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The Consumer/Survivor Information Resource Centre  
Distributed through generous support from 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.*

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November 1<sup>st</sup>, 2005

Bulletin 310

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

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## *Celebrations*

### **A Completely Crazy Event !!**

A-Way Express Courier held their 18<sup>th</sup> Annual General Meeting on October 20<sup>th</sup>. They've been in business since 1987. What an accomplishment! The pomp and circumstance of last year when Lt. Governor James Bartleman was the honoured guest were replaced by hilarity this year because the evening's guests were the Stand Up For Mental Health! Comedy Troupe. All of the comedians are people with mental health and /or addictions issues, just like the staff at A-Way so everybody fit right in. The comedy was great, the food was provided by Gerry and the gang at Out of This World, another survivor business, so naturally, it was delish. It was a great evening; the business of electing a board and approving the financials got done but it seemed to take a back seat to the real business of seeing friends and celebrating. So inspiring to see five employees get awards for 10 years of service and three get 15 year awards.

### **Way to go A-Way!**

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**“The joy of work, of daily conquest, of unexpected difficulties overcome, of new enterprises – these make life interesting, worthwhile and wholesome”**

*Grenville Kleiser*

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*(Celebrations con't . . .)*

## Ontario Association of Patient Councils

On October 21, I had the privilege of attending the 10<sup>th</sup> Anniversary Celebration of the OAPC and another fine celebration it was! David Reville gave a talk on the History of Madness and the Psychiatric Survivor Movement which set the context for the wonderful achievement which is the Association. There are patient councils right across the province looking out for the rights of mental health patients in hospitals both large and small. Theresa Claxton, the chair of the Association, and the rep for North York General, spoke about the many collaborations they have including with the Psychiatric Patient Advocacy Office.

The Bill of Client Rights that was passed earlier this year at CAMH (Centre for Addiction and Mental Health) was also celebrated. CAMH is the largest mental health and addictions treatment centre in the country and is a model for others. The Bill of Client Rights can also be used as a model for other hospitals and is already being distributed to other hospitals and to the LHIN's.

**Congratulations to everyone involved with the Patient Council Movement.**

## Working

And one more celebration: I've been working at C/S Info for one year now! It's been an adjustment after being unemployed for three and a half years. Do you know they say that if a person is off for six months with a mental health disability, there's only a 50% chance they'll go back to work – ever. By the time that person has been off for a year, the probability goes to 10%. Thank you for your patience and support over the past year, I couldn't have made it without your calls and emails and notes.

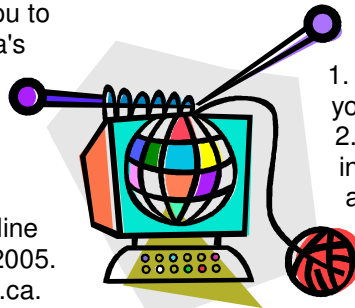


## Social Development Canada extends online consultations with persons with disabilities to December 30, 2005

Earlier this summer, we invited you to participate in Social Development Canada's online consultations on persons with disabilities and seniors' issues. This is part of the department's commitment to consult with Canadians on social issues that are important to them.

We have now extended the deadline from October 15, 2005 to December 30, 2005. Details are on our website at [www.sdc.gc.ca](http://www.sdc.gc.ca). To start the consultation, you can click on the "Participate in our Consultations with Canadians" icon in the Features section of our home page.

To date, respondents have told us about the experiences and priorities of persons with disabilities and of Canadians who have retired and those who are looking ahead to their retirement years. If you have not yet visited the consultations, we encourage you to participate and to spread the word to others who may be interested.



You can participate in this online consultation in two ways:

1. The stories and ideas area allows you to share your knowledge, experiences, and concerns.
2. The consultation workbook contains information and provides scenarios and alternatives for your consideration.

If you wish, you can download and print the workbooks from the website. The completed workbooks can then be faxed or mailed to us.

The input from these consultations will culminate in reports to be posted on our website in the new year. We would also appreciate if you could please spread the word to others by either sending a copy of this letter, by using the "Spread The Word" feature on the website, or by creating a link from your website to the consultation website.

If you have any questions, please call 1-800 O Canada (1 800 622-6232). If you use a TTY, call 1 800 465-7735.

