

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto, ON M6J 1H4

Phone: Monday - Friday from 9 am - 5 pm • Drop-in: Monday - Friday from 9 am - 4 pm

416-595-2882 • csinfo@camh.ca • www.csinfo.ca

Our Mission

Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.

Call for Submissions to The Bulletin

Do you write poetry? Create art? Write lyrics? Or is there something else you'd like to share with fellow readers of The Bulletin? We're looking for submissions of visual art/writing/photography/etc. for future issues of The Bulletin.

If you'd like to see your work published on these pages please get in touch with us:

csinfo@camh.ca

Consumer/Survivor Information Resource Centre
1001 Queen St. West c/o CAMH, The Mall
Toronto, ON M6J 1H4

Telephone: 416-595-2882

We'd love to hear from you!

C/S Info Is Moving!

We'll continue to be located at 1001 Queen St. West, Toronto, but we'll be closer to the Empowerment Council, in the space that was previously used by Suits Me Fine.

Our moving date is yet to be determined. We will post signs to help our guests find us. We'll keep you posted with more info in upcoming issues of The Bulletin.

Table of Contents

Our Community - Announcements & Supports	1
Articles	4
Career Development	7
Things To Do	8

MADx's unValentine's Rebellion
Spoken Word | Song | Short Story | Stand-up...or whatever form you like, even if doesn't begin with an "S".

Friday, February 17, 8:00 pm - midnight

Imperial Pub, 54 Dundas St. East, Toronto

MADx by night is about voice - finding and using our voice, your voice, and creating space in which we can bear witness to each other doing just that. It's also about a rollicking good party on a Friday night.

Masquerade: Dress-up, or dress-down and bring your friends. Wear a masque or make one at MADx.

Dancing: There will be dancing 'til midnight & beyond.

Open Call For Rebel - Performers

Our February show sits nestled between two dates that can be difficult for many of us and is a celebration of love of a different kind... Our theme for performers is the many ways we come to love being who we are, and the question: **How did you learn to love being you?**

If you have a story, a song, a routine, or some piece you'd like to share that speaks to how you came to love being who you are then bring it.

We really like original pieces but we also welcome you share a piece by others that means something powerful to you.

Pitch us here: <https://the-rebellion.ca/2016/12/11/madx-unvalentines-rebellion-open-call/>

OUR COMMUNITY - Announcements & Supports

Increase won for ODSP/OW Medical Travel Mileage Rate

A Message from the Income Security Advocacy Centre (ISAC)

Major progress has been made on improving supports for people on social assistance to get to medical treatment. The Ministry of Community and Social Services has just announced an increase in the medical travel mileage rate to pay for the costs people on social assistance have when travelling by car to their medical treatments. The rate is going up from 18 cents per kilometre, or 18.5 cents in the North and North East, to 40 cents per kilometre, or 41 cents in the North / North East. This applies to both ODSP and Ontario Works.

The Ministry is also applying this new rate to agency drivers who take people to medical treatments, where there is no already-established fee. This will also better support the ability of people on social assistance to get to their medical treatments.

These increases will apply as of October 1, 2016. ISAC have been told by the Ministry that staff will be working

to apply the new rates retroactively, which will mean recipients won't have to apply for retroactive payments, and that retroactive payments will not be subject to clawback.

More information about this should be available on the Ministry's website soon: <http://www.mcsc.gov.on.ca/en/mcsc/programs/social/mileageRates.aspx>.

These policy changes are good news for people on social assistance, and come as a direct result of legal and policy advocacy work that ISAC has been doing for many years.

To view the Ministry of Community and Social Services news release visit: <https://news.ontario.ca/mcsc/en/2017/01/ontario-increasing-mileage-rates-for-social-assistance-recipients.html>

For more info about the Income Security Advocacy Centre visit: <http://incomesecurity.org/>

"It's helpful to bear this attitude in mind when you encounter a naysayer: maybe the person isn't sneering at you or your business idea. Maybe their way of life and values are just so different that they don't have a frame of reference for understanding yours."

