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The Consumer/Survivor Information Resource Centre

Distributed through generous support from Queen Street Division of [CAMH](#) (Centre for Addiction & Mental Health)

BULLETIN

Information for consumer/survivors of the mental health system,
those who serve them, and those who care about them.

November 1st, 2004

Bulletin 287

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: Day Centre, 252 College Street, 3rd Floor, Toronto, Ontario.
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New Research

Some Supplements Can Damage Eyes



Many herbal remedies and nutritional supplements can damage the eyes, including some alternative therapies that are used by people trying to correct eye problems, new research reports. According to a review of reported cases and medical literature, commonly used supplements including chamomile, ginkgo biloba, licorice, vitamin A and echinacea can cause a myriad of eye problems. Study author Dr. Frederick Fraunfelder explained that supplements become dangerous to the eyes when people

take them in large doses. They can cause problems including severe conjunctivitis, eye irritation, retinal bleeding and temporary loss of vision, the study found.

"Tell your physician what you take, as these products interact with other drugs," Fraunfelder advises.

"Recognize even herbal products and nutritional supplements have adverse reactions."

Fraunfelder, who presented his findings in the American Journal of Ophthalmology, found 30 instances in which canthaxanthine, a carotenoid that produces an artificial suntan when taken orally, caused changes to users' retinas, including crystal deposits.

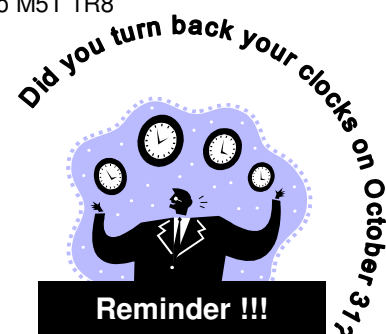
The researcher uncovered seven cases in which people rinsed their eyes with chamomile tea to treat styes and irritation, and instead developed severe conjunctivitis.

Echinacea is widely touted as useful for treating the common cold and flu, but Fraunfelder found seven cases in which users developed irritation and conjunctivitis after using it topically.

The researcher also discovered five cases of temporary vision loss apparently caused by licorice consumption, and 71 cases of niacin causing eye problems.

Fraunfelder noted that vitamin A is a particularly big threat to the eyes at high doses, and ginkgo biloba, a blood thinner, can cause retinal bleeding when combined with other blood thinners.

Most people were using the supplements for reasons unrelated to their eyes, including arthritis, inflammation and digestive problems. (Reuters Health / American Journal of Ophthalmology, October 2004)



Reminder !!!

Table of Contents

New Research
Page 1

Mental Health News
Page 2

Addictions News
Page 2

Information Forums
Pages 3 & 4

Workshops
Page 4

Health & Wellness
Page 5

Sheer Silliness
Page 6

Announcements
Pages 7 & 8

Free & Low Cost
Activities
Pages 8 & 9

Job Postings
Page 10

Mental Health News

Fire breaks out in west-end low rise



Five people have been taken to hospital after a fire at a Toronto home for the mentally ill.

More than two dozen residents fled the building, which houses 35 men suffering from schizophrenia, when the blaze broke out early Thursday October 21st just before 3 a.m.

Fire crews rescued some tenants hanging out of windows of the three-story building in the city's west end, including one man who was found without vital signs. The man was revived and was listed in critical condition in hospital, but has since died. Four other people suffered smoke inhalation. There's no word on the cause of the fire or the amount of damage. (Global News, October 2004)

New Yorkers' mental health visits rose little after 9/11

New Yorkers' use of mental health services rose only slightly during the year after the September 11, 2001, World Trade Center attacks compared with the year before the attacks, a recent study suggests. But the number of mental health visits among people already receiving treatment increased after the attacks.

The study is one of the few to look at long-term use of community mental health services within a population after a major catastrophic event, say Joseph A. Boscarino, Ph.D., M.P.H., and colleagues at the New York Academy of Medicine and Florida State University. Their findings appear in the journal *General Hospital Psychiatry*.