## Newsbytes

**One in Seven Hospitalizations in Canada Involve Patients Diagnosed With Mental Illness** A new report from the Canadian Institute for Health Information (CIHI) reveals that patients with a primary diagnosis of mental illness accounted for 6% of the 2.8 million hospital stays in 2002–2003. Another 9% of hospital stays involved patients with a non-psychiatric primary diagnosis and an associated mental illness. Combined, these hospital stays accounted for one-third of the total number of days patients spent in Canadian hospitals. These stays were more than twice as long, on average, as stays not involving mental illness. (Source: CIHI press release; see CIHI web site for full text)



**Federal Government Mental Health News** The Honourable Ujjal Dosanjh, Federal Minister of Health, and the Honourable George Smitherman, Ontario Minister of Health, co-hosted the annual Federal, Provincial and Territorial Ministers of Health Conference at the Metro Toronto Convention Centre October 22nd and 23rd, 2005. Ministers heard from Senator Michael Kirby and Senator Wilbert Joseph Keon who presented highlights of the Standing Senate Committee on Social Affairs, Science and Technology findings on mental health and the proposal for the establishment of a Canadian Mental Health Commission.

On October 20th, the federal government announced \$300 million for health promotion and disease prevention as part of its Integrated Strategy on Healthy Living and Chronic Disease; however, only a small proportion of this funding was directed specifically to mental health. \$4.5 million over five years and \$2 million per year ongoing was to be spent to "begin to determine gaps in current knowledge and capacity in mental health." These funds will enable the Government of Canada to hold a series of roundtables with stakeholders to identify gaps in mental health-related policies in Canada. This work will help the government to develop its policy response to mental health, mental illness and addictions as informed by the final report of the Senate Committee as well as other important work undertaken to date by, for example, Citizens for Mental Health, the National Framework on Substance Abuse, and the Romanow Report. (Source: federal government media releases)



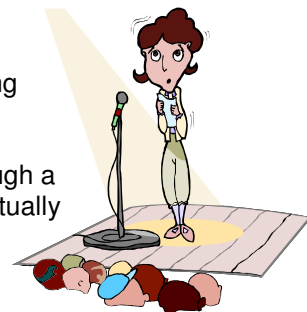
**Mending shattered spirits - addressing the mental health needs of earthquake survivors in Pakistan** A feature article by Toronto Star staff reporter Rick Westhead examined the counselling needs of the people in Pakistan who survived the October 8th earthquake. Many aid agencies cannot afford to bring psychologists or psychiatrists to treat the trauma and depression resulting from such a major natural disaster. Pakistan has 150 million people and only about 320 licensed psychiatrists in its main urban areas, whereas Canada has 2,750 psychiatrists. ("Mending shattered spirits", Toronto Star, Monday, October 24, 2005, page A10)

**Government of Canada provides more than \$900,000 to National Network for Mental Health to support employment for consumer/survivors** Ken Dryden, Minister of Social Development, has announced funding of \$970,773 for a project with the National Network for Mental Health to help Canadians with disabilities gain employment.

This funding is going towards the BUILT Network program operated by the National Network for Mental Health. BUILT provides ongoing programs in five cities across Canada to help people with a mental disability develop job skills in customer service and enter the workforce. The funding also supports online access to the program for Canadians who live in underserved and/or remote communities. (Government of Canada media release)

**Virtual reality exposure therapy may ease anxiety due to public speaking** Page Anderson, an assistant professor of psychology at Georgia State University, is conducting a clinical study to determine if virtual reality may provide a better way of providing repeated exposure to public speaking situations, thus allowing a person to work through the associated anxiety. "For many people, the thought of public speaking is a fate worse than death."

Virtual reality exposure therapy uses computer-generated images and sound delivered through a helmet-like headset. It will give patients repeated exposure to their fears, thus allowing them to eventually beat them. (CMA Magazine, October 2005). [see [www.gsu.edu](http://www.gsu.edu) for further information]



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

## Free and Low Cost Events

### Tuesday, November 1<sup>st</sup>

**Holocaust Education Week** Teens hear the personal testimony of a camp survivor. 2pm. **Free.** North York Central Library, 5120 Yonge. 416-395-5535.

