

**Sound Times Support Services**

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NEW EMAIL • [bulletin@soundtimes.com](mailto:bulletin@soundtimes.com) WEBSITE • [www.soundtimes.com/bulletin](http://www.soundtimes.com/bulletin)**Our Mission is evolving**

*The Bulletin will spark dialogue and share information and resources for the consumer survivor community. This community includes people with mental health, addiction issues and/or experiences of mental health and addictions systems.*

**Shift from Print to Electronic**

We are shifting the Bulletin to an electronic version. The electronic version will allow us to include more content, links and interactive content. So why not sign-up for the electronic version instead. If you want the paper version return the last page of the Bulletin.

**May Actions:**

- Tenant Rights, standard leases
- Elections, participation, consultations
- Call for Support, & Peer Support tools
- Training and job fairs

**Dialogues at Empowerment Council Celebration:**

**Amita Dhanda** (Keynote): Persons with disabilities have worked to get a voice at the table, using identity politics; however, this is not enough to achieve inclusion.

- Need to have dialogue between persons with/without disabilities and across other identities to create real inclusion.
- Distinction between hearing and listening. When we speak, we need listeners (rather than tokenistic presence at a consultation)

**Chris Higgins:** There is a disconnect between the ways services are funded and the consumer survivor: Because CS are not the buyer, we do not have the power that consumers have at a store or the open market.

- To measure service success / quality you need to measure emotional and psychological well-being. CS perspectives on outcomes.

**David Reville:** discussed history of CS movement, initiatives, and resources. And changes of language.

**Zoë Dodd:** harm reduction means reducing the harm from the war on drugs and drug prohibition . And the harm from racist policies (Natives & alcohol, Chinese workers & Opium, Opiod White "victim"/Black "addict")

- Substance users have developed expertise, critiques, advocacy groups. This is a political struggle not just a public health issue.

More about the speakers in future Bulletins—notes by  
Tim Brown

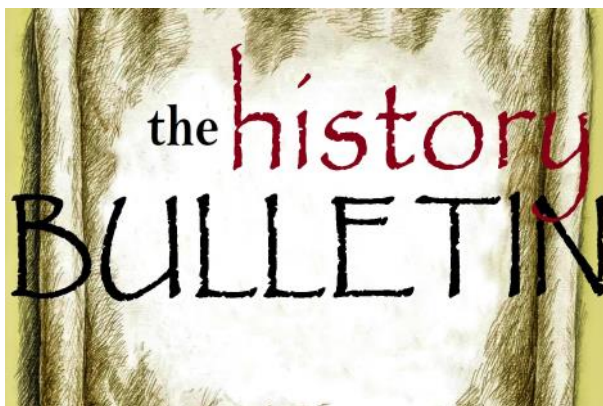
## Moments in C/S Bulletin History 2005

Changes of seasons and Shelters: Page 1 of 10, Bulletin 299, May 1, 2005

- 50 beds gone as shelter closes Central Neighbourhood House's 50-bed shelter on Jarvis Street closed on April 26th as its lease was expiring. "Unfortunately, the shelter's closing coincides with the end of the Out of the Cold program that in the winter months sleeps about 120 people every night....That will mean more people jamming into the shelter system." Article by Catherine Porter, City Hall Reporter, Toronto Star, Tuesday, April 26, 2005, page B5)

Notice planning and the weather may not agree. As we recently saw with the ice storm and the planned closing of the Out of the Cold programs because of changes of seasons. This is why advocacy for flexible and user-controlled systems is important.

When do you think temporary shelters should be closed?



...part of the consumer survivor on-going timeline...stay tuned

## Consumer Survivor Initiative Network—New Project and Report:

*POWER OF CHANGE TOGETHER: BUILDING THE MOVEMENT*

The Toronto Central LHIN-funded Consumer Survivor Initiative Network, which is currently comprised of Working for Change and A-Way, has been created to support allied organizations and stakeholders

**Vision:** We envision a world, and in particular a country and a province, where consumer survivors and people with lived experience in mental health and addictions and poverty have full access and entitlements to every resource, service and policy influence as other citizens - to thrive and realize their full potential with dignity and respect.

