

## Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

NEW EMAIL • [bulletin@soundtimes.com](mailto:bulletin@soundtimes.com) WEBSITE • [www.soundtimes.com/bulletin](http://www.soundtimes.com/bulletin)

**November: the future**, Toronto, cannabis, "stigma vs. rights", Chew on this!, budgets, marijuana pardons, resources, jobs, events

**Pro Tip:** ...Check in with [ISAC](#) your worker and the news on November 8th or 9th to find out about any changes in OW/ODSP. And our website!

What should Toronto council focus on to create an accessible and inclusive community for consumer survivors? Send us an email at [bulletin@soundtimes.com](mailto:bulletin@soundtimes.com) or you can fill out the **SURVEY**: <https://www.surveymonkey.com/r/PN8YCXH>



Greet us: [bulletin@soundtimes.com](mailto: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**

## Drugs, housing, and finances?

In October, there were big decisions about legalizing cannabis and the tentative permission for continued substance use spaces. There have been delays in cannabis delivery and substance use spaces.

November is also financial literacy month. You can access credit counselling and resources around the city. This is very important because the Provincial government will present changes to the OW/ODSP system on November 8th. You can act now to shape that policy.

## The Ontario government announced "new" Consumption and Treatment Services (CTS)

- "Consumption and Treatment Services" would replace the former Supervised Consumption Services and Overdose Prevention Site models. Existing sites **could apply to continue** operating under the planned new model.
- Under the new model, each site would implement an ongoing **monitoring and reporting** plan, as well as adhere to a comprehensive **enforcement** and audit protocol. This would help review performance, provide measurable outcomes and ensure compliance.
- The new model would continue to feature life-saving overdose prevention and harm reduction services, as well as a new focus on connecting people with treatment and rehabilitation services.

More information: <https://bit.ly/2Jt9Zue>

Did you have a good Halloween? Did you see people dressed as us? ! Do costumes of violent "psychos" or schizos affect the way we are seen and treated by everyday people? #MadnessIsNotACostume

## Moments in C/S Bulletin History

*C/S Bulletin 357, November 1, 2007*

### 2007: Lana Frado Addressed the Mental Health Commission of Canada:

[www.csinfo.ca/bulletin/Bulletin\\_357.pdf](http://www.csinfo.ca/bulletin/Bulletin_357.pdf)

"The Commission's three priorities are as follows:

- Launch of an anti-stigma campaign
- Creation of a Knowledge Exchange Centre
- Promotion of the development of a national mental health strategy"

Frado: "It is our hope that the **anti-stigma** strategy proposed by the Commission focuses on the right of consumers and survivors to live free from discrimination. Rosa Parks refused to give up her seat and move to the back of the bus: she didn't lend her face to a poster campaign. Gays, lesbians and gender minorities fought back against police brutality at Stonewall: they didn't design a fridge magnet. Key to these movements for social justice was that any action taken was led by the people directly affected.

**Knowledge exchange:** ...self help and consumer/survivor delivered services continue to be relegated to those margins.

The knowledge generated by consumers and survivors cannot continue to be relegated to the discourse of "personal experience". We have analyses, theoretical frameworks, ideologies and service design and delivery mechanisms that merit investment and equitable access to research opportunities.