**U of T Bookstore Reading Series** A Well-Travelled Man. Bruce Kirkby, adventurer, photographer, journalist for *Time*, the *Globe and Mail*, the *National Post* and *Explore*, and author of the national bestseller *Sand Dance*, brings us his exceptional new book *The Dolphin's Tooth: A Decade In Search Of Adventure*. From gunfights to crocodile attacks, this extraordinary author shares the excitement, doubts, and insights of a life lived on the edge. This event includes a spectacular visual presentation. 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](http://www.uoftbookstore.com)

### Wednesday, November 2<sup>nd</sup>

**Conversation Cafe** Lively and diverse discussion group. Wednesdays 5:30pm-7 pm. Cafe Elise, 673 Spadina. [renrut10@earthlink.net](mailto:renrut10@earthlink.net).

**Outside Of Ordinary: Women's Travel Stories** Anthology launch with contributors. 7pm. **Free.** Gladstone Hotel, 1214 Queen W. 416-537-7850.

**The Piano Tuners** Discussion of the book by Daniel Mason. 10am-noon. **Free.** North York Central Library, 5120 Yonge. 416-395-5535.



**Bob Snider** Performing songs to celebrate the publication of his book *On Songwriting*. 7pm-10pm. **Free.** NOW Lounge, 189 Church. [www. pagesbooks.ca](http://www.pagesbooks.ca).

**Handwriting Analysis** Explore the mysterious art of graphology. Celebrity secrets revealed in autographs! Analyze your own handwriting. 4pm-5pm. **Free.** Barbara Frum Public Library, 20 Covington Rd, Room A. 416-395-5440.

**Credit and Credit Repair** Speaker: Mike Morley, author of *The Complete Guide to Credit and Credit Repair for Canadians*. Learn the importance of monitoring your own credit report, how credit scoring works, how to correct errors on your credit report, and how to protect yourself from the identity theft. 6:30pm-8pm. **Free.** Toronto Reference Library, Beeton Auditorium, 789 Yonge St. 416-395-5577.

**Toronto Hadassah –WIZO Bazaar** will be held from 9am-7pm at the National Trade Centre, Exhibition Place, Halls C & D. Cost: \$4 (Children 5 & under Free). Amazing bargains. Amazing finds. Lots of brand names. 416-630-8373.

### Thursday, November 3<sup>rd</sup>

**Queer Swing Dancing** Drop-in beginner lesson. 8:30 pm. **\$5.** Crews/Tango, 508 Church. [www.swinginout.ca](http://www.swinginout.ca).

**Self Care** Women's workshop. 7pm-9pm. **\$5.** Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

**Toronto Alternative Art Fair International** Parties, panels, artist talks and art on show. To Nov 7. Drake Hotel (1150 Queen W), Gladstone Hotel (1214 Queen W). **\$6** admission (includes catalogue) and call 416-846-6230 for price details of party events or visit [www.taafi.org](http://www.taafi.org) .

**U of T Bookstore Reading Series** Tell it Like it Is. The Reading Series welcomes Gwynne Dyer, a journalist whose syndicated column has appeared in more than 150 newspapers around the world, filmmaker, and acclaimed author of *War*, brings us his new book *With Every Mistake*. An essential collection, *With Every Mistake* contains the best of Gwynne Dyer's writing on the post-September 11 world. Location: Robert Gill Theatre (Inside The Koffler Student Services Bldg.), 214 College Street, 3rd 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, November 4<sup>th</sup>

**Inga Muscio** Book launch for *Autobiography Of A Blue-eyed Devil*. 7pm. **Free.** Toronto Women's Bookstore, 73 Harbord. 416-922-8744.

**International Folk Dance Club** No experience or partner required. 8pm-11pm. **Free.** U of T, Gym 122, SE corner Bloor and Spadina. <http://snipurl.com/hpvx>.





**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 workshop will be December 2<sup>nd</sup>. **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](mailto:friendlyspike@globalserve.net)

### **Saturday, November 5<sup>th</sup>**

**Power Plant Tours** Tour of current exhibitions at the gallery. Sat and Sun 2pm & 4pm, Wed 6:30pm. **\$4**, stu/srs \$2. Harbourfront Centre, 231 Queens Quay W. 416-973-4000.

**She Was There** Court reporter Vivien Spiz gives an eyewitness account of the Nuremberg trials. 7:30pm. **Free.** Beth Tzedec, 1700 Bathurst. 416-781-3514 ext 25.

