

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

NEW EMAIL • bulletin@soundtimes.com WEBSITE • www.soundtimes.com/bulletin

October: Explain and Act, constitutional law (wow), 15 and fairness, budgets, marijuana, Pledges for change, resources, lots of jobs, MIAW, Indian Residential School Survivors (IISL),

Pro Tip: If you do not have an address, you can still vote. You can use the address of the place you have slept or eaten in the last 5 weeks. You will make a declaration and sign at the voting location. To reduce your anxiety you can also arrange this ahead of time. Let us know if you have any accessibility problems before or during voting.

If you were the mayor of Toronto for a day, what would you do? ...

...Do you think you are the mayor today?

Greet us: bulletin@soundtimes.com

Add **events** <http://soundtimes.com/events/community/add>

Mission—activate resources

The Bulletin will spark dialogue and share information and resources by and for the community of consumer survivors, users of substances, service users, people with lived experiences of addictions and mental health crisis, issues and systems.

Now monthly

Big changes with Money and Rights

Ford says: Minimum wage is not going up to \$15

ODSP and OW will rise 1.5% (not 3%)

Toronto Election will have 25 wards that match the provincial ridings.

Marijuana will be legal October 17 but there is no certainty about locations, prices and cities yet.



Happy Halloween to the vampires and funky furry folks.

Moments in C/S Bulletin History

C/S Bulletin 286, October 15, 2005

2005: LHINs began:

Our Strategy:

"LHINs will give providers the ability to work together to care for patients within established geographic boundaries." The networks are a key element of the government's plan to create an integrated health care system that is patient-centred and responsive to local health care needs. The 14 local networks will plan, co-ordinate and fund health care services locally along geographic boundaries that match the way patients currently seek health care.

"LHINs will vastly improve our ability to respond to the health care needs of local communities," said [Minister of Health George] Smitherman. "For the patient, this means better access to the care they need as close to home as possible."



And in 2018

The Provincial Government is reassessing the mental and overall health system and Local Health Integration Networks (LHINs) may be transforming again.

Did you know that the Bulletin is funded by the Toronto Central LHIN e City works with five different LHINs (Toronto Central LHIN, Central LHIN, Central East LHIN, Central West LHIN and Mississauga-Halton LHIN)? Did you know that there are legal requirements and accountability for [engagement and consultation with "patients" and system users?](#)



Do you think that consumer survivors benefit more from a smaller health integration networks or a central ministry of health?

Do you find that you can access services across agencies and hospitals and services when you want? Is there actual "integration" helping you?

And does integration that combines organizations and potentially reduces the diverse offerings make sense to you?

...what ever your answers to these questions, we still need to act to make sure that the future plans of LHINs or the Ministry of Health includes service users and survivors.

We need to bring our expertise and focus to solutions that work. When they do work, then the government can save money (which is a big priority for this government).

We can also advocate for more money because of the lack of resources for health food and housing. There will be lots of effort and money spent to make sure that the doctors, service providers and NIMBY organizations get what they want

... Survivor history continues...

\\//

Do you participate in engagement activities with the LHIN, agencies, researchers? We would love to hear about these experiences. We want to know what's happening and how you felt about the experience.

Notwithstanding” 47—> 25 Wards “

Should we be concerned about our rights, if the Government threatens to use the "notwithstanding clause" to pass laws that break our Rights and Freedoms? Does the change from 47 to 25 wards in the City of Toronto matter to survivors? Most of us are used to being ignored so the number of people doing it does not matter.

But. Stay with me. It matters for survivors and minorities, because equality rights can be also be suspended with s. 33.

*Section 33. (1) Parliament or the legislature of a province **may expressly declare** in an Act of Parliament or of the legislature, as the case may be, that the Act or a provision thereof **shall operate notwithstanding** a provision included in section 2 or sections 7 to 15.*

The government can pass laws that are unconstitutional and then after a judge says they are unconstitutional, the government can resubmit the law notwithstanding the fact that it is unconstitutional. They are intentionally introducing unconstitutional laws that take away our human rights under the *Charter of Rights and Freedoms*.

What would stop the government from taking away equality rights of people with disabilities if they are willing to take away other's free speech rights?