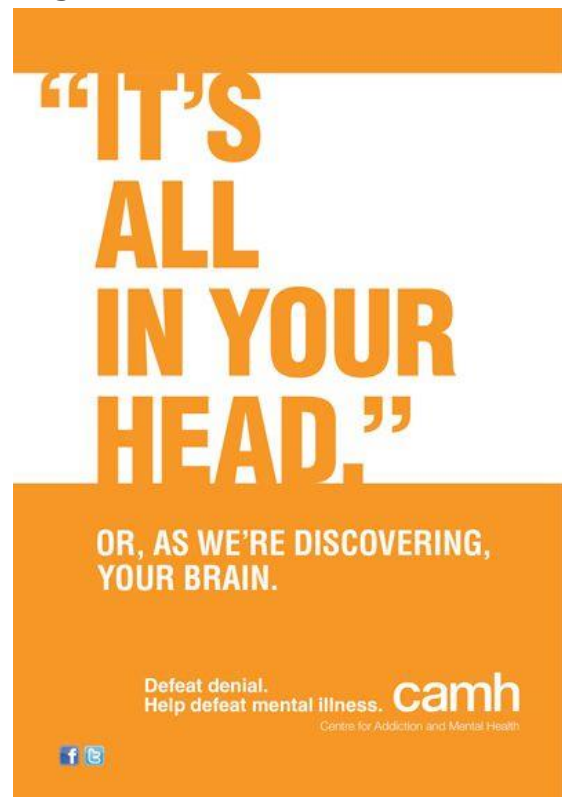
### National mental health strategy:

...every city, region, territory and province of Canada would include a

well-resourced network of consumer/survivor initiatives. We would hope that the foundation of the national strategy be economic and social inclusion whereby the gaps in opportunities for consumers and survivors to fully participate in Canadian society are addressed

...think broadly, outside the traditional paradigms of mental health services, to include employers and educators, the criminal justice system, municipal governments, and all aspects of Canadian society where we have been denied access for far too long."

**And in 2019:** We still have Mental health weeks, days, rather than rights...



Are subway ads and awareness weeks steps to real inclusion and equity for survivors? Do you think of yourself as part of a rights-seeking group? What effect do these ads and engagement strategies have on our struggles? How do we create knowledge and is it listened too?

... Survivor history **continues...**

⇒ ***Submit your stories of advocacy and or photos and the Bulletin may share your actions!***

## Chew On This – Dignity and Poverty

[Here is a story of advocacy by survivors that reaches the public outside the “mental health stigma” world!]



Friends Against Poverty working on the Chew on This campaign. Teresa, Bee, Bob, Joel.

October 17th is the International Day for the Eradication of Poverty. *Chew on This!* marks this important day each year with our nation-wide event, drawing attention to poverty in Canada and calling for action through a national plan to end poverty.

**This year, *Chew on This!* is more important than ever!**

The federal government has just released [Opportunity for All](#), Canada's first poverty reduction strategy. While we're pleased to have a strategy to build on, much more work is needed to achieve our campaign's goal of poverty eradication.

Our postcard message this year, directed to the Prime Minister, will call for a plan that is strengthened, legislated, and fully-funded in

Budget 2019. We do not want this opportunity lost! The action:

1. **Find volunteers.** It's good to have at least six.
2. **Pick a location.** Hand out your materials in a spot with high pedestrian traffic. It works great to host events at schools, faith centres, or community centres. Your event can be as big or small as you'd like.
3. **Find apples.** We can help with this – groups have also used local food, like Bannock, which works great.
4. **Order your materials using the form below.** We'll provide free postcards, magnets, buttons and bags. Your orders will also include organizer information to help with your event.
5. **Pack your bags.**
6. **Be a part of a growing movement across Canada!**

For more information, please contact [Michèle Biss](mailto:michele@cwp-csp.ca). [michele@cwp-csp.ca](mailto:michele@cwp-csp.ca)

Print and Send this postcard to the Prime Minister Justin Trudeau for free.

# CHEW! ON THIS!

4 million people in Canada  
live in food insecure households.



We still need a plan to  
**end** poverty in Canada!

Order Materials at: <https://dignityforall.ca/chew-on-this/>





## Election Results: Toronto Mayor returns and council looks similar in 2018

Mayor John Tory was re-elected on October 22 with 63% of the vote. Some good and bad councilors have been swept away but there are almost no new councillors (see below).

Survivor voters mattered more than ever because voter turnout was down from 60% to 41%; therefore, our votes were a bigger percentage of the total. To make sure the candidates knew this, Sound Times hosted two leading candidates for question and answer sessions. Members shared their needs, rights and expertise to establish a relationship for future advocacy. But it is just a start for advocacy...

