



Introducing The Consumer/Survivor Timebank of Toronto

- ✓ Do you have a skill or talent you would like to share?
- ✓ Are you looking for a creative and free way to get support and learn new things without having to access social services?
- ✓ Have you ever had experience with mental health services/the mental health system?
- ✓ Do you identify as mad, consumer, psychiatric survivor, as a person with a mental illness?

If yes, then **The Consumer/Survivor Timebank of Toronto**(CSTB) is looking for you. We are establishing an alternative currency system. Members list the things they would like to do, and the things they need help with. People earn time dollars by helping each other out, and can spend them by "purchasing" help from the timebank. No goods or money is exchanged. Everyone is equal. Timebanks have been shown to reduce isolation and improve quality of life.

C/S Timebank Information Sessions

We will be holding information sessions on the following dates:

Jan 19th and Jan 26th and 29 from 1-3

Jan 22nd from 7-9pm

Registration is REQUIRED due to limited space. The location will be accessible.

Refreshments will be provided by The Raging Spoon. We ask that you refrain from using scented products. To register, please email us at:

c.s.timebanking@gmail.com

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