If the government could save money by not providing services or if it could win popular support by demonizing a minority, will judges be able to stop them?

Normally, judges could use the Charter to determine whether a law is unconstitutional. Then, the government would change the law. This did not mean that the courts could dictate details or poli-



cy or practical elements of laws. The notwithstanding clause was to be used in extreme urgent situations (war, disaster) rather than in the midst of elections.

But if the government can put aside the Charter (and it does it) then what can we do? More next time!

What happened in the Toronto-Ontario-election standoff:

- Toronto planned to have an election with 47 wards each represented by a councillor and 1 mayor.
- The Ontario Government passed *Bill 5* to reduce the number of wards/councillors to 25 on August 14“to provide a more efficient council”...

A Judge said that *Bill 5* violated the [Charter of Rights and Freedoms](#). It "infringed" or prevented the free speech of voters and candidates to run for city council (Charter section 2(b) about Free Speech).

- The Ontario Government appealed that decision to the Court of Appeal and it brought forward a "new" *Bill 31* to engage the "notwithstanding clause" of the *Charter* (s. 31)

- "Notwithstanding" means that the government could pass a law that broke the constitution and judges could not stop them.

- This has never happened in Ontario and has rarely been used outside of Quebec.

- Election will be for 25 wards because the Court of Appeal gave a stay and *Bill 5* applies. Check out the protesting NDP being removed from the legislature: youtu.be/RfvUDUQc7aI

Opinions of other Premiers and Leaders about the notwithstanding clause
youtu.be/vBzy57YuC2c

When governments say they have no money ...

When governments claim they don't have enough money they can justify big cuts to programs like ODSP and OW. Keep this in mind when you read the news. And when you are advocating for yourself and community, you may want to emphasize that mental health, substance, housing, transportation, and food programs and resources actually reduce government spending because they make us healthier, safer and hopeful.

The Ontario Government ordered a [Report by Ernst and Young -A Modernization Action Plan for Ontario](#)

Here is an analysis of the Report by the [Canadian Centre for Policy Alternatives by Trish Hennessy, Ricardo Tranjan](#)

...The EY report claims total real public spending in Ontario ballooned by 55% over the past 15 years. Without context, that looks like a shocking number, but as we know, context is everything.

For instance, buried in the report (p.12) there is a

much more relevant piece of information: “[G]overnment expenditures as a portion of GDP have shrunk over the relevant 15 year time period for Ontario (CAGR of -0.7%).”

In other words, the government may be spending more, but the economy is growing at an even faster pace.

Strategic Trick Terms:

“Asset optimization”, which is double-speak for selling off public assets and privatizing public services. “Imposing competitive pressure on public sector providers”—yet another way of saying privatization.

“Workforce optimization” and “no involuntary job losses”, which is double-speak for public sector staffing cuts by attrition (downsizing in 1990s).

“A modern relationship with everyone whose employment is largely funded by Provincial expenditures” would be what, precarious, on-demand jobs?

What about increasing Taxes to save programs for survivors?



Minimum Wage may not increase to \$15 per hour

No wage increase for many survivors, according to Premier Doug Ford. This matters to survivors because so many of us work in minimum wage jobs during recovery and long term.

Good news according to economists that support Ford:

- high minimum wages prevent businesses from hiring more people. So lower wages create more (low paying) jobs.
- Lower minimum wages will allow more new businesses to start.

Bad news for survivors:

- The evidence for lost jobs from minimum wages does not seem to be very strong. In Seattle,

an increase to \$15 per hour had no effect on employment. In Ontario, individual businesses may have had trouble with the \$14 increase but other companies have replaced those lost jobs.

- Survivors will be stuck with low wages that are insufficient for living in Toronto. It will be hard to live anywhere near to services.
- Higher minimum wages can reduce inequality in society. The rich person will not notice \$1 extra dollar when they make \$50 per hour, but a poor person will have a bigger improvement in lifestyle.

Fight! <https://www.15andfairness.org/>



Marijuana legalization is October 17

Marijuana and Cannabis will be legal in Canada and Ontario on October 17, 2018. There will be restrictions. Will this affect your use or not using? The rules are changing fast. Keep up at <https://ocscannabisupdates.com/> More to come...

