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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 15, 2006
Bulletin 315

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

Where do you turn for help?

The Consumer/Survivor Information Resource Centre would like to know, and to share that information with our readers. We want to know who you call and where you go. We want you to write to us and tell us why you turn to that service and what it's meant to you. Why you like it? What made the staff or volunteers helpful? What makes it your place of choice when you need support? Whatever you'd like to tell us about that service. What services help keep you going when the going gets tough?

We want to do a series on places where we turn for help in the Toronto area and we need your help. Who's the best? Who rocks in the help department?

We're going to publish a series over the next few issues – if we get responses – and we'll give out some kind of small writers' prizes. (The Tim Horton's gift certificates seemed to go over well in our last request for writers' submissions.) Send us your thoughts ! We're looking for writing that's anywhere between a paragraph and a page. If we publish your submission, we'll send you a small token of appreciation.

Email csinfo@camh.net or

Consumer/Survivor Information Resource Centre
care/of CAMH 250 College Street
Toronto ON M5T 1R8

Or call us and we'll write it down for you.

Thanks in advance for your submissions,

Helen & Carolyn

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Spirituality and Mental Health

On Tuesday, January 10, 2006, I was able to attend the There is Help...There is Hope Community Information Forum on Addiction and Mental Health at CAMH. The forum was part of a series of forums offering greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies.

Upon arriving at the forum, I was greeted in the lobby and encouraged to take some rose petals from a large bowl. The forum was very well attended, as individuals were seated in the hallways and aisles. The event began with lighting of sage and focused meditation encouraging individuals to be present and in the moment. The rose petals were a reminder of one's individual intentions from the forum.

A panel of 5 speakers from varying religious faiths from Islam and Judaism to Christianity, spoke on spirituality and mental health treatment. All of the speakers worked at CAMH. The first speakers talked about spirituality and the institution. How important it was to be client centred and to accommodate the individual patient's religious and cultural preferences.

The second grouping of speakers talked about spirituality and the individual. What is Spirituality? Interconnectedness with others – humanity to life, compassion, mercy, seeing ourselves in others. A "Spiritual Assessment" as one speaker noted is a tool, to find out spiritual beliefs and needs of a patient by asking open-ended questions. The speakers stressed an integrated and holistic approach to recovery treating the body, mind and spirit. Religious practises as another speaker noted can be therapeutic.

The last speaker was a consumer/survivor who told his story of spirituality and recovery. A question and answer period followed where audience participants brought up insights on spirituality and asked questions regarding 12 Step Programs and what to do for clients who feel uncomfortable with the concept of God.

The evening ended with a closing meditation and everyone was invited to let go of their intentions, represented in the rose petals at the beginning of the evening into a bowl of water.

The speakers were articulate and passionate in their presentation, although I would have liked to have heard from individuals from institutions outside of CAMH and to have more time for questions and answers from the audience. The audience questions were not really addressed adequately. I felt that the patient perspective seemed to be an after thought. The speaker representing the patient perspective was the only one to sit in the audience and was not invited to respond to any of the audience questions.

Overall, the forum was a worthwhile experience for me as it inspired me to ask the questions within myself. What is my own connection between spirituality and recovery? What is my own spirituality? How do I practise this daily in my life? Carolyn S.



Paxil and Birth Defects



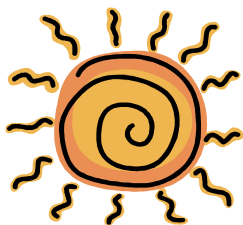
The US Food and Drug Administration (FDA) recently released a warning to physicians regarding recent studies that implicate the antidepressant Paxil in an increased rate of heart-related birth defects. In both studies, there was an increase in the risk of heart-related birth defects in mothers who had taken Paxil (paroxetine) during the first trimester of pregnancy.

The FDA has asked GlaxoSmithKline, the makers of Paxil, to change the pregnancy warning to a category D, a higher level of warning. While the FDA did not say that pregnant women should never take paroxetine, it did recommend that paroxetine should not usually be taken during pregnancy.

Pregnant women on Paxil are advised to talk to their physician before switching to a different drug. Abrupt withdrawal of Paxil has its own problems, but the clear suggestion here is that you might want to think about a change. Most of the birth defects observed with mothers taking paroxetine involved holes or malformations in the chambers of the heart. While many of the defects are able to heal on their own, some require surgical intervention.

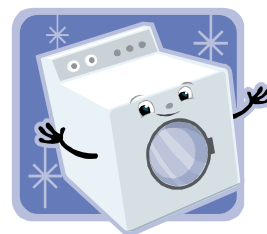
GlaxoSmithKline, while recognizing the need to alert physicians to the possible complications associated with paroxetine, did mention that the studies were evaluations of data and not clinical trials, which are the best way to evaluate risks and benefits. "It is not clear if the findings from these studies represent a true causal association" between Paxil and birth defects, GlaxoSmithKline said in a letter to physicians. GlaxoSmithKline is currently studying the drug in order to get a better understanding of the risks involved with paroxetine use, and the FDA awaits any new information. Paxil is taken by tens of millions of people worldwide.

