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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.*

January 1, 2006

Bulletin 314

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

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Happy New Year

2006

It's another year and there are new beginnings at the Consumer/Survivor Information Resource Centre. Please help me welcome Carolyn Shim, our new Assistant Coordinator. She will be here for a year replacing Michelle, who has gone off on maternity leave. I'll keep you posted as soon as Michelle has her new baby.

One of the first professional development field trips that Carolyn and I went on together was to the premier event of the Toronto Speakers Bureau on Homelessness and Mental Health. It was a very moving afternoon. It was personal. It was political. These people are going to be a force of nature. Wherever they speak, people's ideas will change. I've invited the group to be regular contributors to the Bulletin over the next several issues and while you won't get the full impact of seeing them in person, I'm hoping that their printed words will inspire you. They are looking for places to speak - organizations who will give them a paying gig to come out and change attitudes, educate and motivate.

Wishing you all a happy and healthy 2006.

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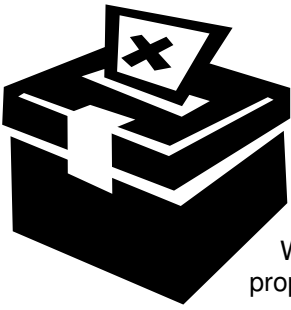
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Election 2006 WANTED: 1000 DEMOCRACY ACTIVISTS

What is the chance the upcoming federal election results will be wildly distorted? That millions of votes will be wasted? That we'll see yet another record low turnout? Close to 100 per cent.

What are the odds we can leverage the election results to help win the fight for fair voting and proportional representation?

Best in our lifetime – if you can lend a hand to the Fair Vote Canada campaign.

Two months ago, the Martin Liberal government scuttled an all-party committee agreement to begin a nationwide electoral reform consultation. But the post-election environment may be radically different – if the voices calling for electoral reform grow louder and louder. If the upcoming election produces another minority Parliament, then an electoral reform process may very well be the centerpiece of a support agreement. If the election produces a phony majority and one party gains unfettered control of Parliament with 40 per cent of the vote or even less, look for a backlash and skyrocketing pressure for reform.

The key for us is to keep the issue of fair voting and proportional representation in front of politicians and the media to reach the largest possible audience throughout the upcoming election. During the last federal election Fair Vote Canada mobilized an unprecedented national network of volunteers to do just that, and we made a serious impression. It's time to do it again – but bigger, better, and louder.

We need your help! Can you volunteer to help Fair Vote Canada with **JUST ONE** of the following tasks during the upcoming election? Or more, if you have time? You don't need to be an expert – just a concerned citizen.

- 1) distribute flyers and ask a question to candidates at an all-candidates meeting
- 2) distribute flyers at local conferences, forums or other public events during the election or in your neighbourhood, community centres, local libraries, etc.
- 3) write letters to the editor of your local papers during the election
- 4) place an article (provided by Fair Vote Canada) in an organization or association newsletter; or submit an article (prepared by Fair Vote Canada) to your local community paper
- 5) call radio or TV phone-in shows during the election to talk about the need for voting reform
- 6) get some of your friends to help with these tasks and send in a special donation to help fund our campaign.

**Fair Vote Canada is a national multi-partisan citizens' campaign.
If we raise our voices together, we can make a difference.**

If you can help in any way, please reply to info@fairvotecanada.org

Please provide your name, mailing address, phone and email. Tell us how you can help. You'll become part of our election campaign action network. We'll send the support materials you need and regular updates on the campaign during the election.

Let's make this the last unfair election!

Wayne Smith, President, Fair Vote Canada, 26 Maryland Blvd., Toronto, ON M4C 5C9

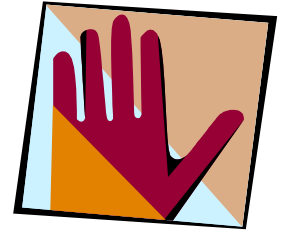
Phone: 416 410-4034

Fax: 416 686-4929

Email: info@fairvotecanada.org

Web: www.fairvote.ca

Hands Off! Child Poverty and the Federal Election



Campaign 2000's latest Report Card on Child Poverty in Canada reveals a desperate situation for families across the country. The report, which was released on Nov. 24th, reveals that 18% of children in Canada are living in poverty. Almost one in two children in recent immigrant families, 40% of urban aboriginals and 33% of children of colour live in poverty. Canada is one of the wealthiest countries in the world. No one should be living in poverty. Yet child poverty has remained at 18% for the last five years, ignored by federal and provincial governments who say they can't afford to do more. They can. Families on social assistance live thousands of dollars below the poverty line. Ending the clawback of the National Child Benefit Supplement (NCBS) is just one promise party leaders could make during the upcoming election. The NCBS is currently clawed back from families on social assistance in every province and territory except Manitoba and New Brunswick. If families could keep all of the \$130 per child that they get from the federal NCBS every month, governments could be proud of their efforts to tackle child poverty. Join the Hands off! Campaign and tell federal candidates that if they want your vote, they have to have a concrete plan for tackling poverty across Canada.

