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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.*

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**September 15<sup>th</sup>, 2005**

Bulletin 307

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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  
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: [csinfo@camh.net](mailto:csinfo@camh.net)



## Rally Against Poverty:

On September 29<sup>th</sup>, 11:30am people from across Ontario will walk, wheel, and ride for dignity to Queen's Park (North of College and University).

## Ontario Needs a Raise

For such issues as:

- Increase Welfare and Disability rates,
- A minimum wage of \$10.00/hr,
- End the provincial clawback of the National Child Benefit Supplement from families on welfare/disability,
- Build more safe, affordable housing.

11:30am: Community Lunch - Free

12 – 1 pm: Rally & Entertainment

For more information or to volunteer call 416-441-3714 or email at [info@walkwheelridefordignity.org](mailto:info@walkwheelridefordignity.org)

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**\$100M for mental health centre- funding for CAMH redevelopment about to be announced** The Ontario government is about to announce funding of \$100 million toward the redevelopment of the Queen Street site of the Centre for Addiction and Mental Health (CAMH) in Toronto. According to the Toronto Star, the funding will be announced this morning (September 9th). The funding is to be for the first phase of a 10-year project. The project will see "the building of apartment-style, in-patient rooms to replace the existing hospital setting, making it easier for patients to integrate into society upon discharge, and eventually to bring in retail stores and restaurants to make the complex more a part of the inner-city streetscape and reduce the stigma of mental illness." (Article "\$100M for mental health centre", by Rob Ferguson, Queen's Park Bureau, Toronto Star, Sept. 9, 2005, pg. A1)

**Homeless man beaten to death in Moss Park** Three members of the Canadian Armed Forces Reserves, each with at least two years of combat training, have been charged with second-degree murder in the beating death of a homeless man. Paul Richard Croutch, 59, died at St. Michael's Hospital on Wednesday. Police were called to the scene of the beating shortly before 5 am on Wednesday, in the park next door to the Moss Park Armoury where the reservists had been attending a social function. "Croutch had been a resident of the Salvation Army's Gateway Shelter, around the corner from the park on Jarvis St., since 2002." (Article "3 reservists face murder charge", by Hilda Roy, staff reporter, and Betsy Powell, crime reporter, Toronto Star, Sunday, Sept. 4, 2005, page A2) (Note: A later article by Toronto Star staff reporter John Goddard clarified that the three armed forces reservists charged in his death had returned from a party at the Bier Market bar on The Esplanade (not at the armoury as previously reported), and that the beating occurred on the grounds of the John Innes Community Centre which is adjacent to the armoury at Jarvis and Queen Sts. (Toronto Star, Sept. 8, 2005, page B1))

**Mental Health Effects of Hurricane Katrina on Its Survivors** The Sunday New York Times carried a special section "Storm and Crisis", about the Hurricane Katrina disaster, which included an article about the long-term emotional effects of the storm on its survivors.



The article suggests that after a full year has passed, only about 3 percent to 5 percent of the survivors will still suffer the effects post-traumatic stress disorder brought on by the disaster. The article also says that survivors who have close-knit circles of friends and family will have fewer symptoms of depression than those who have looser networks. (Article "Storm Will Have a Long-Term Emotional Effect on Some Survivors, Experts Say", by Benedict Carey, The New York Times, Sunday, Sept. 4, 2005, page 21)

**New Literature Review Includes Mental Health of People from Racialised Groups** "Racialised Groups and Health Status: A Literature Review Exploring Poverty, Housing, Race-Based Discrimination and Access to Health Care as Determinants of Health for Racialised Groups" -This literature review investigates the impact of income, housing, race-based discrimination and access to health care on the health status of racialised groups in Toronto. It includes the literature on the mental health of people from racialised groups. The review is the result of a research partnership of Toronto groups led by the Access Alliance Multicultural Community Health Centre. For the complete report in pdf format please go to [atwork.settlement.org](http://atwork.settlement.org). (Summer 2005)

**Sales Of Anti-psychotic Drug Thioridazine To Be Stopped in Canada** Following are excerpts from Health Canada's press release:

OTTAWA - Health Canada advises that manufacturer sales of thioridazine, an anti-psychotic medication used to treat schizophrenia, will be stopped by September 30, 2005. Thioridazine will continue to be dispensed by pharmacies for a transition period after that date to allow patients sufficient time to consult their health care providers and switch to an alternate medication.

Health Canada has taken this action because manufacturers have failed to provide convincing safety information, requested by the Department, that demonstrates that the drug is safe to use. Questions of safety arose from ongoing concerns about use of the medication and rare occurrences of heart rhythm changes that could be life-threatening.

Health Canada is advising patients who use thioridazine not to stop taking their medication and to consult their physicians or health care providers as soon as possible in order to be switched to an alternate medication or medications.

