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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 us, and those who care about us.*

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June 15<sup>th</sup> 2005

Bulletin 302

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C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday

LOCATION: 252 College Street, 3<sup>rd</sup> Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

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Reprinted, with permission, from ARCH ALERT, the newsletter from ARCH - A Legal Resource for People with Disabilities. [www.archlegalclinic.ca](http://www.archlegalclinic.ca) Tel: 416 484-8255, TTY: 416 482-1254, Fax: 416 482-2981.

## Automatic Reinstatement for CPP Disability Benefits

*By Deanna Groetzing, Vice-President, Communications, Multiple Sclerosis Society of Canada*

An important change has just been announced for the Canada Pension Plan disability benefit (CPP-D) program.

In the past, people who received CPP-D and who tried to work, but were unsuccessful because of their disability, had to go through the entire application process again. The recent change allows CPP-D recipients to have their benefits reinstated any time within two years after they returned to work if they had to stop working because their original disability returned, or because of a related disability.

To get automatic reinstatement, persons who were getting CPP-D and returned to work on 31 January 2005 or later need to send a form to Social Development Canada saying that they cannot continue working. They must send this form within one year of the date when they stopped working. They also need to provide a form signed by a physician, confirming that the original disability has returned.

CPP says that benefits should be reinstated within three weeks. There is no limit to the number of times that a person can request reinstatement of benefits if they meet CPP's requirements.

For more information, or to get copies of the forms, call Social Development Canada at 1 800 277-9914 (telephone) or 1 800 255-4786 (TTY) or go to their website, [www.sdc.gc.ca](http://www.sdc.gc.ca). The direct link is: <http://www.sdc.gc.ca/asp/gateway.asp?hr=en/isp/pub/factsheets/reinstataben.shtml&hs=cdp>.

# The Heat & Meds

As we know, some of our medications make it hard for us to control our body temperature. This is even more true if we're on two or more. While everyone needs to be careful of heat and sun (loose fitting clothes, wear a hat, sunscreen, keep properly hydrated, stay in the shade, etc.) we are at high risk for heat related illness, especially if we do heavy work or exercise, or we don't drink enough water.

This list is not complete, but if you take any of these, you should be extra careful:

**Psychiatric medications such as:** chlorpromazine (Thorazine, Largactil)\*, thioridazine (Mellaril)\*, perphenazine (Trilafon)\*, fluphenazine (Modecate, Moditen)\*, thiothixene (Navane)\*, trifluoperazine (Stelazine), prochlorperazine (Stemetil), haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), loxapine (Loxapac, Loxitane), fluspirilene (IMAP), pimoxido (Orap) olanzapine, flupenthixol (Fluanxol), zuclopenthixol (Clopixol), reserpine (Serpasil, Serpalan).

The meds **marked with \*** make it easier for your skin to burn. It's also not a complete and definitive list. Ask your health professional or pharmacist or use the Compendium of Pharmaceuticals and Specialties (CPS) from the library.

**Lithium** is a bit of a special case. Heavy exercise or heavy sweating can change lithium levels so that you end up having too much in your system.

**Antiparkinson medications such as:** benztropine (Cogentin), biperiden (Akineton), ethopropazine (Parsitan, Parsidol), procyclidine (Kemadrin, Procyclid), trihexyphenidyl (Artane, Trihexane), levodopa (Dopar), selegiline (Eldepryl), amantadine (Symmetrel, Symadine).

**Antidepressants such as:** amitriptyline (Elavil), doxepine, (Sinequan), clomipramine (Anafranil), protriptyline (Vivactil), imipramine (Tofranil), desipramine (Norpramin), nortriptyline (Pamelor), fluoxetine (Prozac), fluvoxetine (Luvox), sertraline (Zoloft), paroxetine (Paxil).

**Some antihistamines** (eg. Benadryl, Chlortripolon), **over the counter sleeping pills**, (eg. Nytol), **anti-diarrhea pills** (eg. Lomotil), **also increase your risk for heat related illness.** You are also at higher risk if you drink alcohol heavily, take street drugs, have heart or lung problems, or are elderly.

Anyone regularly taking any medication not listed should check with their health care professional or community pharmacist to be sure. Some of the medications may have different trade or brand names.

Do you have any tips for people about handling medication and the heat? Email [csinfo@camh.net](mailto:csinfo@camh.net) or write us at the address on the first page. Let's share our survival strategies.