Candidate	Votes Received	Percentage
John Tory	479659	63.49%
Jennifer Keesmaat	178193	23.59%
Faith Goldy	25667	3.40%
Saron Gebresellassi	15222	2.01%
Steven Lam	5920	0.78%

From the Toronto Star: *Meet the new Toronto Council, same as the old Toronto Council*

[DENISE BALKISSOON](#) OCTOBER 23, 2018

*Even though it was entirely predictable, Monday night's election results were still dreary. From Etobicoke Creek to Rouge River, from Steeles Avenue to Lake Ontario, the vast majority of the city's 25 council seats were won by old familiar faces.*

*...Council remains extremely male, extremely white and extremely middle-aged-to-old, seemingly the exact opposite of the public it's tasked with representing – and that it's been doing an unimpressive job representing for decades. They're still driving the ship toward a “fiscal iceberg” – about \$30-billion in costs over the next decade are without a funding plan – even as corporations and developers reap the riches that are clearly here, just re-*

*served for a chosen few.*

*There are ways we could fix this: different ballot-ing systems, term limits, making better provisions for cities in Canada's constitution. Maybe a sustained, real effort to increase voter turnout; this year, as always, a sizeable number of candidates won with much less than 50 per cent of the vote.*

Bulletin: The results of the election now set the team that will be working (dealing) with the Provincial Government. The province funds (mental) health service providers and they have the most money. Toronto has the day-to-day contact with folks dealing with mental health difficulties at shelters, emergency services, housing and more. Toronto councilors may have a bigger role in mental health issues if the Province reduces ODSP or otherwise reduces supports. Survivors need to advocate on each level.

## Confidential Report about Toronto Finances

In both the drafts and the final report, [City Manager] “Peter Wallace presented three hypothetical paths, saying it was up to council to choose a financial direction: cut services to save costs; maintain existing service levels while not proceeding with planned improvements; or invest in the plans and strategies already approved by council by raising revenues.”

In other words the city needs to raise taxes to fund the same or better services or Cut our services. Would this have affected your vote or the decision of Torontonians?

Toronto Star Article: [Unreleased City of Toronto draft reports urged council to stop risky ‘underinvestment’ in housing, transit](#) <https://bit.ly/2Jtjip5>

Access the confidential draft report to the executive committee: [DRAFT, CONFIDENTIAL, PRIVILEGED \(dated September 12, 2017\)](#) <https://bit.ly/2yleVa9>

## Cannabis is legal-FAQ

Where to smoke or vape: the government is still determining rules and many condos and apartments are taking steps to ban smoking. If you have medical needs to consume marijuana, you are may be eligible for accommodations for your disability.

You can consume in:

- Private residential dwellings (including a front porch, balcony and backyard)
- Many outdoor public places, such as sidewalks and parks
- Designated guest rooms in hotels, motels and inns
- Controlled areas in residential care facilities, psychiatric facilities, veterans' facilities and residential hospices
- Boats and vehicles when used as a temporary or permanent living space and not in use (excludes boats carrying passengers)

You cannot consume in:

- Enclosed public spaces and all workplaces
- Indoor common areas of condominiums, apartment buildings and university residences
- Schools and school grounds, and within 20 metres of the grounds of a school and community centre
- Restaurant and bar patios, and public areas within nine metres of a patio
- Child-care centres, home child-care centres and where an early years program or service is provided
- Children's playgrounds
- Outdoor grounds of hospitals and certain Ontario government buildings
- Publicly owned sporting areas (except golf courses)
- Vehicles and boats that are being operated by the user (in the case of all forms of consumption) or under someone's care or control (in the case of cannabis being smoked or vaped)

Getting high at work is risky for both safety and maintaining your job. Police forces have had wildly different standards for their officers. At a

minimum workers must not be intoxicated at work in the same way that you could not drink. Check with your employer and keep paying attention to the news.