**Possible Mission #1:** We support consumer survivors and people with lived experience in mental health and addictions and poverty and related organizations to be the driving force in challenging systems of oppression in public policy, services, education and employment and -create new realities.

**Possible Mission #2:** We convene, educate and support consumer survivors and people with lived experience in mental health and addictions and poverty to work collectively to create the changes we need to realize our full potential with dignity and respect.

**Follow-up meeting:** Thursday May 10th, 2018 5:30 PM- 9 PM at Friends House on 60 Lowther Avenue ( just steps from the St. George Subway Station, Bedford Road Exit) for our follow up meeting.

## Learn, Influence & Participate

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### Learn about Tenant Rights at Tenant School

Announcing June 2018 Toronto Tenant School: Registration is Now Open! Spots are limited so register today! Two full days on June 2 and 9, 2018!

Are you a tenant living in Toronto? Do you have questions about your rights under the law? Have you ever thought of working with your neighbours to start a tenants association? Does your tenant association want to become more effective in the building?

The training is free and classes are taught by experienced lawyers and community advocates. Learn about your rights under the law such as how to get repairs done, fight evictions and challenge unfair rent increases. The school is an opportunity to meet other tenants and strategize about ways you can work with each other and work with your local government to accomplish shared goals.

Registration is now open-and remains open to May 15, 2018! Please sign up as space is limited. Signing up has never been easier! You can register in the following ways:

Call 416-413-9442 or write to [totenantschool@torontotenants.org](mailto:totenantschool@torontotenants.org) to obtain a registration form or fill out the online registration form available at: <https://goo.gl/forms/8tpYPWKcX2xx86yt1>  
<https://www.facebook.com/events/603315570061229/>

More info next time about the Lived Experience Advisory Group to the Toronto Anti-poverty Strategy: <https://www.toronto.ca/city-government/accountability-operations-customer-service/long-term-vision-plans-and-strategies/poverty-reduction->

### Call for participants: Public interest inquiry into racial profiling and discrimination by the Toronto Police

If you, or someone you know, would like to take part, contact our team at [legal@ohrc.on.ca](mailto:legal@ohrc.on.ca) or 416-314-4547 by June 30, 2018. Follow, share and engage with us and use [#TruthBeforeTrust](#).

<http://ohrc.on.ca/en/public-interest-inquiry-racial-profiling-and-racial-discrimination-tps>

### Participate in the National Housing Strategy Consultations

Participate By June 1, 2018:

Send an email with the subject line “**Human Rights Based Approach to Housing: Feedback**” to [placetocallhome@cmhc-schl.gc.ca](mailto:placetocallhome@cmhc-schl.gc.ca)

<https://www.placetocallhome.ca>

### NEW Standard Residential Lease

Starting April 30, 2018 landlords of most private market rental units will be required to use this form (lease) when they enter into a tenancy with a tenant. There are 14 mandatory sections. Any additions have to be approved by the renter and the landlord. Landlords may attempt to add to a lease, but which are void and unenforceable, include:

1. A requirement that a tenant pays a damage deposit;
2. A ban on guests, roommates or additional occupants;
3. A “no pets” clause.

Contact the [Landlord and Tenant Board](#) by calling 1-888-332-3234 to learn more about your rights and responsibilities under the RTA.

For questions or comments about the standard lease form, including how to fill it out, contact our [Residential Tenancies Unit by e-mail](#) or call 416-585-6528.

[More information and a link to the lease template](#) <http://www.mah.gov.on.ca/Page18704.aspx>

## Elections!

The provincial election is in the air. Election day is June 7. You can find where you vote and if you are registered.

<https://www.elections.on.ca>. We will have more information about ID, locations and registration in the next Bulletin.