This month the Bulletin gives some details and will add more perspectives in future issues. The important thing is that you seek out your own best options.

From the Government of Ontario website:

Where to buy recreational cannabis

When it's legal, people 19 and over will be able to **purchase cannabis online** through the [Ontario Cannabis Store](#). Online orders will be delivered safely and securely. Consumers will be required to verify their age to accept delivery and no packages will be left unattended at the door.

You will be able to purchase up to **30 grams (about one ounce) of dried recreational cannabis** at one time for personal use.

As of **October 17, 2018**, the Ontario Cannabis Store website will be the **only legal option for purchasing recreational cannabis**. It will follow strict rules set by the federal government. You can also order online delivery. There will also be a licensing process for smaller stores.

How much cannabis you will be able to possess

You will be able to have a **maximum of 30 grams (about one ounce)** of dried cannabis in public at any time.

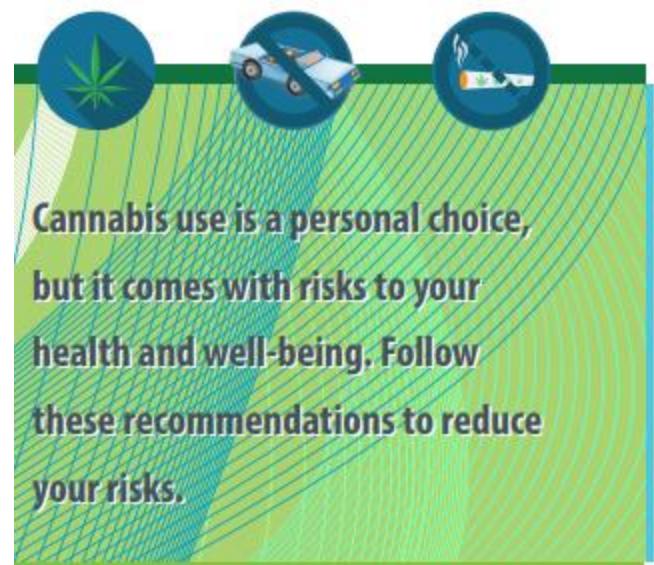
You can smoke weed wherever you can smoke tobacco.

Have you experienced these side effects from Marijuana or other medications (According to CAMH)? Have you ever seen anyone have these? Are there any positive reasons for why people get high? :)

- problems with thinking, memory or physical co-ordination
- impaired perceptions or hallucinations
- fatal and non-fatal injuries, including those from motor-vehicle accidents, due to impairment
- mental health problems and cannabis dependence
- chronic respiratory or lung problems
- reproductive problems.



[Canada's lower risk guidelines cannabis](http://soundtimes.com/?attachment_id=3624) http://soundtimes.com/?attachment_id=3624



Elections Toronto!

2018 is the year to vote.

Voting Days:

Election Day: Monday, October 22 from 10 a.m. to 8 p.m. vote in the ward you live in.

Advance Voting:

Wednesday, October 10 to Sunday October 14 from 10 a.m. to 7 p.m.

Electors can vote at one of two locations in their ward or at City Hall. A [Voter Assist Terminal](#) will be located at each voting place.

Voting Places:

View the [2018 Voting Places](#). Including building name, address, room, entrance and accessibility notes. <https://myvote.toronto.ca/home>

Ward Maps:

Individual maps with voting places can be accessed from the [2018 Ward Maps](#) page.



[/ElectionServices](#)



[@torontovotes](#)

A dedicated telephone line and email is available for you to address any questions, comments or concerns you may have throughout the election:

Email: accessibleelections@toronto.ca

Phone: 416-338-1111 press 6

TTY: 416-338-0889

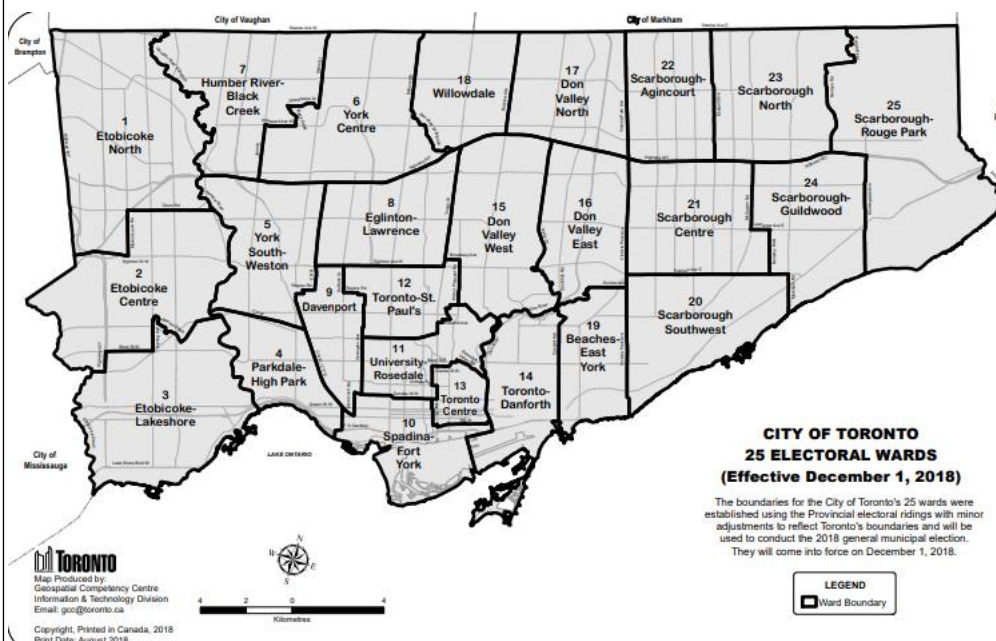
☑ All voting locations used for Advance Vote and Election Day have been inspected multiple times for accessibility and are now [posted](#) on the Toronto Election website.

☑ **Voter Assist Terminals** will be available at all advance vote locations and two per ward on election day. If one is not located at an elector's designated voting place they can request to have their ballot transferred by calling 416-338-1111.

Accessibility Officers: Helping open doors without automated power door openers.

- Operating elevators.
- Direct voters to the accessible entrance if it is different from the main entrance.
- Ensuring all voting place access routes and entrances are clearly identified by:
- Providing appropriate signage at locations.
- Ensuring electors with accessibility needs are directed to the accessible voting entrance by prominent signage.
- Where possible, make the accessible entrance the same as the main entrance.

- Ensuring all voting place owners and managers are aware of accessibility requirements by:
- Notifying all facility owners and managers of the proposed voting places of legislative accessibility requirements in order to prevent last minute changes to voting rooms.



Pledges and Elections

There are at least 2 pledges that affect many survivors. Let us know what else we can add to our website to help you make a smart vote. Also keep track of the many candidates and thinns happening in Toronto's election. The Toronto Star has a promise tracker: <https://www.thestar.com/news/toronto-election.html>

Prosperity Platform

Why not read and decide?

You can sign on as an individual voter so that your candidate knows that you voted for housing, transit, child care. All before September 30th: <https://action.prosperityplatform.ca/>

WHAT IS IT?

A campaign to get candidates in the October 22, 2018 Toronto election to commit to implement Toronto's Poverty Reduction Strategy (TO Prosperity)

WHY DOES IT MATTER?

Toronto has the highest level of poverty and inequality among Canadian cities. Hundreds of thousands of individuals and families can't access good jobs, adequate incomes, or affordable housing, transit and child care. More and more people are finding it harder to make ends meet.

WHAT DIFFERENCE WILL IT MAKE?

If candidates commit to – and follow through on – implementing **TO Prosperity** over the next Council term, hundreds of thousands of children, youth and adults will have better access to good jobs, decent housing, and more affordable transit, child care, and recreation programs.