Prices and Delay Problems:

- Government prices are higher than dispensaries and there is a delivery charge of \$5.00.
- Delays: As of October 23: The response to cannabis legalization has resulted in a high volume of orders. Please expect your order to be delivered within one to five business days. We apologize for any inconvenience.
- What about legalizing/decriminalizing other drugs for health reasons—where the supply is poisoned and people are dying?



## Liberal government to waive fee, waiting time for pot pardons

Public Safety Minister Ralph Goodale announced today that the government intends to table legislation to expedite the pardon process for those with a criminal record for pot.

The fee for normal record suspensions is \$631. The waiting period to apply is usually five years for a summary offence or 10 years for an indictable offence.

Goodale said it will "shed the burden and stigma" and break down barriers to jobs, education, housing or volunteer work. (<https://bit.ly/2qhsuZM>)

## Resources

### Learn how to find, work with or complain about your lawyer

Guide to getting legal help: <https://stepstojustice.ca/legal-topic/tribunals-and-courts/getting-legal-help>

- The Law Society of Ontario has a [Law Society Referral Service](#). This online service gives you the name of a lawyer in your area who can talk to you for up to 30 minutes for free. Also Law Society of Ontario crisis line at 1-855-947-5255 or 416-947-5255 in Toronto. The Law Society of Ontario has a [Directory](#) (link is external) and a [Directory of Certified Specialists](#) that lists lawyers by area of law.
- [Legal Aid Ontario](#) Community Legal Clinics
- Pro Bono Ontario If you can't afford a lawyer, you can call Pro Bono Ontario's [legal advice hotline](#) at 1-855-255-7256.
- [JusticeNet](#) is a not-for-profit organization that helps people access legal services when their income is too high to qualify for legal aid but too low to afford legal fees.
- Family and friends

#### Make a Complaint

To make a complaint to the [Law Society of Ontario](#) (link is external) (LSO), you must fill out a [complaint form](#) (link is external). You can get the form online or by mail by calling the calling the Complaints & Compliance Department at 1-800-668-7380.

### November's Food of the Month: Apples & Squash

Thanks CRC—40 Oak <http://tcrc.ca/>

- Having an apple for breakfast reduces the chance of Type-2 diabetes by 29% as found in a recent study.
- Apples are enriched with anti-inflammatory, anti-mutagenic, anti-proliferative qualities and flavonoids.

- Squash can help boost your immune system; Vitamin C is one of the strongest anti-oxidants
- The nutritional content of squash makes it beneficial for digestion, healthy skin and hair.
- Squash is a good source of fiber, potassium



and other key nutrients.

### Fair Pass Discount Program

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/>

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 Fair Pass Discount Program, you complete and an [application consent form](#).

Completed forms submitted by mail, fax, or in-person at any of the following Toronto Employment & Social Services (TESS) locations.



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# Employment Opportunities

## TIDES Service User Educator

*[Summary of job posting. Presented FYI—see email version for more details. We will have more discussion about (the challenges of) working inside CAMH in the next issue.]*

The Community and Continuing Education department at the Centre for Addiction and Mental Health is recruiting Service User Educators to aid providing a service users' perspective in the training of the course entitled, Trauma-Informed De-escalation Education for Safety and Self-Protection (TIDES). ...This role includes facilitation, preparation and debriefing post-training. TIDES Service User Educators will take part in the delivery of training to an inter-professional team, leading discussions and facilitating simulation-based learning that reflect CAMH values and education best practices.

- ☐ Co-facilitate TIDES' sessions, including small group discussions and simulation according to a mutually agreed upon schedule;
- ☐ Attend train the trainer sessions and team meetings, as required;
- ☐ Prepare for co-facilitation of TIDES sessions, including but not limited to, co-facilitator preparation meetings, and reviewing of TIDES course materials;
- ☐ Review feedback from TIDES' sessions, including but not limited to, post-training debriefs and participate in quality improvement activities related to content/delivery;
- ☐ Lead the delivery of simulation experiences and effectively debrief simulations including use of simulation video capture and replay equipment;
- ☐ Liaise with Education Services on an ongoing basis for support, and to provide feedback and recommendations on content and delivery; and,
- ☐ Handle sensitive and confidential information regarding incidents and reports.