Provincial Government has responsibility for healthcare, OW, ODSP, Education so the election will affect many aspects of consumer survivors' futures.

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### Ontario Health Coalition

On June 7 Ontarians will head to the polls for the general election. You can help to make sure that improving public health care for all is a key issue in the election. We will be providing resources and support to ask all the political parties to make

key commitments to improve access to care in our public hospitals and long-term care, build a public non-profit home care system and improve access, expand public non-profit primary care, improve democracy in health care and more. Local health coalitions are holding all candidates' debates in towns across Ontario. Here is the first set of resources and more will follow.

<http://www.ontariohealthcoalition.ca/index.php/june-7-ontario-election-resources/>

### And after the election

**Ontario Health Coalition will hold a Summit and Strategy Meeting to discuss the results**

Friday June 22, 2018 11:00-3:00, Older Women's Co-Op Toronto, 115 The Esplanade



Learn how  
to participate - Democracy Kit

[Open Democracy Project](#) and [Toronto Public Library](#) have just announced a city-wide municipal election campaign volunteer recruiting and training program: [www.tpl.ca/democracykitworkshops](http://www.tpl.ca/democracykitworkshops)

Thanks to community contributors: [Women Win Toronto](#), [ProudPolitics](#), [The Canadian-Muslim Vote](#). Contact us!

### Drive Political Change

The best way to learn civic campaign skills is on the campaign trail. This session gets you started and provides a roadmap for participation in the 2018 municipal election.

### Learn Campaign Fundamentals

So you're ready to get involved in an election campaign, but want to decide where to focus your energy? Learn municipal campaign fundamentals, and understand what campaigns need.

### Hear from the experts

Meet a panel of local campaign leaders and hear what they look for in volunteers and how to make the most out of your campaign experience.

### Join a Campaign

We're making an open call to all local school board and city council campaigns to attend this session and meet participants. Interactive group workshops will allow participants to meet campaign teams and sign on.

### What you will get

All workshop participants will receive the following:

- A copy of *DemocracyKit Civic Campaign Guide*
- Introductions to local candidates, campaigns and experts
- Access to 2018 municipal campaign training programs and events

More: <https://www.torontopubliclibrary.ca/programs-and-classes/featured/democracy-kit-workshops.jsp>



# Who are you going to Call for support?



Phone lines and Support Programs. Thinking beyond 911. Have you used any of

these services? Let us know by email bulletin@soundtimes.com.

## Distress Centre

If you are in crisis, feeling suicidal or need emotional support, please call (415)408-HELP line at [416-408-4357](tel:416-408-4357). If this is an emergency - please call 911. You can [learn more and access the chat and other services](https://www.torontodistresscentre.com/canadian-suicide-prevention-service/) https://www.torontodistresscentre.com/canadian-suicide-prevention-service/ 408-HELP line provides:

- Emotional support service for those with chronic mental health problems
- Support & crisis intervention services for those currently experiencing distress or crisis
- Family violence response Suicide prevention services

## Gerstein Crisis Line

- 24 hour Line 416-929-5200
- <http://gersteincentre.org/our-crisis-services/>

## Call 211

- 211 can direct you to lots of resources for support in the community [The biggest resource directory]
- You can even text from your cellphone 21166
- Check out the category of distress lines for more options: <https://www.211toronto.ca/>



## ConnexOntario access to Addiction, Mental Health and Problem Gambling Services



ConnexOntario operates a helpline 1-866-531-2600 that provides health services information for people experiencing problems with gambling, drugs, alcohol, and/or mental illness: 24/7. Our service is free and confidential.

