, games night, etc.

www.meetup.com/Depressed-but-Enthusiastic/

Season's Greetings Potluck Party (A group from www.meetup.com)

Sunday, December 18, 2016, 2:00 pm – 5:00 pm

Celebrate the holidays with MHSN! "It's the most wonderful time of the year!" What better way to spend it than sharing great food with great people? Bring a dish or help with music, entertainment, set-up/take-down, etc. All contributions are welcome but they are not required. Your peers and the MHSN Team wish you a happy and healthy holiday season and hope to see you there!

Register at [ht/www.meetup.com/MentalHealthSupportNetwork/](http://www.meetup.com/MentalHealthSupportNetwork/)

Crazy Talks

Tuesday, December 6, 2016, 7:00 pm - 8:30 pm

OISE, Room 12-274 (12th floor), 252 Bloor St. West, up from St. George Subway Station

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. Our meeting space is wheelchair accessible. ASL interpretation may be available upon request. We meet every FIRST Tuesday of the month. Emma W. Árdal is visiting earth on a mission that has not yet been fully revealed. While awaiting further instructions she spent seven years as a mad stand-up comedian and is currently working on a humorous M.A. thesis. Discussion anyone?

Contact madly@teksavvy.com or call (647)478-4241 for more details

The Peer Connection: Recovery – Focused Mental Health Peer Support

Every Thursday night, 7:00 pm - 10:00 pm, December 1 & 8, 2016

St. Joseph's Health Centre, 30 The Queensway, Toronto

This group is for anyone who has lived experience with mental health challenges. At our meetings we encourage people to come as they are and to share, or not, in a confidential, non-judgmental and recovery-focused environment. There is an opportunity for peers to meet peers, share skills and knowledge and create a community of support and hope. We will be hosting Mindfulness (MBSR) and Mindfulness-based CBT and DBT, WRAP, One on One Peer Support, a Book Club and social gatherings.

Contact peersconnectto@gmail.com or kat@thepeerconnection.ca for more details

In Need of Food for the Holidays?

If you are living in the GTA and are in need of food for yourself and/or your family, please call The Daily Bread Food Bank at **416-203-0050** or email them at **info@dailybread.ca** and the Daily Bread Food Bank will refer you to a neighbourhood food bank in your area.

Operational hours by phone are from *8:30 am - 4:30 pm, Monday - Friday*. If you need food today, and your food bank is closed, they will try to provide an alternative food bank or meal program you can access.

After-hours and on weekends and holidays, you can call 211 (toll-free) to find out information about where to access food. You can also look for your closest meal program or food bank by going to www.211ontario.ca.

What to expect when you visit a food bank for the first time:

You will be asked to voluntarily share information about your situation including family composition, income, housing status, education etc. During this interview, providing identification for members in the household is helpful, but not required. Personal information is confidential, and is used by Daily Bread to better understand their clients' circumstances, and to advocate on their clients' behalf.

Personal information is not shared with other organizations outside of Daily Bread's network or with the government, including Ontario Works or Citizenship and Immigration Canada. You do not have to provide the requested information in order to access food. You should never be denied food at any Daily Bread member food bank.

If you have already registered at a Daily Bread Food Bank Member Agency, your file will already be complete. Please be prepared to provide your date of birth or client ID number when you visit a different location other than the one you have registered at. If you live outside of the service area of the food bank you are visiting, you may be given a referral to the food bank that serves where you live.

What to expect when visiting a food bank:

The majority of the Daily Bread Food Bank member food banks are located in local churches and community centres. They are run by dedicated staff and volunteers who pick up food, stock shelves and support clients by distributing food. Daily Bread provides training to all of their member agencies in fairly and equitably distributing food while providing excellent client service. It can be difficult to ask for help, and the Daily Bread Food Bank understands that. Daily Bread member agencies work to create a positive, safe and welcoming environment to make it easier to access food should you require assistance.

What you will receive:

Daily Bread member agency food banks provide a 2-3 day supply of food, based on the number of people in your family. They try to offer choice in the food that is provided based on Canada's Food Guide. Daily Bread strives to provide healthy and nutritious food, as well as a variety of choices. However, choice is sometimes limited based on demand and what donations they have received.

Holiday Meal List:

As of the time that The Bulletin went to print, the 2016 Winter Holiday Meal List had not been finalized.

In mid-December, The 2016 Winter Holiday Meal List will be posted at tdin.ca/resource.php?id=463. Please visit this link or call the C/S Info Centre after mid-December to find free holiday meals closest to you.

The holiday meal list will also be sent it to 211, so you can try calling there as well for information or phone (or drop in to visit) the C/S Info Centre: 416-595-2882.