We're asking all Mayor and Council Candidates to sign the following pledge:

Please mail, fax or scan/email your completed pledge, by September 30, 2018, to:

Israt Ahmed, 2 Carlton Street, Suite 1001, Toronto, Ontario, M5B 1J3, Fax: (416) 351-0107, commitmenttocommunity2018@gmail.com



Given that:

- *Toronto has the highest rates of child and adult poverty among large cities in Canada*
- *Poverty costs Toronto \$5 billion a year in health and social service costs, and lost taxes*
- *Indigenous People, people of colour, people with disabilities, women, LGBTQ+ and newcomers experience particularly high levels of poverty*
- *Thousands of residents wait years for housing, child care and recreation programs*
- *Torontonians face economic difficulties and have trouble making ends meet.*

I PLEDGE, if elected to Toronto Council, to work with community, business and faith leaders to reduce poverty and inequality in Toronto, and to support the full funding and full implementation of Toronto's Poverty Reduction Strategy (TO Prosperity) and other Council-approved equity initiatives over the 2019-2022 term, including the following approved actions:

- 7,200 new supportive housing units, at least 8,000 new deeply affordable rental housing units, and 1,000 new shelter spaces
- Reduced TTC fares for an additional 157,000 lower-income adults
- 11,500 new child care spaces, including 5,000 subsidized spaces
- 40,000 new recreation program spaces
- **full funding and full implementation of Toronto's Poverty Reduction Strategy (TO Prosperity)**

www.ProspertyPlatform.ca

Pledges and Elections

It is hard to keep track of the many candidates and ideas happening in Toronto's election—
<https://www.thestar.com/news/toronto-election.html>

For more information
 email TOHousingPledge@gmail.com. Follow us
 on twitter [@housing_to](https://twitter.com/housing_to)

Find Who has pledged: [//tohousingpledge.ca/who-has-pledged/](http://tohousingpledge.ca/who-has-pledged/)

1.No more homeless deaths...

- to make the creation of *permanently* affordable housing part of the core mandate of CreateTO
- to fast-track planning and permit approvals and use Toronto's zoning powers to expand Toronto's affordable and supportive housing stock
- to bring an "affordable housing lens" to all city initiatives, so that whenever Toronto plans a transit station, or a daycare, or a library, it asks, "How can we use this opportunity to create some affordable housing?"

Mayoral and Councillor candidates: to confirm your commitment to the affordable housing pledge, please email TOHousingPledge@gmail.com no later than October 10, 2018.

Download the Pledge:
[2018 Toronto Election pledge](#) Follow us on twitter [@housing_to](https://twitter.com/housing_to)



I pledge: to fulfill City Council's commitments to upgrade our emergency shelter system to ensure it has the capacity to meet immediate needs, and to develop and fund a systematic approach to *preventing* homelessness.

2. Financial stability for Toronto Community Housing...

I pledge: to establish a predictable, sustainable operating and capital funding formula for all 58,500 homes now owned by Toronto Community Housing.

3. Make "affordable housing" truly affordable...

I pledge: to support a definition of "affordable housing" based on household income – not market rents – to reflect what Torontonians can *actually* afford.

4. Ensure new residential development includes everyone...

I pledge: to support inclusionary zoning policies that ensure *permanently* affordable rental housing – including deeply affordable homes – is part of every new development.

5. Mobilize Toronto's resources to build more affordable housing...

I pledge:

Know Your Vote

A project of Toronto Public Library—

To find out who's running to be your City Councillor, enter your address in the box below, or use the map to find and click on your part of the city. On a mobile device? Tap within the ward's boundaries twice.

You can also learn about what the city is responsible for: housing, transport, libraries, and more...



<https://www.knowyourvoteto.ca/>

Resources

Find out where, who and how to vote at myvote.toronto.ca. You can register yourself ahead of time and save time.

Election Day: Monday, October 22 from 10 a.m. to 8 p.m. vote in the ward you live in.

Advance Voting:



Wednesday, October 10 to Sunday October 14 from 10 a.m. to 7 p.m.

Pro Tip: Connect to folks, friends, neighbours and build your social capital by volunteering for a candidate in the election. This is a great way to get experience on your resume and get connections. And you might make a difference in Toronto...Find a candidate in your area at <https://myvote.toronto.ca>

24-hour Drop-in Standards

Shelters have to meet standards set by the city. You can complain/feedback to the shelter. And also to the City, Ontario and Canada for not funding shelter food budgets.