Thioridazine has been used in Canada for the treatment of schizophrenia since 1959. The original brand name of thioridazine was Mellaril. (Health Canada press release dated Sept. 8, 2005)(for the full text of the press release, please consult the Health Canada web site)

*Newsbytes is compiled by Glen Dewar, Web Site Content Manager at Community Resource Connections of Toronto (CRCT).*

# Free and Low Cost Events

## Thursday, September 15<sup>th</sup>

**U of T Bookstore Readings Series** Mother's little helper: An examination of the pharmaceutical industry featuring Alan Cassels, drug policy advisor at the University of Victoria, discuss his book *Selling Sickness: How the World's Pharmaceutical Companies Are Turning Us Into Patrons*; and medical journalist Miriam Shuchman, psychiatrist and teacher at U of T, discussing her book *The Drug Trial: Nancy Olivieri and the Science Scandal that Rocked the Hospital for Sick Children*. Location: Old Victoria College Chapel, 91 Charles St. West (2<sup>nd</sup> Floor) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

## Friday, September 16<sup>th</sup>

**U of T Bookstore Readings Series.** A Canadian Tragedy: Rebecca Godfrey, acclaimed author *The Torn Skirt*, brings us her compelling new book *Under the Bridge: The True Story of the Murder of Reena Virk*. A timely exploration of violence, *Under the Bridge* is a richly detailed and insightful look into a story that has haunted this nation. Location: Hart House Library, 7 Hart House Circle (2<sup>nd</sup> Floor) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

## Saturday, September 17

**Heritage Toronto Walks: The Toronto Carrying Place – South Walk** in the footsteps of Native, French and British explorers, traders and settlers as they trace part of the southern section of the ancient aboriginal trail along the east bank of the Humber River. You will visit the grove of majestic oak trees named after a daughter of the Mississaugas and hear about some of the people who travelled along the river. Start point: NW corner of Bloor and Jane Sts at 1:30pm. Finish point: The Queensway and the Humber River. Length: Approx. 2-2 1/2 hours. **Free**.

**Celebrate Harvest Moon** The Chinese Centre of Greater Toronto will be celebrating the moon and the season's good harvest during the Mid Autumn Harvest Moon Festival Saturday, September 17th. This **Free** event is scheduled to run from 3-9pm and you can enjoy fortune telling, Chinese folk and dragon dancing, Cantonese opera singing and a lantern parade. Children will be given free lanterns. The event will be taking place at 5183 Sheppard Ave E. For more information call 416-292-9293.

**Anniversary of City Hall** The September 1965 opening of the newly designed City Hall launched Toronto into an era of architectural experimentation. Finnish Architect Viljo Revell gave Toronto one of the world's most distinctive civic symbols and helped to create an instantly recognizable and attractive cityscape. Forty years later Toronto is marking the anniversary of City Hall with a spectacular evening celebration hosted by Mayor David Miller. Don't miss this extraordinary event and the opportunity to show your pride and community spirit beginning at 8:30pm. One night only! This **FREE** event features performances by more than 100 local and international artists.



**Great Canadian Cleanup** Come out to Ashbridges Bay and be part of the September's International Coastal Cleanup. **Free**. For more information and times please call 416-484-7729.

**U of T Bookstore Readings Series.** A diabolical act: Award-winning investigative journalist Kim Bolan, reporter for *The Vancouver Sun*, brings us her new book *Loss of Faith: How the Air-India Bombers Got Away With Murder*. Essential reading for all Canadians, *Loss of Faith* tells the heartbreaking story of the 1985 terrorist attack that killed 329 men, women and children. Location: Innis Town Hall, 22 Sussex Ave. (Inside Innis College) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

## Sunday, September 18

**Heritage Toronto Walks: Yorkville** was one of the first neighbourhoods in Toronto to undergo major renovation. On this walk you will examine the history of the one-time village and how it evolved into an upscale shopping and residential area. Start point: NW corner of Yonge & Bloor Sts at 11am. Finish point: Cumberland St entrance to Bay Subway station. Length of walk: Approx. 2 hours. **Free**.

**Heritage Toronto Walks: Todmorden Mills** Explore the history of the Don Valley from its earliest industries to current projects to revitalize the Don River. Highlights include a tour of the Todmorden nature preserve and a viewing of the exhibit "Reconnecting with the Don." Start point: Todmorden Mills Heritage Museum and Arts Centre, 67 Pottery Rd-Papermill Theatre at 1:30pm (for directions to the site call 416-396-2819). Finish point: Todmorden Mills – Brewery Building. Length: 1-1 1/2 hours. **Free**.



**Community Bands: Concert** *Ambassadors Big Band* at Scarborough Civic Centre, 150 Borough Drive at 2pm. **Free.** For more information call 416-396-7398.

**Community Bands: Concert** *Soldiers'-Tower Carillon*. Laura Ellis, carillonneur at University of Toronto, The lawn, Hart House, 7 Hart House Circle at 3pm. **Free.** For more information call 416-978-2452.