"Following the World Trade Center attacks, mental health service providers geared up to provide mental health services for thousands of New Yorkers potentially affected by this event," Boscarino says. "This major increase in utilization, however, never really materialized."

Less than 9 percent of New York City residents said they made more mental health visits and 4 percent made

fewer visits during the year after the September 11 disaster, compared with the year before the disaster. In addition, only about 4 percent of residents increased their psychotropic medication use during the year after the disaster.

The researchers also found that in the year after September 11, 13 percent of New York residents surveyed said they received mental health counseling related to the WTC disaster at least once, and 4.5 percent of those surveyed took psychotropic medications because of the event.

People who were young, had panic attacks after the WTC disaster, had PTSD or were depressed tended to make more mental health visits related to the attacks. People with PTSD, young people, women and those who were personally exposed to the disaster were among those whose medication use related to attacks. The study also showed that the greater a person's exposure to the WTC event, the more likely he or she was to make WTC disaster-related mental health visits. (Health Behavior News Service, October 2004)

Addictions News

Killing time: Gossiping, gaming and email can become "soft addictions"

Spending half your days playing computer solitaire, watching reruns of "Law and Order" or gossiping at work? Just say no. That's what the experts say about "soft addictions" - the new catch phrase for serious time suckage.

"This is a big issue for people," said Judith Wright, author of "There Must Be More Than This: Finding More Life, Love, and Meaning By Overcoming Your Soft Addictions". "But no one is talking about it." Until now. Wright, who coined the phrase, was also an addict. Not to drugs or alcohol. Try magazines, TV, catalogs and other colossal wastes of time. "It was mindless energy," she said. "I thought it was relaxing, but in fact, it was more like a haze, and after a few hours of TV or

whatever, you feel like you are hung over. How many people feel energized after hours on the Internet or in front of a video game?"

Not everyone thinks soft addictions are harmful. Brian O'Neill is a marketing executive who lives in Jamaica Plain, who admits he's got a few monkeys on his back. "Oh, where to begin? Bidding on Ebay, obsessively balancing my checkbook, marathon viewings of 'The Sopranos', 'Sex in the City' and 'The Simpsons'. Soft addictions one and all," he said with pride. "They make my life interesting, it's relaxing. It's something to relieve stress." (Boston Herald, Oct. 2004)



Information Forums at CAMH

There is Help...There is Hope

Community Information Forums on Addiction and Mental Health

"There is Help...There is Hope", a series of regular forums offering a greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies. Most Community Information Forums take place at the Russell Street site of CAMH, between 6:30 - 8:30 p.m., [33 Russell Street](#) (northeast corner of College and Spadina in Toronto) in the Meeting Centre (room 2029, second floor). Admission is **free**. No registration is required. Seating is on a first-come basis. A final list of forums can be obtained by calling 416 535-8501 ext 4553.



Forum Schedule for 2004 – 2005:



Tuesday, November 16, 2004: Understanding Substance use and Mental Health Problems among Youth.

Just how prevalent are co-occurring substance use and mental health issues? While the statistics may vary, one thing is clear, many youth and families are struggling to understand how they interrelate and how best to manage if the problems become severe. This forum will explore how substance use and mental health problems interact with one another as well as how early identification, proper screening and assessment can contribute to the reduction and severity of problems young people and their families face.

Tuesday, December 7, 2004: Better Outcomes through Early Intervention

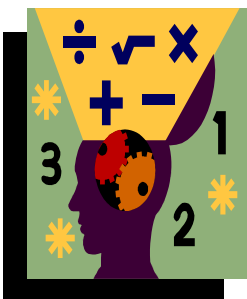
Advances over the past decade in the areas of research and clinical practice have demonstrated that individuals who are developing a major mental illness and receive treatment early in the course of their illness can experience better overall outcomes. It was once common practice to delay active treatment until a diagnosis of a mental illness was established. However, it is now understood that postponing treatment can worsen symptoms and contribute to disruptions in one's personal life including the capacity/ability to study, work, and form meaningful relationships. This forum will explore the contributions that early identification strategies have had on illness experience and outcomes, and potential risk factors for developing a mental illness. Other areas to be discussed include the behaviours and lifestyle changes that may signal a person is beginning to experience problems. The forum will also focus on the critical role that family, teachers and caregivers (health care providers) can play in identifying early signs of a mental health problem.