– Arlene Dickinson (*Canadian entrepreneur*)

Full Child Support Exemption for Parents on OW and ODSP

A Message from the Income Security Advocacy Centre (ISAC)

Starting later this month, parents on Ontario Works and the Ontario Disability Support Program will be able to keep the full amount of any child support payments they may receive. The provincial government announced the full exemption of child support in June 2016. The exemption means that child support will no longer be deducted from OW and ODSP benefits. The exemption will apply only to money for periods after the exemption comes into effect. Child support that is received for periods before the exemption starts will still be deducted from OW or ODSP benefits. The Ministry of Community and Social Services expects that almost 19,000 families will benefit

from this change, of an average of \$282 per month or \$3,380 annually. The end of the dollar-for-dollar clawback of child support from OW and ODSP benefits is very good news for parents on social assistance who get child support. It's also a victory for the many advocates and activists, including ISAC and partners at Campaign 2000, who have been pushing for these changes for many years, and an important move on behalf of the government to make the OW and ODSP systems better for the people who rely on them.

For more info about the Income Security Advocacy Centre visit: <http://incomesecurity.org/>

Peer Lens - Community of Practice for Peer Support Workers

Friday, February 24, 6:30 pm-8:00 pm

Working for Change, 1499 Queen St. West, Unit 203, Toronto

A call to action was generated at this year's Peer Support Worker's Strategy and Discussion event, presented by Toronto Mad Pride, to form an independent Community of Practice for Peer Support Workers in the Toronto area.

If you are a Peer Support Worker or have done Peer Support work in the past, you are welcome to attend Peer Lens - a Community of Practice held every last Friday of the month. This is a great opportunity for peers to have discussions around case studies, to network with other peers and to improve our practice overall. For more information and to attend a meeting, please email Karla at: torontomadprideps@gmail.com

Voice Yoga

Monday, February 13, 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 join us. Let's sing, make some noise, share a poem, take a risk, gain confidence. Free will offering.

For information and to register:

creativevocalizationstudio@hotmail.com

You Matter! Your Body Matters!

Sex, Love, Relationships & Bodies:

A workshop for women 30 years and over

Monday, February 13 at 3:30 pm

(Women includes trans, cis-gendered and two spirit identified) Facilitated by Jess Abraham, Toronto Public Health Only 15 spots available, so please REGISTER soon!

During this workshop you'll have a chance to think about bodies, relationships, sexual health and where to access supportive services. Questions like... What do I need to know about sexual health checkups?

How do antidepressants affect orgasm? How do I go about meeting people to date? Where can I learn more about supports for abuse?

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

Contact us - By email: lucy.costa@camh.ca or by phone: 416-535-8501 ext. 33013 to register. Let us know the top two topics you would like covered in this workshop. We'll do our best to address them!

Calling All Gardeners!

Wednesday from 10:00 am until noon from now until mid April (Indoor gardening sessions)

CAMH Greenhouse located at 1001 Queen Street West (Shaw Street entrance), Toronto

Spring is just around the corner! FoodShare Toronto's Sunshine Garden at CAMH is preparing for another growing season! We are now gardening in the greenhouse, growing microgreens, sowing seeds, doing vermicomposting and having workshops on organic gardening.

So, if you love gardening in a relaxed and sociable

environment, want to learn about organic vegetable gardening and like the idea of growing and sharing your own healthy food, then participating in the Sunshine Market Garden could be the ideal volunteer opportunity for you.

This program is for outpatients and inpatients from CAMH. Contact Liz Kirk, Sunshine Garden Senior Coordinator at: 416-460-0308 or email: liz@foodshare.net for more information and an application form.

ARTICLES

Province backs and will fund supervised injection sites in Toronto

A recent article in the **Toronto Star** announced Ontario's plan to install three drug injection sites in the city.

The following is a brief summary of this article written by David Rider, City Hall Bureau Chief and Jennifer Pagliaro, City Hall reporter, published in the *Toronto Star* on January 9, 2017.

In response to over 250 overdose deaths in Toronto this past year, Ontario Minister of Health, Eric Hoskins, verified that the province has approved the funding and overall operation of three supervised drug injection sites. Toronto Public Health's plan to tackle the opioid crisis uses a harm reduction approach that is proven to save lives by preventing drug use in public areas.

This effort is a small step toward supporting people struggling with addictions and including them as dignified members of society. To read the full article, please visit this link: https://www.thestar.com/news/city_hall/2017/01/09/province-backs-and-will-fund-supervised-injection-sites-in-toronto.html

Also, Naloxone Kits are now available for free without a prescription from your local pharmacy.