## ANNOUNCEMENTS



### The Empowerment Council Presents: **Women's Meeting**

For Clients of CAMH

June 29th 2005 5:00 pm  
Empowerment Council Office, Room 160  
1001 Queen Street (near the Patient Advocate office)

This meeting is for women who currently or in the past have received services at CAMH. The purpose of the meeting is to discuss systemic issues and themes arising in women's services. \*

For more info call Lucy at 416 535-8501 x 3013  
\*please note: this is not a therapy or counseling group.



## **Gerstein Crisis Centre** is seeking Volunteers to join our Board of Directors

Gerstein Centre is a community mental health crisis intervention service for men and women. We are looking for volunteers for our Board of Directors, able to commit 3-5 hours per month for a minimum of one one-year term. Gerstein Centre is committed to equity principles and would like to broaden the diversity of our Board. We are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system. Board or financial experience would be an asset.

To learn more about this volunteer opportunity, please attend our

Board Open House  
Thursday, June 23<sup>rd</sup>, 2005  
4 – 7 pm

Gerstein Crisis Centre  
100 Charles St. East Toronto, M4Y 1V3  
R.S.V.P. Pamela or Paul 416 929-0149 x 226 or  
[prodgerson@gersteincentre.org](mailto:prodgerson@gersteincentre.org)



### **Students of Colleges and Universities:**

**Ever Hospitalized in a Psychiatric Facility?**

**Do you identify as a Psychiatric Survivor or Consumer?**

**Do you find yourself trying to be a “normal” student . . . just like everyone else?**

**Why?**

### **A MADNESS MEET:**

**Saturday June 18<sup>th</sup> 2005 1:00 pm - 3:00pm**

**280 Parliament Street (On Parliament, South of Dundas)**

Do you come out in your classes about past or present experiences in a psychiatric institution? Why or why not? Is there a place, forum, club in your school to meet and socialize with other psychiatric survivors and consumers? Interested in meeting and talking about your experiences with other students who have been through the psychiatric system?

**This meeting is open to students of any post-secondary institution. The purpose of the meeting is to discuss a range of issues facing students who have experienced the psychiatric system.**

If you have questions about whether or not you should come to this meeting or simply to find out more,

contact Lucy F. Costa (at her work number) 416 535-8501 x 3013. or by email at [yu217993@yorku.ca](mailto:yu217993@yorku.ca)



## Do You Suffer from OCD?

There is a solution! The twelve step OCA (Obsessive Compulsive Anonymous) program, can bring relief to our common dilemma.

OCA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from OCD. The only requirement for membership is a desire to recover from OCD. There are no dues or fees, we are self-supporting through our own contributions.

OCA has groups in the United States active since 1990, these will be the first meetings of their kind in Toronto.

The location and schedule for the first two meetings have been set. The people who attend, will decide where, when and how often the group will continue to meet. We're aware that not everyone will want to continue to meet in a hospital setting.

Dates: Tuesday June 28<sup>th</sup> and Tuesday July 5<sup>th</sup>

Time: 5:30 - 7 pm

Address: Centre for Addiction and Mental Health  
250 College Street, Room 801

For more information, email [ocatoronto@gmail.com](mailto:ocatoronto@gmail.com).

While this group is getting started, the Consumer / Survivor Information Resource Centre has agreed to be the telephone contact for people who don't have internet access, and want more info. Call: 416 595-2882.



### FUNDING

#### Community Based Research Advanced Grants

Wellesley Central is seeking to fund 5 Community Based Research Advanced Grants which address innovative solutions to the housing and homelessness challenges facing South East Toronto, the GTA and other urban centres. We will fund grants with a maximum total budget of \$50,000 for a two year period.

Deadline for Letters of Intent: June 24, 5 pm

The Letter of Intent template is available at: [www.wellesleycentral.com/wellesley/content.asp?articleixd=182](http://www.wellesleycentral.com/wellesley/content.asp?articleixd=182)

Wellesley Central takes as its mission the promotion of healthy urban communities. We are an independent, self-funding, not-for-profit organization that champions the emerging urban health movement.

Wellesley Central currently supports research initiatives that seek to understand the impact of social and economic disadvantage on the health of marginalized communities. Priority is given to research projects that meaningfully involve community members in all aspects of the research process, are policy-relevant and are methodologically rigorous. We encourage applicants submitted in partnerships between community agencies, policy makers and academics. We ask that grantees be willing to engage in constructive conversations with policy advisors at the municipal, provincial and federal levels.