## Progress Place Warm Line

Warm Line 416-960-9276 ; 416-960-WARM [www.progressplace.org](http://www.progressplace.org)  
 Mon-Fri 8 am-8 pm \* Sat-Sun, holidays 11 am-8 pm \* **Warm Line** -- call Mon-Sun 8 pm-12 midnight, or text or chat Fri-Sun 8 pm-12 midnight, including holidays

## Anishnawbe Health Toronto

179 Gerrard St E, Toronto, ON M5A 2E5  
 Office phone 416-920-2605  
 Crisis phone First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310  
 Email [info@aht.ca](mailto:info@aht.ca) Website [www.aht.ca](http://www.aht.ca) Hours Mon-Fri 9am-5pm

And of course answering the phone for a friend in need of support is a great way to get some sup-



## New coaching and online peer support programs

### BounceBack Ontario

- **Briefly:** Need referral from primary care (Dr, Nurse). Coach connects with you within 5 days. Study and use workbooks with a Coach (not a therapist, Coaches have 3 months training). The work books are based on cognitive behavior therapy (CBT). BounceBack is suitable for mild to moderate depression, anxiety, stress.

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks aimed at improving your emotional well-being. Once your family doctor or nurse practitioner refers you to the program, you will be contacted by one of our coaches within five days to schedule a telephone appointment.

The program usually involves three to six telephone sessions with a coach, which you can do from the comfort of your home. Popular topics include: being assertive, changing unhelpful thinking, and overcoming sleep problems.

Your coach will guide you through the program materials, step by step. Their role is to help you develop new skills, keep you motivated, and monitor how you're doing. Because BounceBack coaches are not clinicians, they don't provide counselling. Coaches are extensively trained in the BounceBack program, which is effective in relieving mild to moderate depression and anxiety. Telephone coaching is available in multiple languages.

[Download a referral form](#) for your family doctor or nurse practitioner to complete at your next visit.

<https://bouncebackontario.ca/>

Video Guides: To watch the full series, go to [bouncebackvideo.ca](https://bouncebackvideo.ca) and enter

### Big White Wall

*For your information the Provincial Government is funding an online peer support program:*

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

Discover a new approach towards wellbeing that is available anytime anywhere

- Anonymous peer support
- 24/7 moderation by clinically trained 'Wall Guides'
- Self-guided courses
- Self-improvement tools and resources
- Safe space to express yourself without judgement



## Resources

TTC - Fair Pass Discount Program Has arrived: \$2.00 per ride, 115.50 month

[Find the forms and the details at: https://www.toronto.ca/transitdiscount/](https://www.toronto.ca/transitdiscount/)

You are eligible if you are an adult living in Toronto and in receipt of Ontario Works (OW) or Ontario Disability Support Program (ODSP) and not receiving transportation supports equal to or greater than \$100 in the current month (i.e. Employment or Medical Related) through OW or ODSP.

### How to apply

To apply for the Fair Pass Discount Program, you must complete and sign an [application](#) and [consent form](#). Completed forms can be submitted by mail, fax, or in-person at any of the following Toronto Employment & Social Services (TESS) locations.

## Did you know? You can get Naloxone for free

Did you know? You can get Naloxone for free from most pharmacies (with health card) and at mental health and addiction agencies.

- Safe injection sites: Toronto Public Health (The Works), Queen West-Central Toronto Community Health Centre, South Riverdale Community Health Centre. Fred Victor at 45 Queen Street location.
- Moss Park Overdose Prevention site by the [Toronto Overdose Prevention Society](#),
- **RPHC's Overdose Prevention Site** (Regent Park Community Health Centre Dundas St East 416-203-4506)
- Tuesday 12:00-6:30, Wednesday 12:00-6:30, Thursday 9:30-4:00 (only women identified and trans\* people may access OPS on Thursdays)
- **Kensington Market** - St. Stephen's Community House 260 Augusta Ave (416) 964-8747.
- Sunday to Friday from 7:30 a.m. to 11:00 a.m.



