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The Consumer/Survivor Information Resource Centre
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(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.*

July 1st 2005
Bulletin 303

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

For July – Please call before you drop-in to make sure someone is here.

The Heat & Meds Continued from Bulletin #302

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 higher risk for heat related illness, especially if we do heavy work or exercise, or we don't drink enough water.

Thank you to WW for the following tips:

My method for handling the heat, when I'm at home, is to have a quick cool shower every couple of hours, then sit in front of a large fan while still wet. Works like a charm.

Also at night if it's too hot to sleep, I wet tea towels with cold water and wring them out, then lay them over my body, which enables me to cool enough to fall asleep.

WW

Do you have any tips for people about handling medication and the heat? Email csinfo@camh.net or write us at the address above. Let's share our survival strategies.

A tip from the Toronto Public Health Department that I didn't know: Using a fan to just blow around hot air can make the situation worse and increase our body temperature even faster. Never use a fan in a closed room with no open doors or windows. Use a fan in a window to draw in air from outside.

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Overcoming Fear Itself

By Melissa Bender

As I have been recovering from Borderline Personality Disorder these past two years or so, there have been some major obstacles to overcome: getting the correct diagnosis, finding effective treatment, mending family relationships, re-entering the work force, regaining financial independence, moving out on my own again, and so on.

There was one obstacle, however, that overshadowed the rest – the obstacle of fear. My fear was rooted in the long-held belief that, one day, I would end up going insane to the point of no return. This belief made me very sensitive to any indication that my mental illness was getting worse, to the point of paranoia.

This fear of losing my mind also made me very vulnerable to movies that depicted “normal” people losing their sanity. One such movie was “The Ring,” which tells the story of a seemingly-sane journalist who has experiences that erase the line between reality and fantasy. For some reason, this particular film affected me greatly when I saw it. My fear of losing my sanity worsened.

I also developed specific fears based on the symbolism in the film. The evil character in the film is a little girl with long dark hair who is pushed into a well by her mother. Her ghost lives in a videotape that kills anyone who watches it. In reaction to this movie, I developed exaggerated fears about everyday things such as televisions, people with long dark hair, and even sitting in the bath because it reminded me of the girl being trapped in the well. The movie had become an obsession that was affecting every aspect of my life.

I lived my life in fear every day for months and months. I felt haunted and as though I had become a victim. In reality, I was not really being haunted by a ghost or by anything external. I had not really been made a victim by anyone – except myself. The truth is, I was allowing myself to be the victim. I was indulging in my worst fears and actually behaving in ways that made them worse (such as watching other disturbing movies).

Why did I do this? Because part of me believed that I deserved to suffer. Part of me thought I was destined to go insane. Part of me had surrendered all control to my illness. This was the real problem – not the movie. The real problem was that I was accepting my situation as though it was the way it should be.

It's not surprising that I was living in fear; I didn't even have myself on my side! That is to say, when I was having disturbing thoughts or was exposed to disturbing images, I made no effort to protect myself from them. Rather, I exposed myself to them knowing they would make me uncomfortable. It was as though I had surrendered myself to the wolves in the dark. I really was my own worst enemy – no wonder I had lost my peace of mind.

It is difficult to turn your worst enemy into your best friend. It takes time and commitment. The way I stopped being an enemy to myself was to recognize that the strange experiences I was having were due to an illness. An illness – not destiny and not a character flaw. It was an illness that had a name, an illness that other people had. If I couldn't blame myself for the paranoia and mild psychosis, then maybe I wasn't the enemy after all. Maybe it was time to fight the illness and stop fighting myself.

As the weeks went by, I found that I was working with myself as opposed to against myself. I had finally regained control over my life because I had chosen to reclaim it as my own. As soon as I made this choice, fear diminished significantly. I still had some fear and a lot of nervous energy, but I found that I was putting it to better use. Instead of diffusing the energy by hurting myself or drinking, I was harnessing it and jogging and writing again. The energy I had been using to create my own destruction, I was now using to create my own salvation.