### **Monday, September 19<sup>th</sup>**

**U of T Bookstore Readings Series** Honour, duty, victory: British historian Adam Nicolson – bestselling author of *God's Secretaries* – brings us his exciting new book *Seize the Fire: Admiral Nelson and the Battle of Trafalgar* – a dramatic and highly original re-telling of one of history's greatest battles. Location: Hart House Library, 7 Hart House Circle, (2<sup>nd</sup> Floor) at 7:30pm. **Free.** For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

**New Season of Gay Films at The 519 Church Street Community Centre** *Big Eden* was directed by Thomas Bezucha and produced by Jennifer Chaiken and will screen at 3pm. It tells the story of Henry Hart's (Ayre Gross) return to his hometown, Big Eden, to care for a dying grandfather. *Big Eden* is a fable about home and family, the universal longing we each have for finding a place where we are loved, and the desire to see those that we love find happiness. Alan Raeburn, theatre and film critic extraordinaire will introduce the film and lead a Q and A session following the screening. Light refreshments will be served. **Free.** For more information contact Dick Moore, Program Coordinator, Older GLBT Program at 416-392-6878 ext 118 or [senior@the519.org](mailto:senior@the519.org)

### **Tuesday, September 20<sup>th</sup>**

**U of T Bookstore Readings Series** Great dames of literature: Three of Canada's best writers: internationally acclaimed and award-winning writer Joan Barfoot, author of *Critical Injuries*, reading from her witty and ironic novel *Luck*; bestselling and award-winning writer Sandra Birdsell, author of the Giller nominated *The Ruslander* reading from her emotionally charged novel *Children of the Day*; and internationally acclaimed and award-winning writer Joan Clark, author of *Lattitudes of Melt*, reading from her extraordinary new novel *An Audience of Chairs*. Location: Alumni Hall in Old Vic, 91 Charles St. West, (1<sup>st</sup> Floor) at 7:30pm. **Free.** For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

**Health & Wellness Fibromyalgia** Join Dr. Marija Djukic and Dr. Chris MacLean for their presentation of naturopathic and chiropractic approach (manipulation and laser therapy) to treating Fibromyalgia at Eatonville Public Library, 430 Burnhamthorpe Rd at 7pm. **Free.** For more information call 416-394-5270.

**Community Bands: Concert** *Voice Performance Class* – Performances of 3<sup>rd</sup> year voice students at University of Toronto Faculty of Music, Walter Hall, 80 Queens Park, at 12:10pm. **Free.** For more information call 416-978-3744.

### **Wednesday, September 21<sup>st</sup>**

**U of T Bookstore Readings Series** Adventure and passion: Award-winning writer Katherine Govier, author of *Angel Walk* and *Creation*, reads from her lucid and exotic story about a young Canadian girl who enters the legendary world of Japanese pearl divers – *Three Views of Crystal Water*. And writer James Meek, prize-winning journalist for *The Guardian* and critically acclaimed author of *MacFarlane Boils the Sea*, reads from his blockbuster story of communism, passion and religion, *The People's Act of Love*. This event includes a musical performance by the Tallis Choir of Toronto. Location: Trinity College Chapel, 6 Hoskin Ave at 7:30pm. **Free.** For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

### **Thursday, September 22<sup>nd</sup>**

**Car Free Day** Car Free Day is an event to clear the road to healthier, more vibrant cities. Leave your car at home and help reduce air pollution and greenhouse gas emissions. Try taking transit, bicycling or walking. For more information on this event contact Brent Kulba, ECO at 416-972-7401, [autosshape@hotmail.com](mailto:autosshape@hotmail.com)

**Alzheimer Diseases and Other Dementias** Join Kari Quinn-Humphrey from the Alzheimer Society of Toronto as she explains the disease and its stages at Jane/Dundas Public Library, 620 Jane St at 2pm. **Free.** For more information call 416-394-1014.

**Tea & Murder** Mystery book talks once a month beginning September 22<sup>nd</sup> at Wychwood Public Library, 1431 Bathurst St at 2pm. All are welcome. **Free.** To register call 416-393-7683.



## **Saturday, September 24**

**Heritage Toronto Walks: Hidden Treasures in North Rosedale** Discover the story-filled history of this secluded residential neighbourhood in midtown Toronto. The site of a golf course and lacrosse grounds in the late 1800's, the area became home to lieutenant governors and other local luminaries, living in houses built in an intriguing mix of architectural styles. Start point: SE corner of Beaumont Rd and Glen Rd at 1:30pm. Finish point: SW corner of Highland Ave and Glen Rd. Length: 2-2 1/2 hours. **Free.**