Extreme Cold Weather Alerts

Out of the Cold programs provide an additional 100 beds a night on average from mid-November to mid-April. They are funded by the City and operated by faith groups. For an emergency shelter 24/7, call 311 or Central Intake 1-877-338-3398 (free call).

If you see someone on the street in need of assistance in a non-emergency situation call 311. If it is an emergency call: 911.

A Holiday Sex Workshop for Women 30 Years and Up

Interested in Talking and Learning more about Sex and Sexual Health?

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

You'll also have a chance to hear about what Toronto Public Health learned from a small project that asked women with mental health issues about their experiences accessing sexual health services.

December 19th 2016 at 3:30 PM

Facilitated by Jess Abraham, Toronto Public Health

Only 12 – 15 spots available so please REGISTER soon.

Contact us by email lucy.costa@camh.ca or phone 416-535-8501 ext. 33013 to register.

You can also let us know what top three topics you would like covered in this workshop and we will do our best to address them!

Light refreshments will be served.

A-Way Express – Courier Service

A-Way Express is a courier company making Torontonians healthier, one delivery at a time. They are a CSI (a consumer/survivor initiative): an organization that employs and is run by people with lived experience of mental health issues.

A-Way Express delivers parcels and packages to residents and businesses throughout the city, using the TTC.

Over the Christmas season, they can help you spread the cheer as well, delivering packages from you, to friends, family, or customers. Phone A-Way Express to find out more about their special handling and services.

If you are interested in finding out more about employment at A-Way Express, please phone them and ask for Mary or Scott. A-Way Express is not hiring at present but would be happy to meet with you and give you a tour of their office.

(416) 424-2266 • www.AWayExpress.ca



Computer...Help!



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

She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at (416) 595-2882 and we will email Martha for you and she will call you. If you have any computer article suggestions for Martha please let her or us know!

Employment & Training

Job Posting - Sound Times Support Services

Community Service Worker: Case Management. One full-time permanent position available.

Sound Times is currently seeking one worker for our case management team. We are a Consumer/Survivor Initiative; all agency services are provided by individuals who use or have used the mental health system. The successful candidate will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services. Only those selected for an interview will be contacted. No phone calls or emails please! First Nations, visible minorities and other marginalized and historically disadvantaged populations are strongly encouraged to apply. For the full ad, see charityvillage.com/jobs/search-results/job-detail.aspx?id=350712&l=2

To apply for this posting, please email cover letter and resume to hiring@soundtimes.com

Salary: Competitive salary and benefits. Closing date for applications January 15, 2017.

Rise Asset Development's Peer Supported Startup Program

Mondays and Thursdays, 9:30 am-1:00 pm

Sheridan College - Mississauga Campus, 4180 Duke of York Blvd., Mississauga

Peer Supported Startup is a free year-long program that provides small business training and follow-up support for people who self-identify as having experienced anxiety, trauma, depression, anorexia, PTSD, ADHD, addiction, learning disabilities or similar challenges and are looking for support to get started. Gain the skills and know-how to build and run a small business, develop a concrete business plan, and become eligible to apply for a low-interest small business loan, receive mentorship and guidance from experienced business professionals and a personal advisor, as well as benefit from peer support in a small group. Applications for next session are open. Places are limited so apply now!

Visit <http://www.riseassetdevelopment.com/programs/group-lending-program/> and download our application, then submit your completed application and a current resume to peers@riseassetdevelopment.ca. Meet with a Rise team member to discuss your business idea and to answer all of your questions.

Contact (647)830-8425 for more details • peers@riseassetdevelopment.ca • www.riseassetdevelopment.com

Building Bridges across Barriers Program

December 12, 2016, 5:30 pm - 8:00 pm

215 Spadina Avenue, Suite 220 (press 2R in the elevator to access our floor), Toronto

Would you like to improve your community leadership skills and receive training on gender-based violence, community development and anti-oppression? **Springtide Resources** is recruiting female-identified people with disabilities and/or who are Deaf and immigrant / refugee / newcomers to engage in discussions, workshops and develop creative strategies for working across differences and redefining leadership and activism.

If interested, please join us for this monthly group. ASL interpretation and attendant care will be provided, along with a light meal and tokens. This event space is wheelchair accessible. Please let us know if you require note-taking or have special dietary requirements.

RSVP: Emily Gillespie: 416-968-3422 ext 24 or emily@springtideresources.org • www.springtideresources.org

Thinking About Volunteering?

Tuesday, December 13, 2016, 1:00 pm – 2:00 pm

Volunteer Toronto Office, 344 Bloor St. West, Suite 404, Toronto

Are you interested in volunteering? Do you want to learn more about what volunteering is? How to get started? And what the benefits are? This is the workshop for you! Learn more about the who, what, when, where and how of volunteering and hear from people who currently volunteer!

