

Please  
POST,  
COPY,  
DISTRIBUTE



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 us, and those who care about us.**

---

**January 1<sup>st</sup>, 2005**  
**Bulletin 291**

---

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday  
LOCATION: 252 College Street, 3rd Floor, Toronto, ON  
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8  
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: [csinfo@camh.net](mailto:csinfo@camh.net)



## HAPPY NEW YEAR

Maybe I watched too many movies over the holiday. But, I have a mission for you. Your mission should you choose to accept it, will help you deal with the inevitable in the New Year.

We know we'll face bumps, and hurdles, and big puddles of muck in our path to recovery and health. Since we know that, isn't it better to be prepared?

Today, right now, if you're feeling good now... or as soon as you are, do some work that will really pay off for you.

Sometimes things hit with no warning, but more often there are signs, harbingers of bad things to come. Warning signs, danger signals. We can spot them if we know what we're looking for.

Make a list of your warning signs that a relapse might be coming. For example, besides the obvious feeling of "life is bleak, there's no point in living," one of mine is that I get really indecisive. I couldn't make a decision if my life depended on it. Do some thinking and start your list on the next page.

### Table of Contents

**Your Mission**  
*Page 1*

**Websites Worth Watching**  
*Page 3*

**Announcements**  
*Page 3, 4 & 5*

**Free & Low Cost Activities**  
*Pages 5, 6 & 7*

**Job Postings**  
*Page 8*

## My Relapse Clues

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

When we're in the throes of it, we have very little ability to think creatively in our own best interests. Why not do that thinking now? Make a list of specific activities you can do for yourself that will help you to feel better. List a range of things. Don't expect miracles. If the top one is to get help from a support group, family, friends or your health care provider, then put that as number one.

This list will be very individual to you. Start it now. Add to it whenever you get a new idea.

## What I Need Now

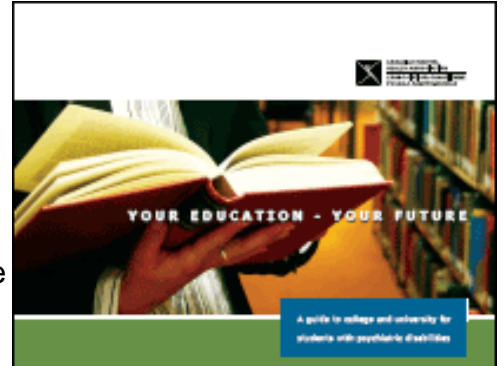
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.



## WWW [websites worth watching]

### First comprehensive guide for college & university students with psychiatric disabilities is now available

The Canadian Mental Health Association (CMHA) released *Your Education – Your Future*, the first comprehensive Canadian guide for college and university students with psychiatric disabilities. Available [online](#) on the CMHA website (and in printed format), this long-awaited resource is based on information gathered from colleges and universities across Canada. It features first-hand experiences and advice from students with psychiatric disabilities who were willing to share their unique perspective of the rewards and challenges of higher education. [www.cmha.ca/youreducation/](http://www.cmha.ca/youreducation/)



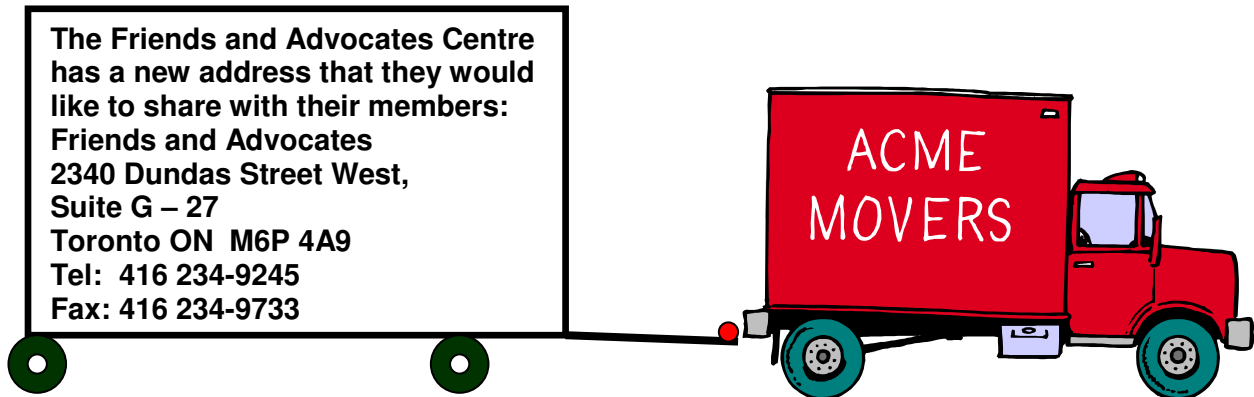
## ANNOUNCEMENTS

### The CAMH [Centre for Addiction and Mental Health] Bill of Client Rights



was passed by CAMH Board of Directors on December 9, 2004. We are awaiting consent to post the full Bill of Rights in the January 15<sup>th</sup> 2005 Bulletin. The Bill of Rights has been the work of the Empowerment Council and the CAMH Board over the last three years. A lot of work went into this document. Stay tuned for the full text.





