

## Sound Times Support Services

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**January: Recap of 2018.** Survive alive. Big data, mental health act review, advertising, auditor general, study computers, job.

### February Issue about Relationships

- What isolates us?
- How do we find relationships?
- Meds and relationships?
- And more seriously with police, med, justice system...



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** APOLOGIES any **DELAY**

## What happened in 2018?

- ◇ *New Governments (Survivors Vote)*
- ◇ *Money OW/ODSP, HOUSING, SHELTER,*
- ◇ *Drug prohibition / use / safety SIS/OPS (maps)*
- ◇ *Justice System, Racism, Safety*
- ◇ *Resources: TTC Fair Fare pass, Naloxone training, Street Soccer, Legal clinic updates*

These topics overlap because our existence and inclusion in society requires overcoming barriers. Or maybe survival requires dismantling those barriers.



## Risks and opportunities in 2019

- ◆ Need to share information (we will work on this) and keep organizing so we can respond to the new Ontario government.
- ◆ Dignity, accessibility, inclusion are ways to explain why survivors and people with disability deserve housing, ODSP and more.
- ◆ Rising rents will put many of us at risk so we need to make sure that everyone has access to legal info to keep and get housing.

## Moments in C/S Bulletin History *C/S Bulletin 361*, January 1, 2008

**In 2008:** ..Resolution 1: Emergency Preparedness ...Our kinds of emergencies are the tidal waves of suicidal thoughts that come out of nowhere and engulf us, pulling us down for the count. Our disasters can be the kinds of events that set off the forest fire of voices we can't get rid of. So, in this New Year, can we make a plan, as individual as we each are, to look out for the clues that an emergency is looming? While we are OK, can we figure it out for ourselves and write it down - these are the signs that I should know about myself? Then the second piece of the puzzle is to figure out what strategies I can use so this looming beast does not turn into the crisis it is threatening to become. The trick is to do it now.—Helen Hook [http://www.csinfo.ca/bulletin/Bulletin\\_361.pdf](http://www.csinfo.ca/bulletin/Bulletin_361.pdf)



## AND NOW in 2018

Happy new year. Get some light. Think about what worked before and take courage from that. Did your life go through a change for the better? No matter how small and can you build on it? Was there something that sucked that you can understand?

**Survival**—if you are reading this then you survived 2018 so you must have survival skills and strengths. You have risen above or gone around or run right through walls made of inaccessible and discriminatory application processes, housing, drug prohibition, justice and psychiatric systems.

You survived and you have strength. Challenge the economic and psychiatric systems. Too many people didn't survive 2018 because of drug poisoning. We shouldn't need to fight so hard to survive. For now we can try to stay calm and carry on. We can learn to advocate for ourselves. And if we have the energy, time and connections we can build on the history of survivor / Mad / people who use drugs advocacy.

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

## New\$, Rights, Actions

### Legal Aid Ontario Pays Millions For Appeals Of Ministry's Disability Decisions

And three-quarters of those people win their appeals.

The Ontario government spends \$20 million a year on legal aid for people fighting its own ministry's decisions on disability benefits, Auditor General Bonnie Lysyk [wrote in her annual report released Wednesday](#). Three-quarters of those people win their appeals, and should have been given ODSP payments in the first place.

ODSP appeals make up more than 40 per cent of the workload for community legal clinics. Last year, clinics handled more than 9,400 of these cases, Lysyk's report says.

If Legal Aid Ontario and ODSP resolve this, clinics can return millions of dollars back to taxpayers, or spend it on employment issues, human rights law and expanding services for seniors, the report said.

*Huffington Post* December 6, 2018 <https://bit.ly/2ES60g4>

### OW and ODSP Webinar

From Income Security Advocacy Centre (ISAC):  
Changes to social assistance: What Was Announced, What It Means, and What's Next

Webinar recorded on December 6, 2018

<https://vimeo.com/304859304>

**Educate and reach out to the government:**

Minister of Children, Community and Social Services  
Minister Responsible for Women's Issues

Hepburn Block 6th Floor 80 Grosvenor St. Toronto, ON M7A 1E9 Tel 416-325-5225  
[lisa.macleodco@pc.ola.org](mailto:lisa.macleodco@pc.ola.org)



### Employment law changes in 2019

- **No minimum wage increase** until October 1, 2020.
- **Bill 47 eliminates Personal Emergency Leave** and replaces it with three, separate but distinct entitlements: Sick Leave (3 days), Family Responsibility Leave (3 days), and Bereavement Leave (2 days).
- **No equal pay for equal work**—Under Bill 148, part-time, temporary and seasonal workers were entitled to be paid the same wage rate as full-time employees when performing “substantially the same” job for the same employer.
- **Owners can claim that their Employees**