### **Sunday, November 6<sup>th</sup>**

**Desirable Daughters** The feminist book group meets to discuss Anne Kingston's novel. 1:30pm-4:30pm. **Free.** North York Central Library, 5120 Yonge. 416-395-5535.

**Zoom!** Music, storytelling, art, kids' activities and more happen Sundays 1pm-5pm. **Free.** Harbourfront Centre, 235 Queens Quay W. 416-973-4000.

**Science on Sundays** *Avian Influenza-Not Just for the Birds* is a lecture given by Andrew E. Simor, M.D., F.R.C.P.C. Sunnybrook Women's College Health Sciences Centre, University of Toronto at Macleod Auditorium, Medical Sciences Bldg., University of Toronto, 1 King's College Circle (Queen's Park Subway Station) at 3pm. **Free.** For more information call 416-977-2983 or visit [www.royalcanadianinstitute.org](http://www.royalcanadianinstitute.org)

### **Monday, November 7<sup>th</sup>**

**Being Jewish In The New Germany** Book launch and lecture by Jeffrey M Peck. 7pm. **Free.** Goethe-Institut, 163 King W. 416-593-5257.

**Douglas Glover** Reading from his recent books *Elle*, *Precious* and *The Enamoured Knight*. 7pm. **Free.** Reference Library, 789 Yonge. 416-395-5577.

### **Tuesday, November 8<sup>th</sup>**

**Express** Gathering for newcomer/immigrant queer youth. 6pm-8pm. **Free.** SOY, 365 Bloor E. 416-324-5080.

**Novels Should Not Be Turned Into Movies** Swansea Debating Soc meets. 7:30pm. **Free.** Swansea Town Hall, 95 Lavinia. 416-392-1954.0

**Christine Sismondo** Celebrating her new book *Mondo Cocktail: A Shaken And Stirred History*. 7pm-11pm. **Free.** Lot 16, 1136 Queen W. [www.pagesbooks.com](http://www.pagesbooks.com).

**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.

**Holocaust Education Week: My Personal Testimony** Holocaust Survivor, film and discussion. All ages. 2pm. **Free.** Wychwood Public Library, 1415 Bathurst St. 416-393-7683.

### **Wednesday, November 9<sup>th</sup>**

**Forgiveness** Workshop for family caregivers. Noon-2pm. **Free.** Family Service Assoc, 355 Church. 416-595-9618.

**Naturopathy Workshop** Naturopathic Doctor Megan Pettit-Norfolk discusses the practice of naturopathy as an alternative to traditional medicine. 7pm. **Free.** Brentwood Public Library, 36 Brentwood Rd. N. 416-394-5240.



**U of T Bookstore Reading Series** Move Over Kreskin. Jay Ingram, producer and co-host of the Discovery Channel's award-winning show *Daily Planet*, science columnist for the *Toronto Star*, and best-selling author of *The Science of Everyday Life* and *The Velocity of Honey*, brings us his mind-bending new Book *Theatre Of The Mind: Pulling Back The Curtain On Consciousness*. Ingram's most challenging and controversial book yet, *Theatre Of The Mind* mixes science, philosophy, history and pop culture to explore what's really going on in our minds. 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](http://www.uoftbookstore.com)

### **Thursday, November 10<sup>th</sup>**

**Exploring My Personal Power** Women's workshop. 7pm-9pm. **\$5**. Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.



**Queer Swing Dancing** Drop-in beginner lesson. 8:30pm. **\$5**. Crews/Tango, 508 Church. [www.swinginout.ca](http://www.swinginout.ca).

**Shyam Selvadurai** Book launch for *Swimming In The Monsoon Sea*. 7pm. **Free**. Toronto Women's Bookstore, 73 Harbord. 416-922-8744.

**U of T Bookstore Reading Series** Shake, Rattle and Roll. Simon Winchester, globe-trotting correspondent and author of the international bestsellers *The Professor and the Madman*, *Krakatoa*, and *The Meaning of Everything*, brings us his most recent ground-breaking book *A Crack In The Edge Of The World: America And The Great California Earthquake Of 1906*. A trained geologist, Winchester brings his inimitable storytelling abilities to this extraordinary event. Location: St. Barnabas Anglican Church, 361 Danforth Ave. (At Chester), 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, November 11<sup>th</sup>**

**Floria Sigismondi** Multimedia imagery and sound celebrate her new photography book *Immune*. 7pm. **Pwyc**. Museum of Contemporary Canadian Art, 952 Queen W. [www.pagesbooks.ca](http://www.pagesbooks.ca).