## Smart Recovery

With our SMART Recovery® 4 Point Program We provide solutions for all types of addictive behaviours: substance abuse including alcohol and drugs, gambling, food and sex addiction and other compulsive activities. ph 416-628-9185 or email: [info@smartrecoverytoronto.com](mailto:info@smartrecoverytoronto.com) . [Check out the Toronto Smart Recovery Schedule](#)

<http://smartrecoverytoronto.com/meetings> [Central organization](#) <https://www.smartrecovery.org/>

## Did you do your taxes?

City of Toronto can help: <https://www.toronto.ca/community-people/employment-social-support/employment-support/employment-related-events/2017-income-tax-preparation-clinics/>





# Training Programs

## Starting points for interesting volunteer positions:

**Charity Village** training, jobs and volunteer opportunities <https://charityvillage.com>

**Volunteer Toronto** [www.volunteertoronto.ca/](http://www.volunteertoronto.ca/)  
Volunteer Toronto is a charity that builds caring communities by connecting volunteers to the causes that need them.

## STAR Program

Supporting Transitions and Recovery (STAR) Learning Centre [star.stmichaelshospital.com](http://star.stmichaelshospital.com)  
From their website:

This program provides a safe and welcoming environment that helps people discover or re-discover activities that are meaningful to them. It also provides opportunities for people to develop the skills they need to secure or maintain stable housing.

STAR has partnered with community organizations to offer a range of free classes from skills training to arts-based recreation. The classes are designed to support people as they make the transition to housing and work to recover their mental health. STAR is located within the CRC at 40 Oak St.

At STAR, people are participants in their recovery, not patients.

[STAR program description](#) (144 kb pdf)

[STAR registration package](#) (872 kb pdf)



## OPDI Peer Support Core Essentials™ Program

Learn More and find out about [OPDI training program at this link](https://www.opdi.org/news-events/events/training/opdi-peer-support-core-essentials-training-program-toronto-may-2018) (<https://www.opdi.org/news-events/events/training/opdi-peer-support-core-essentials-training-program-toronto-may-2018>). Note: The program costs \$1000.

5 days of in person training and subsequent support! “OPDI Certified Peer Supporter”.

**Questions?** Allyson Theodorou ([opdi@opdi.org](mailto:opdi@opdi.org))  
Phone: 416.484.8785 ext. 2 or 1.866.681.6661

## Peer Staff Supervisors Training

- Centre for Innovation in Peer Support  
Open to Anyone Who Supervises Peer Support Workers - [Information \(pdf\)](#) and [Registration](#)

*Mon, 14 May 2018 9:00 AM – 4:00 PM EDT*  
*348 Bronte St S, Unit 18, Milton, ON L9T 0H7*

Training facilitated by Robyn Priest, International Consultant with the Centre for Innovation in Peer Support; and Christina Jabalee, Director-Centre for Innovation in Peer Support

**Monday May 7, 2018 (Monday)**

## **Employment Clinics with WoodGreen**

Not sure how to start your job search? Feeling stuck or frustrated and want to discuss career options? Need your resume critiqued? Would you like to access the hidden job market? Bring your questions regarding effective job search to a one-on-one 30 minute meeting with a professional employment service provider. **(Reoccurs: May 14 & 28)**

**Call 416-393-7727 to book an appointment with a counsellor. At: 701 Pape Ave (@ Danforth Ave) Pape/Danforth Library – Program Room**  
**Time: 1:00pm – 3:00pm Phone: 416-393-7727**



## Events

**May 02 2018 (Wednesday)**

**Musicking, Science and Health: A Mental Tune-Up**

Join Keith Loach in a program that will look at recent research in music and health. What happens in our brains when we play, listen and move to music? Includes a live clarinet performance! Drop in. No registration required.

**At:** 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library - Room 200*

**Time:** 6:30pm – 7:30pm

**Phone:** 416-393-7610

**May 03 2018 (Thursday)**

**Laughter Therapy Class**

Join our Laughter Therapy exercise classes on Thursdays for five weeks. Laughter Yoga instructor Carlos Gongora teaches how laughter can be the best medication. Program is free. No registration required.