Contact Roxanne English at Volunteer Toronto for more information or to register for this workshop.

416-961-6888 ext. 241 • cea@volunteertoronto.ca

www.volunteertoronto.ca/events/EventDetails.aspx?id=885011&group=

Happy Holidays from the Bulletin Team

Thank you C/S Info Staff and Volunteers:

The C/S Info Centre would not be able to operate without all of our dedicated staff and volunteers. At this time of year I want to take this opportunity to thank everyone involved with the Centre – Collectively we have made great things possible!

- Christine, Executive Director

We invited our staff and volunteers to introduce themselves and share with us their favourite part of the holiday/fall/winter season. Below are a few of the responses:

Cassandra: My role at The Bulletin is developing and managing content. I also fold and stuff The Bulletin into envelopes when it goes out to our subscribers by snail mail. I love it in winter when the sun is shining and the snow is falling lightly to the ground. Sometimes I will catch a single snowflake on my glove and stare in awe at its delicate unique pattern.

Jacqueline: I do research to find activities for the Bulletin as well as helping to edit and send it out to our mail subscribers. When I was a kid, I used to love Snow Days (days when school was closed). Getting to stay home and see the snow accumulate was such fun. I also loved making snow angels in the front yard. Now that I am older, I love being able to snuggle up with a good book and a warm drink and taking naps on cold and snowy days.

Christine: I'm the Executive Director. I'm involved in lots of interesting activities – helping community members find information, preparing taxes, reviewing the Bulletin and all kinds of administrative work. At this time of year, I like to spend time with my family, decorating for the holidays and getting together with loved ones I don't see often enough.

Melissa Corcoran: I am the co-chair on the Board of Directors and my favourite thing about fall is wearing hoodies, dressing up for Halloween, and that spooky feeling that comes from the change in light, piles of leaves and cool breeze!

Samantha: I am the field placement student from George Brown College (Community Worker Program). My favourite thing about the season other than all of the beautiful colours, would have to be apple cider with cinnamon and homemade soups and stews.

Elisheva Passarello: I am the C/S Info Bulletin's photographer! I'm an advocate for Social Justice, Proponent of Disability & the Arts, and Defender of Animal Rights. I'm on a mission to building a healthy community. The winter season for me represents a time of serving our community, making the most of the opportunity to be a light in a dark season. It's also a time of rest, renewal, and recharge!

Martha: I'm The Computer Gal. I like this season because it's like settling down for a nice long sleep.

Karla: Hi everyone, my name is Karla and I recently started working as Assistant Coordinator at the C/S Info Centre. My favourite thing about the holiday season is reuniting with my family in the States. It's an opportunity for all of us to come together and share in the celebrations.

Jennifer: I help with researching content for The Bulletin, information and support for visitors to the Centre as well as preparing the Bulletin for mailing to our subscribers. When the cold weather and darker days start, my favourite thing to do is to spend as much time as I can outdoors especially in the nearby park. Going for hikes and connecting with nature really help to boost my mood and allow me to enjoy the winter season.

Randi: I'm a member of the Board of Directors and serve as the editor for The Bulletin and occasional writer. This is my favourite time of year – the air turns cold and crisp, and I love waking up to see snow outside. The decorations, the music, sappy holiday movies and the scents of pine and mulled cider are always guaranteed to put a smile on my face.

Things to Do!

For TTC information call: 416-393-4632 or visit www.ttc.ca

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!

*****All events Are Free To Attend Unless Otherwise Stated In The Event Listing*****

ARTS & CULTURE

Cosmopolis Toronto: The World in One City – A Photography Exhibition

Until January 8, 2017, check your local branch for times, or www.myseumoftoronto.com/cosmopolis

Eighteen Toronto Public Library branches across the city feature special exhibits curated around universal themes.

In partnership with the Toronto Public Library, Myseum of Toronto presents *Cosmopolis Toronto: The World in One City* – a photography exhibition that explores the journeys of newcomers to Canada and the prized possessions that connect them to their past. It features the work of photographer Colin Boyd Shafer. This series captures the stories of someone born in every country of the world who now calls Toronto home. Themes that emerge revolve around the power of family, faith, food, music and the things that remind us of the past as well as the places that feel like home. Highlights include:

A Matter of Taste

Albion Branch, 1515 Albion Road, Etobicoke

Whether it's the smell of familiar ingredients or the taste of a traditional meal, for many Torontonians food and drink evoke memories of cooking with family members and of joyous times around the table with friends. The city's lively kitchens, neighbourhood markets and restaurants bring the comforts of home to life and allow us to share our cultures with each other. What is your flavour of Toronto?