Tuesday, January 11, 2005: Family Recovery

Letting go, moving forward, rediscovering goals, and having hope for the future are all part of family recovery. In this forum we will explore what recovery means for families who have a relative with a co-occurring substance use and mental health problem. Families will share how they have established more balance in their lives by making time for their own needs while still maintaining a connection with their relative. The forum will also cover some of the elements of the recovery model as it applies to families: the value of reframing the experience of substance abuse and mental health problems as a "journey" with many twists and turns, but always moving ahead; the importance of self care, how support from others can help, and the benefit of acquiring skills and knowledge to assist with boundary setting, problem solving and working in partnership with treatment services and providers.



Tues. Feb. 8, 2005: Understanding Trauma and its links to Substance Use and Mental Health Problems



Sexual abuse, torture, incest, war, some refugee and immigration experiences, natural disasters, acts of violence, serious accidents - these are all events out of the realm of normal human experience that can result in trauma for the survivor and may show itself in sleep problems, nightmares, flashbacks, feelings of guilt, memory problems, low self-esteem, difficulty with relationships and in some instances may lead to substance misuse to cope with feelings. These symptoms may result in the development of post traumatic stress disorder. They do not necessarily disappear with age or time but require recognition by the survivor and ongoing support by friends, families and service providers. This forum will explore the relationship between trauma and mental health problems and substance use, and discuss how those close to the survivor can provide help and support.



Tuesday, March 8, 2005: Advancements in Borderline Personality Disorder (BPD)

People diagnosed with borderline personality disorder (BPD) are one of the most stigmatized groups in the mental health system. In recent years, research has given us reason for optimism. To increase knowledge about this serious disorder, this forum will provide cutting edge information on BPD that is relevant to health care professionals, families and consumers. Some of the areas to be addressed include advancements in psychopharmacological approaches, Dialectical Behaviour Therapy and support for families affected by BPD.

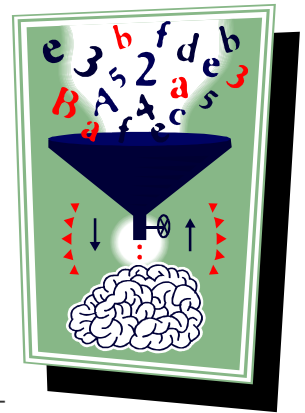
Tuesday, April 12, 2005: Anger and Addictions

Substance use is frequently implicated in many violent and aggressive acts, including homicide, intimate partner violence, and child abuse. This forum will explore the area of concurrent anger, violence, and addictions, including recent research on the prevalence of co-occurring substance use and violence, and issues in understanding the actual relationship between substance use and violent and aggressive behaviours. Anger and addiction problems often go hand-in-hand, and the presence of one problem typically complicates the assessment and treatment of the other. In addition to discussing some of the limitations in existing treatments, this forum will detail some promising new findings in the treatment of concurrent anger and addictions.

Tuesday, May 3, 2005: Treatment for Mental Health and Substance Use Problems: Past, Present and Future

Treatment for substance use and mental health problems has undergone enormous change since its origins at the beginning of the twentieth century. In this forum we will explore what the major changes have been, some of the popular therapies employed throughout history and how the philosophies of treatment - medical and non-medical - have guided the delivery of services for mental health or substance use problems as well as influenced our understanding of how these problems develop. This forum will be of interest to people seeking to understand "treatment"; and what research, human experience and clinical practice is revealing about what is effective in addressing these problems.