The successful candidate will have lived experience as a recipient of mental health and/or addictions services. It is preferred you have:

- ☐ interest and/or experience in facilitation, debriefing and encouraging reflective practice;
- ☐ knowledge of addiction, mental health, trauma-informed care, recovery principles, research, evaluation communication and de-escalation principles; and,
- ☐ Excellent communication and organizational skills including planning, time management and the ability to multi-task and adapt to changing priorities.

If you are interested, please ensure to include a cover letter and a recent resume. **Applications should be emailed to Katie Hodgson, Education Services (Katie.Hodgson@camh.ca) .**

The Service User Educator role is a contractor role with CAMH Education. Service User Educators will sign an agreement letter and follow the CAMH procurement payment process of submitting invoices for payment

The positions will be located at 1001 Queen St. West, 250 Collegest and 33 Russell Street.

Salary Range: \$30 per hour of work.

As an employment equity employer CAMH actively seeks Aboriginal peoples, visible minorities, women, people with disabilities, (including people with who have experienced mental health and substance use challenges), and additional diverse identities for our workforce.

If contacted for an interview, please inform us should accommodation be required.





## 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/>



# Sound Times



## 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](mailto: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?**

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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 [new location indoors!] **John Innes Community and Rec Centre**, 150 Sherbourne St, Toronto. Mondays from 12-4:00.



## Free and Fun Events

### Did you know about the

**City of Toronto Event Listings** <https://www.toronto.ca/explore-enjoy/festivals-events/>

### FOCUS on Meditation

#### Mantra Meditation Classes

These meditation lessons include three simple and effective mantra meditation techniques. The first involves the breath and will relax and rejuvenate you. The second includes meditation beads and encourages the mind to rest in the peaceful sound of the mantra. The third technique uses music and is very effective and enjoyable. No need to register, simply show up! [meditationtoronto.com/downtown.html](http://meditationtoronto.com/downtown.html)

#### **Annex - College/Shaw Library**

766 College Street (College and Shaw)  
Mondays November: 7:00pm to 8:00pm

#### **Silverthorn - The Evelyn Gregory Library**

120 Trowell Avenue (Keele and Eglinton Ave. West)

Saturday November 17 : 11:00am to noon • To register please call 416-394-1006. • No yoga mat required.

#### **Pape/Danforth Library**

701 Pape Ave. (just south of Danforth) Saturday November 17: 2:00pm to 3:00pm

Saturday December 15: 2:00pm to 3:00pm To register for these classes please phone 416-393-7727. • No yoga mat required.

#### **East York - Walter Stewart Library**

170 Memorial Park Ave. (east of Donaldson, south of Cosburn) Saturday November 24: 12:30pm to 1:30pm Saturday December 15: 12:30pm to 1:30pm  
• For more information please email us at [info@meditationtoronto.com](mailto:info@meditationtoronto.com).  
• No yoga mat required.

#### **Eglinton/Dufferin - The Maria A. Shchuka Library**

1745 Eglinton Ave. West (Eglinton/W of Dufferin).  
Saturday November 3: 11:00am to 12:00pm  
Saturday December 1: 11:00am to 12:00pm

### Stress Management Thru Restorative Meditation Classes

Every Sunday from 6:00pm to 8pm at [Trinity-St. Paul's Church](#), 427 Bloor St. West (just west of Spadina). These evenings are free of charge but donations are gratefully accepted to cover the cost of the meal. **Classes** consists of a relaxing meditation session and tension relieving stretches

### November: Financial Info Month

Lots more at: <https://bit.ly/2P4dVaU>

### Tuesday November 06, 2018 1st Steps to a Clean Credit Report

Upon completion of this workshop, attendees will learn: About credit scores and how they work About credit ratings and how they work How to understand your credit report How to get your credit report Actions on your credit report and how they work How long actions stay on your credit report What to do if there are issues with your credit report Pre-registration required - email [flm@consolidatedcredit.ca](mailto:flm@consolidatedcredit.ca) for confirmation. 5:00-6:00  
Consolidated Credit, 505 Consumers Rd. Suite 400