Crazy Talks

Crazy Talks is a monthly informal discussion featuring local and international Mad presenters.

Join author Erick Fabris on the first Tuesday of each month at 7 pm for this free event – everyone welcome, free coffee/tea, accessible and ASL on request.

For more information including next meeting location and topic: madly@teksavvy.com

You can also call C/S Info closer to the date: 416-595-2882 or check out the ad in *Now Magazine* for more info.

"Do what you can, with what you have, where you are."

Theodore Roosevelt
(former U.S. President)

Computer... Help!



Martha Gandier offers fellow consumers/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!

Documentary Film Screening + Q&A Panel

Can your biggest fear become your greatest passion? You are invited on **Thursday, February 9 at 7:00 pm** to watch the documentary film "In The Spotlight" at Innis Town Hall, 2 Sussex Ave.

Filmmaker Katie Cooper followed Earla Dunbar and members of her social phobia support group over 6+ years creating a captivating and poignant story about acceptance, recovery, and giving back. Screening is free! Please register your seat here: www.eventbrite.com/e/in-the-spotlight-tickets-30901670729. Doors open at 6:30 pm, Film starts at 7:00 pm.

Panel with Q&A starts at 8:05 pm (Earla and Paul will be present!). Followed by a reception with light refreshments. View the film trailer here: katiecooper.ca/spotlight/?page_id=164

Watch the film, ask Earla and Katie your questions, hear about resources right here in Toronto for people living with social phobia and depression and their families/friends. All in a safe and fun environment. This screening is presented by ASR Suicide & Depression Studies Program, St. Michael's Hospital and Mood Disorders Association of Ontario.

Extreme Cleaning Services - Eviction Prevention Supports

Free Services to help those who are living in extreme situations of disorganization that can lead to eviction. Cleaning services can be provided to those living in apartments or rooming houses.

This service is meant to prevent eviction. Services provided include:

- Heavy duty cleaning
- Pest control preparation (bed bugs, roaches)
- Removal of bedbug infested mattresses (must be wrapped in plastic before removal)
- Modelling of basic tasks by peer workers

At this time we do not provide: an ongoing cleaning service, help with moving, cleaning after tenant discharge, or extreme cases of hoarding.

This program's catchment area is from St. Clair Ave. to Lakeshore Blvd., from Yonge St. to Roncesvalles Ave. Contact Lindiwe for more information at: 416-629-8862 or lindiweta@westnh.org

Telephone Reassurance Program (Dixon Hall)

Friendly volunteers make regularly scheduled calls to clients who are isolated and at-risk. Conversations can include a friendly visit over the phone, a check-in to ensure everything is alright and important reminders.

Hours: Calls are made 7 days a week from 8:00 am to 8:00 pm and can vary depending on volunteer availability. There is no fee for this service.

Eligibility:

- Seniors 55+
- Individuals 18+ living with a disability, a chronic/terminal illness and/or who are convalescing
- Individuals living in the catchment area: Yonge Street, east to the Don Valley Parkway, CPR Tracks, Rosedale, south to Lakeshore Blvd.

If you are interested in this program, please call Dixon Hall at: 416-863-0499 to confirm you reside in their catchment area or click the link here to view the catchment area map: <http://dixonhall.org/wp-content/uploads/2016/10/Seniors-Catchment.jpg>

"So how do you know what is the right path to choose to get the result you desire? And the honest answer is this. You won't. And accepting that greatly eases the anxiety of your life experience."

– Jon Stewart (*talk show host*)

New Publication: Mad Times Zine!

Mad Times is Mad Pride Toronto's newfound publication, composed of articles and pieces from the community. The zine will focus on the many diverse ways of understanding and exploring mental health, the consumer/survivor movement, and the Canadian mental health system. More importantly, Mad Times would like to create and sustain an ongoing conversation between different opinions, people and communities involved in mad studies, advocacy and rights. The zine will strive to be an impartial platform for free speech. We wish to share people's artwork, poetry, articles, and critical opinion pieces with the Toronto community and beyond.