Free & Low Cost Events



Sunday, January 15th

Solar Energy, Landscapes and Laundromats Walk. Free. Explore the lost rivers of the Beaches areas in this walk ending with a tour of the Beach Solar Laundromat. Find out how it is all connected. Meet outside the Kew Beach Library, south side of Queen Street East (just west of Lee Ave.) Info: 416 593-2656. 2:00 pm.



Brian Rose Little Big Band. Free. Toronto Parks & Recreation Sunday Concert Series presents big band music. Scarborough Civic Centre, 150 Borough Dr. Info: 416 396-7398. 2:00 pm.

Monday, January 16th

The Man Who Would Be King 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.

Tuesday, January 17th

Mount Pleasant Cemetery Walk. Free. The Toronto Field Naturalist Walk explores Mount Pleasant Cemetery. Meet at Davisville Subway. Bring Binoculars if possible. Info: 416 593-2656. 9:30 am.

Local Author Reading Series. Free. Local author, John Christopher presents his arctic memoir, Molasses, Bread and Tea, in a slide and song presentation. Deer Park Library, 40 St. Clair Ave. E. Info: 416 393-7657. 2:00 pm.

Wednesday, January 18th

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.

New Music Festival. Free. Music of graduate student composers with Gary Kulesha conductor. Walter Hall, 80 Queen's Park. Info: 416 978-3744. 7:30 pm.

Thursday, January 19th

Tea and Murder. Free. Enjoy listening to mystery book talks. Wychwood Library, 1431 Bathurst St. Registration and Info: 416 393-7683. 2:00 – 3:00 pm.

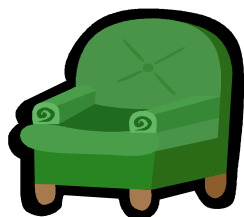


Workshop on Researching the News Online. Free. Learn electronic resources available for researching the news including online news databases and NewsConnect, the library's gateway to news sources on the Internet. Toronto Reference Library. 789 Yonge St. Registration is required: 416 393-7209. 2:00 – 4:00 pm.

Wrong Way: The Fall of Conrad Black. Free. Authors Jacquie McNish and Sinclair Stewart discuss their book. Question and answer period to follow the talk. Toronto Reference Library, Beeton Auditorium, 789 Yonge St. Info: 416 395-5577. 7:00 pm.

Friday, January 20th

Escola de Samba. Free. York University Department of Music presents latin sounds of the samba with Rick Sadrach Lazar, director. York University, McLaughlin Performance Hall, 4700 Keele St. Info: 416 736-5186. 12:30 pm.



Armchair Travel. Free. Slide presentation with raconteur Irwin Patterson. Intermission refreshments served. Hillcrest Library Auditorium, 5801 Leslie St. Info: 416 395-5830. 1:30 – 3:30 pm.

Saturday, January 21st

Western Lakeshore Walk. Free. Meet at the north west corner of Queensway and Windermere Ave. Bring lunch and binoculars if possible. Info: 416 593-2656.



Laughter Yoga. Free. Come and find out more about this growing movement. Annette Street Library, 145 Annette St. Info: 416 653-5177. 10:30 am – 12 noon.

Ecology of Dovercourt Walk. Free. The Toronto Field Naturalist Walk and North Toronto Green Community Walk takes an in depth look at the ecology of this area of the city. Meet at SW corner Bloor Street West and Dovercourt Rd. Info: 416 593-2656. 2:00 pm.

Sunday, January 22nd

Children's Chorus Concert. Free. The RCM Children's Choirs perform. Royal Conservatory of Music, 90 Croatia Street. Info: 416 408-2824 Ext. 321. 2:00 pm.

612th Sunday Concert. Free. Concert with Paul Pacanowski, clarinet and Anna Dynarowska, piano. Hart House, 7 Hart House Circle. Info: 416 978-2452. 3:00 pm.

Tuesday, January 24th

Toronto Islands Walk. \$6.00 for ferry. The Toronto Field Naturalists explore the Toronto Islands. Bring lunch and binoculars if possible. Meet at the Ferry Dock at the foot of Bay St. Info: 416 593-2656. Arrive at 9:45 am, the group will depart on the 10:00 am ferry.

Vinyasa Flow Yoga. Free. Enjoy gentle movements to strengthen, relax and rejuvenate. Bring a towel or mat and dress comfortably. Annette Street Library, 145 Annette St. Info: 416 884-6941. 7:00 – 9:00 pm.