### November 9th Disability Tax Credit - RDSP

Information on the disability tax credit and other disability benefits available to qualifying individuals as well as education on the RDSP and how it can help a disable person save in the long term Contact: Richard Haggins 416-228-3328 Credit Canada Debt Solutions 4600 Bathurst St. 1:30-3:30.

### November 10th LOW INCOME RETIREMENT PLANNING

John Stapleton, Open Policy Ontario, will help you understand how to get the most from income security programs. Workbooks provided. All are welcome! Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Ontario Disability Support. 1 – 3:30 pm Malvern Branch, 30 Sewells Rd. Co-presented with Scarborough Community Renewal Organization

## ...Free and Fun Events

### November 6 Taking the Rap: Women Doing Time for Society's Crimes - Women's Perspectives on Prison: Presentation & Panel

[Certain Days: Freedom for Political Prisoners Calendar](#)

Join us for an evening of women sharing perspectives on prison. This event is a celebration of Ann



Hansen's latest book, *Taking the Rap*, released this summer from Between the Lines Press, as well as the launch of 2019 *Certain Days: Freedom for Political Prisoners* calendar, featuring the theme of Health/Care. Joey Twins, Joan Ruzsa, Sara Falconer Venue is wheelchair accessible, including the bathrooms.

This event is free of charge. Location: Ryerson Image Arts Building, 122 Bond St., Toronto, Room IMA 307 [www.facebook.com/events/481484329001253/](http://www.facebook.com/events/481484329001253/)

### November 11 Remembrance Day at various locations

100th anniversary of the end of World War

I. This year's Nov. 11 ceremonies will commemorate the 65th anniversary of the Korean War armistice, the 10th anniversary of the first National Peacekeepers Day and 100 years since the end of the First World War. [//www.cbc.ca/news/politics/remembrance-day-campaign-1.4823547](http://www.cbc.ca/news/politics/remembrance-day-campaign-1.4823547)

⇒ **Find out about the official events around Toronto:** [www.toronto.ca/city-government/awards-tributes/tributes/toronto-remembers-the-wars/remembrance-day/civic-remembrance-day-services/](http://www.toronto.ca/city-government/awards-tributes/tributes/toronto-remembers-the-wars/remembrance-day/civic-remembrance-day-services/)

### November 12 Voice Yoga

2:00 p.m. to 3:30 p.m. at the For poets, singers, songwriters, sounders and people who want a good time using the voice. No experience necessary. Pay what you can. Questions and register [creativevocalizationstudio@hotmail.com](mailto:creativevocalizationstudio@hotmail.com) Honey Novick Secret Handshake Gallery, 170a Baldwin St. (upper). (not wheelchair accessible)

#### THE TORCH



To you,

from failing hands, we throw the torch.

To you,

be yours to hold it high.

To you,

if ye break faith with us who die,



## ...Free and Fun Events

### Wednesday November 14th Put Food in The Budget and OCAP—Town Hall



OCAP is holding a townhall meeting on the cuts to OW and ODSP - followed by an action 6pm - 8 pm St Luke's United Church - 353 Sherbourne Street, Toronto, ON [Dinner Provided. Wheelchair Accessible Venue]

**November 17 2018 (Saturday)**

#### Getting Words on the Page

Writers, just like athletes, need to exercise to keep up their game. Getting Words on the Page is a workshop that aims to teach the kinds of basic writing exercises that keep juices flowing and confidence high in writers of any experience level.