Shelters must “Offer clients safe and nutritious food to meet their dietary needs”. Meet Canada’s Food Guide. “Avoid serving food with poor nutritional value (e.g., foods high in processed sugar, fat and salt)” They cannot use or withhold food to influence behaviour (either as reward or punishment)”

Food must meet dietary , vegetarian, medical, breastfeeding, and cultural diversity needs.

[24-Hour Respite Sites Interim Standards](#)

- 1) Facility
- 2) Intake/admission

- 3) Client orientation
- 4) Privacy & confidentiality
- 5) Documentation & Reporting
- 6) Food
- 7) Personal Needs
- 8) Sleeping Area
- 9) Health & Safety
- 10) Referral
- 11) Service Restrictions
- 12) Maintenance & Cleaning
- 13) Complaints

<https://www.toronto.ca/community-people/community-partners/24-hour-respite-site-operators/24-hour-respite-sites-interim-standards/>

Do you know someone interested in making a deputation to council? Contact us.

**

Save money on Transit and get Better FOOD!

TTC - Fair Pass Discount Program Ask about details of transport allowance \$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

Employment Opportunities

Amplifier (Toronto) OCA

2 Contract Position (October 2018 to September 2019)

\$18.07 per hour (up to 24 hours per week) (AMAPCEO)

The Ontario Child Advocate Office seeks two young people to assist with a wide range of duties under the supervision of the Director/Manager and will take work plan direction from the Lead for the We Have Something to Say Project. The Amplifiers duties will include: administration, project support, internal advisement on youth engagement, event planning and community development and outreach.

Qualifications

Knowledge of and/or lived experience with issues related to children and youth from the Disability community; reliable and punctual; strong oral, presentation and written communication skills; able to work as part of a team; proficient with Microsoft Office products, especially Word, Excel and Outlook; proven working expertise with social media platforms such

as Twitter, Instagram and Facebook; willingness to engage in new/challenging ways of thinking, and learn different methods of youth advocacy.

Police background check including a vulnerable person sector screening is required.

This position is covered by the AMAPCEO Collective Agreement and benefit provisions are consistent with those for unclassified staff under that agreement.

Please submit your resume with a covering letter, quoting file **PA-2018-08** to be received no later than **October 11, 2018 at 11:59pm** to the Ontario Child Advocate, 401 Bay Street, Suite 2200, Toronto, Ontario M7A 0A6, e-mail at jobs@provincialadvocate.on.ca, or fax to 416-325-5681. Resumes must be submitted as attachments only and must be in MS Word (.doc), PDF (.pdf) or Rich Text (.rtf) format.

While we appreciate your interest in obtaining employment with the Office of the Provincial Advocate for Children and Youth, only those selected for an interview will be contacted.

Learn About City Jobs at Career Event—October 18 from 10-3

The City of Toronto's annual Career Information Event will take place on Thursday, October 18 from 10 a.m. to 3 p.m. at the [Toronto Reference Library](http://www.toronto.ca/home/jobs/information-for-applicants/city-career-event/). Attendees can meet staff from most City divisions, explore a range of careers and hear about what the City can offer as an employer. This free event includes tips on how to apply for City opportunities. <http://www.toronto.ca/home/jobs/information-for-applicants/city-career-event/>

From: Accounting Services, Business Management to Toronto Water, Transportation Services



Sound Times Support Services

Community Service Worker – Mental Health & Justice/Case Management

1 Full Time – Permanent Position Available

We are a Consumer Survivor Initiative; all agency services are provided by individuals who use or have used the mental health system.

Sound Times is funded by the Toronto Central Local Health Integration Network (TC-LHIN) to provide Consumer/Survivors of the mental health system with case management and addiction services, mental health and justice advocacy, and social supports in addition to educational and recreational opportunities.

The successful candidate will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services.

Duties will include:

Utilizing assessment tools such as the Ontario Common Assessment of Needs (OCAN) to identify client issues.

Producing effective client outcomes by employing “peer-driven” approaches to client engagement.

Providing crisis prevention and intervention as part of service planning to prevent relapse/ unnecessary psychiatric hospitalization/ avoidable incarceration.

Qualifications:

A Bachelors-level degree in a regulated health profession and/or a health-related field preferred.