For more info about our grants program, eligibility criteria, how to apply, and to download relevant application forms, visit [www.wellesleycentral.com](http://www.wellesleycentral.com)

## Central Link Clinic Community Advisory Board

Central Link Clinic (located at 393 King Street East, Toronto) is looking for members for its Community Advisory Board. Central Link Clinic is an off-site, out-patient service that provides coordinated and comprehensive treatment for people who have schizophrenia or related disorders and who are living in the community. It is a service of CAMH Schizophrenia Program, Continuing Care Division. The Board is seeking client representatives, consumer survivors, and staff representatives from community agencies. The purpose of the Board is to ensure effective communication between Central Link and the community it serves. Meetings are held on the last Monday of every month from 3:30 to 4:30 pm. The Board welcomes community participation. For further information please contact Central Link Clinic at 416 535-8501 x 7670.



## Queen Street Patient Rounds

**Monday June 20<sup>th</sup> 2005 1:00 - 2:00 pm** \*Note this Change in Date\*

Room 160 Empowerment Council Office at 1001 Queen Street West (near Mall, near Patient Advocate Office)

### Bill of Client Rights Info Session

information and discussion on the recently passed Bill

\*\*\*For Clients of Queen Street Site only \*\*\*

Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment.

For more info call Lucy 416 535-8501 x 3013



Association for Research on Mothering, in association with the LGBT Parenting Network, David Kelley Services, FSA Toronto, Present a joint fundraiser:

### "QUEER MOTHERING in the NEW MILLENIUM: The Personal, the Practical, and the Political"

Tuesday June 28th, 2005, 7:00 p.m. - 10:00 p.m. NOW Lounge, 189 Church Street

Panel: Rachel Epstein, Coordinator, LGBT Parenting Network, the Family Service Association of Toronto; Ph. D Candidate, Faculty of Education, York University. Joanna Radbord, Family and Equality Rights Lawyer, Epstein Cole LLP. Diane Flacks, actor/writer/multi-tasker, and author of the just-released book "Bear With Me - What They Don't Tell You About Pregnancy and New Motherhood."

\$10 Advance Tickets Available for this event, contact: James Robb, FSA, 355 Church Street, 416 595-0307 x 268

Association for Research on Mothering, York University, 416 736-2100 x 60366

Toronto Women's Bookstore, 73 Harbord Street, 416 922-8744.

\$12 tickets at the door Visit us online at: [www.yorku.ca/crm](http://www.yorku.ca/crm) & [www.fsatoronto.com](http://www.fsatoronto.com)



Inclusion of an announcement is NOT an endorsement of the views of any organization or individual.  
The Consumer/Survivor Information Resource Centre of Toronto reserves the right to edit submissions.



# Community Resource Connections of Toronto (CRCT)

To Whom It May Concern,

Community Resource Connections of Toronto (CRCT), an agency providing support to people over 16 years of age with severe and persistent mental illnesses, is currently looking for experienced individuals to join our board of directors. Terms of office are for two years and board members are expected to work a minimum of two to three hours per month.

At present, we are looking for people with skills in the following areas: Legal, Financial, Governmental Relations, and Human Resources. Personal experience with mental health issues and/or marginalization (E.g. immigration status, sexual orientation, race, culture, physical abilities, etc.), and familiarity and commitment to access and equity, are highly valued.

CRCT is a widely respected agency that has been providing services to the community for over 30 years. Membership on the board would give you the opportunity to support our organization, help set program direction, and ensure that client services are delivered in an appropriate, equitable, culturally competent, and effective manner.

If you are interested or would like to discuss board membership further, please contact Theresa Claxton at 416 633-9420 ext 1-6967 or email to [theresa.claxton@sympatico.ca](mailto:theresa.claxton@sympatico.ca).

We are looking forward to hearing from you and hope that you are willing to share your expertise as a member on our board of directors.

Best regards,

Theresa Claxton, Board President



## Free and Low Cost Activities

### Wednesday, June 15<sup>th</sup>

**Celebrate Black Music: One Love. Free.** Musicologist Norman Otis Richmond examines the works of R&B artist, singer and songwriter Curtis Mayfield, Robert Nesta [Bob] Marley and the Wailers and their role in the composition of the song "One Love." York Woods Library. 1785 Finch Avenue West. Theatre Lobby. Info & Register: 416 395-5980. 6:30 – 8:30 pm.