Most Community Information Forums take place at the Russell Street site of CAMH, between 6:30 - 8:30 p.m., 33 Russell Street (northeast corner of College and Spadina in Toronto) in the Meeting Centre (room 2029, second floor). Admission is free. No registration is required. Seating is on a first-come basis. A final list of forums can be obtained by calling 416 535-8501 ext 4553.



CMHA Public Education Workshops



Special! Holiday Season Community Workshop - A Pay what you can workshop entitled "Coping with Holiday Stress and Sadness" is on December 8, 2004 from 7:00pm – 9:00pm at the Church of Holy Trinity, behind the Eaton Centre. This workshop is also running on December 1, 2004, from 7:00 - 9:00 p.m. Location to be announced.

Registration for this workshop can be done by phone at (416) 789-7957.

New! No Fee! NAMI Family-to-Family Course - A Free course entitled "Family-to-Family Education Course: For family members who have a loved one living with serious mental illness" starts on December 2, 2004 and runs for 12 weeks. The course takes place from 7:00pm – 9:00pm at 970 Lawrence Ave. West, Suite 205 - one block west of Dufferin St. This course is led by trained volunteer family members. Registration for the NAMI Family-to-Family Education Course can be done by contacting Brenda Bunting at tel.(416) 789-7957 x 270 or by email at bbunting@cmha-toronto.ca



Posing May Diminish Depression



Practicing yoga poses may help alleviate a blue mood. In people with mild depression, taking a yoga class once a week appeared to improve their mood and decrease their anxiety, according to recent research. People in the study also reported less fatigue immediately following a one-hour practice session. Try a local class or seek out an instructional video or DVD for beginners. Regular practice of yoga not only can help alleviate feelings of depression, but it also can improve muscle strength, flexibility, circulation, and balance. Yoga is a form of exercise that incorporates stretching, breathing, and meditation. A recent study concluded that practicing Iyengar yoga for one hour per week may alleviate mild depression. Iyengar is a gentle form of beginner's yoga that emphasizes the use of props -- including cushions, straps, and blocks -- to

help people attain maximum benefits from the poses while reducing stress on the body. Other self-care methods of relieving depression include getting enough sleep, eating a balanced diet, and exercising regularly. Some people benefit from support groups, counseling, psychotherapy, or medication therapy.

Now That's Teamwork

Make your meals work as a team for ultimate health benefits. Evidence suggests that nutritious foods work best when combined with other nutritious foods. Maximize the disease-fighting potential of your foods by including a variety of healthful options at mealtime. Vitamin-rich fruits and veggies, fiber-rich whole grains, fish or lean poultry, and heart-healthy fats are good staples to include in most meals.

Certain foods benefit your body most when they are eaten along with other foods that help enhance their nutritional benefits. For example, research has shown that eating vegetables or fruits with a bit of fat can help your body better absorb the fat-soluble nutrients in the produce.



A Sweeter Way to Slim

There's a sweet and juicy way to avoid piling on pounds.

Frequent fruit eaters experience less weight gain over time compared to people who report low fruit consumption, a new study concluded.

If you're watching your waistline, keep on hand a fresh supply of the season's best apples and pears, which are high in fibre and taste, low in calories, and keep well.

Mellow Out with Music

The musical stylings of Bach, Beethoven, and Brahms may be best for soothing your nerves.

In a recent study, listening to classical music helped lower the blood pressure of study participants after they completed a stressful task. Neither jazz nor pop produced reductions in blood pressure. For extra tension taming, slide a classical music CD into a personal music player and take a quick walk.

Stress causes physiological changes in the body, including increased heart rate, respiration, and blood pressure. After a stressful event, it takes some time for these values to return to normal. In a study, researchers found that people who took a three-minute arithmetic test and listened to classical music afterwards experienced significant reductions in blood pressure. Neither silence nor other types of music produced a similar effect on blood pressure.