The first issue is set to launch by the end of January 2017 and we are hoping to find more subscribers, receive submissions and spread awareness! Mad Times will be mostly an online publication, but will also have a limited print run each issue. If you would like to subscribe or are interested in submitting your work for our next issue, please send us an email at madtimestoronto@gmail.com



Introducing InkWell Workshops

Kathy Friedman

"I've been having a lot of suicidal ideation," I told the psychiatry resident. I was back on the 9th floor at Toronto Western Hospital, in outpatient mental health. Like any seasoned traveller, I'd picked up a few stock phrases, including "suicidal ideation," during my time visiting psychiatric wings, and I relied on them to help give me a sense of control.

"I know myself by now, and normally I wouldn't be thinking about suicide." The resident had recently given me the green light to stop taking one of my meds, and now my mood had crashed and the suicidal thoughts had returned. "I just feel like a total failure," I confessed.

"That's normal," she said. "Anyone in your situation would feel like a failure."

I looked up.

"That is, I mean, I don't think you're a failure," she said, backpedalling. Instead of scheduling a follow-up appointment or discussing my medication options, she discharged me from her care at the end of the appointment.

I wish these kinds of experiences weren't so common in my attempts to seek treatment for mental health issues. And I wish they didn't leave me feeling so diminished, so angry—so much less than human.

Writing about my experiences living with depression scares me; I would much rather keep them private, or use them to fuel my fiction, to twist and shape and transform them until they belong to an invented character in an invented world. But I know that in order to transform reality—to change the mental-health system that disempowers and disenfranchises the people who come to it for help—I have to speak up, speak out. And I can't do it alone.

This is the main reason I co-founded (along with celebrated local writer Eufemia Fantetti)

an arts education project called InkWell Workshops.

We offer creative writing workshops for people with mental health and addictions issues led by professional writers with lived experience. We believe in the power of creative community to inspire each other and to build skills, confidence, and resilience. We believe that our voices—our stories—are vital, and that they deserve a place in our national literary landscape.

Every Thursday afternoon from 2 to 4 p.m., we meet at Routes (2700 Dufferin St., Unit 90), a supportive, welcoming, and inclusive space. Our workshops are free, drop-in, and open to anyone in Toronto over 18 who self-identifies as having had a mental health or addictions issue. With time allotted for reading, writing, and sharing, each workshop is focused on a different genre, including poetry, fiction, memoir, and playwriting.

The work of our talented participants is wildly diverse: from gritty memoir pieces to treatises on world affairs, and from existential poems to hilarious stories about futuristic worlds. In the workshops, we are never damaged people in need of healing, but artists with our own talents, strengths, and stories to share. We invite everyone who believes in the power and possibilities of storytelling to join us.



INKWELL WORKSHOPS: free, drop-in creative writing workshops.

Every Thursday from 2pm–4pm
at CMHA Toronto's Routes location,
2700 Dufferin Street, Unit 90.

InkWell instructors are award-winning professional writers who have lived experience of mental illness. We facilitate workshops in fiction, creative non-fiction, poetry, playwriting, and spoken word.

Consider joining us for
inspiration and motivation!

info@inkwellworkshops.com | www.inkwellworkshops.com

Anyone over 18 who lives in Toronto and has a mental health issue can attend.

Scent-free/nut-free/wheelchair accessible. Snacks and TTC tokens provided.

in partnership with:



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CAREER DEVELOPMENT

Transitions to Post-Secondary Education Program

Looking for support to return to school and work? Come to an information & English assessment session to find out how the Transitions to Post-Secondary Education Program (TPE) at George Brown College can help get you there.

What you can expect:

- Meet with faculty, staff and students from the program
- Learn about how you can prepare yourself for this program
- Find out how the program can help you reach your academic and employment goals.

Upcoming Information & English Assessment Sessions:

Tuesday, February 14 1:00 pm-3:30 pm -
200 King St. E., Rm.B155

Tuesday, February 21 1:00 pm-3:30 pm -
200 King St. E., Rm.B155

Tuesday, February 28 1:00 pm-3:30 pm - TBD

Tuesday, March 7 1:00 pm-3:30 pm -
200 King St. E., Rm.B155

These information sessions are for the Spring/Summer intake which begins in May.