Campaign literature for sale

To order the postcards and posters, contact Janine Pynn toll-free at 1-866-245-4072, ext. 5154 or by email at: pynnj@lao.on.ca. Please indicate your name, address and the number of postcards/posters you need. Include a telephone number or email where you can be reached in case we need more information to complete your order.

ASK QUESTIONS AT ALL-CANDIDATES MEETINGS Watch for a Hands off! Question and Answer sheet to use at all-candidates meetings. In the mean time, use these key messages:*

The NCBS could be much more effective at ending child poverty if families on social assistance got to keep it. Every province and territory except Manitoba and New Brunswick clawback the NCBS in full or in part from families on social assistance, who live thousands of dollars below the poverty line. It doesn't make sense. End the clawback.* Agree to match new provincial funding with federal funding so that programs for low-income families currently being funded by the NCBS clawback can still continue once the clawback ends.

ASK CANDIDATES TO ENSURE THEIR PARTIES COMPLETE THE HANDS OFF! QUESTIONNAIRE

The Hands off! Campaign will be circulating a questionnaire to the party leaders to find out what they plan to do about the NCBS clawback if they get elected. To find out more about the Hands off! Campaign: www.handsoffnow.ca

Free & Low Cost EVENTS

Sunday, January 1st

Scott Mission Breakfast. Free. Scott Mission serves a breakfast meal at 10:30 am and 11:00 am. Scott Mission, 502 Spadina Ave. [at College Street] Info: 416 923-8872.

Lieutenant Governor's New Year's Levee 2006. Free. The Hon. James Bartleman will host the annual New Year's Levee. Meet the Queen's Representative Tour the Legislative Buildings and enjoy a colourful seasonal event, complete with multicultural family entertainment and light refreshments. Legislative Buildings, Queens Park. Info: 416 325-7780 or www.Lt.gov.on.ca. Noon – 2:00 pm.

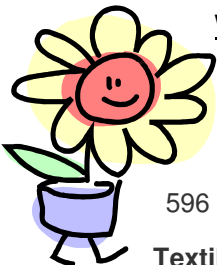


City of Toronto New Year's Levee 2006. Free. Meet Mayor David Miller and other city council representatives in the annual Toronto New Year's Levee. City Hall Rotunda, 100 Queen Street West. 2:00 – 4:00 pm.

Sunday Afternoon Twilight Recitals: First Day. Free. Twilight Recital Festive Music for brass and organ with the Trillium Brass Quintet and Andrew Ager, organ. Followed by a Choral Evensong. St. James' Cathedral, 65 Church St. Info: 416 364-7865. 4:00 pm.

Monday, January 2nd

Music at Midday. Free. Soprano Lorelei Kirkpatrick and pianist/organist Andrew Ager perform. St. James' Cathedral, 65 Church Street. Info: 416 364-7865. 1:00 pm.



Wednesday, January 4th

Allan Gardens Heritage Walk. Free. The Toronto Field Naturalist Walk explores Allan Gardens and its surrounding neighbourhood. Dress warmly. Meet at the south west corner of Carlton and Sherbourne St. Info: 416 593-2656. 2:00 pm.

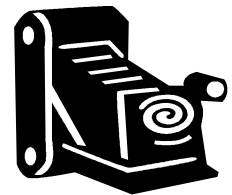
Works on Paper: Cathy Daley. Free. Exhibition continues to Jan 8. David Mirvish Books, 596 Markham Street. Info: 416 531-9975. 10:00 am – 6:00 pm.

Textile Museum of Canada. PWYC. See the Exhibition, Dance Of Pattern and an Installation by Jennifer Angus as well as displays from the permanent collection. 55 Centre Avenue. 416 599-5321. 5:00 – 8:00 pm.

Patient Protections in the Mental Health Act – Help or Hindrance to Treatment. Free. The Distinguished Speaker's series presents a panel discussion with an Osgoode professor on law and psychiatry, and a doctor/psychiatrist. The Mood Disorders Association of Ontario. 40 Orchardview Blvd. Suite 221. Info: 416 486-8046. 7:00 – 9:00 pm.