More Than Just a Game

York Woods Branch, 1785 Finch Ave. West, Toronto

Sport has the ability to captivate and inspire us. But for many newcomers to Canada, it's more than just a game. We feel an instant sense of community and belonging when we cheer on the city's teams. We wear our home country's colours to show our passion for where we're from. In the city's gyms, courts and fields we find a second home. Discover the power of sport in the stories of these 12 Torontonians.

Welcome to the Neighbourhood

Cedarbrae Branch, 545 Markham Road, Scarborough

Our neighbourhoods celebrate who we are as a global and diverse city. Filled with different sights, sounds and smells, we can explore the world along their streets or find comfort in those familiar places that remind us of where we grew up. They are where we go to experience the bustling crowds and shops on a busy weekend or wander the quiet spots early in the morning. Where is your Toronto?

Discussing the Marginal at Urbanspace Gallery

Until January 17, 2017, Monday – Saturday, 9:00 am – 7:00 pm

401 Richmond St. West, ground floor, Toronto

Discussing the Marginal examines the numerous under-utilized public spaces in the City of Toronto and considers alternative designs to revitalize them. A series of diagrams examines unexpected scalar relationships between commonplace components of Toronto, and maps. Marginal spaces in Toronto including surface parking lots and space adjacent to highway, railway, and hydro corridors.

Curated by: Marcin Kedzior.

For more information: 416-595-5900 • info@urbanspacegallery.ca

www.urbanspacegallery.ca/exhibits/discussing-marginal

SKETCH20: You're Invited to Sketch's 20th Anniversary!

Thursday, December 1, 2016, 6:30 pm – 10:00 pm
Artscape YoungPlace, 180 Shaw Street, Toronto

Join Sketch at their 20th Birthday event, SKETCH20 as they highlight memories and experiences that have defined Sketch over the last twenty years through an interactive timeline installation. The experience will reveal how community arts have impacted poverty and homelessness in our city.



Explore their studios, curated exhibitions, vending marketplace and take in incredible performances by Sketch artists of the past and the present.

Registration is encouraged but not mandatory. RSVP at www.eventbrite.ca/e/sketch20-transformations-through-the-arts-tickets-28150178943. The Artscape building is a fully accessible. Read more on their blog at www.sketch.ca leading up to the event!

416-516-1559 • info@sketch.ca • www.sketch.ca

From Their Lips

Thursday, December 1, 2016, at 7:00 pm, Free with online registration or PWYC at the door
Debates Room, Hart House, University of Toronto, 7 Hart House Circle, Toronto

Join in for a special presentation of *From Their Lips*, a work-in-progress play based on Intergenerational, a black youth oral history theatre project. It was founded by Fiona Raye Clarke in 2015, and is currently in its second year. The project involves youth meeting weekly, interviewing Black elders and fellow Black youth in the community, asking all of them the same set of questions, and using their words and stories to create the theatrical piece entitled, *From Their Lips*.

Following the performance, the Hart House Social Justice Committee and Hart House Senior Members Committee will host a moderated talk back session with the performers, director and playwright. The talk will explore a dialogue in relation to the issues of race raised through the project, followed by refreshments and further informal discussion with the cast.

Free online registration at: www.harthouse.ca/events/from-their-lips/ or pay what you can at the door.

416-978-2452 • inquiries@harthouse.ca

Human Library: Issues of Place and Home

Friday, December 2, 2016, 11:00 am – 3:00 pm
East Common Room, Hart House, University of Toronto, 7 Hart House Circle

What does home mean to you? How do we find belonging and community? Have you ever lost yourself in a good book? Explored new ideas or experienced far-off places through the written word? Now is your opportunity to come face to face with a human book, ask questions and hear, first-hand, from people who have lived to tell unforgettable stories.

As Canada moves closer to its 150th Anniversary, we must grapple with what it means to live on Native land, to be Indigenous, to be a newcomer and/or a settler. This particular Human Library hopes to explore notions of home— coming home, leaving home, finding home, and losing home as it relates to identity and our place(s) in the world. Each participant in our human library can be checked out, like a book, for 25 minutes of one-on-one time. Hear a story, share an insight and gain perspective. Drop-in or register online.

416-978-2452 • inquiries@harthouse.ca • www.harthouse.ca/events/living-library/

Sunday Scene: Tamara Toledo

Sunday, December 4, 2016, 2:00 pm
Harbourfront Centre, The Power Plant Contemporary Art Gallery, 231 Queens Quay West

Tamara Toledo is a Toronto-based curator, arts administrator, visual artist and educator. Toledo will discuss Yto Barrada's exhibition, *Faux Guide* in which the artist explores the Moroccan fossil and mineral trade.