TPE Application Process:

Step 1: Attend an info session[†]

Step 2: Write an English assessment (at the info session)

Step 3: Fill out an application and submit to Room 534E,
200 King Street East

For more information about the program contact the program office 416.415.5000 ext. 2458 or email Christopher Millado at cmillado@georgebrown.ca or on the web: <http://www.georgebrown.ca/a107-2017-2018/>

[†]If you require accommodations to write the English assessment, please contact Ambrose Kirby - 416.415.5000 ext. 4522 akirby@georgebrown.ca

Getting Started Workshop - Times Change Women's Employment Service

Tuesdays, 2:00 pm - 4:30 pm

365 Bloor Street East, Suite 1003, Toronto

This comprehensive orientation session provides detailed information about all of the free programs and services offered at Times Change Women's Employment Service.

All new Times Change clients are encouraged to attend the **Getting Started Workshop**. During this orientation session you will learn about Times Change, meet Times Change staff and have a tour of the space, including the popular Computer Room and comprehensive Resource Centre.

After the session has concluded, you will have an opportunity to speak with an employment counsellor to answer any questions that were not addressed in the presentation.

To register, please call: 416-927-1900 ext. 0

Image courtesy of ©Elisheva Passarello Photography



THINGS TO DO

For TTC Information call 416-393-4636 or visit the TTC website - www.ttc.ca

#BlackLivesMatter

Wednesday, February 1, 7:00 pm - 8:00 pm, Free
Toronto Reference Library, Atrium,
789 Yonge St., Toronto

Kicking off 2017's Black History Month at the library, a candid discussion on the achievements of Toronto's Black communities, the Black Lives Matter movement, and race-relations in Canada. With journalist Desmond Cole, civil rights lawyer and activist Anthony Morgan and Black Lives Matter representative Chrys Saget-Richards.

Hosted by Toronto Star's Morgan Campbell.

416-395-5577 • No email listed

www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT272025&R=EVT272025

Soca on Ice

Saturday, February 4, 8 pm - 11 pm, Free
Natrel Skating Rink at Harbourfront Centre,
235 Queens Quay W., Toronto

As part of Harbourfront's DJ Skate Party series, Dr. Jay brings the heat with his SOCA ON ICE! Calling all soca lovers don't miss the hottest winter party in town. This family friendly event is free, and for all ages.

• 416-973-4866 • No email listed

www.harbourfrontcentre.com/whatson/today.cfm?id=8869&festival_id=252&festival2_id=254

Kuumba

Friday, February 3, 6:00 pm - 11:00 pm;
Saturday, February 4, noon -11:00 pm;
Friday, February 10, 6:00 pm– midnight;
Saturday, February 11, noon - 2:00 am

Harbourfront Centre, 235 Queens Quay W., Toronto

With so many great events, they've expanded Kuumba over two weekends! This year, they explore the themes currently affecting the global community including Black Lives Matter, Women's Empowerment and The Invisible Majority. They also focus on women's voices by showcasing musicians, filmmakers and artists who bring attention to the stories of women of colour in Canada.

For over 20 years, Harbourfront Centre's Kuumba has sparked discourse and conversation around current and historical debates within the African-Canadian community. Kuumba 2017 continues this tradition, creating awareness and dialogue and celebrating contemporary and historical forms from across the African diaspora.

416-973-4000 • info@harbourfrontcentre.com
www.harbourfrontcentre.com/festivals/kuumba

Repair Cafe

Saturday, February 11, 2017
12:00 pm - 4:00 pm

Central Neighbourhood House,
349 Ontario Street, Toronto

If you have questions or suggestions, you can reach Repair Café Toronto:
by email info@repaircafetoronto.ca

<http://repaircafetoronto.ca/>

Tea and Movie

Wednesday, February 15, 2 pm - 4 pm, Free
Toronto Public Library, Cliffcrest Branch,
3017 Kingston Road, Scarborough

Enjoy a cup of tea and watch "Lady in the Van", based on the real-life story of a homeless woman, who parks her van in the driveway of a house owned by a playwright and lives there for 15 years. Over the course of her stay, the two form a unique friendship.

416-396-8916 • No email listed

<http://www.torontopubliclibrary.ca>

Before the 6ix: And Now the Legacy Begins

Monday, February 6, 7 pm - 8 pm, Free
Toronto Reference Library - Hinton Learning Theatre,
789 Yonge St. Toronto

Producers Joh Bronski, K-Cut and DJ Agile discuss Toronto's historical hip-hop scene and classic rap albums from the last 25 years. A panel discussion examining the Toronto music scene's classic hip hop albums and the trailblazers who helped shape it.