**Free & Low Cost  
Activities**

**Thursday January 6**

**Slide/Talk Show. Free.** 8:00 PM Annette Street Library, 145 Annette Street. Ted Wickson discussing his book *100 Years of Public Transit in Canada*.



**Saturday January 8**

**Second Saturday Concert: Trillium Brass Quintet in Recital. Free** (donation). Victoria-Royce Church, 190 Medland Street. 2 pm. 416 769-6176.

**Sunday January 9**

**Musically Speaking. Bach: Orgelbuchlein. Kevin Komisaruk, organ. Free.** Toronto Early Music Centre. Church of the Holy Trinity, 10 Trinity Square. 2:30. 416 966-1409.

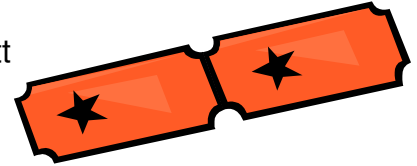
**Monday January 10**

**Yoga Workshop for Musicians. Free.** York University Department of Music. Directed by Anna Gormley. McLaughlin Performance Hall, 4700 Keele St. 1:30. 416 736-5186.

**Mondays Quit Smoking Support Group. Free.** East York Civic Centre, 850 Coxwell Ave. 6:30 to 8:00 pm. Hosted by Toronto Public Health. Just drop in. Info: 416 397-4785.

**Tuesday January 11**

**Noon Hour Concert. Roy Thompson Hall. Free.** Nathaniel Dett Chorale. Tedde Gibson, organ; Brainerd Blyden-Taylor, conductor. 12 noon. 60 Simcoe Street . 416 872-4255.



**Concert East Meets West. York University Department of Music, Free** York University Flute Choir, Kim Morris, director. McLaughlin Performance Hall, 4700 Keele Street. 12:30. 416 736-5186.

**Move That Mouse. Free.** Parkdale Library, 1303 Queen Street West., 2:00 to 3:30pm, Part of the Internet Learning Centre at the library. 416 393-7686

**Sexual Health @ the Library**

York Woods Library, 1785 Finch Ave. W., 5:00 to 7:00 pm. Room 1. A representative from the Black Coalition for AIDS Prevention will provide workshop, literature and brochures on sexual health such as birth control, self esteem, body image, sexually transmitted diseases and HIV/AIDS at these sessions Surf the net at [www.black-cap.com](http://www.black-cap.com) for further information. Register in person or call 416 395-5980.

**Arias for Lunch. University of Toronto Faculty of Music. Free.** Voice Performance Class, Walter Hall, 80 Queen's Park. 12:10. 416 978-3744.

**Wednesday January 12**

**The Passion of Flamenco. York University Department of Music. Free.** 12:30pm Roger Scanmura, guitar; Kevin Quevedo Smith, percussion; Valerie Scanmura, dancer. McLaughlin Performance Hall, 4700 Keele Street. 416 736-5186.



**Northern District Book Club**

**Free,** 40 Orchard View Blvd. *Cloud Mountain* by Aimee E. Lui. 7:30pm 416 393-7601



**Company Research to Help You Find That Job**

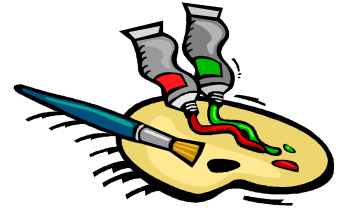
**Free,** Toronto Reference Library, 789 Yonge Street. 10:00 to noon Group/classes will learn how to research a company before attending a job interview. Participants will use company directories, print indexes, electronic databases, and the Internet to research companies. 416 395-5577

**Saturday January 15**

**Space Time Continuum. Free.** Palmerston Library, 560 Palmerston Ave. 12:00 Noon to 2 pm. A science fiction discussion group. For information call 416 538-9412.

## **CONTINUING EVENTS**

**AKAU** Painting: David Newhouser, **Free.** To Jan 30. 1186 Queen Street West. 416 504-5999.



**ART GALLERY OF YORK UNIVERSITY** Film: Mike Hoolboom, **Free** to Jan 30. Ross Bldg, 4700 Keele. 416 736-5169

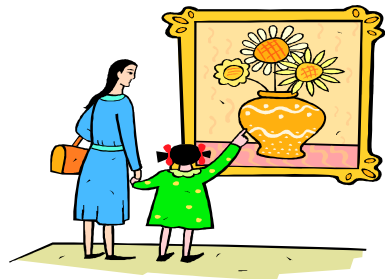
**BEHET & BIHARI** Photos: Robert Smith, **Free** to Jan 16. 986 Queen W. 416 535-2844.