Recovery is an active process. It isn't just about avoiding harmful things; it is also about actively pursuing things that are fulfilling and healthy. I must continually make a conscious effort to stay active and to take note of what I can handle and what I can't. I do this because I know the potential is always there to revert to the old unhealthy ways of thinking and behaving.

The thing is, I am not the same person I used to be. The difference is that I don't want to go back to those old ways anymore. I have finally found inner peace and I wouldn't give up something that precious easily. I don't always have peace of mind, of course; I am still overtaken by my fears from time to time. But these days, I find I am always able to override them due to my commitment to maintaining my mental health. I have switched teams from “Against Melissa” to “For Melissa.” It was the switch of a lifetime and I do not intend to go back.

Newsbytes are compiled by Glen Dewar, a consultant with Community Resource Connections of Toronto. Glen is a current board member and the founder of the Consumer / Survivor Information Resource Centre, way back in 1992.

Depression survivor launches Moods Magazine A recent Toronto Star feature article by Robin Harvey profiled Rebecca DiFilippo, who survived clinical depression and went on to found the new publication "Moods Magazine". The new magazine has so far published eight issues, and is available by subscription and at Chapters and Indigo bookstores. "However, she still says the publication is running on a shoestring budget and that more advertising and subscriptions are needed." (Article by Robin Harvey, Life Writer, titled "Depression survivor launches a lifeline", Toronto Star, Monday, May 30, 2005, page E6) For more information go to: www.moodsmag.com

Feature article about Toronto's mental health court This Globe and Mail feature article talks about the work of the Mental Health Court, Courtroom 102 in Toronto's Old City Hall. "Set up in 1998, the court handles cases involving the mentally ill, and decides whether the accused should be dealt with by the criminal justice system or by psychiatrists." The article also cites the need for community mental health programs such as the Gerstein Crisis Centre, a downtown Toronto facility which has 10 beds, and Progress Place. (Article by Peter Cheney, "The new asylums", Globe and Mail, Saturday, June 11, 2005, page M1)

Report released last week estimates half of all Americans would develop mental disorders in their lives A recent report has suggested a greatly increased lifetime prevalence rate for mental disorders of 1 out of every 2 people. Dr. Darrel Regier, director of research at the American Psychiatric Association, says that the discussion about prevalence of mental disorders is 'heating up' now because the APA will be releasing the next edition of its Diagnostic and Statistical Manual (DSM) in 2010 or 2011. This feature article by Benedict Cary outlines some of the arguments behind why various people and stakeholder groups feel that the definitions of mental disorders should be loosened or tightened, thereby raising or lowering prevalence rates for various disorders and for example making more or fewer people eligible for insurance coverage. (Article "Snake Phobias, Moodiness and a Battle in Psychiatry", The New York Times, June 14, 2005)

House of Commons passes motion to fully fund a strategy to curb mental illness

Recently, the House of Commons in Ottawa passed an opposition motion to fully fund a strategy to curb cancer, mental illness and heart disease. However, people were unsure how to interpret this as a spokesman for federal Health Minister Ujjal Dosanjh said Ottawa isn't promising new money. (Article entitled "Disease-fighting proposal gets MPs' nod but no cash", Globe and Mail, Wednesday, June 8, 2005, page A6)

In China, cigarettes are a kind of miracle drug A feature article in the Globe and Mail highlighted how, in China, the tobacco authorities were putting cigarettes forward as being great for your health. "Cigarettes, according to China's tobacco authorities....reduce the risk of Parkinson's disease, relieve schizophrenia, boost your brain cells, speed up your thinking, improve your reactions and increase your working efficiency." China's tobacco monopoly is state-owned. (Article by Geoffrey York, "In China, cigarettes are a kind of miracle drug", Globe and Mail, Saturday, June 11, 2005, page A14)