**are Independent Contractors**—employers do not have the onus (responsibility) to prove that their workers are independent contractors (contractors are not protected by the ESA, employers do not have to pay severance or pay minimum wages) Under Bill 148, and section 5.1(2) of the ESA as amended, if, during the course of an employment standards officer's investigation or inspection or in any proceeding under this Act, other than a prosecution, an employer or alleged employer claimed that a person was not an employee, (e.g. was an “independent contractor”), then the burden of proof that the person was not an employee lied upon the employer or alleged employer. Under Bill 47, that reverse onus is removed.

<https://www.ola.org/en/legislative-business/bills/parliament-42/session-1/bill-47>

# New\$, Rights, Actions

## BIG DATA

**Everything we do online and that can be measured is data.** Governments, corporations, hospitals and police can use this data to make decisions and see patterns. Self-driving cars will use artificial intelligence. And AI will also be used in hospitals and across the government. We need to make sure that we have control over how this works. This might be an interesting starting point:

### **Risk, Intersectional Inequalities and Racial Proxies: How Is Machine Learning and Big Data Shaping Legal and Criminal Justice Analysis of “Risk”?**

Kelly Hannah-Moffat, University of Toronto, Criminology & Sociolegal Studies. **January 29 4:00-6:00 pm**

Centre for Ethics Room 200,  
Second Floor, Larkin Building,  
15 Devonshire Place

<https://www.facebook.com/events/1982876795127777>

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### **Big Data and Mental Health in workplaces**

The health system is using lots of data from forms, diagnoses, services, inventories, times, costs, outcomes, drugs and more. And this data can be used to predict costs and benefits of services. And computers can use this information to learn and predict best practices and procedures

and outcomes. Lots more about this in the future. [This is sometimes called “machine learning” or “artificial intelligence”]. There are lots of issues about privacy, control of data. who benefits and who is hurt by application of big data.

### **An example of a (mental health) business application:**

From SpringHealth.com/

We designed Spring Health to eliminate every barrier to mental health, so that your employees could feel better—faster.



From early detection to full recovery, Spring Health is the only clinically validated solution proven to be more effective than traditional mental healthcare. By combining the latest technology with vetted providers, we help you engage 1 in 3 employees, reduce

recovery times, and reduce healthcare costs.

...Mental illness is invisible and can go undetected. Our program enables early detection and uses clinically validated screening tools to identify a variety of conditions.

**Bulletin Bottom Line:** Big data and AI will affect how the mental health, police and other systems work. We can participate to make them work for us, respect privacy, and assumptions around racism, sexism, ableism.

## News, Rights, Actions

### Food of the Month January—CITRUS FRUITS: LEMON & LIME

- Citrus fruits grow on flowering trees and shrubs. They are characterized by a leathery rind and white pith that encases juicy segments.

- Citrus fruits are an excellent source of vitamin C, which strengthens the immune system and keeps skin smooth and elastic. One medium orange has all the vitamin C you need in a day.

- Lemons and limes are often promoted as “weight loss food” because they contain soluble pectin fiber which expands in your stomach, helping you to feel full for longer.

The juice of citrus fruits can be used as a natural remedy for acne because of their astringent and anti-bacterial properties which can exfoliate the skin and prevent pores from getting clogged.



**Regent Park**  
COMMUNITY FOOD CENTRE

### Hearing Voices Network

There are lots of common issues between Canada and the British systems from coercion to racism to medical models. The Hearing Voices Network (HVN) wrote a review of the British *Mental Health Act* this December. The report is based on HVN's research and expertise as voice hearers. Would you be interested in this sort of work? Is this a good time to discuss the *Ontario Mental Health Act*?

#### Key Themes / Recommendations:

- ♦ enshrining a rights-based approach in the legislation and practice; [Rights rather than medical models]
- ♦ acknowledging both the institutional abuse and the institutional racism at the heart of the mental health system;
- ♦ ending Community Treatment Orders;
- ♦ making Advance Decisions which relate to Electro-Convulsive Therapy and medication, entirely binding;
- ♦ and creating and funding meaningful alternatives to detention.

... We call for an end to longer-term detention under the *Mental Health Act* in order to administer treatment, including forced medication. This can only take place alongside the implementation of a meaningful range of well-funded alternative mental health and social support.

