

SOUND TIMES SUPPORT SERVICES

280 Parliament Street
Toronto
M5A 3A4

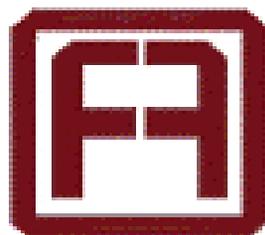
Tel: 416-979-1700

Fax: 416-979-8354

Directions: Entrance on Poulette Street, one block west of Parliament, between Dundas and Shuter Streets



www.soundtimes.com



FRIENDS & ADVOCATES

2340 Dundas Street West, Suite G-27
Toronto, Ontario
M6P 4A9

Tel: 416-234-9245

Fax: 416-234-9733

Open: Monday—Friday; 9am—5pm

Directions: Enter into the Crossways mall off Bloor Street; Friends and Advocates is the second suite on the right



FRIENDS & ADVOCATES CENTRE



Friends and Advocates Centre

**A Mental Health
Agency where
Members enjoy
Low Barrier Access to
Programs and Services**

Tel: 416-234-9245



FRIENDS AND ADVOCATES PROGRAMS AND SERVICES

What is Friends and Advocates?

Friends and Advocates is a mental health agency, providing information and supports to consumer survivors, individuals experiencing a mental illness and/or addictions. These programs do not cost anything. This agency works in collaboration with Sound Times.

Membership process:

Any individual who has used the mental health system can become a member of Sound Times. We do not have a waiting list. We propose that people self-identify as having used the mental health system and that they agree to uphold the Member's Bill of Rights and Responsibilities which is made available to everyone.

While members may disclose the nature of their mental health history, their use, or their decision not to use the mental health system to staff or members of Sound Times, this has no bearing on their entitlement to use the service. We do not disclose information about our members to anyone except in cases of emergency or because a member has specifically directed a staff to do so.

Philosophy:

Support is provided first and foremost by maintaining an environment that respects people as autonomous individuals and members of our community. We believe that the best support is the result of natural relationships that flourish between peers. Members are encouraged to be a part in the decision making processes by being involved in activities and participants committees.

Programs and Services at Friends and Advocates:

Social Recreation: Weekly programs such as bingo, arts and crafts, Activities Committee, knitting and a writer's group. Friends and Advocates is a social environment that allows members to feel relaxed and connect with others.

Skill Building: Members run programs such as sign language, computer classes and discussions around mental health, support and recovery.

W.R.A.P.: This program runs every Monday. It provides a confidential atmosphere for any member wishing to create an individual safe plan when in crisis. Staff and members are present to provide support during this process. Please see staff to sign-up for the next start date.

Peer Support: Join a community of your peers and learn ways to build supports for yourself, from members who have done so.

Referrals: A member's desk is provided for individuals looking to connect with support workers, etc. Resources are provided so that members can easily access information. Staff will also assist in finding resources for food, clothing, shelter, etc.

Advocacy: Staff assist in advocating with ODSP, OW and CPP, negotiating accommodations and rental disputes.

Referrals to Sound Times:

Case Management: In the event that an individual discloses a need for on-going, intensive support, staff will make a referral to the case management team at Sound Times. If an individual is accepted into the program, case workers will be able to connect with them at Friends and Advocates if need be. Wait time for a case worker is minimal.

Mental Health and Justice: We are funded as the result of an inter-ministerial agreement to be one of nine agencies in Toronto to deliver services as part of the Mental Health and Justice Network. Sound Times' role is to provide short-term crisis prevention intervention case management and release from custody planning to individuals with serious and persistent mental health problems who are currently, (or who are at risk of being) in conflict with the criminal justice system.

Membership: A Friends and Advocates member is welcome to join any programs provided at Sound Times.

Please go to www.soundtimes.com for the most updated schedule of activities and programs