**At:** 3083 Yonge St (@ Lawrence Ave *Locke Library*)

**Time:** 2:00pm - 4:00pm

**Phone:** 416-393-7730

#### **Tue, 20 November 2018 Under Pressure: 5 Ideas for Housing Now**

In a panel discussion, moderated by Dr. Kwame McKenzie, CEO of Wellesley Institute, housing experts with a range of experiences tackle these issues head-on and share their #1 idea for what the city, province or federal government should do right now to address the housing crisis. 7:00 PM – 8:30 PM EST This event is free but registration is required. Doors open at 6:30 p.m.

This event is proudly co-presented by Wellesley institute, Co-operative Housing Federation and Ontario Non-Profit Housing Association. YMCA - Metro YMCA, Auditorium, 20 Grosvenor

### Nov 20th 6-8:30 Housing In Focus - Report Launch & Community Panel

The conversations are summarized in the Housing in Focus: What We Heard Report, which will be presented during our Nov. 20 event.

The Housing In Focus Celebration of Community Engagement event will conclude with a panel of community leaders discussing how they would like to be engaged to help address Toronto's ongoing housing crisis. Centre For Social Innovation - Spadina 192 Spadina Avenue  
<https://bit.ly/2PvOvSJ>

### Harm Reduction Kitchen (November 21)

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

**November 29 2018 (Thursday)**

### Hallelujah: A Leonard Cohen Sing-Along

Join an all-star cast of friends, colleagues and fans of Leonard Cohen as they tell stories about the artists' unique life and contribution to song. Then sing along as some of his best known songs are played in a public setting.

**At:** 40 Orchard View Blvd (west of Yonge St) *Northern District Library*

**Time:** 6:30pm – 7:30pm



## ...Free and Fun Events

### December 1, 2018 International Day of Persons with Disabilities Event (Official event)

2:00 PM – 4:00 PM EST

Keynote by government representatives with Q&A. Panel discussion on mentorships and internships that are inclusive of or especially for persons with disabilities. Exhibit tables from employment agencies and disability organizations. Refreshments

Collaborating Organizations: Alliance for Equality of Blind Canadians, Balance for Blind Adults, Canadian Hearing Society, Centre for Independent Living - Toronto, CNIB, Springtide Resources, Students for Barrier-Free Access



#### LOCATION

Metro Hall, 55 John Street, Rooms 308-309, Toronto [www.eventbrite.ca/e/international-day-of-persons-with-disabilities-event-tickets-51555030484](http://www.eventbrite.ca/e/international-day-of-persons-with-disabilities-event-tickets-51555030484)

### Emotional Support at the STOP-

Please join us at The Stop for the Emotional Wellness Peer Support Group. The group happens every Thursday morning from 10am-12pm at The Stop, 1884 Davenport Road. The Drop In has breakfast from 9am-10am, and you are also welcome to stay for lunch after the group session, from 12pm-1pm.

Lead facilitator Cleopatra and co-facilitator Sharon have lived experience of mental health issues, and the group is a way to connect and support our community in dealing with those issues.

For more information, please contact Cleopatra at [<cleopatra@thestop.org>](mailto:cleopatra@thestop.org) or Sharon at [<sharon@thestop.org>](mailto:sharon@thestop.org). The group is open and ongoing for the next year and there is no need to register.

\* \* \* \* \*

### Expungement vs pardon vs record suspension

We might want to advocate for expungement rather than a pardon to permanently remove the conviction from history.

Pardons don't go far enough. Convictions for cannabis possession must be expunged

A future government could retract pardons for simple possession en masse by amending the Criminal Records Act—Benjamin Kates and Pam Hrick · for CBC News · Posted: Oct 29, 2018

In the case of convictions for simple possession of cannabis, the disproportionate harm it has exacted on black and Indigenous communities points to the expungement of convictions as the only way to permanently – and purposively – erase the scarlet letter.

Today, more than 500,000 Canadians are encumbered with a criminal record for doing something that is now legal: possessing a small amount (30 grams or fewer) of cannabis.