### **Saturday, November 12<sup>th</sup>**

**Christmas Remembered** Present-making, decorations and Victorian holiday treats. To Dec 31, wknds 11am-4:30pm, wkdays 9:30am-4pm. **Free w/ admission**. Black Creek Pioneer Village, Jane and Steeles. 416-736-1733.



**U of T Bookstore Reading Series** An Extraordinary Story of Survival. William Sampson, a Canadian engineer working in Riyadh, Saudi Arabia, Sampson was arrested, incarcerated in one of the city's most notorious jails, tortured and sentenced to death. In his new Book *Confessions Of An Innocent Man: Torture And Betrayal In A Saudi Jail*, he tells us the compelling story of his survival and ultimate triumph. Angry, intelligent, and gripping *Confessions Of An Innocent Man* places Sampson's personal story within the context of the geopolitics that engineered his fate. Location: Walter Hall (Inside The Faculty Of Music), 80 Queens Park 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, November 13<sup>th</sup>**

**Science on Sundays** *The Human Genome, Industry, and the Public Good* is a lecture given by Aled Edwards, M.Sc., Ph.D., Structural Genomic Consortium Banting and Best Department of Medical Research, University of Toronto at Macleod Auditorium, Medical Sciences Bldg., University of Toronto, 1 King's College Circle (Queen's Park Subway Station) at 3pm. **Free**. For more information call 416-977-2983 or visit [www.royalcanadianinstitute.org](http://www.royalcanadianinstitute.org)

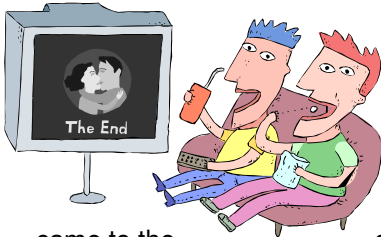
### **Monday, November 14<sup>th</sup>**

**U of T Bookstore Reading Series** Canada and North America. Canadian and North American history is examined in this event featuring Laura M. Mac Donald, radio commentator with the CBC, magazine editor and author of the novel *Kay Darling*, who brings us the first definitive narrative account of the 1917 Halifax explosion with her new book *Curse Of The Narrows: The Halifax Explosion, 1917*. And Philip Marchand, columnist with the *Toronto Star* and author of several books including *Marshall McLuhan* and *Just Looking, Thank You*, who brings us his new book *Ghost Empire: The Legacy Of The French In North America*, history, travelogue, and memoir combine in this journey in the footsteps of the great explorer La Salle. Location: Hart House Library, 7 Hart House Circle (2nd Floor), 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)

Most of these listings can also be found in *NOW Magazine*, September 29<sup>th</sup> – October 5<sup>th</sup>, 2005, Vol. 25, No. 5 or visit their website at [www.nowtoronto.com](http://www.nowtoronto.com)

# Announcements

**The Toronto Drug Strategy is Now Online** The Toronto Drug Strategy, a comprehensive approach to alcohol and other drugs in the City of Toronto, was released on Friday, 14 October. The report proposes a comprehensive strategy based on four components: prevention, harm reduction, treatment and enforcement. The recommendations are organized by key themes identified during public consultations involving more than 350 people in Town Halls and focus groups. To read **The Toronto Drug Strategy**, and the accompanying documents (The Environmental Scan, Substance Use in Toronto: Issues, Impacts & Interventions, 2005, and the Public Consultation Summary, 2005) please visit the Strategy's website at <http://www.toronto.ca/health/drugstrategy/index.htm>



came to the exhibition by the late Toronto artist Pedro Alderete, a screening of *That Crazy Game Called Life*, and *This Beggar's Description*, as well as admittance to the Gala reception at the Gladstone Hotel with complimentary hors d'oeuvres and music by the Weeping Buffalo. Festival Program Guides are available at Suspect Video, Black Dog Video, Queen Video and This Ain't the Rosedale Library. Full program details available at [www.rendezvouswithmadness.com](http://www.rendezvouswithmadness.com)