No Time for Excuses

No time to work out? A time-saving change to your exercise routine may still net you health benefits. Short, frequent mini-workouts throughout the day may lower your triglycerides as well as one long exercise session, results from a study concluded. Exercise reduces the spike in blood fats that occurs after consuming a high-fat meal. Try taking three 10-minute walks throughout the day when you can't make it to the gym.





Sheer Silliness

This section deals mainly with stress and stressors and offers insight into an alternative standpoint

Tips On Not Dealing With Stress

People with a Type A Personality will come by these naturally

1. When feeling stressed, breathe deeply and hyperventilate until you pass out.
2. When things are going badly, knock your head against the wall. The resulting headache will supersede the original problem.
3. Consume vast quantities of caffeine. Why not try adding 3 heaping tablespoons of instant coffee into your regular brewed coffee? These high-energy boosters will ensure you are awake day and night.
4. Play "Hide and Seek" by concealing important documents and other important items from yourself.
5. Make a concerted effort to take note of irritations in your life and blow them out of proportion.
6. Refuse to take action on nagging problems. Procrastinate, brood, and if possible, lose some sleep over them.
7. If you're working 60 hrs/week increase it to 70 or 80. You will have less time to think about how stressed you are.
8. Never read a book, listen to music, or listen to relaxation tapes. They are a waste of time.

Stress Diet (from sci.med)

When stressed, try the following diet. It's simple and easy to follow.

Many days start out fine, but get progressively more and more stressful. This diet takes this fact into consideration.

1st Meal : BREAKFAST:

1/2 grapefruit
1 slice whole wheat toast
8 oz skim milk

2nd Meal : LUNCH:

4 oz lean Broiled chicken breast
1 cup steamed zucchini
1 Cookie
Herb tea

3rd Meal : MID-AFTERNOON SNACK:

Rest of package of Cookies
1 qt. rocky road ice cream
1 jar hot fudge

4th Meal: DINNER:

2 loaves garlic bread
Large pepperoni & mushroom pizza
Large pitcher beer (any brand)
3 Milky Way bars
Entire Sara Lee cheesecake - direct from freezer.

...more dieting tips...

- If no one sees you eat it --- it has no calories.
- If you drink a diet soda with a candy bar they cancel each other out.
- If you fatten up everyone else around you--then you look thinner.

Come Laugh Your Head Off! What Next! presents: Stand Up For Mental Health Comedy Showcase on Monday November 8, at 12:30 p.m. at The Raging Spoon, 761 Queen Street West. **Free.** Seating is limited, so please reserve by calling (416) 244-8919. Stand Up For Mental Health is a group of people with mental health issues doing comedy all about their mental health journeys. Come laugh your head off at this show that looks at the lighter side of taking meds, seeing counselors, getting diagnosed, and dealing with the mental health system. Led by David Granirer, a counselor and a stand-up comic, Stand Up For Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment. People with mental illness are always being told what they can't do. In this show, they get to prove what they CAN do! For more info go to www.standupformentalhealth.com. What Next! is a peer support drop-in center, and the Raging Spoon is a consumer/survivor run café.

“The nice part about being a pessimist is that you are constantly being proven right or pleasantly surprised.”

GEORGE WILL

ANNOUNCEMENTS

Inclusion of an announcement is NOT endorsement of the views of any organization or individual.

CRCT Holiday Happenings 2004 Edition Once again this year, Community Resources Consultants of Toronto will be producing its popular Holiday Happenings publication which lists many free and inexpensive things for consumer/survivors (and everyone else!) to do in Toronto during the month of December. If your organization plans to hold an event, or you know of any such events, which could be listed in Holiday Happenings (there is no charge for listing an event in Holiday Happenings), please send the information to Glen Dewar at CRCT as early as possible. Email: gdewar@crct.org, fax (416) 482-5237, phone (416) 482-4103 ext. 229. If all goes well, we hope to have this new edition of Holiday



Happenings completed and posted to our web site www.crct.org sometime on the week of November 22, 2004 in Adobe Acrobat (.pdf), Microsoft Word and hypertext (HTML) formats. A limited number of printed copies will be available for pickup at the reception desk at CRCT's main office, 366 Adelaide St. East Suite 230 (intersection Adelaide St. East and Sherbourne St.). If you are planning to drop by to pick up a copy, please be sure to phone first to check our hours and that we have copies available. The printed copies will be **free** to consumer/survivors and family members, \$5 to everyone else. We encourage people to download their copies from our web site wherever possible to allow the printed copies to be available to consumer/survivors without web access.