Word tests give 10-year warning on Alzheimer's Toronto-based researchers have found that the ability to memorize and repeat back a short list of words can be an excellent early indicator of whether or not an individual will later develop Alzheimer's disease. "Foreknowledge that Alzheimer's is likely can allow people to prepare mentally, get their affairs in order while they still can and take advantage of pharmaceutical tactics to slow degeneration". Lead researcher in the study was Mary Tierney, director of geriatric research at Sunnybrook and Women's College Health Sciences Centre; the research is being published in the current issue of the Journal Neurology. (Article "Word tests give 10-year warning on Alzheimer's" by Oliver Moore, Globe and Mail, Tuesday, June 14, 2005, page A1)

Productivity buckling under the strain of stress, CEOs say A poll of Canadian corporate Chief Executive Officers (CEOs) on behalf of Toronto-based employee assistance provider FGIworld found many very concerned about stress, burnout and other physical and mental health issues. The article goes on to say that "Canadian executives...have not

done a particularly good job of tackling mental health issues." (Article "Productivity buckling under the strain of stress, CEOs say", by Virginia Galt, Workplace reporter, Globe and Mail, Thursday, June 9, 2005, page B1)

The continuing divide over stress leave When and whether employees should take stress leaves is the topic of much debate, further discussed since Conservative MP Gurmant Grewal decided to take a stress leave. "The [Global Business and Economic] Roundtable [on Addiction and Mental Health] recommends the creation of a clear definition of chronic stress and clear rules that define when such stress becomes a condition that merits a leave of absence from work." Mental health and stress-related disability claims are a growing problem for Canadian companies. (Feature article by Wallace Immen, titled "The continuing divide over stress leave", Globe and Mail, Friday, June 10, 2005, page C1)

Street Haven founder honoured for helping homeless women Peggy Ann Walpole, the founder of Street Haven at the Crossroads, was honoured as a recipient of an award from Harlequin Enterprises' More Than Words charitable program. Harlequin Enterprises is the leading publisher of romance fiction. "Walpole is the founder of Street Haven at the Crossroads, a \$2 million-plus operation [in Toronto] that provides various services to women in need, including a drop-in crisis centre and short-term shelter housed in a Victorian mansion on Pembroke St." (Article by Tabassum Siddiqui, staff reporter, "Street Haven founder honoured for helping homeless women", Toronto Star, Wednesday, June 1, 2005, page B5)

ANNOUNCEMENTS

The next meeting of the Clarke Advocacy Group (**CAG**) is scheduled for Tuesday, July 12, 2005 @ 5:30 pm in room 801 at the College St. site of CAMH. For more information contact Jennifer Chambers, Empowerment Council Co-ordinator at 416 535-8501 x 4022.



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 28th and Tuesday July 5th

Time: 5:30 - 7 pm

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

For more information, email 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.

the empowerment council presents:

**** A cELEBraTION of mad PRide ****

Sunday July 17th 2005

3:00 - 4:00 PM

TRAINING ROOM A and B

(main floor just past the elevators)

1001 Queen Street West

Queen and Ossington

All Welcome to Attend!

PREJUDICE & PRIDE

Struggling for Rights Past And Present

- History of Psychiatric Patients at Queen Street over the last hundred years
 - History of Patients Fighting for their Rights
 - Breaking Down Walls of Discrimination
- What we can do to change things right here at Queen Street

Guest Speaker: Psychiatric Survivor and PhD Geoffrey Reaume

For more info call 416 535-8501 x 3013



Writers, Authors, Poets

Lucy Edwards sends us the following announcement and asks that we share it with Bulletin readers:

There is a new site called The World Writers. <http://www.theworldwriters.net>

The World Writers is for anyone who would like to share their works, short stories, poems, and the like with the world. All authors retain their copyright. You can also share poetry by others mentioning their names and any other author related material. As well, you can share any good writing tips and resources related to the writing experience.



Attention: Psychiatric Survivors, Consumers, Clients
EMPOWERMENT COUNCIL presents: [Community Treatment Orders](#) C T Os
ARE YOU GETTING WHAT YOU WANT AND NEED? HOW CAN WE HELP?

OPEN SESSION For clients on CTO's

July 14th 2005 at Parkdale Community Legal Services, **1266 Queen Street West * (Queen and Dufferin)**

4:00-6:00 PM

*Please note due to construction on Queen Street from Shaw Street to Brock Street, it is best to take the Dufferin bus South to Queen and walk one block West to the Legal Clinic or take the Streetcar to Queen and Ossington and walk West to just past Dufferin (about a 10 minute walk).