Thursday, January 5th

The Early History of Photography. Free. Felix Russo describes early technology and equipment illustrated with images. Annette Street Library, 145 Annette St. Info: 416 393-7692. 8:15 pm.



Master and Commander Movie. Free. Afternoon at the movies presents its epic adventure January feature. Barbara Frum Library, 20 Covington Road, Room B. Info: 416 395-5440. 2:00 – 4:00 pm.

Poetry Reader's Club. Free. Read and discuss the meaning of poetry you love or share your poetry for appreciative feedback. Parliament Library, 269 Gerrard Street East. Info: 416 393-7663. 6:30 – 8:00 pm.

Friday, January 6th

Rom Friday Nights. Free. The Royal Ontario Museum hosts ROM for the holidays events. ROM, 100 Queen's Park (South Building Entrance). Info: 416 586-5549. 4:30 – 9:30 pm.

While the Cold Winds Blow. Adults \$5.50. This exhibit explores a culturally varied celebration of the festive season past and present. These celebrations represent the diverse communities historically neighbouring the museum, on until Jan. 2. Mackenzie House, 82 Bond Street. Info: 416 392-6915 or www.machouse@toronto.ca. 12:00 – 4:00 pm.

Saturday, January 7th

Nature Arts Heritage Walk. Free. The Toronto Field Naturalist Walk explores the Queen's Quay and waterfront area. Dress warmly. Meet on the 2nd floor Food Court on the lakeside of the Queen's Quay Terminal. Info: 416 593-2656. 10:30 am.

Yoga and Meditation. Free. Learn gentle physical exercises, breathing techniques and meditation techniques. Bring your own mat. College Shaw Library, 766 College Street. Info: 416 393-7668. 10:30 – 12:00 noon.



Sunday, January 8th

Toronto Parks and Recreation, Sunday Concert Series. Free. Harvey Seigel Band performs. Scarborough Civic Centre, 150 Borough Dr. Info: 416 396-7398. 2:00 pm.

Monday, January 9th

Nathan Phillips Square Ice Skating. Free. Weather permitting, join the fun on ice. Skate rentals available and indoor change rooms. City Hall, Nathan Phillips Square, 100 Queen Street West. Info: 416 338-7465. Daily 10:00 am – 10:00 pm.



Tuesday, January 10th

Birds Walk. Free. The Toronto Field Naturalist nature walk explores Humber Bay. Dress warmly. Bring binoculars, if possible. Meet at the south west corner of Lakeshore Blvd. and Parklawn Ave. Info: 416 593-2656. 10:00 am.

Music at Midday. Free. Works by Bach & Guilman with Andrew Ager, organ. St. James' Cathedral, 65 Church St. Info: 416 364-7865. 1:00 pm.

Bata Shoe Museum. Free. The Beads, Buckles and Bows: Four Hundred Years of Embellished Footwear Exhibition continues to February. See other exhibitions from Alaskan Coastal Cultures, 20th Century Shoe Designers to displays from the museum's permanent collection. Bata Shoe Museum, 375 Bloor Street West. Info: 416 979-7799 Ext. 242. 5:00 – 8:00 pm.

Wednesday, January 11th

Art Gallery of Ontario. Free. View the Lismor And Beyond: 75 Years Of Arts Education, Wallworks: Sol LeWitt, Public Favourites: Your Choice From Our Collection, and The Transformative Power Of Art. AGO, 317 Dundas W. Info: 416 979-6648. 5:00 – 9:00 pm.

Thursday, January 12th

Viola Ensemble. Free. University of Toronto Faculty of Music presents a mixed program including music by faculty composers. Kathy Rapoport, director. Walter Hall, 80 Queen's Park. Info: 416 978-3744. 12:00 noon.

Friday, January 13th

1001 Nights Storytelling. PWYC. Share and listen to stories from personal narrative to ancient myth, from tall tales to wondertales. The host offers a talking stick as audience participants listen and share their stories. The Storytellers School of Toronto, Innis College Café, 2 Sussex St. Info: 416 656-2445. 8:30 – 11:00 pm.

DJ Skating Night. Free. Enjoy a night skating by the water to funk, disco, dub and house music from your favorite local DJ's. Skate rentals and indoor change facilities on site. Natrel Outdoor Ice Rink, Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4866. 8:00 – 11:00 pm.



Saturday, January 14th

Noon Hour Lobby Concert. Free. Royal Conservatory of Music, 90 Croatia St. Info: 416 408-2824 ext. 321. 12 noon.

Toronto Country Dance. \$10 (non-members). Toronto Country Dance holds a dance with live band, Relative Harmony. Basic class meets at 7:00 pm. in the room near the stage. St. Barnabas Church Hall, 175 Hampton Ave. (to upper hall, use walkway north of the playground) 7:30 pm.