Education and Publishing at the Centre for Addiction and Mental Health invites you to celebrate the publication of CAMH's new releases, on Monday November 1, from 3:00-5:00pm. New releases include: Alcohol and Drug Problems: A Practical Guide for Counselors, 3rd edition, The Forensic Mental Health System in Ontario, and Women, Abuse and Trauma Therapy and many more. For more info call (416) 595-6653 or email at Rosalicia_Rondon@camh.net. This event will take place at 33 Russell St., at the CAMH Meeting Centre. Refreshments will be served. **Free.**



The Ontario Recovery Action Forum – This is a special community event organized to address the action taken by various Southern Ontario community groups and agencies that have made initial steps within their local settings to interpret and implement the recovery vision. It will take place on Thursday, November 25, from 12pm – 4:30pm at Metro Hall Council Chambers at 55 John St. From 12pm – 1pm an inspirational recovery video documentary will be shown. It was done by US recovery activist/consultant, Pat Deegan (and Terry Stricker) and it is called "Inside/Outside: Building a Meaningful Life after the Hospital". For more information contact Brian McKinnon at tel. (416) 285-7996 at ext. 227 or bmckinnon@primus.ca.

Research Participants Needed for a study of binge eating disorder. Do you have a tendency to overeat? Do you use food to regulate your mood? Do you have food cravings? We are looking for men and women over the age of 25, in good physical health who are not using street drugs and are able and willing to provide meaningful consent to participate. **You will receive financial compensation for your participation.** For more info call Dr. Caroline Davis at tel. (416) 535-8501, extension 4639.

Research Participants Needed for a study on violence in families providing care to relatives with schizophrenia. Criteria for inclusion in this study: parents, spouse, siblings, adult children and other relatives providing care to and living in the same household with someone with a diagnosis of schizophrenia or psychotic disorder, a willingness to complete a questionnaire, and are capable of consenting to participate in the research study. **Financial compensation will be provided.** For more information on this study, call Billy Chan at tel. (416) 535-8501, extension 2255.

Research Participants Needed Eligibility for this study includes a primary diagnosis of OCD, between 18-65 years of age and no current alcohol or substance abuse. If you are interested, call Kate at tel. (416) 535-8501, extension 4878.

Research Participants Needed for a study of the biological factors that may be important in causing or influencing the development of Bipolar Disorder. The study involves a measurement of blood pressure, an interview (mental and medical health), and a blood sample (less than 50ml). The total time involved is about 2 hours (one visit). All information collected will remain confidential. Volunteers with a family history of Mood Disorders are encouraged to participate! Volunteers who have taken, or are currently taking the medication Lithium are encouraged to participate! You will be financially compensated for your time and travel costs to and from the Centre. If you are between 18 and 65 years old, physically healthy (with no history of high blood pressure or diabetes), from a family without a history of high blood pressure or diabetes, and are diagnosed with Bipolar Affective Disorder and wish to participate in this study, please call Ms. Bronwen Hughes at tel (416) 535-8501, ext. 4599.



ANNOUNCEMENTS (continued)

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Social Phobia Support Group A group of people living with Social Phobia meet weekly to provide support and encouragement to each other. There are no professional therapists involved, and the meetings are very informal and there is no pressure on members attending to participate. Meetings are held on Tuesdays and Wednesdays from 7pm-8:30pm, and on Fridays from 3pm-4:30pm, and take place at the Centre For Addiction and Mental Health, Clarke site, 250 College St., on the 11th floor in room 1118. For more information please contact Earla Dunbar, Group Facilitator at tel. (416) 746-4819.