For more info contact Lucy Costa at 416 535-8501 x 3013.



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.



Free and Low Cost Activities



Friday, July 1st

Canada Day. Many events at multiple venues across the Toronto Area.



Neighbours together on Canada Day. Free. Riverdale Park. Broadview North of Gerrard. Info 416 392-4060.
11 am – 4 pm.

Queen's Park. Free. Musical entertainment, exhibits, face painter clowns, inflatable games, children's village, street shows and interactive activities. Front lawn of the Ontario Legislature. Info: 416 314-7521. 11 am -

Downsview Park's Canada Day Celebrations. Free. Live music, artisans' village, foods of the world and fireworks. Info: 416 952-2227. 11 am – 11 pm.



Mel Lastman Square Canada Day. Free. Canadian performers, Diane Chase, Robert Michaels, followed by dazzling fireworks. 5100 Yonge Street. Info: 416 338-0338. 8 pm – 10:30 pm.

Celebrate Canada Day at the AGO. Free. Art in the Park: hands-on artmaking for all ages in Grange Park behind the Art Gallery. Noon – 4 pm. Info: 416 979-6648 or www.ago.net Art Gallery Open House - free admission all day.
317 Dundas Street West. 10 am – 9 pm.

Wreath Laying Ceremony. Free. Join the Foundation to Commemorate the Chinese Railroad Workers in Canada and Heritage Toronto in paying homage to the 17,000 Chinese pioneers who helped build the railroad through the Canadian Rockies, uniting Canada from coast to coast. Over 4,000 lost their lives due to unsafe working conditions, landslides and premature blasting. At the Chinese Railroad Workers Monument, North Linear Park, West of Rogers Centre (Skydome), East of Spadina Avenue, South of Front Street. 11 am.

Friday, July 1st, 2nd & 3rd

Chin International Picnic. Free. 39th annual Toronto tradition; international music, dance, entertainers from around the world plus great local entertainment, beer garden, foods of the world and shopping bazaar. Exhibition Place, Bandshell Park, Lakeshore Blvd. Info: 416 531-9991. 11:00 am. - 11:00 pm.

Saturday, July 2nd

Quarries, Rails and Wildflowers. Heritage Toronto Walk. Free. The area around Victoria Park and Gerrard Street East was once a transportation and industrial hub. Hear about some of the quarries and industries that grew up around the railway and that are disappearing as the district is transformed into a residential and commercial neighbourhood. Meet at the South entrance to the Victoria Park subway station. The walk will be about 2.5 hours long, average difficulty level, mostly on sidewalks, with some rough ground. 1:30 pm.

China-Canada Cultural Exchange. \$8.00. Songs of Harmony. 13 Chinese Choirs perform traditional and modern works. Hammerson Hall, 4141 Living Arts Drive, Mississauga. Info: 905 306-6000. 1:30 pm.

Sunday, July 3rd

PhACS. Physical Activity for Consumer Survivors. Free. Run or walk. Meet at Riverdale Perk coffee shop, 633 Logan Avenue. Info: 416 604-6973 or www.accentonability.org/phacs.htm. 10 am.

Historic Garden Tour. Free with admission to Spadina House – adults \$6, seniors & youth \$5, children \$4. Tour six acres of restored Victorian gardens. Spadina House, 285 Spadina Rd. Info: 416 392-6910. 1:30 & 3 pm.

Maple Leafs Baseball. Free. Toronto Maple Leafs play Stratford. Christie Pits, Bloor & Christie. www.leafsbasketball.com. 2:00 pm.



ROMwalk: Guided Walk of Rosedale. Free. Meet outside Castle Frank subway station. Info: 416 586-5513 or www.rom.on.ca. 2:00 pm.

Monday, July 4th

U of T Historical Walking Tour. Free. Tour the St George campus. Nona Macdonald Visitors Centre, 25 King's College Circle. Info: 416 978-5000. 2:30 pm.