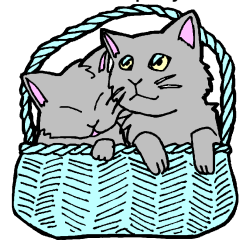
**The Rendezvous with Madness Film Festival** *Facts & Mythologies of Mental Illness and Addiction* will take place from November 10<sup>th</sup>-19<sup>th</sup>. 10 days of outstanding, on-the-edge, provocative films. Have you ever rubbed shoulders with up-and coming filmmakers or been part of an opening night premiere? Now is your chance! By purchasing a ticket for this year's **Opening Night Gala** taking place on Thursday, November 10<sup>th</sup>. Viggo Mortensen from the *Lord of the Rings* and the Trailer Park Boys opening night gala last year. Cost of Gala Night tickets are \$25 which includes an art

**Understanding the Social Determinants of Health** Join visiting scholars Nazilla Khanlou, John Myles, and James Dunn in exploring the relationships between income, housing, social exclusion and health. Participants will learn about the social determinants of health and their relationship to your health. **Free.** This course will take place Thursday, November 17<sup>th</sup> 9:00am-12:00pm at The Vivian and David Campbell Conference Facility, 1 Devonshire Place (at Hoskin), University of Toronto. (It is housed in the historic Munk Centre for International Studies which is wheelchair accessible.) To register or for more information visit [www.wellesleycentral.com](http://www.wellesleycentral.com) or call 416-972-1010 ext.221

**The Next ODSP Action Coalition Meeting** will be November 18<sup>th</sup>, 9:30am-12pm at Income Security Advocacy Centre, 425 Adelaide St. W. corner of Brant and Adelaide, one block west of Spadina, one block north of Queen) To participate or for more information call 1-866-245-4072.

**The Pink Triangle Discussion Group** Are you a lesbian or bisexual woman? This six-week group for lesbian and bisexual women will explore issues around sexuality such as coming out, diverse sexual journeys, finding support, sex and relationships, family issues and more. Participants will have an opportunity to explore their feelings in a safe, supportive environment. The group will meet Thursdays, 7-9pm, November 3<sup>rd</sup>-December 8<sup>th</sup> at North York Women's Centre, 201 Caribou Road, North York. **Free.** For more information or to register call 416-781-0479 or visit [www.nywc.org](http://www.nywc.org)

**People & Pets on the Move** After a successful launch in August at the Queen Street site, the People and Pets project will be at the Russell Street site, Centre for Addiction & Mental Health, on Tuesday, November 15<sup>th</sup> from noon to 1pm, in the Meeting Centre, Room 2029, 33 Russell Street. Pets are an important part of life for many people. As pet owners and pet lovers know, there is a unique bond that develops between people and their animals. Interacting with pets can greatly reduce stress and anxiety, while providing unconditional love and acceptance. Unfortunately, many people with mental health and/or substance use issues face barriers in interacting with pets (e.g. inpatient stays, affordability, restrictive housing policies, etc.). Some interested individuals at CAMH have decided to form a People and Pets Working Group to address these issues and help to connect interested CAMH clients with pets. From pet therapy to pet ownership, from volunteering at animal shelters to starting a dog-walking business, there are many possible ways that CAMH clients can connect with pets. Guest speakers will include: Jane Paterson, *Why pets are Important*, Diana Capponi, *Working with animals: News from the job front*, Linda Chamberlain, *Personal story of pets, homelessness and hope*, Norma McDowall, *A client knitting project with a twist*, Fiona Husband, Fred Victor's pet initiative, and AIS's project designed to care for pets during people's inpatient stays. If you are interested in sharing your ideas as part of the People and Pets Working Group please call Roslyn Shields at 416-535-8501 ext. 2739. For those with more limited time, you can provide your input through a short survey available at [http://www.camh.net/care\\_treatment/people\\_and\\_pets.html](http://www.camh.net/care_treatment/people_and_pets.html)





**First Aid for Wrongful Dismissal** Have you been unfairly dealt with or even terminated without just cause? Learn about your rights, options and resources at a workshop on Thursday, November 17<sup>th</sup>, 1pm. Guest speaker Bruce Campbell is the head of Labour Relations Associates, an organization which provides support services to employees in Toronto and the surrounding area. The following topics will be covered: discipline and termination of employment, employment standards, labour legislation compliance and human rights issues. There will also be a question and answer period. Location: Dufferin Mall Employment Resource Centre, 900 Dufferin Street, Suite 101. For more information or to register call 416-516-4689.