Announcements

The Mood Disorders Association January Programs

Relax Your Mind
Experience Peace and Inner Happiness

Learn three simple ways to meditate

When: 2nd Monday of the month,
7:00 - 8:00 pm, January 9, 2006 to June 12, 2006

For more information:
contact Kari Astles 416 486-8046 ext. 223
or e-mail at kari@mooddorders.on.ca

Registration is required.

Stand Up for Mental Health 2006

Back by popular demand, "Stand Up For Mental Health" in 2006 is a 14 week program. Individuals dealing with a variety of mental health conditions will learn how to use humour to positively cope with their illness, reduce stigma and build self-esteem.

The project is limited to 15 people.

There is no fee.

Registration deadline: **January 15, 2006**

The course will run weekly for 14 weeks on Tuesdays - Feb 28 to May 30, 1:00-4:00 pm

Mood Disorders Association of Toronto, 40 Orchardview Blvd. Suite 221, Toronto, ON
Phone: **416 486-8046** or email, www.mooddorders.on.ca

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All Candidates Debate
sponsored by Parkdale RA, Roncesvalles Macdonnell RA plus
Parkdale-Liberty Economic Development Corporation

When: January 16, 7:30 p.m.
Where: Parkdale C.I., 209 Jameson Ave.

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... For Newsbytes, check out the website, www.crct.org

Queen Street Patient Rounds

Monday January 23rd 2006 1:00-2:00 PM

Room 160 Empowerment Council Office

1001 Queen Street (near Mall, near Patient Advocate Office)

Short Film: The Power Of Water

Our bodies should be over 70% water. The difference between health & sickness is as simple as the water we drink everyday.

Followed by a discussion by artist and film maker LAVA on the importance of staying healthy, eating well and drinking lots of water!

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

For more info call - 416 535-8501 Ext 3013

Job Training Announcements

Work On Track: Employability Skills Development Series

.....for people with mental health issues wanting to prepare for and go to work

Who is Eligible?

Individuals who have experienced barriers to employment due to: mental health issues and who are eligible for Employment Supports through O.D.S.P....talk to your Employment Planner or call us directly

How It Works:

This 12 week program is a pre-employment work readiness series designed for individuals with mental health/psychiatric issues who have a goal of competitive employment. Individuals will participate Monday to Friday in a series of structured workshops:

- Decision making to develop suitable, realistic job goals
- How to thrive in the "Brave New World of Work"
- Balancing life, health & work for Success in the Workplace
- Know & match your skills, strengths & abilities to paid jobs
- Learn and practice the techniques for effective job search

These sessions are ideal for individuals who want to increase their level of self-esteem, achieve a level of self-awareness, improve their ability to relate to others and cope with changes in the workplace in order to be successful in setting and achieving the goals of their Employment Action Plans.

In partnership with Ontario Disability Support Program & Seneca College

For the Seneca/York program beginning in January 2006

Contact: 416 491-5050 ext. 3533 for more information

January 2006 - Workshops at Dufferin Mall Employment Resource Centre

Dufferin Mall Employment Resource Centre
900 Dufferin St. Suite 101.
Phone (416) 516-4689 to register for workshops
Information contact: www.derc.ca erc@skillsforchange.org

Learn to Put Stress on Hold and Get Focused on your Job Search Workshop

Guest Speaker Bernadette Baker
presents a free workshop on stress and job search

When: Monday, January 9th at 1:00 pm.

Survive the Interview Challenge Workshop

Guest Speaker Ken Joseph
Presents a free workshop on job interviews

When: Thursday, January 12th at 1:00 pm.

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**Woodgreen Community Centre
Information Session on
Obtaining a TESL Certificate for ESL & LINC Instructors.**

When: Wednesday, January 11, 2006 from 2:00 p.m. - 4:00 p.m.
Where: Woodgreen Community Centre 1080 Queen Street East Toronto

Speaker: Leslie Sheffer, Certification Coordinator, TESL Ontario

Topics Include:

- Educational requirements for Ontario TESL certification Ontario
- TESL certification process for instructors of ESL & LINC programs
- Obligations & benefits of becoming a registered member of TESL Ontario
- The TESL labour market

Phone: 416 462-3110 ext 2316. Registration is required.

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Free online programs for Canadians with disabilities

Business Plan Development; Business Management; and Web Design. One-on-one business coaching and networking available through instant text messaging, conversation cafes, e-mail and phone. If you are interested in starting your own business, contact the Canadian Society for Social Development. Visit <http://www.cssd-web.org>