Mothers and Children with Special Needs – The Scarborough Women’s Centre is offering a **free** program for women who are parenting children with disabilities. This program will include supportive discussions about topics that really matter. The group will be meeting on Mondays from 10:00am – 12:00pm. For more info. regarding this group, call Victoria or leave a message at tel. (416) 439-7111. Meetings will take place at the Early Years Centre, 2155 Lawrence Ave., E., #1, at Lawrence Ave. E. and Birchmount Road. This project is an initiative of Scarborough Women’s Centre.



Free & Low Cost Activities



Sunday, October 31st. Halloween!!!
Church Wellesley Village Community Halloween Party
A fabulous community Halloween street party. **Free.**
Church Street from Gloucester Street South to Wood Street.

Rocky Horror Picture Show – Bloor Street Cinema will be showing special screenings of THE Rocky Horror Picture Show on Friday, October 29, Saturday October 30, and Sunday October 31 (Halloween!). Tickets for members are \$6. Non members are \$9. Bloor Street Cinema is located at 506 Bloor St W at Bathurst. For more info call (416) 516-2330.

Cul-De-Sac – This is the last day of this theatre show, and it is PWYC on Sundays. Buddies in Bad Times at 12 Alexander. Call (416) 975-8555.

Live Music by ‘The Used’ – in-store performance, Sam The Record Man at 347 Yonge St., at 12:30 pm. **Free.**



Monday, November 1

Omnium Gatherum at Canstage is a play about life after 9/11. Omnium Gatherum runs until November 20th and is PWYC on Mondays. Seating is limited so you must call in advance. Call (416) 368-3110.

Tuesday, November 2

Yuk Yuk’s Downtown on ‘Amateur Night’ \$2 gets you into their ‘Toonie Tuesdays’ show, located at 224 Richmond West. For more info call (416) 967-6425.

Assertiveness Training – afternoons on November 2 and November 4, 2004. **Free.** For more info call Nora Dobell or Tim Nourse at (416) 964-9095.

Wednesday, November 3

Hugh’s Room - Mike Stevens, Ian Tamblyn, Sylvia Tyson and Jackie Washington as part of Remembering Estelle Klein. **Free.** Call tel.(416) 531-6604 for more info.

Thursday, November 4

Bata Shoe Museum **Free** admission on Thursday evenings between 5pm-8pm. For more info call (416) 979-7799.



Thursday, November 4 (continued)

Mitzi's Sister – Edgar Breau and JP Riemens. 1554 Queen St. W. **Free.** (416) 532-2570.

Mediatheque (150 John, (416) 973-3012, www.nfb.ca) has what you need. Private viewing stations offer a menu of over 400 movies, and it's all **free**.



Friday, November 5

Comedy On The Danforth is **free** on Friday nights at Timothy's at 320 Danforth. For more info call (416) 461-2668.

Saturday, November 6

Second City has a **free** Saturday late-night improv set, right after the Mainstage Show at around 12:15 am. They are located at 56 Blue Jays Way. For more info call (416) 343-0011.

Sunday, November 7

The Unexpected Man – This theatre show runs until November 7th at the Tarragon Extra Space at 30 Bridgeman. Sundays are PWYC. Call (416) 531-1827 for more info.



Danforth Avenue - Remembrance Day Parade - 1:30pm - 2:00pm The parade will start at Shopper's Drug mart at Danforth Avenue and Victoria Park Avenue; West on Danforth Avenue to Dawes Road; South on Dawes Road to 9 Dawes Road to Legion Branch 11. Parade is by the Royal Canadian Legion. **Free.**

Monday, November 8

Gift Wrapping Workshop - 7 pm. **Free.** Brentwood Library, at 36 Brentwood. (416) 394-5240.

Comedy Showcase: Stand up for Mental Health, Come Laugh Your Head Off! – presented by What Next! Located at the Raging Spoon at 761 Queen St. W. at 12:30pm. **Free.** Seating is limited, so please reserve by calling (416) 244-8919.