**At:** 1515 Albion Rd (west of Kipling Ave) *Albion Library - Auditorium*

**Time:** 11:00am – 12:00pm **Phone:** 416-394-5170

**Time:** 12:00pm – 1:00pm **Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>

**Voice Yoga. May 14 (Monday)** . How can we write poetry in a relaxed, fun, comfortable safe space so that emerging poets can become confident people? In a non-traditional approach, we laugh, opine and become expressive.

This group provides that opportunity and experience. Through self-expression and being given permission to be silly, respected and heard, we gain self-respect and learn harm reduction.

**At:** 2:00 to 3:30 at the Secret Handshake 189B Mutual (upper) More info:

[www.honeynovick.com](http://www.honeynovick.com)

**May 16 2018 (Wednesday)**

**Ping Pong for Adults and Seniors**

While we don't have fancy tables, we do have equipment to turn our existing tables into ping pong palaces. Okay, not palaces, but it's good exercise and great for improving your eye/hand coordination, plus it's fun. Come out and choose your paddle! Drop in. No registration required.

**At:** 36 Brentwood Rd, North (north of Bloor St W) *Brentwood Library – Program Room*

**Time:** 1:00pm – 3:00pm **Phone:** 416-394-5247

**Inkwell Work-shops**

ROUTES

[2700 Dufferin Street, Unit 90]

May 2 - Let Jeff lead you through poetry exercises guaranteed to stimulate your creativity. No experience necessary.



May 9 - Have fun learning tips and tricks for writing for young readers with award-winning children's author, Mahak. No experience necessary..

**May 22 2018 (Tuesday)**

**Doctors in Denial: A Reading with Author Dr. Joel Lexchin**

Doctors in Denial examines the relationship between the Canadian medical profession and the pharmaceutical industry, and explains how doctors have become dependents of the drug companies instead of champions of patients' health. ...

**At:** 789 Yonge St (north of Bloor St) *Toronto Reference Library – Beeton Hall* **Time:** 7:00pm –

8:00pm **Phone:** 416-395-5577

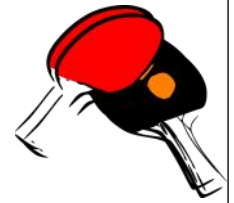
## Are you reading these great newsletters?

- Ontario Peer Development Initiative OPDI “News to go” <https://www.opdi.org/news-events/news>
- Empowerment Council <http://www.empowermentcouncil.ca/>
- Citizens With Disability Ontario (CWDO) <http://www.cwdo.org/>
- Housing Action Now—Great resource on housing advocacy in Toronto <https://housingactionnowto.wordpress.com/>
- ARCH Alert, ARCH Disability Law Centre <http://www.archdisabilitylaw.ca/arch-alerts>
- Voice of Our Own, Newsletter of the Council of Canadians with Disabilities (CCD), published four times per year <http://www.ccdonline.ca/en/publications>
- AODA Alliance - subscribe to e-news by emailing [aodafeedback@gmail.com](mailto:aodafeedback@gmail.com)
- The Advocate - A Government Affairs Advisory Newsletter, Ontario March of Dimes <https://www.marchofdimes.ca>

## Table Tennis

Table tennis available for the community. Every day!

**At:** 155 Crawford St (north of Queen St W & west of Ossington Ave) *Trinity Community Recreation Centre*  
**Time:** 9:00am – 8:45pm  
**Phone:** (416) 392-0743



## Computer Help!

**Martha Gandier**

**([gandier47@hotmail.com](mailto:gandier47@hotmail.com))**

**offers fellow consumers/survivors** free over-the-

phone or remote online computer advice and support. See

E-Bulletin **My Computer is so Slow!**



## Online Document Readers

**((If you would like to hear The Bulletin, below you will find links to websites that can do that for you))**

<https://www.naturalreaders.com/>

<http://ttsreader.com/>

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**Thanks:** to the C/S Info Bulletin Team and their wonderful volunteers!

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The Bulletin is free to receive.

**You can also follow us on:**

Where we post even more information and resources.

All previous issues are available on our website:

[www.soundtimes.com/bulletin](http://www.soundtimes.com/bulletin).

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