**Two Book Launches for New Disability Anthology** On Friday, October 28<sup>th</sup> at the Abilities Festival, the new book *Between Myself and Them*, ed. Carol Krause, was released by Second Story Press. The first book launch was held in the evening of Thursday, October 20<sup>th</sup> at Hart House at the University of Toronto with an appreciative crowd in attendance. A review will follow in the next edition of the *Bulletin*, November 15<sup>th</sup>, 2005 issue.

**The Empowerment Council presents: Women's Meeting For Clients Of CAMH** on Wednesday, November 23<sup>rd</sup>, 5:00pm, Room 160, Empowerment Council Office, 1001 Queen Street W. This meeting is for women who currently or in the past have received services at CAMH. The purpose of the meeting is to discuss systemic issues and themes arising in women's services. For more info call Lucy at 416-535-8501 Ext. 3013. \*please note: This is not a therapy or counseling group.



### **Ontario Setting the Standard for Accessibility: You can play a Role**

The Ontario government is now recruiting members for committees that will develop standards to improve accessibility under the Accessibility for Ontarians with Disabilities Act (AODA)

Whether it's accessible routes and entrances into buildings, lower counter heights at cash registers, large print menus in restaurants or training for staff to serve customers with learning disabilities, **YOU** can play a role.

The AODA is poised to make Ontario a world leader in improving accessibility for people with disabilities. The new act will see government working hand-in-hand with the disability community and the private and public sectors to jointly develop proposed standards to be achieved in stages of five years or less, leading to a fully accessible Ontario in 20 years. Standards will be set in both the public and private sectors to address the full range of disabilities, including physical, sensory, mental health, developmental and learning.

The first two standards development committees will be customer service and transportation.

Members of the committees will include people with disabilities or their representatives, representatives of industries or sectors, government ministries, and professionals with relevant experience.

Recruiting is now open for these two committees. The application deadline is November 10, 2005 (application deadlines for other committees will be announced in the future).

Application forms and terms of reference are available on the Accessibility Ontario website at [www.mcass.gov.on.ca/accessibility/index.html](http://www.mcass.gov.on.ca/accessibility/index.html) Additional information and application packages in alternate formats are available by calling 1-888-520-5828 or toll-free TTY 1-888-335-6611.

*(Letter from Sandra Papatello, Minister responsible for Ontarians with Disabilities)*

### **National Events Lists for November**

1. **CPR Awareness Month:** encourages Canadians to learn cardio-pulmonary resuscitation as a means of increasing cardiac arrest victims' chances of survival. For more information contact the Heart & Stroke Foundation of Canada at 1-888-473-4636.
2. **National Health Food Month:** highlights the benefits of shopping in health food and food supplement stores and informs about natural, environmentally sustainable and contaminant-free products, as well as genetically modified products. For more information contact Canadian Health Food Association at 1-800-661-4510 or visit [www.chfa.ca](http://www.chfa.ca)
3. **Down Syndrome Awareness Week** (November 1-7): highlights the strengths and needs of people living with Down Syndrome. For more information contact Canadian Down Syndrome Society at 1-800-883-5608 or visit [www.cdss.ca](http://www.cdss.ca)
4. **National Seniors' Safety Week** (November 6-12): aims to raise public awareness of safety precautions that can help seniors maintain their independence. For more information contact Canada Safety Council at 1-613-739-1535 or visit [www.safety-council.org](http://www.safety-council.org)
5. **Remembrance Day** (November 11): pays tribute to Canadians who died serving in the Canadian Forces. For more information call Royal Canadian Legion at 1-613-235-4391 or visit [www.legion.ca](http://www.legion.ca)

*(For a full list of national events for November visit [www.communication.gc.ca/events\\_evenements/nel\\_fg\\_e.html](http://www.communication.gc.ca/events_evenements/nel_fg_e.html))*



## Job Training Announcements

**Sell the Sizzle! Keys to Successful Self-Promotion and Branding** Every personality is a goldmine of rich resource material ready to be developed into a successful, brand image. This informative workshop will help participants identify their personal interests and apply them towards a strong, memorable business name, job title, business card, tagline, etc. Exploring your passions and unique personality differences is the magic key to finding the "hook" to your promotional strategy. Guest Speaker: Emmanuel Lopez Motivator-Illustrator-Fundraiser, Cracker World Communications ([www.crackersworld.com](http://www.crackersworld.com)). The workshop will take place Thursday, November 3<sup>rd</sup>, 1 pm at Dufferin Mall Employment Resource Centre, 900 Dufferin Street, Suite 101. There are only 20 seats available for this workshop. Please arrive on time; latecomers will not be admitted. For more information call 416-516-4689.