**ROM Walk: Parkdale. Free.** Meet in front of the Parkdale Library. Highlights: St. Mark's Anglican Church, Queen Victoria Public School, Queen Elizabeth Hospital & Old Firehall. Parkdale Public Library, 1303 Queen Street West. Info: 416 586-5513. 6:00 pm [rain or shine].

**Not low cost, but.....**



**Worldwide Short Film Festival. Daytime Festival Pass \$30.00.** Screening the finest short films and videos from Canada and around the world. For information on locations and event specific tickets see [www.worldwideshortfilmfest.com](http://www.worldwideshortfilmfest.com) or call: 416 445-1446. June 14 – 19.



### **Thursday, June 16<sup>th</sup>**

**Inuit Sculpture: Singing, Dancing & Games. Free.** Artists from Nunavut and Nunavut capture the magic of their heritage through drummers, dancers, and ancient tribal games in soapstone, serpentine, antler, ivory and whalebone. 118 Cumberland Street. Info: 416 921-1721. June 16 through to July 13.



**Watercolour Basics. Free.** Learn the basics of watercolour painting. Space is limited. Materials supplied. Deer Park Library, 40 St. Clair Avenue East. Register in person or call 416 393-7657. 2 pm.



**Web Basics. Free.** Explore the internet. If you have little or no email experience this hands on training will help you search the internet. Basis keyboard and mouse skills are required. Downsview Library, 2793 Keele Street. Info: 416 395-5720. 9:30 – 10:30 am.

### **Friday, June 17<sup>th</sup>**

**Friday Funk. Free Concert.** Yonge – Dundas Square, South East corner Yonge and Dundas Streets. [www.ydsquare.ca/home.htm](http://www.ydsquare.ca/home.htm). 6:00 - 8:00 pm.

**Barbados on the Water. Free.** Daytime events are free and some evening events are ticketed. Canada's largest celebration of Barbados. Barbadian music and dance by local and island groups, hands-on craft and cultural workshops, art exhibition, kids' events and traditional Bajan foods. Harbourfront Centre, 235 Queen's Quay West, Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). June 17<sup>th</sup> – June 19<sup>th</sup>.

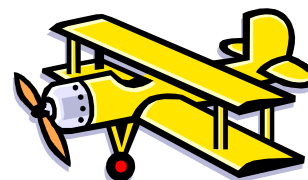
### **Saturday, June 18<sup>th</sup>**

**Space Time Continuum. Free.** A science fiction discussion group. Palmerston Library, 560 Palmerston Ave. Info: 416 393-7680. 12 – 2 pm.

**The Black Press In Canada. Adult \$4.00.** An exhibit of Black literature and journalism throughout the 19<sup>th</sup> century reflected the reality of the Black experience - the evils and cruelty of slavery, the inspiring flights for freedom and the advancement of a free people. Ongoing to Labour Day. Mackenzie House, 82 Bond Street. Info: 416 338-3888. Tuesday to Sunday. 12 – 5 pm.

### **Sunday, June 19<sup>th</sup>**

**The Toronto Aerospace Museum. Adult Admission: \$8.00.** Facility collects, preserves, restores and exhibits artifacts and technology associated with the aviation and aerospace history of the Greater Toronto Area. Downsview Park, 65 Carl Hall Rd. [Keele & Sheppard area] Info: 416 638-6078. 12:00 – 4:00 pm.



**Music in the Orchard. Free.** Spadina House's popular outdoor performance. Bring the family, bring a blanket and bring a picnic. Spadina House, 285 Spadina Rd. Info: 416 388-3888. 1:30 – 2:30 pm.

### **Monday, June 20<sup>th</sup>**

**June 20 –26 is Pride Week in Toronto. Free events all over town.**

#### **Pride Week Proclamation and Flag Raising Ceremony. Free.**

The Pride Week Proclamation and Flag Raising Ceremony at Toronto City Hall is an annual Pride tradition. Every year on the Monday of Pride Week, citizens, politicians, friends and community members gather at noon at Toronto City Hall to hear the Mayor read the Pride Week proclamation, raise the Rainbow Flag and enjoy food and entertainment. In 2005, the host for the event is Councillor, Kyle Rae. Toronto City Hall, 100 Queen Street West, second floor mezzanine. Info: [www.torontopride.ca/events](http://www.torontopride.ca/events). 12:00 noon.