416-973-4000 • www.thepowerplant.org/ProgramsEvents/Programs/Sunday-Scene/Tamara-Toledo.aspx

BAKE SALES

Toronto Bakers' Market: The Holiday Edition

Sunday, December 4, 2016, 11:00 am – 4:00 pm

West Market, The Great Hall - Longboat Hall, 1087 Queen Street West, Toronto

Sunday, December 18, 12:00 pm – 4:00 pm

East Market, Ralph Thornton Centre, 765 Queen St. East, Toronto

The market brings a selection of the city's best bakers and sweet-makers to you.

www.torontobakersmarket.com

CRAFT SALES & HOLIDAY MARKETS

The Toronto Christmas Market

Until Thursday, December 22, 2016

Admission: Free Tuesday – Friday, Friday (after 5pm) – Sunday: \$6.00

The Distillery Historic District, 55 Mill St., Toronto

Now in its seventh year, the market has become one of the city's favourite holiday traditions and has been ranked one of the top 10 holiday markets in the world. Take in sparkling Christmas light canopies, traditional music and carols, dance performances and check out family-friendly activities like Santa's House, a Ferris wheel, carousel and life-sized gingerbread house. Foodies can taste traditional European street-style food and Canadian holiday treats.

For hours, event and activity schedules, visit www.torontochristmasmarket.com/ • info@torontochristmasmarket.com

Inspirations Studios Annual Holiday Sale

Friday, December 2, 2016, 12:00 pm – 6:00 pm, Saturday December 3, 2016, 12:00 pm – 5:00 pm,

Sunday December 4, 2016, 12:00 pm – 4:00pm

Inspirations Studio, 2480 Dundas Street West, Toronto

The pottery sale takes place in the studio and the showroom.

416-367-2728 • inspirations@sistering.org • www.inspirationsstudio.org/2016/11/10/save-the-date-dec-2-3-4/

Really Really Free Market

Saturday, December 3, 2016, 10:00 am – 4:00 pm

Campbell Avenue Park, 225 Campbell Ave., North of Wallace Ave. and South of Antler Street

The Really Really Free Market is a community space for sharing. People bring what they have to give and take what they need. You don't need to bring anything to take something. It's kind of like a potluck, but for goods and services!

How It Works:

You bring your stuff (clean and in working condition), or pick something up, or stick around!

Some suggestions include:

- Clothes, books, toys, games, music, furniture, household and kitchen wares, pet supplies, homemade goods (crafts, art, artisan goods, and baked goods - don't forget to list the ingredients!),
- Services, such as haircuts, fix up skills, yoga classes, music/dance lessons, massage, or gardening help

Our Wish List

- 1) Tables with foldable or detachable legs
- 2) Foldable or assembled clothing rack
- 3) A slightly larger bookcase
- 4) Large whiteboards for putting up signs
- 5) More volunteers!

<http://rrfmarket.blogspot.ca/>

Pink Market

Saturday, December 3, 2016 & Sunday, December 4, 2016, 11:00 am – 5:00 pm
The 519 Community Centre, 519 Church Street, Toronto

Toronto's queer craft, art, fashion and lit fair, PINK MARKET, is returning to The 519 for its holiday edition, PINK XMAS 2016. This season's sale will be the biggest yet, with 40 vendors offering something for everyone. Whimsical stocking stuffers, thought-provoking zines, gorgeous artwork, holiday cards, and even a few X-rated items. Cross those names off your shopping list (or just treat yourself) while supporting local, independent queer creators. RSVP on Facebook:

www.facebook.com/events/221449014944686/ • www.pinkmarkettoronto.com/ • pinkmarketto@gmail.com



Holiday Pop Up Market

Sunday, December 4, 11 & 18, 2016, 11:00 am – 5:00 pm
Arta Gallery, The Distillery District, 14 Distillery Lane, Toronto

Arta Gallery is excited to announce that we are hosting local craft, food, and accessory vendors over five Sundays in November and December!

Come out to take a look at unique, handmade items from special curated vendors that make perfect gifts for friends and family during the holidays.

416-364-2782 • info@artagallery.ca • www.artagallery.ca/exhibition/future

Merry Makers Market

Sunday, December 4, 2016, 4:00 pm – 7:00 pm: Grand Opening,
Friday, December 9, 2016, 6:00 pm – 9:00 pm: Holiday Merriment
Saturday, December 10, 2016: Festive Finds
Sunday, December 11, 2016, 11:00 am – 5:00 pm: Shop until You Drop
Pitchfork Company, 1322 Gerrard St. East, Unit B, Toronto

22 talented artisans showcase their work. Pottery, jewellery, fine art, textiles, candles, soaps and more.