### THE MENTAL HEALTH ACT AN ALTERNATIVE REVIEW



Reg Charity Number: 1094021

DECEMBER 2018

## Fundraising and Images of Once and Future Survivors...

Fundraising is important. It is hard to attract donations for survivors especially when they are older, substance users, involved in the justice system.

“Leveraging the empathy people have for youth against the crippling impact of mental illness faced by adolescents and adults, the campaign creative pairs strong and publicly familiar mental health terms with the faces of young people who are seemingly healthy.”

How and when can our faces be used in these posters? What kind of consent should be required?

What is the long term impact of putting your name and face out there when you are not famous? The story could end up being the top search result when someone searches for you on Google.



[https://www.ontarioshores.ca/news\\_\\_events/recent\\_news/give\\_for\\_tomorrow\\_campaign/](https://www.ontarioshores.ca/news__events/recent_news/give_for_tomorrow_campaign/)

## NEW: Shelter and Housing Justice Network

*Housing advocates form new coalition, demand city declare state of emergency over homelessness*

*THE STAR* By EMILY MATHIEU Affordable Housing Reporter

Thu., Dec. 13, 2018

The whole system is imploding. What happens when you don't take care of the social housing component is that everything filters down into the emergency shelter system," said Rafi Aaron, a member of the newly created **Shelter and Housing Justice Network**, speaking with the Star.

Network members include [Health Providers Against Poverty](#), the [Interfaith Coalition to Fight Homelessness](#), the Ontario Coalition Against Poverty, the Street Nurses Network, the [Toronto Overdose Prevention Society](#) and No One Is Illegal.

**Demands:**

- That the City of Toronto declare a state of emergency over the opioid crisis, which is also

affecting those who are homeless.

- That the city open the Sprung Instant Structures (temporary shelters) to not only create more spaces but in particular to help women and members of the LGBT community.
- That the city open 1,000 more shelter beds in 2019 to ease overcrowding.
- That the city commit to opening 100,000 rent-geared-to-income housing units over the next five years.
- That all levels of government commit to investing one per cent more of their existing budgets in tackling housing and homelessness.



# New\$, Rights, Actions

**2018 focused on OW/ODSP, HOUSING, SHELTER, DISABILITY, HUMAN RIGHTS, SIS/OPS, Food and more...**

## **OW/ODSP, HOUSING, SHELTER, DISABILITY, HUMAN RIGHTS, SIS/OPS...**

Background: a [great summary from ISAC](#) *Many questions, few answers, and great risk for people with disabilities*

Join the [ODSP Action Coalition](#). And follow their partners:

[Healthcare Practitioners Against Poverty Statement](#)

[Income Security Advocacy Centre Statement](#)

[Raise the Rates Statement](#)

## "Disability rights " = advocacy tool

People with disabilities have human rights and entitlements. Many organizations advocate for accessibility and inclusion for folks like us who face barriers created by social and discrimination:

[Ontario Peer Development Initiative OPDI "News to go" Empowerment Council](#)

[Citizens With Disability Ontario \(CWDO\)](#)

[HIV & AIDS Legal Clinic Ontario \(HALCO\) Newsletter\)](#)

• [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), <http://www.ccdonline.ca/en/publications>

## Housing

Rent Control—[New legislation by Ontario Government](#) means that Rent Control will continue for residential units occupied before November 15, But new rental units will not be subject to rent control.

[Housing Action Now](#)—Great resource on housing advocacy in Toronto

## How much is affordable housing?

Is it 30% of your income, average market rent, based on your ability to pay and taking into account any disabilities or special needs? [ACORN: Prepared a report](#) (<https://acorncanada.org/>)

If you are having trouble with a landlord, take a breath and consider talking to a peer, legal clinic, paralegal. Breathe and act.

Find [Advocacy Centre for Tenants Ontario ACTO - Tip Sheet](#): <https://goo.gl/gVkXdc>

"Human Rights Based Approach to Housing: Feedback" to Federal; Government—[placetocallhome@cmhc-schl.gc.ca](mailto:placetocallhome@cmhc-schl.gc.ca) + [www.placetocallhome.ca/](http://www.placetocallhome.ca/)

Shelters: [Food Advocacy – Shelter Standards](#) <https://soundtimes.com/food-advocacy-shelter-standards>



# News, Rights, Actions

## Social pollution from work: employers cause stress & health problems

Business professor Nuria Chinchilla uses social pollution to describe how work stress causes chronic illnesses including depression, anxiety. These cost the community billions of dollars and the corporations don't pay for the costs of this pollution.