### **Tuesday, June 21<sup>st</sup>**

**National Aboriginal Day. Buffalo Jump Peace Walk. Free.** Join the Peace Walk as it makes way from Nathan Phillips Square to Fort York. Music and stories until 4:00 Free admission from noon. Fort York, 100 Garrison Road. 416 392-6907 or [www.fortyork.ca](http://www.fortyork.ca) or [www.toronto.ca/museums](http://www.toronto.ca/museums). Noon – 4:00.

**National Aboriginal Day. Lee Maracle, reads from her work. Free.** Renowned Canadian author and writer-in-residence at First Nations House, University of Toronto, discusses her writings and reads from her works. North York Central Library, 5120 Yonge Street. Room 2. Info: 416 395-5535. 2 – 3 pm.



**Curious about Yoga. Free.** Enjoy gentle Hatha-based movements guaranteed to strengthen, relax and rejuvenate. Annette Street Library, 145 Annette Street. Info: 416 393-7692. 7 – 8 pm.

### **Wednesday, June 22<sup>nd</sup>**

**Wish You Were Here: A City and Its Souvenirs. Adults \$6.00.** Features souvenirs of Toronto from the city's own collections. The exhibit examines how people choose to remember their experiences and the city itself. Spadina Museum: Historic House & Gardens, 285 Spadina Rd. Info: 416 338-3888. Ongoing to September 30<sup>th</sup>. Tuesday to Sunday 12 – 5 pm.

**Queer Reflections. Free.** Public readings of stories and poems, a website launch and a zine created by older LGBTQ and some queer youth. The artists have been working together for over 8 weeks this Spring and were funded by a grant from the Ontario Arts Council. Auditorium of The 519 Church Street Community Centre. Info: 416 392-6878 x 118 or [senior@519.org](mailto:senior@519.org). 7 – 9 pm.

**ROM Walk: Renaissance Walk. Free.** Highlights: Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House & Gardner Museum. Meet in front of ROM. 100 Queens Park. Info: 416 586-5513. 6:00pm. [rain or shine]



### **Thursday, June 23<sup>rd</sup>**

**AIDS Candlelight Vigil. Free.** A community event remembering the lives of those who have died of AIDS; to honour, remember and celebrate them through words, music, a public lighting of candles, and the reading of names. This event is sign language interpreted and wheelchair accessible. Meet at the AIDS Memorial in Cawthra Square Park, behind The 519 Church Street Community Centre. Info: 416 392-6878 x 312. 9:00 pm.

### **Friday, June 24<sup>th</sup>**

**Friday Funk. Free Concert.** Yonge – Dundas Square, South East corner Yonge and Dundas Streets. [www.ydsquare.ca/home.htm](http://www.ydsquare.ca/home.htm). 6:00 - 8:00 pm.

**Cheap Queers. \$4.62.** Hardworkin' Homosexuals present the 10th annual Cheap Queers – a sexy, irreverent, strange and eccentric cabaret hosted by Sonja Mills & David Ramsden. Buddies in Bad Times Theatre, 12 Alexander Street. Info: [www.torontopride.ca/events](http://www.torontopride.ca/events). 9:00 pm. [doors open at 8:00 pm]

### **Saturday, June 25<sup>th</sup>**

**Dyke March. Free.** Dyke identified LBT's; queer brothers are welcome to support from the sidelines. Starts at Church and Hayden, North to Bloor, West on Bloor to Yonge, South on Yonge to Carlton, East to finish at Church Street. 416 927-7433 or [www.pridetoronto.ca](http://www.pridetoronto.ca). Events most of the day. March starts at 2:00.

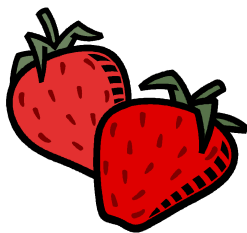
**Toronto Dragon Boat Festival. Free, just pay ferry fare to the Centre Island.** This is the largest dragon boat festival outside of Asia. Team registration for the race has grown from 20 teams to over 200 with over 6,000 paddlers. There's also a cultural festival. 416 595-1739 or [www.dragonboats.com](http://www.dragonboats.com). Races from 8 am – 7 pm. Festival all day Saturday and Sunday.

**Heritage Toronto Walk. Free.** Union Station and Railway Lands. Union Station is arguably Canada's most magnificent railway terminal. When it opened in 1927, a vast complex of shops, yards, engine houses and turntables serviced the steam locomotives and intercity passenger trains that operated out of Toronto. Explore Union Station and the John Street roundhouse and see how the railway lands have been redeveloped in the last three decades. Led by Derek Boles, Toronto Railway Historical Association. Meet at the Galleria on the North side of the Air Canada Centre, [Bay Street South of the railway tracks]. Finishing Point: Union Station Front Street. Approximately 2 ½ hour walk with slopes and many stairs. 1:30 pm.