**CANADIAN SCULPTURE CENTRE** New Members. **Free.** To Jan 8. 64 Merton Street. 416 214-0389.

**CENTRE FOR ADDICTION AND MENTAL HEALTH** Being Scene Art Show . **Free.** To Jun 17. 1001 Queen W, 250 College, 33 Russell. 416 583-4339.

**CHRISTOPHER CUTTS.** Painting: Kazuo Nakamura, **Free.** To Jan 8. 21 Morrow. 416 532-5566.

**ETOBICOKE CIVIC CENTRE ART GALLERY** Watercolour: Open Water group show, **Free.** To Jan 27. 399 The West Mall. 416 394-8390.



**FIRST CANADIAN PLACE** Painting/prints: Doris McCarthy. **Free.** to Jan 14. 100 King W. 416 862-9380.

**HARBOURFRONT CENTRE** Canada Quay: installation: Marla Hlady, **Free** to Mar 20. Case Studies: Danish Directory; York Quay Gallery: Stuff, installation: John Kørner; Canada Quay Gallery: painting Gerard Collins; 235 Queens Quay West. 416 973-4000.

**BATA SHOE MUSEUM.** **Free Thursday 5 to 8 pm.** Appeasing The Spirits: Alaskan Coastal Cultures, to May 1. Paths Across The Plains, to Oct 1. Beads, Buckles And Bows, to Aug 31. \$6, stu/srs \$4. 327 Bloor W. Closed Mondays. 416 979-7799. [www.batashoemuseum.ca](http://www.batashoemuseum.ca).

**CBC MUSEUM.** **Free.** Growing Up With The CBC, Radio Sound FX, to Dec 6, 2006. Open Monday to Friday 9 to 5, Saturday noon to 4 pm. 250 Front West. Extensive collection of microphones, recording devices, sound effects devices as well as early portable radios. 416 205-5574.



**DESIGN EXCHANGE** Japanese fashion: No Kimono. **Free.** to Jan 4. Plastics, to Feb 6. \$8, stu/srs \$5. 234 Bay. 416 363-6121.

**ROYAL ONTARIO MUSEUM** **Fri after 4:30 pm. Free.** Pearls: A Natural History, to Jan 9 Touched By Indigo: Chinese Blue-And-White Textiles, to Apr 10. Wkdys \$15, stu/srs \$12; wknds \$18, stu/srs \$15; Pearls \$10, stu/srs \$5. 100 Queen's Park. 416 586-8000.



**TEXTILE MUSEUM OF CANADA. Wed after 5 pm pwyc.** Kai Chan, to Jan 2. The Collector's Eye: Rugs From The Vodstrcil Collection, to May 15. 55 Centre St. [University & Dundas] 416 599-5321.

## Job Postings



**Home Depot is opening a new store at Dufferin & Steeles.** They are hiring for all positions. They will be at the YMCA North York Employment Centre 4580 Dufferin St. (corner of Dufferin & Finch) on Friday January 7<sup>th</sup> and Saturday January 8<sup>th</sup> from 9 am 'til 4 pm. Call 416 635-9622 for more information.



There are other good jobs around. If you have access to the internet, see Charity Village. If not, call Helen at C/S Info and I'll tell you more, or we can set up a time for you to come into the office. 416 595-2882.

**St. Stephen's Community House, Community Youth Worker.** 28 Hours/ week. Bargaining unit position. \$30,145. per annum. Application deadline: January 6, 2005.

**Youth Employment Service, Toronto. Career Counsellor.** Contract, one year maternity leave. Full-time. OPSEU Bargaining unit position. \$34,850. Closes January 7, 2005.

**St. Stephen's Community House Employment & Training Centre, Employment Resource Counsellor.** Full-time. \$34,415. plus benefits. Position closes January 7, 2005.

**Canadian Breast Cancer Foundation, Ontario Chapter. Manager Volunteer Programs.** Full-time. Includes travel within the province of Ontario. Position closes January 10, 2005.

**Canadian Breast Cancer Foundation, Ontario Chapter, Manager of Health Promotion.** Full-time. Includes some evening and weekend work for special events and meetings. Position closes January 18, 2005.

**Canadian Diabetes Association, National Office, Application Development & Support Analyst.** Full-time. Closes January 19, 2005.

If you are not already receiving *THE BULLETIN* regularly, you can receive it FREE via mail or e-mail

[csinfo@camh.net](mailto:csinfo@camh.net) C/S Info Centre, Tel. 416 595-2882 or Fax 416 595-0291.

The Bulletin is published on the 1<sup>st</sup> and 15<sup>th</sup> of each month.

Please send announcements and job postings as far in advance as possible.