This is similar to CO2 pollution that causes harm to society and the environment and uses up resources without paying the costs. Social pollution could include: causing the breakup of marriages, burdens on raising children, and general disruption to family life. And the family unit is an

important source of social support.

### Jeffrey Pfeffer: .

1. ...an enormous percentage of the health care cost burden in the developed world, and in particular in the U.S., comes from chronic disease—things like diabetes and cardiovascular and circulatory disease.
2. ...diabetes, cardiovascular disease and metabolic syndrome—and many health-relevant individual behaviors such as overeating and underexercising and drug and alcohol abuse—come from stress.
3. the biggest source of stress is the workplace.

<https://bit.ly/2Vcn8gq>

Source: [Stanford professor: "The workplace is killing people and nobody cares"](#)

The Auditor General Report\$ about government the finance\$ and the effectiveness of programs.

## Auditor Report about OW: Overpayments. Underpayments. Gas. [<https://bit.ly/2R30gBO>]

- The auditor General of Ontario says that "The province has yet to collect \$730 million in overpayments made to recipients over several years — roughly \$100 million occurred in the last four — but it does not track the cause of those overpayments, making it difficult to prevent them in the future, Lysyk said. "[Auditor General Report](#) (page 8). <https://bit.ly/2QZ4Lxm>
- For example in 2017— overpayments were \$2619.05 on average, which is the cost of a one bedroom apartment for one month. Interestingly, the auditor doesn't give this number for context. [Math: \$2619.05 = \$11 million / 4200 cases]
- Auditor did not report on the outcomes or ad-



equacy of OW. In other words, the auditor analyzed the costs of the program to the government / taxpayer but not the effect of programs.

**An example:** The Auditor talks about costs but not the effects of the Special Diet: :

...[in general] the self-reported allergy to milk and wheat is just 0.7% and 0.4% across Canada. In contrast, we found that 4% of all Ontario Works recipients were receiving a special diet allowance for an allergy to milk, and 5% were receiving a special diet allowance for an allergy to wheat.

...Ministry should...identify, investigate, and address improbably high trends in the proportion of recipients who receive the special diet allowance;

**Does the Auditor care about the outcomes of lactose consumption by poor folks with lactose intolerance? Or the costs to the taxpayer of digestive problems?**

**...Let them with lactose intolerance be gassy!**

## Resources

### Why learn computer programming?

[Submit your resources and ideas]

**Create** - bring your ideas to new people either through business, art.

**Work** - everyone knows how to use Microsoft Office - but you can get a better job if you know website building, database software (Access) and more. Demonstrate skills and your ability to solve problems.

**Build** - as a volunteer, employer, community organizer your computer programming skills can be a big advantage. You can create websites, projects, tools and more.

You can find offline courses that often charge a fee. There are many online courses that you can find through a simple google search for "computer programming" or "computer programming Toronto" or "learn Access" "learn python"

### Learn in a classroom or in person:

- [Toronto Library has a courses and they are a great starting point](#) (Online Lynda.com — you need a library card. You can access thousands of practical video skill courses – from home repairs to arts to business management. Now part of LinkedIn.com. Access for free at <https://www.torontopubliclibrary.ca>)
- [Meetup](#): You can find really specific meetup groups for learning and really improving specialized skills. You can also make connections with potential partners, jobs and teachers.
- Coffee & Code or DevOps on [Meetup](#)

### Learn [online](#):

#### 1. Codecademy for Hands-On Basic Coding Experience

[Codecademy](#) is on a lofty mission to fix education, which they say is broken (whether or not you agree, there's merit in their statement).

#### 2. For Theory, Head to MIT Open Courseware

Beginners should start out with the [Introduction to Computer Science and Programming](#) course, Students communicate with one another using the OpenStudy platform and forums the course includes video lectures, texts, exam.

#### 3. Coding Lessons Gamified with Khan Academy

One of the first online resources to offer free coding lessons, Khan Academy has a unique teaching approach that often provides education through gaming elements. Their [Computer Programming course](#) is no different. Using drawings, games and animations, Khan Academy teaches JavaScript, HTML and CSS. Students can interact with one another online and even share the work they've created.

### General Classes

#### Free courses from top universities

- **Coursera** access courses from different schools <https://www.coursera.org/>
- **EdX.org**—free courses from top universities that are a bit more formal

**And get Computer Help!**  
**Martha Gandier**  
[gandier47@hotmail.com](mailto:gandier47@hotmail.com)  
**offers fellow consumers/survivors** free computer advice and support.