### Sunday, June 26<sup>th</sup>

**Pride Toronto. Parade, Community Fair and Marketplace, Entertainment and Music. Free.** LBGTQ events all day focussed around Church and Wellesley Streets. Parade starts at Church and Bloor, goes West to Yonge, South on Yonge to Gerrard and East to finish at Church Street. Drug and alcohol Free Zone at Alexander Park. 416 927-7433 or [www.pridetoronto.ca](http://www.pridetoronto.ca). All day and well into the evening.



**Strawberry Festival. \$3.00 per person.** Spadina House welcomes the coming of summer with children's games musical performances, special exhibits and more. This year's theme is "Art at Spadina" with art activities and a special art exhibit in the Blue Room from the collection of the Women's Art Association of Toronto. 285 Spadina Rd. Info: 416 338-3888. 12 - 4 pm.

### Monday, June 27<sup>th</sup>

**Writer's Forum. Free.** Read and discuss works in progress: prose, poetry and essays. All writers welcome. Annette Street Library, 145 Annette Street. Info: 416 393-7692. 7 – 8 pm.

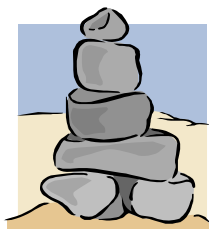
### Tuesday, June 28<sup>th</sup>

**City Cinema. Free.** Outdoor movies at the Yonge – Dundas Square, South East corner Yonge and Dundas Streets. [www.ydsquare.ca/home.htm](http://www.ydsquare.ca/home.htm). This is the first in a series. They'll be showing films all summer, every Tuesday night. Website says 8:30 in one place and 9 in another, so I'd go early, just in case. 8:30 - 11:00 pm.

**Multicultural Resources on the Web. Free.** Learn to use the library's website to locate multilingual books and videos, international search engines and directories. Emphasis will be placed on accessing multicultural services and programs including settlement information, job searching and training. Toronto Reference Library, 789 Yonge Street. Info: 416 395-5577. 10 am to noon.

### Wednesday, June 29<sup>th</sup>

**Research Skills for Seniors. Free.** An introduction to library materials and services including the online newspapers, magazines and journals as well as web directories particularly relevant to mature library users. Toronto Reference Library, 789 Yonge Street Info: 416 395-5577. 10 am – 12 noon.



### Thursday, June 30<sup>th</sup>

**Appeasing the Spirits: Alaskan Coastal Cultures. Free Thursdays after 5 pm.** An exciting component of this exhibition is the artifacts on loan from the Peter the Great Museum of Anthropology and Ethnography of the Russian Academy of Sciences in St. Petersburg, Russia, many of which have never been seen outside of the country. Collected when Alaska was in Russian possession, these rare artifacts will tell the story of first European contact. Highlights include impressive Aleutian bentwood hunting hats, finely woven Aleutian grass socks, Central Yupik fish skin, bird skin clothing and Point Hope footwear made for whaling festivals. Bata Shoe

Museum, 327 Bloor Street West. Info: 416 979-7799. Thursdays 5 – 8 pm.



### Friday, July 1<sup>st</sup>

**Canada Day. Many events at multiple venues across the Toronto Area. See next Bulletin for more details**

**Queen's Park. Famous annual hotdog event.** A great location in the Toronto area for family fun on July 1<sup>st</sup> is the annual Canada Day celebration at Queen's Park. Musical entertainment, face painter clowns, inflatable games, children's village, street shows and interactive activities make the front lawn of the Ontario Legislature the place to be this Canada Day.

**Nathan Phillip's Square, Mel Lastman Square. Free.** Canadian performers, Diane Chase, Robert Michaels, followed by dazzling fireworks.

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# **Communicate a Message of Hope**

**Telling our Stories of Recovery**

Join the **Ontario  
Recovers Campaign**  
for an afternoon of sharing our  
diverse stories of Mental Health  
Recovery

1 PM – 4 PM  
Friday July 8, 2005  
City Hall, Committee Room 1  
100 Queen Street West

Free! Refreshments provided.  
Registration not required.

The list of speakers is full, but there will be  
opportunities for some audience participation.

Info: 416 285-7996, x 227 or [bmckinnon@iprimus.ca](mailto:bmckinnon@iprimus.ca)