Minimum Social Service Worker (SSW) diploma.

People with non-social service degrees

are also encouraged to apply. Emphasis is placed on “lived experience” of the Mental Health, Addictions and Justice systems.

First Nations, visible minorities and other marginalized and historically dis-advantaged populations are strongly encouraged to apply.

Only those selected for an interview will be contacted. No phone calls or emails please!

Please apply using the current Charity Village posting **ONLY**. <https://bit.ly/2Oe88y6>

Salary: \$48, 500 per annum with full benefits after probation.

Closing date for applications November 23, 2018.



<http://soundtimes.com/jobs/>

Jobs at Shelters apply by October

13

[Bulletin: shelters need more mental health experts—like us!]

[Apply online](#) for available positions such as cooks, cleaners and shelter workers by October 13.

Qualified candidates will be invited to an interview event to meet with the employers on **Friday, October 26, 2018**

Telephone: 416-397-JOBS (5627)

Pro Tip: You can always search google for "toronto shelter jobs"



Peer Research about Peer Researchers

Have you worked as a peer researcher on a study about drug use, mental health, LGBTQ2S+ &/or racialized communities?

Peers Examining Experiences in Research Study (PEERS) is a community-based project that aims to understand how peer researchers experience their involvement in research

Have you worked on a research project for which your lived experience with one or more of these communities was a requirement for the job?

Were you paid or compensated for this work? If so, then you may be eligible to participate!

Participating in PEERS will involve taking part in a one hour interview.

Compensation of \$30 and return transit fare will be provided.

For more information, please contact us: peers.dlsph@utoronto.ca or 647-857-9780 All inquiries are confidential.

Have you worked as a **peer researcher** on a study about **drug use, mental health, LGBTQ2S+ &/or racialized communities?**

Participate in PEERS!



Peers Examining Experiences in Research Study (PEERS) is a community-based project that aims to understand how peer researchers experience their involvement in research with four different communities:



- communities of people who use drugs
- consumer/survivor/mad/mental health service user communities
- lesbian, gay, bisexual, trans, queer, and two-spirit (LGBTQ2S+) communities
- racialized communities

We hope to learn about what research practices can best support meaningful involvement of peer researchers, within and across these four communities.

Have you worked on a research project for which your lived experience with one or more of these communities was a requirement for the job? Were you paid or compensated for this work? If so, then you may be eligible to participate!

Participating in PEERS will involve taking part in a one hour interview. Compensation of \$30 and return transit fare will be provided.

For more information, please contact us:
peers.dlsph@utoronto.ca or 647-857-9780
 All inquiries are confidential.

Find more information about Street Soccer

Facebook <https://www.facebook.com/streetsoccertoronto/>

You can also find highlights from the Homeless World Cup.

ALL welcome you can come as an individual or a team. No expertise or fancy shoes required!

We will be playing at Earls Court Park St. Clair and Lansdowne Avenue behind the Joe Picinnini Community Centre by the running track on Saturdays starting July 21 from 3-6.



Free and Fun Events

Did you know about the City of Toronto Event Listings— Lots of good stuff

<https://www.toronto.ca/explore-enjoy/festivals-events/>

The library you say!?

Museum + Arts Pass Program

<http://www.torontopubliclibrary.ca/museum-arts-passes/index.jsp>

Read something: For your consideration a work by a survivor: *"Ten Years - A mid-life memoir about living with schizophrenia for ten years"*

This showcases what can be achieved while living with a diagnosis of schizophrenia. In this short story, [George Matthews](#) recalls his life after diagnosis and takes the reader on a trip across the world where he experiences life studying for his M.A. in Germany, then life in Thailand during a time of considerable political turmoil, a time he also had finished weaning himself of his medication. Here is the link to [the book //amzn.to/2xQbPzG](#)

\\//

MIAW 2018 will be October 1-7 2018

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada. <http://www.camimh.ca/mental-illness-awareness-week/about-miaw/>

[IRSS Legacy Celebration, October 9-11, 2018 Toronto](#)

"We call upon provincial and territorial governments, in collaboration with Survivors and their organizations, and other parties to the Settlement Agreement, to commission and install a publicly accessible, highly visible, Residential Schools Monument in each capital city to honour Survivors and all the children who were lost to their families and communities."