**Troops Out! Rally and March** Troops out of Iraq and Afghanistan! Let the war resisters stay in Canada! Join thousands of people from across Toronto as we march against war and occupation and to support American war resisters in Canada. Originally a national day of action in the United States, September 24 is quickly becoming an international event. In Toronto and across the country we will be joining the world-wide demand for troops out of Iraq. We will also demand the immediate withdrawal of Canadian troops from Afghanistan - Canada's contribution to the so-called 'war on terror' - and that the Canadian government make provision for the increasing number of American war resisters in Canada to be allowed to stay. The March will begin at 1pm, Saturday, September 24<sup>th</sup> at United States Consulate, 360 University Ave, Toronto. For more information contact James Clark, [Toronto Coalition to Stop the War](http://toronto-coalition-to-stop-the-war.org) at 416-795-5863, fax: 416-588-5556 or [stopthear@sympatico.ca](mailto:stopthear@sympatico.ca)



## **Sunday, September 25<sup>th</sup>**

**The Word on the Street** More than 500 attractions including exhibits by local and national publishers, booksellers, literacy organizations, libraries and writers' associations showcase an exceptional array of current and backlisted books and magazines to browse or buy. The Toronto Event will have sessions attractive to the unpublished author or inspiring writer. For the inside scoop on the business of words, visit Beyond The Page. Sessions include: How To Get Published hosted by Cynthia Good, former Publisher at Penguin Canada and current Program Director of Humber's Creative Book Publishing Program; Comics & Graphic Novels: Breaking In and Busting Out!; Writing for Film and Television by Amnon Buchbinder, film professor at York University; and Blogging Toronto, a panel hosted by Matt Blackett of Spacing Magazine. Also featured in the Beyond The Page tent, spoken word performances and an interactive segment hosted by the CNIB Library that offers festival visitors the chance to record a portion of a book. Highlights include readings and book signings by established and new Canadian authors; a kids' area featuring popular children's authors, entertainers and activities; and Literacy Lane, where regional literacy organizations celebrate the joy of reading at all levels. The biggest outdoor book bash in the country, from 11am-6pm at Queen's Park. **Free.** For more information call 416- 504-7241, Email: [toronto@thewordonthestreet.ca](mailto:toronto@thewordonthestreet.ca) or visit <http://www.thewordonthestreet.ca>

### **ROM Walks - Guided walking tours of Historic Toronto. Heart of Toronto: Builders of the City**

ROMwalks are guided walking tours, led by members of the Department of Museum Volunteers, through Toronto neighbourhoods of architectural and historical significance. These walks are **free** to the public. Meet at front doors of new City Hall at 2pm. For more information call 416- 586-8097.

**Heritage Toronto Walks: The St. Lawrence Neighbourhood** Explore the oldest neighbourhood in Toronto from its beginnings in 1793 as the Town of York. Stroll along the original Lake Ontario shoreline and visit the site of the First Parliament buildings of Upper Canada. Start point: The Market Gallery, 2<sup>nd</sup> Floor at 1:30pm. Finish point: Front and Jarvis Sts. Length: Approx 2 hours. **Free.**

**Community Bands: Concert** *Ulster Accordion Band* at Scarborough Civic Centre, 150 Borough Drive at 2pm. **Free.** For more information call 416-396-7398.

## **Tuesday, September 27<sup>th</sup>**

**Toronto Public Library: Tuesday Afternoon at the Movies** Join in for an afternoon of films for adults at the Beaches Public Library, 2161 Queen St East at 2pm. **Free.** For more information call 416-393-7703.



## **Wednesday, September 28<sup>th</sup>**

**Community Bands: Concert** *Experimental Music Series* at Art Gallery of York University, North Ross Bldg, Rm. 145, 4700 Keele St at 7pm. **Free.** For more information call 416-736-5169.

## **Thursday, September 29<sup>th</sup>**

**Community Bands: Concert** Music on the Hill by Marianne Girard, singer/songwriter at St. John's York Mills Anglican Church, 19 Don Ridge Dr. at 12:15pm. **Free.** For more information call 416-225-6611.

# Announcements



**Creative On Queen** A Centre of Creativity on the Queen West Art Crawl. Samba, rock-n-roll, African/Caribbean drummers, gourmet grill, organic produce, pottery, masks, dream catchers! Please join the Creative on Queen Community Fair (part of the Queen West Art Crawl) from 10am-4pm, September 17<sup>th</sup> on the front lawn of the Queen Street site, CAMH, 1001 Queen Street West.

**Reminder: Health Canada Launches MedEffect Website** Consumers and health professionals have access to a centralized source of health product safety information with the August 9, 2005, launch of the MedEffect website at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect). MedEffect includes information from Health Canada on warnings, recalls and advisories on health products, including drugs, medical devices and natural health products. The site includes the Canadian Adverse Reaction database that lists suspected adverse reactions. These are commonly known as side effects, or undesirable effects that may range from minor reactions to life-threatening events. According to the website, one of the goals of MedEffect is to raise awareness about the importance of reporting adverse drug reactions to Health Canada by both health professionals and consumers. The site describes the types of adverse reactions to report, including unexpected reactions that are not listed on the product labelling, serious reactions or reactions to products that have been on the market for less than five years. The MedEffect website can also be accessed from the home page of the newly redesigned Health Canada website.