Tuesday, November 9

Read To Me- Workshop for parents or kids three to five. 7 pm. **Free.** Richview Library, 1806 Islington. (416) 394-5120.

Wednesday, November 10

Art Gallery of Ontario Wednesday evenings are **Free** for everyone, from 6pm to 8:30pm. Surcharged exhibitions and ticketed events excepted, located at 317 Dundas Street West, at the corner of Dundas and McCaul. Call (416) 979-6642 for more info.

Thursday, November 11

Job Hunting on the internet - Workshop for people with mouse and keyboard skills. 7 pm. **Free.** Parkdale Library, 1303 Queen W. (416) 393-7686. Must register in advance.

Remembrance Day Parade & Ceremony from 10:15am – 12:30pm at Bay St, from Dundas St W to Richmond St W. Queen St W, from Yonge St. to York St.



Friday, November 12

Royal Ontario Museum Friday Nights from 4:30pm to 9:30pm are **Free.** ROM is at 100 Queen's Park, Toronto, Ontario M5S 2C6. Call (416) 586-5549 for more info.

Saturday, November 13

Zine Land - Workshop on creating a zine with Hal Niedzviecki and Marc Ngui. From 1-3 pm. **Free.** At the Maria A. Shchuka Library at 1745 Eglinton W. Call (416) 394-1000 for more info.



Monday, November 15

Communicating and Collaborating for Conservation - Workshops and guest speakers. 10 AM-3:30 PM. **FREE.** Toronto Sustainability Network, 615 Yonge. Call (416) 444-8419 for more info.

Songwriters Workshop Hosted by Liana. 8 pm. **Free.** Sandy's Place, 1828 Weston Rd. guitarbabe@hotmail.com.



Job Postings

Canadian Mental Health Association / Toronto Branch

Full time Job Coach - Employment Services

The Canadian Mental Health Association, Toronto Branch is seeking a Job Coach for its Employment Services. This is a (35 hours/week) one-year contract position.

Responsibilities:

- Provide training and support to individuals at their work site
- Maintain documentation and statistical data as required
- Assist individuals with following their employment action plans
- Work with individuals to establish positive working relationships in the workplace
- Assist individuals with meeting job performance requirements
- Complete timesheets, training plans and reports
- Evaluate worksites to ensure safe standards and appropriate working conditions

Qualifications:

- Post-secondary education in Social Services
- Rehabilitation work experience and experience working in a vocational/employment initiative(s) is an asset
- Understanding of mental illness
- Ability to demonstrate a non-homophobic and anti-racism approach
- A valid drivers license and access to a vehicle is required
- Must be available to work weekends and evenings
- Salary: \$30,000.00/annum

Please submit resumes by Fri. Nov. 5, 2004 by 5:00pm to the Employment Team Leader, CMHA/Toronto Branch, 970 Lawrence Avenue West, Suite 205, Toronto, Ontario M6A 3B6 or Fax (416) 789-9079.

Only those candidates selected for an interview will be contacted. No phone calls please.

For more information visit: <http://www.Toronto.cmha.ca>



Youthdale Treatment Centres

Full Time Youth Workers

Full time youth workers required for residential adolescent mental health setting.

Successful applicants will possess a degree or diploma or related work experience, valid G or F class drivers licence.

Positions offer opportunity to work in a multi disciplinary team and to grow through ongoing staff development

Please submit resumes by December 13, 2004 to Anna Quattrocchi, Residential Supervisor of Youthdale Treatment Centres by Fax: (416) 368-5025

Only those candidates selected for an interview will be contacted. No phone calls please.



If you are not already receiving *THE BULLETIN* regularly, you can receive it FREE via mail or e-mail csinfo@camh.net C/S Info Centre, Tel. (416) 595-2882 or (416) 595-1205 Fax (416) 595-0291. The Bulletin will be published on the 1st and 15th of each month. Please send announcements and job postings as far in advance as possible.