# Employment Opportunity

## Sound Times Support Services

Community Service Worker – Mental Health & Justice/Case Management

1 Full Time – Permanent Position Available

**Please read below before sending your resume.**

**Sound Times is expanding our case management team again in 2019.** Come join a dynamic team; making a difference in the lives of Consumer Survivors.

**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.

Developing and coordinating service plans based upon unmet needs identified at assessment/



intake, and guided by the expressed direction of our clients.

**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 disadvantaged 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.**

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

**Closing date for applications is February 26, 2019.**

# Free and Fun Events

## Did you know about the City of Toronto Event Listings

[www.toronto.ca/explore-enjoy/festivals-events/](http://www.toronto.ca/explore-enjoy/festivals-events/)

### Skating

**Ontario Place [Skating, fires and more.](#)**  
**City of Toronto Outdoor Skating Rinks**

City Hall Rink has rentals and is open 9am-10pm

### Harbourfront Natrel Rink



Rentals, Open 10am-10pm from Sunday-Thursday; 10am-11pm on Friday and Saturdays.  
 235 Queens Quay West

<https://www.toronto.ca/data/parks/prd/facilities/outdoor-rinks/index.html>

Find rink details and status (weather updates!)  
 General hours of operation for City-run outdoor rinks are 9:00 a.m. to 10:00 p.m., seven days a week. Hours vary at each location and can be found by clicking on the facility name in the table below. Where available, washroom and change rooms are open during regular operating hours and may be closed during holiday periods.

### Cause Food Matters ... Events at the CRC

**JANUARY 2019**

**WHEN:** WEDNESDAYS FROM 4-7PM

**WHERE:** REGENT PARK COMMUNITY HEALTH

CENTRE (465 DUNDAS STREET EAST)

### WHAT:

- Week 1: Maggie's - JANUARY 2
- Week 2: Mindfulness/ Meditation - JAN 9
- Week 3: Community Kitchen/ Health Education - JAN 16 (3<sup>RD</sup> FLOOR)
- Week 4: Street Health Nurses - JAN 23
- Week 5: Harm Reduction Education - JAN 30

This FREE program runs weekly at the Regent Park Community Health Centre. Snacks, drinks, meal and harm reduction supplies provided.



**PIE DAY** at the Moss Park OPS time tbd

**Dumpling-making workshop for Lunar New Year:** January 30<sup>th</sup> from 1-4pm

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### Tangled Art + Disability—Call

[For a Screen Reader Friendly Downloadable PDF of the Tangled Call for Submissions, Click here](#)

We are currently accepting proposals from Deaf, Mad and Disability-identified artists, and groups, collectives, and organizations engaging in disability curation to be hosted at Tangled Art Gallery.

Tangled Art + Disability is accepting submissions to our gallery space for exhibitions in our next exhibition season, July 1, 2019 – June 30, 2020. This call is for curatorial proposals and artists working in all media.

For additional information on application and access accommodations, please email or call Victoria Anne Warner: [victoria@tangledarts.org](mailto:victoria@tangledarts.org) or 647-725-5064 [submissions@tangledarts.org](mailto:submissions@tangledarts.org) by February 1, 11:59 pm EST. All applications will be notified of results.

## #SAFESUPPLY IS LIFESAVING



CAPUD.CA/SAFESUPPLY

### What does #SafeSupply mean to you?

#### Harm reduction inspiration from BC

Learn more about the perspective of Canadian Association of People who Use Drugs: [Factsheet](https://capud.ca/safesupply) capud.ca/safesupply

B.C. has services that prescribe hydromorphone as a safer solution to the poisonous supply of street heroin. Vancouver will soon “begin offering pharmaceutical-grade pills to opioid drug users in an attempt to prevent deaths...” And there will be a “new hydromorphone [pilot project](#) [which] ...will dispense pills for drug users to take with them.”

- Source Andrea Wood <https://tgam.ca/2Q3I3Pb>

APOLOGIES for any Delivery DELAYS

### Opioid Therapy Costs

\$25K per year for injectable therapy per patient to visit a clinic to inject under supervision

\$700 per year for two pills, three times a day for a year that can be taken home. <https://tgam.ca/2Q3I3Pb>

What could users and orgs do with these savings?

### Waiting (for treatment) in Ontario

The Ontario government has changed the names and increased the number of regulations for Safe Injection Sites. They have promised more wrap around services. Will they deliver #safesupplies, desired supports, housing, and promote a dignified community. It is time to ask the government to show up “For the people”.

### 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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[Soundtimes.com/bulletin](https://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](https://www.soundtimes.com/bulletin).

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### 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:



**Ontario**

Toronto Central Local Health  
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