**Coalition Against Detox Closures** On July 21<sup>st</sup>, 2005, a group of substance users, community agencies, frontline workers and citizens mobilized to create the Coalition Against Detox Closures. This Coalition came together to address the lack of consultation, participation and information in the Ministry of Health's (MOH) decision regarding detox services and the addictions sector in general. The changes have included a closure of CAMH's 501 Detox. Although 16 Ossington was scheduled to close at the end of October, the Ministry of Health has indicated some willingness to keep 16 Ossington open for a period, although no details of their intent are known at this time. On August 30<sup>th</sup> the Coalition held a rally to express outrage at decisions made without proper stakeholder consultation. Lack of detox services has a devastating effect on people without related institutional supports, such as community and subsidized housing, including youth, women, aboriginal people. As a follow up to previous meetings and the rally of August 30<sup>th</sup>, we are organizing further planning and strategising meetings to discuss next steps. Please make your voice count and join us in the struggle to make the Ministry more responsive and accountable to the needs of users of these services and the communities that support them. For more information contact: Lucy Costa at (416-660-4095) [yu217993@yorku.ca](mailto:yu217993@yorku.ca). Website information: <http://www.xcom.hostingisfree.com/>

**Chlamydia in Toronto** Did you know Toronto Public Health is working on an exciting new campaigning to reduce the rates of Chlamydia in Toronto? You are invited to come and hear about this campaign and what has been learned so far. There will also be an opportunity for networking on Tuesday September 27<sup>th</sup>, 12:00pm – 3:00pm at Women's Health in Women's Hands, 2 Carlton Street, Toronto, Suite 500. The Forum will include: Chlamydia rates and trends in Toronto, results from the Young Women's Focus Groups, valuable information including artwork created by youth, results from a physician research study, what the doctors had to say presented by Dr. Betty Gerstein, the next steps in the Taking Action on Chlamydia campaign, and an opportunity for discussion and networking. Lunch will be provided. Space is limited – Registration is required. Please contact Simone McWatt, Toronto Public Health at [samcwatt@toronto.ca](mailto:samcwatt@toronto.ca) or call 416-338-1518.

**Strengthening Families Together** This free 10-session education program will help participants better understand the needs of relatives and friends who have a serious mental illness such as Schizophrenia, Major Depression, Bipolar Depression and Anxiety Disorder. These sessions will take place from Tuesday, September 27<sup>th</sup> to Tuesday, November 29, or Wednesdays, September 28<sup>th</sup> – November 30<sup>th</sup>, 6:30 - 9:00 p.m. at Schizophrenia Society of Ontario, 130 Spadina Ave, Suite 302, Toronto, Ontario. The course is free to attend and all materials will be supplied. For more information call 416-975-1630 ext: 250 or visit Schizophrenia Society of Ontario at [www.schizophrenia.on.ca](http://www.schizophrenia.on.ca)



**Community Resource Connections of Toronto (CRCT) Annual General Meeting will be held on** Wednesday, September 28, 2005, 3:00 pm-6:00 pm at St Lawrence Hall, Great Hall, 157 King Street East, 3rd floor, Toronto, Ontario. The theme of this thirty-first AGM will be 'Recognizing and Celebrating Partnerships'. Special guest speaker will be The Honourable George Smitherman, Minister of Health and Long-Term Care. Middle Eastern and Caribbean appetizers and beverages will be offered at the meeting. For more information visit [www.crct.org](http://www.crct.org) or contact Laarni Aniceto at 416-482-4103 ext 100.

**Community for Health** is a private message board for people with depression-related symptoms, self-esteem and anxiety-related issues, weight loss support, addictions etc. The message boards are used to discuss the challenges of coping in a friendly, safe, and secure environment. They discuss topics about everyday coping strategies, insomnia, bipolar, social interactions, strengthening self image, making positive changes, coping with stress, social anxiety, panic attacks, OCD, dependency, medication, weight loss, and many more topics. Please join if you feel frustrated, overwhelmed, or feel you have nowhere to turn. It is a support group of warm, kind, and caring people who are good listeners. No judgements. This is strictly a support group. What works for you may not work for someone else! Each member's opinions must be respected. You will have access to our member's posts once you register and have it validated. This is required to keep the board safe and secure. For more information visit [www.communityforhealth.com](http://www.communityforhealth.com) or if you have any problems with the registration process, please email the administrator at [dohertytj@hotmail.com](mailto:dohertytj@hotmail.com)

**Getting Rid Of Clutter** Are you drowning in clutter? Have your past efforts to get rid of clutter ended in frustration? Join Angela Boucher, trainer/professional organizer for a practical workshop on how to take control of the clutter in your life. Through lecture, discussion, fun and easy exercises, understand why you clutter and how to eliminate it; learn how to purge papers, prevent piles and clear closets: learn how to do more than just move things around; learn how to finish what you start and become organized on September 29<sup>th</sup>, 7-9pm, at Scarborough Women's Centre, 2100 Ellesmere Rd, Suite 245, Toronto. **\$5.00**. For more information call 416-439-7111.



**New Peer Support Group, "The Secret Handshake" is seeking members** who have been diagnosed with schizophrenia. The group will also need management oriented individuals who are willing to aid with grant proposals and/or fundraising. If you have experience in either of these fields that would be helpful, but it is not mandatory. For more information call Jordan at 416-968-9095.

**Exploring Your Emotions Through Art** This is a 13-week peer support group, open to any woman who may find it beneficial to express herself creatively. The program was designed by a group of women who have experienced violence – including partner assault and childhood sexual assault. The basic format of this group is to creatively express the topic of the day. No art experience or talent is required, just a willingness to express yourself creatively. This workshop takes place Saturdays, September 24<sup>th</sup>-December 17<sup>th</sup>, 4-6pm at North York Women's Centre, 201 Caribou Rd, North York. For more information call 416-781-0479 or visit [www.nywc.org](http://www.nywc.org)

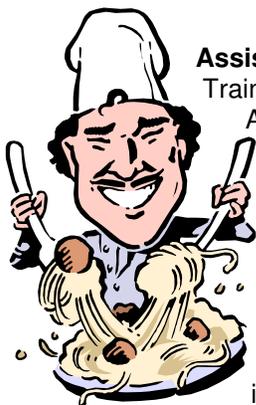
**Anger and You** This program will focus on anger as an honest emotion. You will increase self-awareness and learn methods of releasing and managing anger. This workshop will take place on Thursdays, September 22<sup>nd</sup>-October 27<sup>th</sup>, 7-9pm at North York Women's Centre, 201 Caribou Rd, North York. For more information call 416-781-0479 or visit [www.nywc.org](http://www.nywc.org)

**Fameshare: Support Group for Children** FAME in partnership with CRCT and CAS is offering a support group for children 7-12 years of age who have a parent/sibling with mental illness. This multimodal, psycho-educational group will assist children by encouraging them to ask questions about mental illness, identifying and expressing their feelings, exchanging information about mental illness, developing personal support networks, sharing and assessing coping strategies. Groups are offered in the evening from 7-8:30pm at two different locations - The Scarborough Hospital/Grace site, 3030 Birchmount Rd, Scarborough on Tuesdays, from October 18<sup>th</sup> to December 6<sup>th</sup> or at Children's Aid Society, 4211 Yonge St, North York on Mondays, from October 17<sup>th</sup> to December 12<sup>th</sup>. Light refreshments provided. **Free**. Space is limited so call for registration at 416-207-5032.

**Focus Group: Advocacy Group For Women whose children have been taken away from them** and who feel that this is unjust. Every year children are removed from their homes and placed with a 3rd party. Do you think this is unfair and want to see a Women's Advocacy Group formed? Arising Women and Women Status Canada have come together to create an Advocacy Group For Women whose children have been taken away from them. If you are a Community Member or Service Provider interested in advocating on behalf of women with children under the care of a third party, you are invited to join this focus group to share your thoughts on how to develop this important and long-awaited initiative. The group will take place Thursday September 15<sup>th</sup>, 255 Morningside Ave., Suite # 314, Morningside Mall, Scarborough at 3-5pm. Free refreshments will be served; Child Care & TTC tickets provided. For more information call Arising Women at 416- 281-6662 Email: [arisingwomen@bellnet.ca](mailto:arisingwomen@bellnet.ca)

**Sexual Health at the Library** A representative from the Black Coalition for AIDS Prevention provides workshops, literature and brochures on sexual health such as birth control, self-esteem, and body image, STI's (sexually transmitted infections), STD's (sexually transmitted diseases) and HIV/AIDS at these sessions which are held at York Woods Public Library, 1785 Finch Ave West at 5pm on Tuesdays. Surf the net at [www.black-cap.com](http://www.black-cap.com) for further information. Register in person or call 416-395-5980.

## Job Training Announcements



**Assistant Cook Extended Training Program (ACET) Information Session** Assistant Cook Extended Training (ACET) Program at George Brown -Toronto City College runs in partnership with the Centre for Addiction and Mental Health (CAMH). The goal is to help people recovering from addiction and mental health histories take the first steps towards a job in Toronto's food service industry. ACET will provide: Job-focused food service training, short-term work placements, integrated support during the training work placements and initial employment period, Assistant Cook certification and post-training employment in the food service industry. The program includes classroom and kitchen lab instruction, work placement and workshops. Class and kitchen lab time is 15 - 20 hours per week, with support and tutoring available. **Admission requirements:** Grade 12 Diploma or equivalent, or mature student status with Grade 10 and college assessment of Mathematics and English, culinary assessment and [Ontario Disability Support Program employment support eligible](#). Application deadline for next session is November 4<sup>th</sup>. An Information session is being held on Monday, October 24<sup>th</sup> at the Hospitality and Tourism Building, George Brown, Room 112, 300 Adelaide St East. For more information and to register call 416-415-5000, ext. 6790 or [acet@gbrownc.on.ca](mailto:acet@gbrownc.on.ca).

**Enterprise Toronto Small Business Forum** The City of Toronto, Economic Development Office will be hosting its 5th annual Small Business Forum on Monday, September 26<sup>th</sup> at the Metro Toronto Convention Centre, 255 Front Street West, 9am- 6pm. This is the City's premier event to bring together all levels of government, business associations, and private sector to assist businesses and aspiring entrepreneurs. The forum will feature a jam-packed day of keynote presentations, informative roundtable discussions, educational seminars and break out sessions plus an opportunity to meet and network with other small business entrepreneurs and a trade show with over 85 exhibitors displaying the latest products and services for the entrepreneur/small business owner. For more information contact Jack David at 416-392-1328, Email [jdavid@toronto.ca](mailto:jdavid@toronto.ca)

**YWCA Skills Development Centre is Opening New Doors for Women** The YWCA Skills Development Centre (SDC) is an innovative social enterprise offering an array of services to promote personal growth and economic independence for women. The SDC's flexible programs are designed to respond to both current labour market practices and individual preferences to facilitate personal success. The SDC is divided into three divisions: 1) Training & Workshops; 2) Recruitment and Placement Services; 3) Employment Consulting. Their fee structure for skills training and workshops includes a free assessment and courses start from \$20. The Recruitment and Placement Services and Employment Consulting fee structure will be based on the needs of each client and the specifics of the project. For more information visit [www.ywcatoronto.org/develop\\_skill/sdc.htm](http://www.ywcatoronto.org/develop_skill/sdc.htm) or call 416-261-3457.

## Volunteer Posting

### Toronto Public Library

**Volunteers needed for the Leading to Reading & Homework Club** Help children with reading and studying. Adults, seniors and students (Grade 10 and up preferred) are needed for one hour per week to provide individualized help for children (Grades 2-6) in reading or study skills. Application forms available at your local branch and at [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) & **Adult Literacy Tutors Needed** Free tutoring in basic reading, writing and arithmetic for English-speaking adults. Adult volunteers are needed for two hours per week to provide one-on-one instruction. For more information contact your local branch or visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca)

## Job Postings

### Crazy Cooks Catering (Kitchen Manager)

**Has It Been Your Dream to Get Out Of Town?** Are you a psychiatric consumer/survivor? Do you have commercial food service experience? If so, this exciting catering company located in downtown Peterborough might be the place for you. Crazy Cooks Catering, a unique economic development initiative, is searching for a Kitchen Manager. Responsibilities: Coordinating and monitoring kitchen operations, motivating, training and supervising kitchen staff using a "hands-on" approach, attending and facilitating staff meetings. **Qualifications:** Experience in food preparation, must be computer literate, have strong communication skills and have been in the Ontario mental health care system. Salary is \$30,000 per annum plus a generous benefit package. Please forward your resume to Crazy Cooks Catering by 5:00pm, September 23, 2005 to E-mail: [crazycookscatering@bellnet.ca](mailto:crazycookscatering@bellnet.ca); Fax: 705- 876-6399 (call first) or write to: Crazy Cooks Catering, 386 Water Street, Peterborough, Ontario K9H 3L6; Telephone: 705- 876-6399.

## Job Postings

### **Counsellor/Therapist 1 (Client Relations Facilitator)**



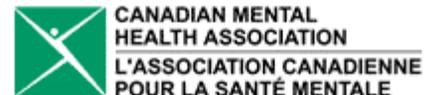
**The Centre for Addiction and Mental Health (CAMH)** was created in 1998 through the successful merger of the Addiction Research Foundation, the Clarke Institute for Psychiatry, the Donwood Institute and the Queen Street Mental Health Centre. CAMH is a teaching hospital fully affiliated with the University of Toronto and is the largest addiction and mental health facility in Canada.

**Position Description:** The **part-time Counsellor/Therapist 1** (Client Relations Facilitator) will report to the Client Relations Coordinator and will participate in fulfilling CAMH's strategic directions of Improving Quality Client-Centred Care and Improving Access to Programs and Services by acknowledging, processing and responding to feedback (compliments, complaints, inquiries and suggestions) from CAMH clients, their families, their friends, visitors to CAMH and members of the public. The complaints' process guidelines involves communicating with program Managers and Directors in an effort to bring about resolution for clients and family members and you will be responsible for creating and maintaining documentation and a database in relation to feedback and all actions taken in processing and responding to feedback.

**Qualifications:** Undergraduate degree in a regulated health science discipline and must be registered and a member in good standing with the respective College; a minimum of 5 years of experience in a mental health and/or addiction setting; will demonstrate excellent interpersonal, communication, negotiation and computer skills. Working knowledge of relevant legislation such as the Personal Health Information Protection Act, the Mental Health Act and the Health Care Consent Act is essential; will demonstrate awareness of diversity issues and the far-reaching effects of stigma and discrimination as experienced by mental health and addiction clients. Travel between sites is a job expectation. Bilingualism (English/French) is considered an asset. Personal experience with mental health and/or addictions services is considered an asset.

Note: This position is a part time, contract position, ending March 31, 2006. Salary: \$22.40 to \$30.21 per hour  
**Please forward your resume by September 20<sup>th</sup>, 2005 to:** Human Resources, Centre for Addiction and Mental Health, 1001 Queen Street West, Toronto, Ontario, M6J 1H4; Fax: (416) 583-4316; Email: [jobs@camh.net](mailto:jobs@camh.net)

### **Canadian Mental Health Association, Toronto Branch Community Support Workers (Crisis Prevention Services)**



**The Canadian Mental Health Association/Toronto Branch** is a non-profit community based mental health agency providing a wide range of services across Toronto who is embarking on a new and exciting initiative referred to as the Pre-Charge Diversion Program. They are hiring a team of case managers that will operate in east Toronto to provide community based support and linkages to individuals with serious mental illness who are at significant risk of criminal charges. The position will involve working closely with police, mental health crisis services and other service providers in the community as well as linking individuals to needed supports. An interest in contributing to program development and building collaborative working relationships with police and service providers is important.

**Qualifications:** Minimum Bachelor of Arts/College Diploma education in Social Work/Social Science/Nursing; a minimum of 3 years full-time experience in direct service delivery in criminal justice and/or, mental health and/or addictions field; knowledge of mental health; strong assessment, service planning and crisis intervention skills; fluency in a second language is an asset; able to work with diverse communities; must have a car.

Salary Range: \$44,236 - \$51,219. plus benefits, travel reimbursement and a training budget.

**Please submit resume by Friday, 5pm, September 23, 2005** to Director, Pre-Charge Program, Canadian Mental Health Association/Toronto Branch, 970 Lawrence Ave. West, Suite 205, Toronto, Ontario, M6A 3BA or fax to 416-789-9079. For more information visit: <http://www.Toronto.cmha.ca>



## **PHYSICAL ACTIVITIES FOR CONSUMER/SURVIVORS**

*Physical Activities for Consumer/Survivors (PhACS) is a program of the registered charity Accent on Ability. Accent on Ability is a non-profit organization that seeks to improve the quality of life for consumer/survivors. The PhACS program encourages consumer/survivors to become physically active, our belief being that there is a close relationship between a healthy body and a healthy mind. PhACS members meet weekly and go for 5k runs and/or walks. Most PhACS members are living on limited, fixed incomes, so PhACS provides support in the form of running shoes, public transportation, refreshments and entry fees for races. It is to meet these costs that PhACS is raising funds through the Charity Challenge at the Scotiabank Waterfront Marathon. Support from you will help us to keep the PhACS members running and, therefore, physically and mentally fit.*

### **YOU CAN SUPPORT TEAM PhACS AT THE SCOTIABANK TORONTO WATERFRONT MARATHON.**

The Scotiabank Toronto Waterfront Marathon to be run on Sunday, September 25, 2005, provides our organization (PhACS) with two great opportunities. First to participate in one of Canada's top running events, second to raise funds for PhACS.

To pledge:

- **Go to** [www.icanpledge.com](http://www.icanpledge.com)
- Under SEARCH FOR A PARTICIPANT, **type** team phacs in the First Name field and **click** Search
- **Click** sponsor and complete your on-line payment

Your pledge will bring a lot of joy to a lot of Toronto consumer/survivors who know that active bodies lead to healthier minds.

When you pledge, you will receive an Accent on Ability charitable tax receipt from icanpledge.

#### **Step 1: To set-up pledge account**

- **Go to** [www.icanpledge.com/stwm](http://www.icanpledge.com/stwm)
- **Click** on the arrow and **select** Accent on Ability
- **Scroll down** the page and **select** No under "I am participating as a part of Team Scotia"
- **Scroll down** and fill in the form

#### **Step 2: To register for the race**

- **Go to** [www.torontowaterfrontmarathon.com](http://www.torontowaterfrontmarathon.com)
- **Click** Enter Site, then **click** REGISTER NOW
- **Click** or **scroll down to** Register On-line, By mail or In Person
- Choose your payment option and follow the instruction

## **FOR MORE INFORMATION ABOUT PhACS**

[www.accentonability.org/phacs.htm](http://www.accentonability.org/phacs.htm)

[phacs@accentonability.org](mailto:phacs@accentonability.org)

416-604-6973