Tuesday, July 5th

City Cinema. Free. Outdoor screening of Singing In The Rain. Yonge-Dundas Square. 8:30 –11:00 pm.

Thornhill Community Band. Free. Broadway, classical, popular and traditional music. Amphitheatre, Earl Bales Park, Bathurst & Sheppard. Info: 416 223-7152. 7:30 pm.

Wednesday, July 6th

Toronto Music Garden Walk. Free. The Toronto Music Garden is part of the City's 40 acre Harbourfront parkland system. Meet at the Prelude section at the West end of the garden, Queens Quay & Spadina. Info: 416 397-1366. 11:00 am.

Festival of Fire. Free with admission to Ontario Place. Fireworks choreographed to music from India. Ontario Place, 955 Lakeshore West. Info: 416 314-9900 or www.ontarioplace.com. 10:30 pm.

Free Flicks. Free. Harbourfront Centre screens outdoor movies every Wednesday evening through to August 17th. 235 Queens Quay W. Today's film is The Princess Bride. Info: 416 973-4000. Starts at dusk.

Paper & Printmaking. \$15.00. Learn the history of papermaking and printing techniques. Todmorden Mills Museum, Pottery Road between Bayview and Broadview. Info: 416 396-2819. 9:30 - noon.



Thursday, July 7th

Lady Lynx Soccer. \$5.00. Toronto Lady Lynx play Sudbury. Centennial Stadium, Renforth and Rathburn. Info: 416 251-4625 x 31 or www.lynxsoccer.com. 7:30 pm.

Human Rights Group Meeting. Free. Amnesty International / Scarborough Action Circle. We are a small group of friends committed to Human Rights issues. Please come to our meetings to find out more. First Thursday of each month at Glen Ayr United Church, 55 Brimorton Road. Info: 905 428-2539 or rkirkc13@rogers.com 7 – 8 pm.

Evening Ramble. Toronto Island. Free, just pay for the ferry-adults \$6, students with ID & seniors \$3.50, under 15 years old \$2.50. Meet at the ferry docks at the foot of Bay Street in time to take the ferry to Ward's Island where we will meet the leader, Albert Fulton. We will be looking at residential architecture, an artist's studio and gardens. The walk will end at the Island Archives. This is a Toronto Field Naturalists Walk. Please, No Pets. 6:45 pm.

Friday, July 8th

Telling Our Stories of Recovery. Free. Ontario Recovers Campaign. Come hear inspiring stories of mental health recovery. Some time for audience participation. City Hall, 100 Queen Street West, at Bay, Committee Room 1. Info: 416 285-7996 x 227 or bmckinnon@iprimus.ca . 1 – 4 pm.

Toronto Street Festival. Free. Again this year the festival will transform the world's longest street into a curb to curb celebration of tastes, talent and all that is Toronto. July 8th – 10th. Info: 416 338-0338 or www.toronto.ca/special_events.

Toronto Outdoor Art Exhibition. Free. Painting, photography, drawing, sculpture, glass art, ceramics, metal art and more. Nathan Phillips Square, Queen and Bay. Info: www.torontoutdoorart.org. 10 am - 8 pm.

Feminist Book Discussion Group. Free. The North York Chapter of the Older Women's Network invites women to meet and share views about selected books. The focus is on feminist issues of interest to older women. New members welcome. North York Central Library, 5120 Yonge Street, Room 1. Info: 416 395-5639. 1:30 – 4:30.



Saturday, July 9th

Festival of Fire. Free with admission to Ontario Place. Grande finale. Ontario Place, 955 Lakeshore West. Info: 416-314-9900 or www.ontarioplace.com. 10:30 pm.



Toolworks Community Bicycle Network. \$5.00/hour. Provides the tools and expertise to help you fix your bike. 761 Queen West. Info: www.communitybicyclenetwork.org. 1:00 – 3:00 pm.