**Upcoming Interview? Learn How to Create a Powerful First Impression** Guest Speaker: Renee Munro, Image Matters. First impressions play a very important role at the job interview stage. Are you making the right impression with employers? In this workshop you will learn how to create a memorable first impression, measure your impression quotient, seven steps to a dazzling IQ, the importance of greetings, handshakes and body language. This workshop will take place on Tuesday, November 15<sup>th</sup>, 1pm at Dufferin Mall Employment Resource Centre, 900 Dufferin Street, Suite 101. For more information or to register call 416-516-4689.

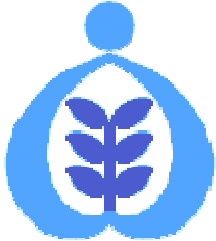


## Job Postings

### Gerstein Crisis Centre

#### Community Crisis Worker /Trainer

**Application Deadline:** 11/11/2005



The Gerstein Centre is offering a training position for an individual from an ethno-racial community who has experience in the mental health field in his/her country of origin, but due to resettlement issues and a lack of Canadian work experience, has encountered barriers to employment in the mental health field in Canada.

#### **Responsibilities:**

- The position is a one-year contract designed to train the individual as a Community Crisis Worker, to work as part of a team providing telephone support, mobile team visits, and supportive counselling in the residential setting. While most of the training will be on-the-job, workshops, conferences and educational opportunities will be a part of the training. The trainee will receive one-to-one supervision.

#### **Qualifications:**

- Applicants must have:
- experience in the mental health field in their country of origin
- experienced barriers to employment in the mental health field in Canada
- at least 6 months of full-time employment, volunteer work or educational experience in any area within the past year
- a good support system for themselves
- a personal philosophy compatible with that of the Gerstein Centre
- working ability to speak, read and write English
- flexibility, with the ability to work under pressure
- ability to work shift-work including nights, weekends and holidays

Salary: \$36,236. plus benefits

Please send resume by November 11<sup>th</sup>, 2005 to Nicki Casseres, Coordinator of Training and Community Education, Gerstein Crisis Centre, Fax: 416- 929-1080. For more information visit: <http://www.gersteincentre.org>



**Maternity Leave Replacement Contract  
Job Posting  
Consumer Survivor Information Resource Centre  
Assistant Coordinator 0.8 FTE (28 hours a week)**

The Consumer Survivor Information Resource Centre provides information and assistance to consumer/survivors of the mental health and addictions systems, people who serve them, and those who care about them.

**Responsibilities**

- Provide information and assistance in finding resources to consumer survivors, their families, mental health professionals and the general public
- Assist the Coordinator in the further development of the drop-in centre
- Collect information relevant to the readers for the *Bulletin*
- Publish, and distribute the bi-monthly newsletter, *The Bulletin*, by mail and email, including photocopying, envelope stuffing, etc.
- Make additions, changes and deletions to Bulletin mailing lists
- Develop proposals to enhance the services of the organization
- Complete a workload measurement tool and a client contact log for statistical and funding purposes
- Network with funders, general members and community partners in a professional manner in accordance with our mission and goals
- Plan and/or participate with consumer/survivor stakeholders in community events
- Expand and diversify the organizations resource material
- Maintain confidentiality of C/S Info clients to outside parties
- Other duties as required.

**Qualifications**

- **Must be a consumer/survivor**
- Thorough knowledge of the services and resources available to consumer survivors
- Excellent oral and written communication skills
- Ability to work with consumer/survivors and mental health professionals
- Familiar with internet research, office equipment and WORD.

**\$18/hour**

**Apply in writing by November 21, 2005 to:  
C/S Info Centre Hiring Committee  
c/o CAMH  
250 College Street  
Toronto, ON, M5T 1R8**

**Fax: 416-595-0291**

**This is a Contract Position -- Maternity Leave Replacement for just over one year. Training will begin in December, with 28 hours per week beginning in late December or early January.**

We thank all applicants, however, only those under consideration will be contacted.