...[a] pardon (technically called a "record suspension") maintains the record of the conviction, but effectively places it in a separate filing cabinet. A pardon can be revoked at a later date in certain circumstances. <https://www.cbc.ca/news/opinion/cannabis-convictions-1.4876783>

**Mayor Tory** has committed to mental health as a priority. However, he has not been clear about details. What do you think the city should focus on?

- A) Accessibility and inclusion in city services.**
- B) Shelter provisions and food.**
- C) Affordable housing that is accessible to people living on ODSP.**
- D) Training for the police, emergency services to provide appropriate, respectful and effective services.**
- E) Transport (accessible and affordable)**
- F) More... You can submit by email [bulletin@soundtimes.com](mailto:bulletin@soundtimes.com) or you can fill out the survey: <https://www.surveymonkey.com/r/PN8YCXH>**

The city needs to move past the old anti-stigma campaigns and consultations. The mental health system is complicated but the consumer survivor experts + city focus on inclusion / accessibility can lead to big changes. The City has the obligation to make services accessible for people who face barriers arising from mental health and substance use. We have the opportunity to make sure this happens.



## 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](mailto:gandier47@hotmail.com))  
**offers fellow consumers/survivors** free over-the-phone or remote online computer advice and support.



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

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## SIS & OPS SITES IN TORONTO

	EAST END	DOWNTOWN EAST to DOWNTOWN					DOWNTOWN WEST	
	<b>‘keepSIX’ South Riverdale CHC - SIS</b> 955 Queen St. E (at Carlaw Ave.)	<b>Regent Park CHC - OPS</b> 465 Dundas St. E (at Parliament St.)	<b>Street Health - OPS</b> 338 Dundas St. E (at Sherbourne)	<b>Moss Park - OPS</b> 134 Sherbourne (at Queen St. E)	<b>Fred Victor - SIS</b> 139 Jarvis (at Queen St. E)	<b>The Works - SIS</b> 277 Victoria St. (at Dundas St. E)	<b>St. Stephen’s Community House - OPS</b> 260 Augusta (at College St.)	<b>Queen West CHC - SIS</b> 168 Bathurst (at Queen St. W)
Monday	9:30 am to 8:00 pm	9:30 am to 6:30 pm	11 am to 4 pm	CLOSED	6 pm to 12 am	10 am to 10 pm	8 am to 12 pm	9:30 am to 8 pm
Tuesday	9:30 am to 8:00 pm*	12 pm to 6:30 pm	11 am to 4 pm	12 pm to 6 pm	6 pm to 12 am	10 am to 10 pm	8 am to 12 pm	9:30 am to 8 pm
Wednesday	9:30 am to 5:00 pm	9:30 am to 6:30 pm	11 am to 4 pm	12 pm to 6 pm	6 pm to 12 am	10 am to 10 pm	8 am to 12 pm	1 pm to 8 pm
Thursday	9:30 am to 8:00 pm	9:30 am to 6:30 pm**	11 am to 4 pm	12 pm to 6 pm	6 pm to 12 am	10 am to 10 pm	8 am to 12 pm	9:30 am to 8 pm
Friday	9:30 am to 5:00 pm	9:30 am to 3:30 pm	11 am to 4 pm	12 pm to 6 pm	6 pm to 12 am	10 am to 10 pm	8 am to 12 pm	9:30 am to 4:30 pm
Saturday	CLOSED	CLOSED	CLOSED	12 pm to 6 pm	6 pm to 12 am	10 am to 10 pm	CLOSED	CLOSED
Sunday	CLOSED	CLOSED	CLOSED	12 pm to 6 pm	6 pm to 12 am	10 am to 5 pm	8 am to 11:30 am	CLOSED
	Last call 45 min. before close			Last call 5:15 pm				Last call 1 hour before close

\*keepSIX SRCHC SCS: Only women/trans/non-binary people may access the SCS on Tuesdays from 10:30am-12:30pm.

\*\*Regent Park CHC: Only women identified and trans people may access the OPS on Thursdays

Updated: Oct. 4, 2018

## SIS & OPS SITES IN TORONTO

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Updated: Oct. 15, 2018