Yonge-Dundas Square Artisans' Market. Free. Clothing, sculpture, jewelry, visual art and more. Info: www.ydsquare.ca. (Sorry, I couldn't find a time posted, even on the website. H)

Sunday July 10th

PhACS. Physical Activity for Consumer Survivors. Free. Run or walk. Meet at Riverdale Perk coffee shop, 633 Logan Avenue. Info: 416 604-6973 or www.accentonability.org/phacs. 10:00 am.

Maple Leafs Baseball. Free. Toronto Maple Leafs play Hamilton. Christie Pits, Bloor and Christie. Info: www.leafsbaseball.com. 2:00 pm.

ROMwalk Guided Walk of the Necropolis. Free. 200 Winchester. Info: 416 586-5513 or www.rom.on.ca. 2:00 pm.



Tuesday, July 12th

City Cinema. Free. Outdoor screening of Guys And Dolls. Yonge-Dundas Square. Info: www.ydsquare.ca. 8:30 –11:00 pm.

High Park Walking Tour. \$2.00. Explore the park's flora, fauna and human history. Grenadier Café, High Park. Info: 416 392-6916. 6:45 pm.

Wednesday, July 13th

Spadina Quay Wetland. Free. Help maintain the city's newest wetland. Foot of Spadina. Info: 416-598-2277. 6:00 - 8:30 pm.



Summer Serenades. Free Concert. Christopher Plock Trio performs. Yonge-Dundas Square. 12:30 – 1:30 pm.

Free Flicks. Free. Harbourfront Centre screens outdoor movies every Wednesday evening through to August 17th. 235 Queens Quay W. Today's film is The Wizard of Oz. Info: 416 973-4000. Starts at dusk.

Thursday, July 14th

Toronto Music Garden Walk. Free. The Toronto Music Garden is part of the City's 40 acre Harbourfront parkland system. Meet at the Prelude section at the west end of the garden. Info: 416 397-1366. 5:30 pm.

Beaches International Jazz Festival. Free. July 14th to July 24th Queen Street East between Woodbine & Victoria Park. Many concerts and venues daily. Info: 416 698-2152 or www.beachesjazz.com.



Friday, July 15th

Caribana Launch. Free. The Caribbean festival kicks off with music, dance, food, arts & crafts. Nathan Phillips Square, Queen & Bay. Info: www.caribana.com. Noon - 2 pm.

Friday Funk. Free Concert. Ray Robinson performs. Yonge-Dundas Square. Info: www.ydsquare.ca 6 – pm.



Federation Employment Opportunity *(This is a 6 month contract position with potential for renewal)*

The Ontario Federation of Community Mental Health and Addiction Programs is seeking an individual interested in working with over 200 member organizations across the province of Ontario as a **Member Service Support Staff**. The individual chosen will have a keen interest in providing support to a diverse sector of community based providers through the organization of training opportunities, service development, information dissemination, and support to designated councils and committees of the Federation.

Responsibilities will include:

- provision of training supports to various parts of Ontario
- administrative support to Federation initiatives, councils and committees
- communications to members (e-bulletins, member alerts)
- member services development and requests for information
- representative of the Federation at designated Ministry of Health and Long-Term Care initiatives, Federation forums, and member events
- some policy development

Qualifications:

- post secondary education in a related field
- experience and knowledge of issues facing community based not for profit providers of addiction and mental health services
- knowledge of community resources
- ability to work with a wide variety of interests
- reliable, excellent interpersonal and communication skills
- fluency in a computerized environment
- ability to take initiative, meet deadlines, work independently and with a team

Salary range: \$35,000 - \$40,000 (pro-rated to 6 months) plus benefits

APPLICATION:

Please send your resume with cover letter in confidence to:

Janet Chui, Administrator

OFCMHAP

250 Consumers Road, Suite 806

Toronto, ON, M2J 4V6

Fax: 416 490-8902

Email: info@ofcmhap.on.ca **Deadline for Application: July 12, 2005.**

For more information, please visit www.ofcmhap.on.ca.

We like to thank all candidates for their applications, however, only those selected for interviews will be contacted.

Previous applicants need not re-apply.

Website: <http://www.ofcmhap.on.ca>

**R
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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