416-395-5577 • Email not listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT272644&R=EVT272644

Jazz Valentines for Austin Clarke

Thursday, February 9, 7 pm - 8:30 pm, Free
Toronto Reference Library - Beeton Hall, 789 Yonge St.

Featuring grooves and poetry, Canada's Poet Laureate, George Elliott Clarke pays homage to the great, late Austin Clarke. With Lillian Allen, Clifton Joseph, Adebe DeRango-Adem and Giovanna Riccio. Accompanied by Michael Arthurs, Anne Lieberwirth, and Kwanza.

416-395-5577 • Email not listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT272027&R=EVT272027

Shame and Prejudice: A Story of Resilience A project by Kent Monkman

On now until Saturday, March 4
Tuesday, Thursday, Friday, Saturday:
12:00 pm - 5:00 pm;
Wednesday 12:00 pm - 8:00 pm;
Sunday & Monday: closed

Art Museum University of Toronto, University of Toronto Art Centre, 15 King's College Cir.

Kent Monkman's exhibition Shame and Prejudice: A Story of Resilience ushers in Canada's Sesquicentennial in 2017 at the Art Museum at the University of Toronto.

Kent Monkman's new, large scale project takes the viewer on a journey through Canada's history that starts in the present and takes us back to a hundred and fifty years before Confederation. With its entry points in the harsh urban environment of Winnipeg's north end, and contemporary life on the reserve, the exhibition takes us all the way back to the period of New France and the fur trade.

416-946-8687 • artmuseum@utoronto.ca
www.artmuseum.utoronto.ca

Art Inspired by Canadian Books

Ongoing event running until Saturday April 22, Free
Toronto Public Library, Reference Branch, 789 Yonge St.
Browsery - Main Floor

The Toronto Public Library, in partnership with The Word On The Street Toronto Book & Magazine Festival, presents an exhibit of art inspired by Canadian books.

416-395-5577 • Email not listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT281301&R=EVT281301

Is there something you want to see in The Bulletin?

We'd love to hear from you! Have your say and drop us an email: csinfo@camh.ca or write to us:
Consumer/Survivor Information Centre of Toronto,
1001 Queen St. West
c/o CAMH, The Mall
Toronto, ON M6J 1H4

"Always bear in mind that your own resolution to succeed is more important than any one thing."

– Abraham Lincoln (*former U.S. president*)

Toronto Light Festival

On now until Sunday, March 12, Free
 Sunday to Wednesday, Sundown to 10 pm;
 Saturday, Sundown to 11 pm
 The Distillery Historic District, 9 Trinity Street, Toronto

Art becomes light art when light forms the primary means or medium of expression. This relatively new art form includes a wide variety of ways light can be influenced. Light art pieces usually emit or manipulate light, colours and shadows in creative ways. 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.

Phone not listed • info@torontolightfest.com
www.torontolightfest.com

2017 Lunar Fest

Saturday—Sunday, February 4 & 5, noon - 6:00 pm,
 Free
 Metro Hall, 55 John St., Toronto

Re-live the Olympic hype this January and help Canada bring home the gold at the LunarFest Rooster Winter Games! The Year of the Rooster in the lunar calendar is a year for courage, bravery, and hard work - do you have what it takes to reach the podium?

2017 LunarFest is back to celebrate the Lunar New Year like never before at this two day festival in downtown Toronto. Join us for the Rooster Winter Games, workshops, activities, and all sorts of free family fun!

Phone not listed • Email through contact link on right hand side of the website • www.lunarfest.org

Music Documentaries: Buena Vista Social Club (1999)

Tuesday, February 14, 6:30 pm - 8:30 pm, Free
 Toronto Reference Library, Beeton Hall, 789 Yonge Street, Toronto

This documentary by lauded German filmmaker Wim Wenders follows renowned guitarist Ry Cooder and his son, Joachim, as they travel to Cuba and assemble a group of the country's finest musicians to record an album.

416-395-5577 • No email listed • www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT268315&R=EVT268315

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca. The Bulletin is free to receive. If you do not have email, you may 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 and Twitter: twitter.com/CSInfoCentre, where we will post more information and resources. All previous issues are available on our website: www.csinfo.ca.

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

From the C/S Info Bulletin Team and all our wonderful volunteers: Jacqueline, Randi and Martha (the computer gal)!
 Go green; get The Bulletin by email!

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