The Indian Residential School Survivors (IRSS) Legacy project responds to the Truth and Reconciliation Commission of Canada (TRC) Call to Action 82.



City Hall, Nathan Phillips Square (100 Queen St W.) Toronto Council Fire Native Cultural Centre 439 Dundas St. E, Phone: (416) 360-435

Harm Reduction Kitchen (October 17)

Street Health, 40 Oak and RPHC host Harm Reduction Kitchen the third Wednesday of the month. 4-7 at Regent Park Community Health Centre

465 Dundas St E, Toronto, ON M5A 2B2

\\//

Homeless Connect Toronto

Sunday October 28, 11AM to 4PM

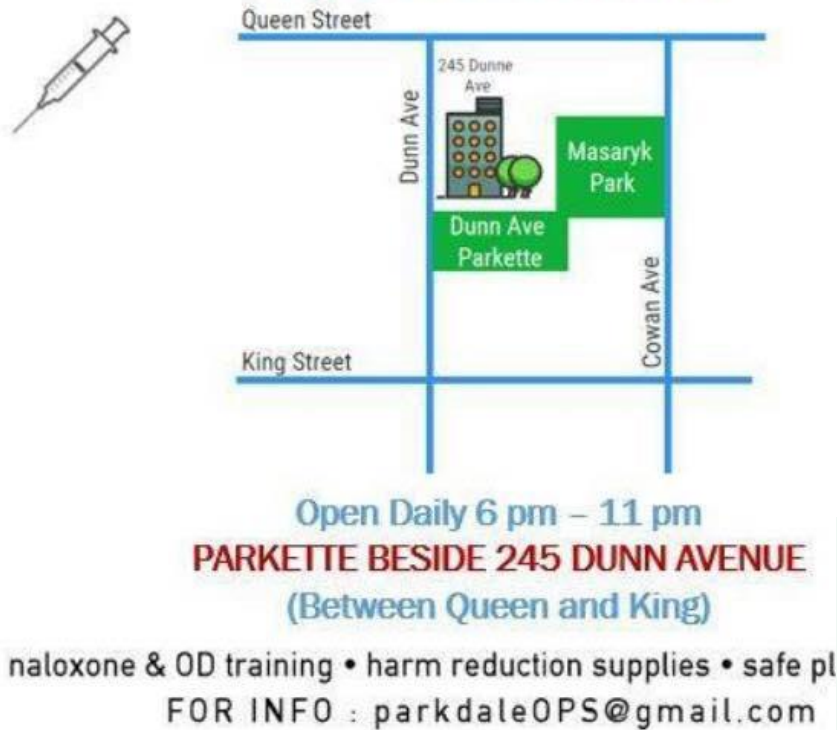
Location: Mattamy Athletic Centre at Ryerson

- Addiction Support, Clothing Bank, Debt/ Financial Counselling, Eye Care, Foot Care, ID Clinic, hair cuts, legal, housing, mental health
- Get good stuff, ask tough questions to agencies!

PARKDALE OVERDOSE PREVENTION SITE NEW LOCATION

245 Dunn Avenue—Between Queen and King

Support/Info: parkdaleOPS@gmail.com



Download and Print Food Booklet

1. Ideally print 2 sided
 2. Cut the pages in half and staple.
 3. Share with friends and other folks.
- This is just the start. Submit resources, orgs, food sources, advocacy tips for future editions of the booklet. <http://soundtimes.com/wp-content/uploads/2018/08/Food-Pamphlet-2-page-The-Bulletin-September-1-2018.pdf>

Computer Help!

Martha Gandier
(gandier47@hotmail.com)
offers fellow consumers/ survivors free over-the-phone or remote online computer advice and support.



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/>

Subscribe For Free!

To subscribe / contribute to The Bulletin email us at bulletin@soundtimes.com or visit

Soundtimes.com/bulletin

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.

The Bulletin is published on the 1st of every month by Sound Times Support Services. Funding for this Consumer/ Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN).

Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, Sound Times Support Services Staff, Volunteers or Board Members.

Go green; get The Bulletin by email!

Supported by:

