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The Consumer/Survivor Information Resource Centre

Distributed through generous support from the CSRU Program (Community Support and Research Unit) 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.*

October 1st, 2005

Bulletin 308

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

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Discrimination Stories

Hello dear readers,

I'm hoping you will become writers!

With Michelle back and her being so competent and capable, I have time to get into all kinds of mischief and all kinds of causes. I was at a meeting recently and met someone who was saying that she has been refused funding twice for a project on oppression, stigma and discrimination against consumer/survivors because "that doesn't happen anymore" "that's no longer a problem" and "we're all over that now".

We know that's not true.

Have you experienced oppression or discrimination because of your mental health status or diagnosis? I'd like to hear about it. Please take the time to write or email your story to Helen Hook csinfo@camh.net or C/S Information Centre c/o CAMH 250 College Street, Toronto ON M5T 1R8. Or come by and tell me, or drop it off at 252 College Street.

To make our case, that this is still happening and isn't just a thing of the past, the incident should be fairly recent, say in the last year or two. I'm going to collect the stories for a month or so and then I'm going to write something. Please let me know if you are OK with your name being used, otherwise all will be confidential.

Thanks for your help with this.

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OW/ODSP Special Diet News

Download the Special Diet Information Package for ODSP/OW Recipients and Advocates

Are you on OW or ODSP and interested in getting more money on your cheque? Are you an advocate and have heard about the Special Diet Allowance but aren't sure who is eligible?

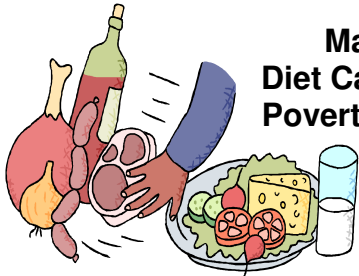
Every applicant and recipient of Ontario Works (OW) and the Ontario Disability Support Program (ODSP) is eligible to apply for the Special Diets Allowance. However, recent media coverage describing the Special Diets Allowance as a loophole being abused by people on social assistance has left many advocates, community agencies and medical health practitioners confused. The Special Diet Information Package (For Recipients And Advocates) can be downloaded from the ODSP Action Coalition's website at http://www.odspaction.ca/special_diet.htm

This information package is designed to provide advocates and OW/ODSP applicants and recipients with clear and legally accurate information on who is eligible for the Special Diets Allowance and how to apply for it, as well as an application form and

schedule. NOTE: There is no standardized special diets application form for people applying for or receiving Ontario Works. The Province has directed OW workers to accept the ODSP Special Diet application form.

The ODSP Action Coalition is also working on a Special Diet Information Package for Medical Practitioners which will be available on their website later this fall: www.odspaction.ca. This package will provide medical practitioners with guidelines on filling out the application forms and legal and medical justifications for prescribing special diets for OW/ODSP recipients.

The ODSP Action Coalition is a province-wide network of ODSP recipients, community and social agencies, mental health service providers, disability groups and legal clinics. Since 2002, the Coalition has attempted to improve ODSP laws, policies and services. For more information on the coalition's work visit www.odspaction.ca.



Massive Hunger Clinic At Queen's Park On October 3rd-OCAP Special Diet Campaign Gathers Strength: To Challenge A Decade Of Mounting Poverty and they need your support!

Thousands of poor people in Toronto and Ontario are now receiving the \$250 a month Special Diet Supplement as a result of OCAP's campaign to extend this benefit. Since they began their efforts to sign people up for this badly needed money, more than 4,500 recipients and their kids have accessed the Supplement through their clinics. Millions of dollars are finally going back into our neighbourhoods and homes.

The struggle to get this far has not been easy. The City of Toronto, under Mayor David Miller and his top Welfare bureaucrat, Heather MacVicar, attempted on numerous occasions over the summer to impose restrictions on GTA recipients' ability to get the Special Diet. This included trying to prevent nurse practitioners, dieticians, and midwives from being able to prescribe the Supplement, as well as throwing various intrusive and repetitive administrative forms at people trying to wrestle the money from a system that already fiercely discourages any ability to get by. The City was stopped in its tracks by the organizing of an outrage response by people who need this money, as well as allies in the health profession and community.

An attack from the Liberals is, in fact, inevitable. That's why we are attacking them first. We want to sign up the maximum numbers for the Supplement as rapidly as possible. On October 3, a mass 'Hunger Clinic' (the name used with the kind permission of the Tenant Action Group in Belleville) will take place on the lawns of Queen's Park.

Dozens of medical providers have already committed and are planning the details on how to assess at least a thousand poor people on social assistance on that day and diagnose their dietary requirements. Given that not one of these people is presently accessing enough money to provide themselves and their families with the minimum food intake prescribed by government agencies, all will be eligible for the Supplement.

The Hunger Clinic will take forward the momentum of this Campaign and decisively extend the scale on which we can organize. We urgently need the support of progressive activists and organizations to make it the total success it must be. Picture what it will take to ensure one thousand adults and kids can be seen by health care providers on the lawns of Queen's Park on October 3rd!! **What Can You Do!!! ? 1. Money:** So, please send cheques to: OCAP.

2. Food: serena@tao.ca **3. Transportation:** sreany@yahoo.ca **4. Clinic Equipment:** ksab@riseup.net **5. Visuals:** npb@riseup.net **6. Kid's Fun** email:schidt@riseup.net **7. Volunteers:** jlyons@ryerson.ca

For more information and details on the above please contact the emails above or the Ontario Coalition Against Poverty, 10 Britain St. Toronto, ON M5A 1R6; 416-925-6939 ocap@tao.ca www.ocap.ca

**Ten years of growing hunger and poverty are being challenged.
Help build this into something unstoppable.**

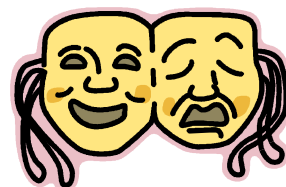
Free and Low Cost Events

Saturday, October 1st

Take Back the Night Women hit the streets to end violence against women. Community Fair, 6:30pm at Stan Wadlow Clubhouse, 888 Cosburn Ave. East York, one block east of Woodbine Ave., Rally at 7:30pm and March at 8:30pm (women & children only). For more information visit www.trccmwar.ca

Sunday, October 2nd

The Optimists It's **pwyc** day for Morwyn Brebner's dark comedy, featuring a kickass cast, at the Tarragon Theatre, 30 Bridgman Ave., Toronto (1 block N of Dupont, 2 blocks E of Bathurst) till October 23rd at 2:30pm. For more information call 416-531-1827.



Human River Walk Honour the hidden Garrison creek by wearing blue and recreating a river. **Free.**

Christie Pits Gazebo. Starting points: 1pm - Humewood Public School (Humewood & Valewood), 2pm: Garrison Creek Park (Ossington, North of Dupont), 2:20: Christie Pits wading pool (Bloor & Christie). For more information visit www.publicspace.ca

Heritage Toronto Walks, From Trail to Rail The neighbourhood west of the City Archives is rich in history. You'll hear about Davenport Road, which follows an old trail used by First Nations people, and other sites such as the Tollkeeper's Cottage and the first house built on the Lake Iroquois escarpment. Tour leaders are bilingual, so French-speaking participants are welcome. Start point: City of Toronto Archives, 255 Spadina Rd., N. of Dupont Subway Station at 1pm. Finish point: Same as start point. Length: 2 –2 ½ hrs. Difficulty: Long walk with stairs, hills, rough ground. **Free.**

Monday, October 3rd

Power of Attorney: Part 1 Learn about Power of Attorney and other essential documents and why they are important. Speaker will be Stephen Barrett, Senior Will and Estates Consultant, Royal Trust Corporation (RBC Financial Group). This workshop will take place 6:30pm-8pm at Alderwood Public Library, 2 Orianna Dr., Etobicoke. **Free.** For more information call 416-394-5310.

Tuesday, October 4th

101 Things Your Doctor Never Told You About Nutrition Naturopathic doctor, Dr. Marija Pevac-Djukic, M.D., N.D., explains how it is possible to make appropriate food choices in a world of fast food, trans fats, genetically modified foods and increased workloads. This workshop will take place 6:30pm at Jane/Dundas Public Library, 620 Jane St., Toronto. **Free.** For more information call 416-394-1014.

Thursday, October 6th

U of T Bookstore Reading Series Friendship & Betrayal. Award-winning investigative journalist Linda Diebel - Washington bureau chief for the *Toronto Star* and long-time correspondent in Latin America brings us her new book *Betrayed: The Assassination Of Digna Ochoa* - a chilling account of the cold-blooded murder of beloved human rights advocate Digna Ochoa. Location: Innis Town Hall (Inside Innis College), 2 Sussex 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

Friday, October 7th

Make Me Laugh: A Three Rehearsal Comedy Workshop with Ken Innes, writer and director, The Friendly Spike Theatre Band, will be held at 7pm-9pm at the Emmanuel Howard Park United Church Auditorium. This workshop will teach you some of the many different forms of comedy and how they can be applied. The following two workshops will take place November 4th & December 2nd. **Pwyc.** Instructor, Ken Innes got his start at Second City, he went on to build his own company Rabbit Transit before founding the Friendly Spike Theatre Band, an artist run community theatre. Activists and those wanting to speak out are encouraged to attend. Advance registration 416-516-4740 or

friendlyspike@globalserve.net

Thursday, October 13th

U of T Bookstore Reading Series She's a Lady. Don't miss this fabulous event devoted to historical biographies. Featuring Lita-Rose Betcherman who brings us her new book *Court Lady & Country Wife: Royal Privilege And Civil War: Two Noble Sisters In Seventeenth-Century England* - a portrait of the Countess of Carlisle and the Countess of Leicester. And award-winning historian Ken McGoogan who brings us his new book *Lady Franklin's Revenge: A True Story Of Ambition, Obsession And The Remaking Of Arctic History* - the incredible story of the greatest woman traveler of the 19th century. Location: Hart House Library, 7 Hart House Circle (2nd 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

A day by day guide to Toronto's best deals on the entertainment scene

These listings can be found in NOW Magazine, September 15 -21, 2005, Issue 1234, Vol.25, No. 03 or visit their website at www.nowtoronto.com

Monday

Theatre doesn't have to break the bank. **CanStage's Bluma Appel** (27 Front East) and **Berkeley Street Theatres** (26 Berkeley, 416-368-3110) go **pwyc** on Monday nights. (Limited same-day rush tickets Tuesday-Saturday.)

The legendary **pwyc ALT.COMedy Lounge** hits the **Rivoli** (332 Queen West, 416-596-1908). Comics like Janeane Garofalo and Ellen DeGeneres have shown up to check out the scene. Doors open at 8:30 pm, show at 9. (Sketch comedy on Tuesdays is pwyc, as are comedy and music performances on Sundays.)

Kick off your workweek at the **Drake Hotel** (1150 Queen West, 416-531-5042), where **William New's** storied **Elvis Mondays** have come home to roost in the Underground. The **no-cover** showcase boasts a hit-and-miss slate of arty oddballs and up-and-coming indie bands. (New's own **Mousekiss** project makes frequent appearances.) You can also chow down cheap at the Starving Artist Buffet.

Over at the **Horseshoe** (370 Queen West, 416-598-4753), Mondays often mean the long-running **Shoeless** showcases, where you can catch rising artists (usually of the alt-rock variety) for **free**. You probably haven't heard of 80 per cent of the performers, but there's always a chance you might catch the next Constantines... or the next Our Lady Peace. Check the website (www.horseshoetavern.com) to make sure the Monday-night entertainment is Shoeless, and not a normal ticketed show.

If trying to get discovered (or discovering people who are trying) is your bag, Monday's the day for tons of open mic nights. There are **free stages** at the **Free Times** (320 College, 416-967-1078), the **Tranzac** (292 Brunswick, 416-923-8137) or the **James Joyce** (386 Bloor West, 416-324-9400), or take a hop, skip and jump down to Kensington Market to check out aspiring John Borrás at **Graffiti's** (170 Baldwin, 416-506-6699).

Tuesday

At the **Carlton** (20 Carlton), an ever-changing array of first-run independent and foreign films screen for \$6 in the afternoon and on Tuesdays, or for a more modest than average \$10 at night. 416-598-2309.

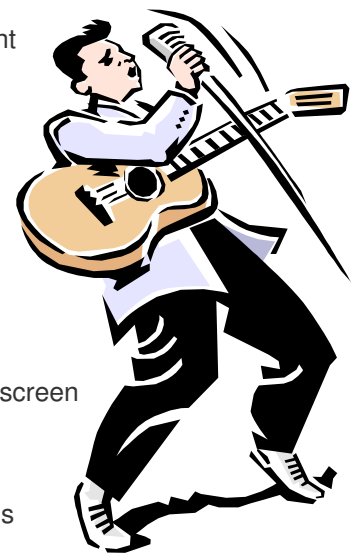
Glen Foster's Comedy Jam at Healey's (178 Bathurst, www.thatcanadianguy.com), a 19-plus comedy open house featuring stand-up by first-timers and regulars, is **free**.

Toonie Tuesdays Amateur Night at **Yuk Yuk's Downtown**, (224 Richmond West, 416-967-6425) features two hours of sketch comedy by students in the Humber College comedy program at 7 pm, and amateur stand-up at 9:30 pm. Runs until 2 am. Yes, **\$2**.

Wanna catch hand-picked indie upstarts without dropping too much coin? **Dave Bookman's** got your ticket. Local institution-cum-radio-personality Bookie has been, uh, booking cover-free Nu Music Tuesdays at the **Horseshoe** (370 Queen West, 416-598-4753), since the Barenaked Ladies were just some suburban geeks who pissed off a mayor. The vibe is always pleasantly eclectic, and every so often bigger names drop by to play surprise gigs for their more frugal fans.

Just cuz you've got a beard to stroke don't mean you want to shell out big bucks to hear decent jazz. Less well-heeled members of the socks-and-sandals set will be pleased to learn that the **Rex Hotel** (194 Queen West, 416-598-2475) features great musicians and **no cover** pretty much every weekday – and Sundays! Tuesdays offer the long-running **Classic Rex Jazz** jam, hosted by a different artist every week.

If you're looking for a cheap way to get your underground hip-hop fix, the long-running weekly party **Footwork** at **Andy Poolhall** (489 College, 923-5300) is consistently busy, and it's **free** to get in. Resident DJ **Fase** lays down the beats, stretching from classic funk obscurities to contemporary hip-hop.



Wednesday

You care about the world and want to talk about it, so don't miss the **St. Lawrence Centre Forums**. Organizers bring together all the activists to discuss issues hitting the headlines (27 Front East, 416-366-7723, www.stlc.com).

High art doesn't have to be high-priced. The **Art Gallery of Ontario** (317 Dundas West, 416-979-6648) opens the vault for **free** on Wednesday, 6 to 9 pm.

Jo-Anna Downey's Wednesday-night **Open Mic Night** at **Spirits Bar & Grill** (642 Church, 416-967-0001), over 15 years old, is **free** (19 and older).

The only thing better than a free concert is a **free concert** by some of the city's finest musicians. Wednesday nights, the **Silver Dollar** (486 Spadina, 416-763-9139) hosts a heavenly **High Lonesome** hoedown with stellar bluegrass crew **Crazy Strings** – featuring hotshots like banjo picker **Chris Coole**, mandolin marvel **Andrew Collins** (also a member of the Creaking Tree String Quartet and the Foggy Hogtown Boys) and guitar ace **Marc Roy**. The crowd is eclectic, and beer's super-cheap to boot.

The **Royal Conservatory of Music** sponsors **free** student concerts at noon on Wednesdays at 90 Croatia, the school's temporary concert venue while the Conservatory itself gets a facelift. The school also offers youth orchestra concerts at cut-rate prices (\$10, stu/srs \$5) throughout the year. This is your chance to see the classical stars of tomorrow. 416-408-2824.

Thursday

Pick up **NOW Magazine** in boxes and at stores and clubs all over Toronto. Remember to check for tons of giveaways. Can't get much cheaper than **free**.

Selected films screen at the NFB's **John Spotton Cinema** (150 John, 416-973-3012, www.nfb.ca), generally for \$6, stu/srs \$4. And there are **free** screenings now and then.

Got a thing for shoes? Then take a freebie peek at the **Bata Shoe Museum** (327 Bloor West, 416-979-7799), 5 to 8 pm Thursdays.

Friday

It's date night. Where to go? Try the **Town Hall** theatre at U of T's Innis College (2 Sussex, www.utoronto.ca/fff), where a smart cinematic selection screens as part of Free Film Fridays every week at 7 pm throughout the school year. To get on the mailing list about upcoming films, e-mail cinssu.fff@utoronto.ca.

Royal Ontario Museum (100 Queen's Park Crescent, 416-586-5549). The venerable institution flings its doors open for **free** on Fridays from 4:30 to 9:30 pm.

If you're into improv, check out **free Comedy on the Danforth** night at **Timothy's** (320 Danforth, 416-461-2668). Fridays September to June; showtime 9 pm.

Saturday

Second City's (51 Mercer, 416-343-0011) **free** late-night improv set happens right after the mainstage show (on the same stage) at around 12:15 am. Draws cool guests who want to flex their improv muscles.

Learn about improv at **Theatresports'** free public drop-in workshops from 7 to 9 pm at **Bad Dog Theatre** (138 Danforth, 416-491-3115, www.baddogtheatre.com). Same instructors as Second City's classes, but **free!**

There ain't nothing better on a lazy weekend afternoon than kicking back with a cold beer and some sweet old-timey country music, and the **Cameron Family Singers'** regular sundown hoedown (Saturdays at 6 pm) at the **Cameron** (408 Queen West, 416-703-0811) promises all the honky-tonk you can handle for the low price of **pwyc**.

Sunday

Sunday's the bargain day for theatres like **Buddies in Bad Times** (12 Alexander, 416-975-8555), **Factory** (125 Bathurst, 416-504-9971), **Tarragon** (30 Bridgman, 416-531-1827) & **Theatre Passe Muraille** (16 Ryerson, 416-504-7529), where matinees (usually 2 or 2:30 pm) go **pwyc**. No one will turn up their nose if you throw in \$5 or \$10.

Going strong for over half a decade now, the always entertaining **Wavelength** music series (www.wavelengthtoronto.com) at **Sneaky Dee's** (431 College, 416-603-3090) features some of the best under-the-radar indie music from here and abroad – from kraut-inflected Scarberian soul to wicked and weird live electronic loopage – all for a mere **whatever you can pay**. Call for showtimes.



Every day

Wanna see movies but have no dough? The **NFB Mediatheque's** private viewing stations with spankin' new digital equipment offer a menu of over 1,800 films, and it's all **free** within the stipulated hours (150 John, 416-973-3012, www.nfb.ca/mediatheque).

Two words: **rep cinemas**. A six-month Festival Cinemas membership costs \$3. Screenings with membership cost \$6, \$9 without, srs/children \$4.25. A Reel Deal card costs \$25.50 and gets you into six films within six months of date of purchase.

Programming at the **Bloor Cinema** (506 Bloor West, 416-516-2330, www.bloorcinema.com) ranges from second-run mainstream to indie festivals, student screenings and alternative one-offs. A one-year membership costs just \$3, giving you \$4-to-\$8 admission to most films. A five-movie card costs \$20 with membership. Bonus: a large popcorn and drink for only \$4 at shows starting before 5 pm, and \$5.50 after that.

For those of you who can't wait a couple of months for movies to hit the reps, there are other options. The **Rainbow Cinemas** (416-494-9371, www.rainbowcinemas.ca) show first-run movies at cut-rate prices: \$7.50 for adults in the evening; Tuesdays, matinees, srs/children \$4.25. There's even a theatre downtown at 80 Front East. (Hint: on the weekend, try buying your tix ahead of time to avoid the inevitable bottleneck at the box office.) Art film series are also just \$7.50.

Don't buy the myth that live theatre is pricier than movies. Dundas Square's **T.O. Tix** sells half-price same-day tickets to pretty much every play, dance show and opera in town, as well as some stand-up comedy shows. Pick up tickets in person at the Dundas Square location or order online at totix.ca. Phone 416-536-6468 ext 40 for daily updates.

The **National Ballet** (1 Front East, 416-345-9595) sells rush tickets for \$39 on the day of performance (at 11 am), and starting October 4 charges **\$5** for any preview show.

The **Canadian Opera Company's** terrific **18 To 29: Opera For A New Age** program gets you tickets for \$18 or \$29 if you're 29 or younger (416-363-6671 for details). Show I.D. at the Hummingbird Centre (1 Front East) to pick up tickets.

The **Toronto Symphony Orchestra's** Soundcheck program gets classical lovers 15 to 29 into \$90 seats for as little as \$12. Usually, 85 per cent of concerts have some Soundcheck seats. Register online at www.tsoundcheck.com for a musical experience that's cheaper than a CD.

If you're walking along King near Church and, just opposite St. James's Cathedral, see a hunk of steel or clay, stop and admire the view. You've arrived at the **Toronto Sculpture Garden** where the work of some of local and international artists nestles into the landscape. Currently on view: **Luis Jacob's** meditation on the meaning of light, called *Flashlight* (115 King East, www.torontosculpturegarden.com)

The **Toronto Music Garden** (475 Queens Quay West) offers the perfect mix of aural and visual beauty, interpreting through nature Bach's Cello Suite #1. A terrific date stroll and **free**. 416-392-8186.

Talk to the animals at the **High Park Zoo** (1873 Bloor West, www.city.toronto.on.ca/parks/highpark.htm), where you can find domestic and exotic species including bison, llamas, peacocks, deer, highland cattle and sheep. It's open year round from 7 am to dusk. And don't forget **Riverdale Farm** (201 Winchester, www.riverdaletoronto.com/riverdale_farm/index.shtml), where you can travel back in time to see a Victorian-era farm in operation, open 7 days a week from 9am-4pm.

The Art Gallery of Mississauga is proud to present *Inuit Sculpture Now*, a look at the evolution of Inuit art over the last decade. Today, location and materials influence this unique art form. Some sculptors live in the North while others live in the South, yet it's most often a large chunk of stone that is the preferred media of artists. Sometimes the rock is polished to a high sheen with neatly hewn lines and other times the rock is raw. Increased availability and variety of media along with an ever growing repertoire of tools have made it easier for artists to express themselves. Still, throughout it all, Inuit legend and lore is a fundamental theme. **Hours:** Mon-Fri: 9am – 5pm, Weekends: 12pm- 4pm at Art Gallery of Mississauga, 300 City Centre Dr., Mississauga Civic Centre, Mississauga. **Free**. Runs to October 30th. For more information call 905-896-5088 or visit www.artgalleryofmississauga.com

Check **Harbourfront Centre** listings at www.harbourfrontcentre.com for **free** events happening by the lake (235 Queens Quay West, 416-973-4000).



Announcements

New from the Psychiatric Patient Advocate Office: InfoGuides and Speakers' Bureau

The Psychiatric Patient Advocate Office (PPAO) has produced new InfoGuides on various topics, including coroners' inquests, police complaints and covert medication. The three new InfoGuides, published in July and August 2005, are part of a series of plain-language documents on issues related to the PPAO's mandate to protect the civil and legal rights of psychiatric patients. The InfoGuide on coroners' inquests says that the purpose of an inquest is to review the circumstances around the death of a person in hope of preventing similar deaths in the future. The guide explains how inquests are conducted who participates in them.

The InfoGuides on police complaints explains how to complain about policies or services of a police service or the conduct of a police officer. The guide says that these complaints should be made to the Ontario Civilian Commission on Police Services. According to the guide, the current system of complaints about police is currently under review by the provincial government.

A guide on covert medication was also released in August. This describes the practice of hiding medication in the food or drink of individuals who are not capable of consenting to treatment. A substitute decision-maker for a person who has been found incapable may authorize doctors to give medication covertly. However, the PPAO has raised the issue to consider developing specific practice guidelines for covert medication.

A variety of other InfoGuides are available on the website of the PPAO, including information on community treatment orders, Form 1: Assessment, and substitute decision makers. The PPAO notes that the guides are intended for general information only and that specific questions should be addressed to a lawyer. The PPAO has also announced that their speakers' bureau is available to present on a variety of topics from the perspective of a client in the context of an advocacy framework. See the PPAO's website at www.ppa.gov.on.ca to download the InfoGuides in PDF format and for more information on the speakers' bureau.

A Request: Youthlink Inner City's Wish List



Inner City usually has a long list of items needed for their clients, such as gently used boots and shoes, clothing, backpacks, toiletries, etc. However, they now have two housing workers through the City of Toronto Streets to Homes program, who are successfully housing homeless young people. They are very anxious to support the youth who are now being housed, many of whom have nothing except a small number of possessions. Here are some of the most urgent needs: chairs, towels, face cloths, sheets, pillow cases, sleeping bags, air mattresses, tables, gently used pillows, pots and pans, cups, plates, bowls, cutlery, glasses, mugs. Please drop off items at 7 Vanauley Street (1st floor). Call them regarding bigger items, or for further information and directions at 416-703-3361 or email Patty.Letourneau@youthlink.ca

Forum: Is Immigrating a Health Hazard? The Health Experience of Newcomers

Ever heard of the "healthy immigrant effect"? The social determinants of health? Immigrants generally arrive with better health than the Canadian-born population. However, as time passes this 'healthy immigrant effect' disappears. The reasons are numerous. Increasingly, newcomers lack suitable employment and income, face racism and become disillusioned by their experience. Nationally one quarter of immigrants reported difficulty accessing health care. Challenges included waiting lists, high costs, language barriers and an inability to find a doctor. Is Canada squandering the health capital of new immigrants? How would a more privatized health system serve newcomers. On Wednesday October 5, 7:30pm-9:30pm you'll hear some fascinating information about the health profile of new Canadians and their access to health care in the auditorium at the St. Lawrence Centre for the Arts, 27 Front St. E. First come, first seated. For more information call 416-366-7723 or visit www.stlc.com

CAMH Community Information Forums: *The Changing Face of Treatment for Mental Health and Substance Abuse Problems*

A look at the treatment of substance use problems and mental health concerns: past, present and future. Treatment for problem substance use and mental health concerns has undergone enormous change since its origins at the beginning of the twentieth century. In this forum they will explore what the major changes have been, some of the popular therapies employed throughout history and how the philosophies of treatment - medical and non-medical - have guided the delivery of services for mental health or substance use problems as well as influenced our understanding of how these problems develop. This forum will take place Tuesday, October 18th, 6:30pm - 8:30pm at CAMH, 1001 Queen Street West, Administration Building, Cafeteria. **Free**. For more information contact Barbara Steep at 416-535-8501 ext 4553 or Barbara_Steep@camh.net

Food Security Round Table Meeting at East End Community Health Centre, 1619 Queen Street East (at Coxwell Avenue) 6:30pm for all those interested in "food forever for all" -- that is food security for all - local and abroad - and supporting sustainable foodlands. Sponsored by East End Community Health Centre. For more information, please call Pallavi Kashyap at 416-778-5805 ext 222 or Judith Stamp 416-461-2871. Tuesday, October 4th.

Panic to Power This supportive group provides women with an opportunity to recognize and explore aspects of your anxiety. Over eleven sessions you will begin to develop skills and resources to cope with your fears. The group will take place on Tuesdays, October 4-November 15, 7pm-9pm at North York Women's Centre. 201 Caribou Road, North York, Free. Childminding may be available if arranged at least two business days in advance. When calling to register, please indicate if you need childminding or if you have any requests in regards to accessibility. For more information or to register call NYWC at 416-781-0479, email info@nywc.org or visit www.nywc.org

Women's Health and Chinese Herbs In this workshop you will be introduced to a powerful Chinese medical protocol that will help you to restore your metabolism. This seminar will shed light on how Chinese medicine can promote the body's ability to withstand stress and fight depressions. This workshop will take place on Thursday, October 6th, 7pm-9pm at North York Women's Centre. 201 Caribou Road, North York, **Free**. Childminding may be available if arranged at least two business days in advance. For more information or to register call NYWC at 416-781-0479, email info@nywc.org or visit www.nywc.org



Grounding Your Self Esteem In Meditation – Learn to access a vibrant peace and self-assurance through meditation. Use quick centering techniques to remain calm in the midst of activity going on around you at work or at home. Become boldly original as you tap into the incredible depth of your authentic self. Facilitator: Archa Mati, Yoga for Life. This workshop will take place at Scarborough Women's Centre, 2100 Ellesmere Rd, Suite 245, Toronto on Thursday, October 20th, 7-9pm. **\$5.00**. For more information call 416-439-7111 or visit www.scarboroughwomenscentre.ca

Inter Pares Public events: Trade Justice Tour In honour of their 30th anniversary, Inter Pares is holding public events across the country. All events are **free**. Inter Pares presents Tetteh Hormeku, trade activist with Ghana's Third World Network Africa (TWNA), a leading voice on issues related to trade and investment, environment and gender equality. As the next World Trade Organization (WTO) ministerial in Hong Kong approaches, come discuss the pressing issues on the table for African countries, Canada's part in international trade negotiations, and the vital role played by Northern and Southern civil society organizations in promoting trade justice. (*On the Road to Hong Kong: International Citizen Action and Trade Justice*.) The tour will be in Toronto October 5th. Details are available at the www.interpares.ca/en/30th or for more information contact Samantha McGavin at 613-563-4801; fax: 613-594-4704; or smcgavin@interpares.ca

Aboriginal Legal Services OF Toronto (ALST) is a multi-service legal agency serving the Toronto area Aboriginal community. They have been in operation for over 14 years and provide four programs. The Aboriginal Court worker program, The Community Council Program, Gladue (Aboriginal Persons) Court Support Program, and The Legal Clinic, Aboriginal Legal Services Legal Clinic serves their clients in a variety of areas including housing/tenant issues, Ontario Works and Ontario Disability Support Program, Indian Act, Canada Pensions, Employment Insurance, Police Complaints, Human Rights and Criminal Injuries Compensation. In an effort to improve services, ALST has implemented a new program entitled "Kaganoodamaagom" which means "We will serve you." This program is specifically designed to assist victims. The Victim Rights Advocate, will assist clients by attending Criminal Injuries Compensation Board (CICB) hearings with clients; writing submissions to the Board on a client's behalf; attend any meetings or appointments pertaining to a CICB application or residential school claims with clients who may feel more comfortable with a Support Worker present; meet with clients to assess their potential claims. In addition, there are Information Workshops that are available to agencies in regards to Residential School claims as well as Criminal Injuries Compensation as it pertains to Aboriginal persons. If you have any questions regarding the program or would like to schedule a staff workshop on Aboriginal victimization and Aboriginal people's issues, please contact Sarah Doxtater, Victim Rights Advocate at 416-408-4041 ext. 235.

"The Poverty Game" Workshops Opportunity for Advancement (OFA) is Pleased to Offer "The Poverty Game" Workshops. What is it? The game is designed to give participants an idea of what it is like to live on social assistance and try to get from month to month on a restricted and limited income. The object of the game is to get through one month on social assistance and be able to meet you monthly bills and expenses and unexpected life events that come up day-to-day. Who is it for? Anyone and everyone interested in increasing their understanding of the issues faced by people living in poverty. The game is played in groups and is designed as an educational and sensitivity tool for learning about the issues faced by people living on a restricted or fixed income and people living in poverty. Contact Brigitte Head at 416-787-1481 ext. 227 for more information on workshop fees and game options.



Research Participants Wanted



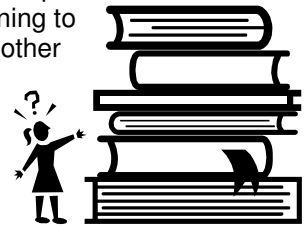
1) **Healthy, Male Heavy Drinkers wanted for Alcohol Study:** If you are: 19-65 years of age, drug- and medication-free, and available for weekday sessions you may qualify. This is not a treatment study. Financial compensation is provided. All Information will remain confidential to the extent allowed by law. If interested please call Baljit at 416-535-8501 ext 6743.

2) **Genetics Research Study** Are you interested in participating in genetics research? People in this study will serve as a control group for comparison to others with bipolar disorder. Inclusion: Male or Female 18 - 65 yrs of age, in good physical health, not using street drugs, able and willing to provide informed consent to participate, have no history of psychiatric disorder. This study will require 1 hour of your time to answer questionnaires and provide a blood sample. You will receive financial compensation. For more information call 416-535-8501 ext 4131 (or 1 800-928-3316); email: bipolarstudy@camh.net

3) **Borderline Personality Treatment Study-Patients can self-refer.** Purpose of the study: To compare two treatments for Borderline Personality Disorder and self-harm behaviour. The treatments are: Dialectical Behaviour Therapy (DBT) and General Psychiatric Management, Best Practices (GPM). Procedure: Individuals who enroll in the study will be randomly assigned to 1 of the 2 treatments. Treatment will be provided for 1 year at the Centre for Addiction and Mental Health or St. Michael's Hospital. In addition, we will conduct follow-up evaluations every 6 months for 2 years following treatment termination. We're particularly interested in whether the treatments reduce suicidal or self-harm behaviours and other symptoms. Inclusion: A diagnosis of Borderline Personality Disorder, Age 18-60, A willingness to complete interviews and questionnaires, A willingness to engage in 1 year of treatment. Exclusion: Serious medical condition, Current psychotic disorder. For patient self-referral or for more information please contact: Eleanor Liu at 416-535-8501 ext 6281.

4) **Movement Disorder Medication for Schizophrenia & Schizoaffective Clients** Purpose of Study: To assess a new medication as a treatment for a specific movement disorder- tardive dyskinesia (TD). TD is primarily characterized by random movements in the tongue, lips or jaw as well as facial grimacing, movements of arms, legs, fingers and toes, or even swaying movements of the trunk or hips. Individuals who enroll in the study will be randomly assigned to either the medication (Sarizotan) or placebo group. Patients will be required to attend the centre on six occasions over a 3 month period. Once the participants have completed the 12 week trial, they have the option to be in the 1 year open label phase of the study. Inclusion: A diagnosis of Schizophrenia/Schizoaffective Disorder, have TD, 18-65 years old, stable dose of an antipsychotic drug for at least 1 month. Exclusion: those at risk of suicide, those with current alcohol/drug abuse or electroconvulsive therapy, those with relevant concomitant diseases. For more information call Carol Borlido at 416-535-8501 ext 4321 or Dr. Remington at ext 4750.

5) **The ADAPT Study** Is Something Not Quite Right? Are you between the ages of 14 to 30? Do you experience some of the following? Discomfort out in public/spending more time alone; dropping out of activities; beginning to slip behind at work or school; having difficulty concentrating or thinking clearly; feeling suspicious of other people; feeling that the world has become strange and unreal; more mystical/philosophical or religious ideas; developing poor eating and sleeping habits, or poor personal hygiene; more easily overwhelmed and more sensitive to stress or Do you have a family member that has been diagnosed with a psychotic disorder, and are now worried and beginning to have difficulties in functioning? If so, you may qualify for The ADAPT Study. The ADAPT study compares two psychological treatments for individuals at risk of developing a psychotic illness. Individuals will either receive a problem solving therapy or a supportive therapy. For more information about the study, please phone the PRIME clinic at 416-260-4188.



6) **Understanding the Reasons for Smoking in People with Psychotic Disorders** If you are 18-75 years of age, have a diagnosis of Schizophrenia, Schizoaffective Disorder, or Schizophreniform Disorder, smoke regularly (i.e., every day) and are willing to talk about your smoking history and how it affects your life and your illness. You will be compensated for your time during the study. If interested, please contact Jessica at 416-535-8501 ext 6345 for further information.

Job Training Announcements

Job Fair 2005 The City of Toronto Social Services, Scarborough Town Centre and A.C.C.E.S partnership invite you to the second annual Job Fair on October 4th, 10am-3pm at Scarborough Town Centre 300 Borough Dr. Toronto (Scarborough). More than 23 leading employers and many retail stores are participating. This Job Fair will offer a wide choice of opportunities in engineering, IT, office administration, sales, customer service, AZ tractor-trailer drivers, retail, warehouse and many more. Since employers screen and conduct mini interviews, you should bring plenty of resumes. Admission is free. For more information contact Bhupinder at 416-392-1579 or Email: bdhanjo@toronto.ca

Looking for Administrative Positions? Join the guest speaker from the Office Workers' Career Centre and get all the information you need about: effective job searching strategies; employers' expectations from persons hired in an administrative role; skills and qualifications required for typical positions in this field as well as where to get them; and effective job searching strategies on October 13th, 2pm-4pm at WoodGreen East York Employment Resource Centre 1450 O'Connor Drive, Building 1, Unit 4 Toronto. For more information contact Bandana Sandhu at 416-615-1515; Email: bsandhu@woodgreen.org or visit Website: www.woodgreen.org

Job Postings

East York Residential Services Ltd. Office Assistant (Part-Time)

Office Assistant. Duties include answering telephones, filing, photocopying, data entry on Word and Excel Programs etc. (Position may be full time in the future.) **Responsibilities:** Work under the direction of the administrator
Qualifications: Good command of English language, typing skills. Email resume to eyrs@rogers.com by October 30th, 2005, Attention: Marianna Zimmer, Administrator, East York Residential Services Ltd. For more information visit: <http://www.eyrs.on.ca>

Upper Canada College Groundskeeper



Upper Canada College is a private boys school in the heart of Forest Hill on a 34 acre property.

Responsibilities: Currently they are seeking an enthusiastic individual who is passionate about and takes pride in Grounds Maintenance. This is a full time 12 month contract position (November 1, 2005 until October 31, 2006) with only occasional week ends.

Qualifications: The successful candidate will have experience in turf maintenance, large and small equipment operation, and snow removal. Some horticulture would be an asset. Preference will be given to an individual with an environmentally sound, practical and philosophical approach.

Please forward Resume by October 14th to Len Bates, Director, Human Resources, Upper Canada College Fax: 416-484-8610 or Email: careers@ucc.on.ca For more information visit: <http://www.ucc.on.ca>

Jane/Finch Community and Family Centre Minute Taker (Part-time contract – 5 hours per month)

Jane/Finch Community and Family Centre is a multi-service, community-based agency providing programs and services to the residents in Downsview.

Responsibilities: Attend Board meeting one evening per month (6:30pm – 9pm), prepare and send Board meeting minutes, within 1 week after the meeting.

Qualifications: Business Management diploma or relevant training/experience; excellent time management and organizational skills; must be able to record accurate information; ability to work with a diverse, multi-cultural group; excellent computer skills (Microsoft Word and knowledge of emails); must possess own computer with Microsoft Word and access to emails.

Salary: \$20/hr

Please send resume by October 7th to Clare Blyth at clareb@janefinchcentre.org or C/O Jane/Finch Community and Family Centre, 4400 Jane Street, #108, Toronto, ON, M3N 2K4