Highlights:

- ❖ Free hot apple cider
- ❖ Kombucha and natural soda bar
- ❖ Gift wrapping station – donations to local Glen Rhodes Food bank
- ❖ Gift basket raffles

thepitchforkcompany@gmail.com • www.pitchforkcompany.com

The Union Station Holiday Market

December 5, 2016 – December 16, 2016
Monday – Friday: 7:30 am – 7:00 pm, Saturday – Sunday: 10:00 am – 6:00 pm
Union Station, The Oak Room, 65 Front St. West, Toronto

Toronto Market Co.'s Union Station Holiday Market showcases unique merchandise from specialty retail vendors, artisans, designers, food merchants and cultural institutions. A destination for Torontonians and visitors to browse, shop and embrace the holiday spirit.

www.unionstationholidaymarket.com/about/

VanDuzer Art Studio Holiday Art Show & Sale

Wednesday, December 7, 2016, 4:00 pm to 7:00 pm
VanDuzer Art Studio, 196 Beverley Street, Toronto, in the backyard

Supporting artists with mental health issues. Caricature artist on site, Food and refreshments provided

647-280-4931 • twilen@edencommunityhomes.org • www.edencommunityhomes.org/?page_id=22



Holiday Fair at Nathan Phillips Square

December 8, 2016 - December 23, 2016

Weekdays: 11:30 am – 9:00 pm, Saturdays: 10:00 am – 10:00 pm,

Sundays: 10:00 am – 9:00 pm

Toronto City Hall, 100 Queen Street West, Toronto

Taking place in the heart of Toronto at Nathan Phillips Square, the Holiday Fair combines the charm and elegance of a traditional European Christmas market with the excitement and allure of a thriving winter carnival. Holiday Fair in the Square is guaranteed to become a Toronto holiday tradition.

Whether you're looking for that unique gift, taking the family for an afternoon of skating and festive fun, stopping by for some lunch and shopping, or enjoying a romantic evening drink at the ice bar, Holiday Fair in the Square has something for everyone.

www.fairinthesquare.ca

© Elisheva Passarello Photography

FoodiePages.ca Holiday Pop-Up Market

Saturday, December 10, 2016, 11:00 am – 5:00 pm

Artscape Sandbox, 301 Adelaide Street West, Toronto

Discover gifts for the food lovers on your list! This 1-day holiday shopping event in downtown Toronto will showcase emerging and established artisans selling high quality Canadian-made house wares, kitchen, and pantry essentials.

Meet over thirty vendors of the small batch food scene!

647-403-6075 • erin@foodiepages.ca • www.facebook.com/events/644831045698807/

Holiday Pop Up at RawSpace

Sunday, December 11, 2016, 11:00 am to 6:00 pm

270 Carlaw Ave., Unit 102, Toronto

Head to RAWspace, the Leslieville jewellery studio and workshop for a special one-day holiday pop-up. There will be a diverse selection of wares from made in Canada artisans on display.

Beyond the pop up, RAWSpace offers bench rentals for expert jewellers and classes for those who want to learn the trade.

contact@RAWspace.info • www.rawspace.info/calendar.html

Annual Holiday Craft Show in the Annex

December 17 and 18, 2016, 12:00 pm – 6:00 pm

The Tranzac, 292 Brunswick Avenue, Toronto

Every year during the holiday season, The Artisans' Gift Fair hosts a fine collection of affordable, one-of-a-kind gift products. Vendors gather at The Tranzac, located in the Annex at Bloor Street West and Brunswick Avenue, displaying quality-handcrafted gifts that range from funky contemporary to a sophisticated classic style. Whether you're buying for a friend or loved one or buying for yourself, you're guaranteed to find a treasure!

artisansgiftfair.com/ • artisan_shows@yahoo.ca

FASHION

Koffler Couture – Designer Vintage Sale

Public Sale: Sunday, December 11, 2016, 11:00 am – 4:00 pm

Koffler Gallery, Artscape Youngplace, 180 Shaw St., Toronto

Admission: Pay what you can

The fabulous designer & vintage clothing and accessory sale returns for its third smash year! Fantastic deals on thousands of items for both women and men – starting as low as \$5 – designer clothes, shoes, jackets, shirts, blazers, handbags, hats, belts and more. Featuring: Prada, Chanel, Yves St Laurent, Balenciaga, Louis Vuitton, Hermès, Fendi, Gucci, Alexander Wang, Jil Sander, Marni, Giorgio Armani, Versace, Escada, Michael Kors, Etro, Ferragamo, Stella McCartney, Bottega Veneta, and more. Koffler Couture is in support of the Koffler Centre of the Arts.

647-925-0643 • info@kofflerarts.org • kofflerarts.org/programs-events/2016/08/18/koffler-couture-2016/

GIFT SWAP

Alternative Gift Shop - Swap for Your Christmas Gifts This Year!

Saturday, December 10, 2016, 4:30 pm and Sunday, December 11, 2016, 10:00 am - 3:00 pm

The Shore Leave, 1775 Danforth Avenue, Toronto

It's the most wonderful swap of the year. Why buy gifts when you can swap them? Bring 1 - 10 items that are new or lightly used and exchange them for the same number of goods from others in the community. All kinds of items are acceptable including art, books, games, books and DVD's (please no VHS tapes), children's toys. The 4th Annual Alternative Gift Shop

www.torontotoollibrary.com/torontos-alternative-gift-shop-dec-10-11th/

MUSIC

CBC Sounds of the Season

Friday, December 2, 2016, 5:30 am - 6:30 pm

250 Front Street West, Toronto

Sounds of the Season is back! CBC Toronto's annual charity drive in support of GTA food banks. Once again, we will be helping to collect cash and food donations. The campaign runs from November 1, 2016 to December 31, 2016. The highlight of our charity drive is our yearly Open House on Friday, December 2, 2016. This event features LIVE radio and television broadcasts starting at 5:30 a.m., with performances by some of Toronto's hottest musicians. Admission is free, but cash and food donations are welcome!

Donate online, or bring non-perishable food items to the CBC Broadcasting Centre on Front Street. You can also call 1-855-SOTS-CBC (1-855-768-7222) to donate by phone.

www.cbc.ca/news/canada/toronto/events

Sunday Concert Series Scarborough

Sunday, December 4, 2016, 2:00 pm – 4:00 pm: Ed Vokurka's Vituoso Violin Ensemble

Sunday, December 11, 2016, 2:00 pm – 4:00 pm: The Royal Regiment of Canada Band

Sunday, December 18, 2016, 2:00 pm – 4:00 pm: Swing Shift Band

Scarborough Civic Centre, 150 Borough Dr. (at McCowan & Ellesmere)

Please note: There is no reserved seating for any concerts. Concerts can be subject to change or cancellation due to extreme weather conditions.

www1.toronto.ca/wps/portal/contentonly?vgnextoid=c8f5962c8c3f0410VgnVCM10000071d60f89RCRD&vgnnextchannel=a4d962c8c3f0410VgnVCM10000071d60f89RCRD

MOVIES

Evening Films @ The Toronto Reference Library

6:00 pm – 8:00 pm on recurring dates listed below

Toronto Public Library, Toronto Reference Branch, Hinton Learning Centre, 789 Yonge Street

Friday, December 9, 2016

Showing: The Big Short

Friday, December 16

Showing: The Family Stone

Join us for some inspiring, uplifting and entertaining films and documentaries. Films are themed around STEM (Science, Technology, Engineering & Math), Finance, Careers, Innovation, Imagination and the Human Spirit.

416-395-5577 • www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT17888&R=EVT17888

Cineplex Family \$2.99 Movies

Saturday, December 3, 2016: Dr. Seuss' How the Grinch Stole Christmas

Saturday, December 10, 2016: The Polar Express 3D

Join us for family movies Saturday mornings at 11:00 am. A portion of the proceeds goes towards supporting Free the Children. It's a fun and affordable way to enjoy the weekend with your family! Check out the website below to view participating locations and contact information.

www.cineplex.com/Events/FamilyFavourites/ParticipatingTheatres

Winter Event

Winter Village at Evergreen Brickworks

Saturday, December 10, 2016 – Tuesday, February 28, 2017

550 Bayview Avenue, Toronto

Eat

Explore the new Street Food Market with 15+ vendors serving internationally inspired flavours. Cozy up to the campfire, gather with friends at picnic tables and enjoy live music!

Shop

Visit the Makers Market in partnership with Etsy for handmade gifts and unique goods from artisans or the Evergreen Garden Market for local gifts and sustainable Christmas trees. Also, don't miss the Saturday Farmers Market!

Play

Get outside! Visit the Children's Garden for hands-on nature play, take a walk in the quarry or sign up for a hike or fat tire bike ride through the Don River Valley Park.

Winter Village Hours:

December 10, 2016 – December 23, 2016* Weekdays: 3:00 pm–7:00 pm. Weekends: 11:00 am – 7:00 pm

December 24, 2016 & December 25, 2016: Closed

December 26, 2016 – January 8, 2017: Weekdays: 11:00 am–6:00 pm. Weekends: 11:00 am – 6:00 pm

December 31, 2016: 11:00 am – 3:00 pm,

Jan 9–Feb28 - Weekdays: Closed, Weekends: 11:00am–6:00pm

* Please note that the Makers Market ends December 23, 2016. Not all activities are available at all times and some are weather-dependent. For dates & times of specific programs, please visit the website.

416-596-1495 • info@evergreen.ca • www.evergreen.ca/whats-on/wintervillage/

NEW YEAR'S EVE



DJ Skate Nights: A NYE Ice Skating Jam

Saturday, December 31, 2016, 8:00 pm – 1:00 am, Everyone welcome!
Narel Rink, Harbourfront Centre, 235 Queens Quay West, Toronto

Count down to the New Year with the whole family at DJ Skate Nights: A NYE Ice Skating Jam Named Saturdays, as DJ P-Plus serves up the hottest hits. No posing, no pretense, just real music!

(416) 973-4000 • info@harbourfrontcentre.com

www.harbourfrontcentre.com/djskatenights/2016/events/index.cfm?id=8864&festival_id=252&ref=home



New Year's Eve Skating and Dance Party

Saturday, December 31, 2016, starting at 8:00 pm
Nathan Phillips Square, 100 Queen Street West, Toronto

The City of Toronto is proud to once again produce this year's free New Year's Eve celebrations at Nathan Phillips Square, the largest outdoor skating and dance party, with live musical performances, in Toronto. Schedule TBA.

Countdown and Fireworks begin at 11:59 pm.

(416) 393-7275 • www.todocanada.ca/New+years+Eve+Fireworks+Toronto/#Toronto

Wellness

Voice Yoga

Monday December 12, 2016, 2:00 pm - 3:30 pm
The Secret Handshake Gallery, 170 Baldwin Street Upper Level, Toronto

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 or we improvise or we read a poem. We make noise, feel energy and see ourselves in a new light. We are a group of people who love to sing, who love poetry and are creating a brightness in the world. Come sing, make some noise, share a poem, take a risk, gain confidence, free will offering.

For more information and to register, email creativevocalizationstudio@hotmail.com

C/S Info Centre Staff and Volunteers would like to wish everyone a safe and happy holiday season. See you in the New Year! Stay tuned for your next issue of the Bulletin...there are some very Exciting things happening at the C/S Info Centre in January and throughout 2017!



Things to Do When You're Feeling Down

Nurture Yourself

Drink a cup of hot tea
Wear soft, comfortable clothes
Take a bubble bath
Take a long shower
Get a massage
Get a manicure
Read a magazine
Wash your hair
Wrap yourself in a blanket
Give yourself a facial
Colour a colouring book
Play with play dough
Blow bubbles
Light candles
Read a book
Make a snack
Take a nap
Listen/Sing to music
Sit in the sun
Watch a funny video
Watch a good movie
Read a joke book
Watch the clouds go by
Pet an animal
Braid your hair
Knit or crochet
Drive with the windows down

Engage Your Brain

Do a crossword puzzle
Research a topic
Complete a maze

Play a word game
Organize something
Listen to a teaching CD
Write a story
Write a poem
Learn a new skill
Visit a bookstore or library
Plan something
Journal

Be Social

Call a friend
Make a gift for someone
Write a thank you card
Write a letter or a note
Meet a friend for lunch
Visit a nursing home
Organize a card game
Invite someone shopping
Bake for a neighbour
Send an encouraging email

Move

Take a walk
Wash dishes
Stretch
Dance in your living room
Iron some clothes
Plant something
Go to the park
Cook a nice meal
Dust the living room
Drive to a new town

Hula-hoop
Jump rope
Play basketball
Do an exercise video
Jog around the block
Go for a walk
Cut the grass
Play tennis
Rearrange your house
Go for a swim
Try water aerobics
Walk at the mall
Wash your sheets
Ride a bike
Go bowling

Get Creative

Doodle
Invent something
Paint
Play an instrument
Draw
Create a video
Draw a cartoon
Visit a museum
Go to the symphony
Do a craft project
Create a new recipe
Write a song/poem
Cook a new dish
Decorate your house
Knit/Sew/Crochet
Paint a piece of furniture

To subscribe to The Bulletin, call *The Consumer/Survivor Information Resource Centre of Toronto* at 416-595-2882 or email us: csinfo@camh.ca. You can also follow us on Facebook: facebook.com/csinfocentre and Twitter: twitter.com/CSInfoCentre, where we post even more information and resources.

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The Bulletin is free to receive. If you do not have email, you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

Disclaimer: The views expressed in The Bulletin do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members.

Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.
www.csinfo.ca

From the C/S Info Bulletin Team and our wonderful volunteers: Jennifer, Jacqueline, Randi and Martha (the computer gal)!

Supported by:



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