Wednesday, January 25th

The Power Plant Gallery. Free. See the contemporary art exhibition, On Kawara: Consciousness. Meditation. Watcher on the Hills, The Cold City Years and a video installation by Javier Tellez. The Power Plant Gallery, 231 Queen's Quay W. Info 416 973-4949. 5:00 – 8:00 pm.

Tall Buildings: Who is Planning Our City? Free. St. Lawrence Centre Forum Series presents this discussion of the tall building controversy in Toronto. Moderator, Ted Barris with Kyle Rae (Toronto City Councillor), Tony Coombes (Principal, City Formation International), Steve Diamond (development lawyer), Mimi Fullerton (urban activist and board member of the Annex Residents' Association) and Ted Tyndorf (Chief Planner for the City of Toronto). St. Lawrence Centre for the Arts, 27 Front St. E. Info: 416 366-1656. 7:30 – 9:30 pm.



Thursday, January 26th

Alchemy: Chamber Music Recital. Free. Chamber music by Alchemy, featuring Mozart's flute quartet in D major and Schumann's piano quartet. Northern District Library. 40 Orchardview Blvd. Info: 416 393-7610. 2:00 – 3:00 pm.

The Royal Conservatory of Music: Two Harps A-Dancing. Free. Harpists, Alisa Coffey and Ruth Mar perform tango, rumba and waltz dance music featuring the music of Respighi, Bach, Salzedo, Debussy, Chertok and Marson. Bata Shoe Museum, 327 Bloor St. W. Info: 416 979-7799 Ext. 242. 6:00 pm.



Friday, January 27th

Toronto WinterCity Festival. Free. The Toronto WinterCity Festival Opening Celebration marks the beginning of the 14 day festival of music, dance, food and arts throughout the city. Enjoy the live performances; special effects and fireworks of the Power of Light by Walk the Plank to the eclectic folk music of the Quebec band, Les Batinsés. End the evening by skating to the tunes of local DJ Paul E. Lopes. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. 7:00 – 10:00 pm.

Cool Ice Lounge, Toronto WinterCity Festival. Free. Visit contemporary ice sculptures, carving demonstrations and live entertainment. Stop to enjoy a beverage at the ice bar and relax on the frosty furniture. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Lounge is open 7:00 – 11:00 pm.

Saturday, January 28th

Cool Ice Lounge, Toronto WinterCity Festival. Free.

Visit contemporary ice sculptures, carving demonstrations. Watch the Scot Free Daredevil Stunt Show at 12:00 noon and 6:00 pm. Flying Debris a magic and juggling performance by Richard Holmgren at 1:30 and 4:30 pm. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Lounge is open 12 noon – 11:00 pm. Carving demonstrations at 2:00 and 5:00 pm. Info: www.toronto.ca/special_events/wintercity/schedules.htm.



Soup's On! Toronto WinterCity Festival. Free. Enjoy cooking demonstrations and soup tastings from around the world. Featuring soups from West Indies, Ukraine, India, Peru, and Greece with live Latin dance music performances from some local Toronto musicians. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Check schedule for individual country presentations: www.toronto.ca/special_events/wintercity/schedules.htm. 12:00 – 6:30 pm.

Dance Performance, Toronto WinterCity Festival. Free. Contemporary dance company Blonde performs Awright, Awright, Awright, an audience interactive production with dancers

in brightly coloured snowsuits and Binder Twine, a fun, western inspired performance. The group CORPUS, presents the dance Les moutons as well. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Performances at 1:00 pm, 2:30 pm, 4:00 pm and 5:30 pm.

Chinese New Year Celebration. Free. Enjoy Chinese folk dance and traditional music featuring the Chinese Dance Workshop, Ms Miao Xiao Yun (Pipa Virtuoso) and Miao PingXin (master of Chinese Ducer). Lillian H. Smith Library. 239 College St. Info: 416-393-7746. 2:30 – 3:30 pm.

Sunday, January 29th

Cool Ice Lounge, Toronto WinterCity Festival. Free. Visit contemporary ice sculptures, carving demonstrations. Enjoy the Magical Comedy of Stephen Every at 12 noon and 6:00 pm. Flying Debris, a magic and juggling performance by Richard Holmgren at 1:30 and 4:30 pm. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Performance Carving demonstrations at 2:00 and 5:00 pm. Lounge is open 12 noon – 10:00 pm.

Soup's On! Toronto WinterCity Festival. Free. Enjoy cooking demonstrations and soup tasting from Africa, Jamaica, USA, Austria and Spain with live blues music performances from various local bands. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Check schedule for individual country presentations: www.toronto.ca/special_events/wintercity/schedules.htm. 12:00 – 6:30 pm.

Toronto WinterCity Festival Dance Performance. Free. Repeat of Saturday WinterCity Festival Dance Performance Event. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Performances at 1:00 pm, 2:30 pm, 4:00 pm and 5:30 pm.

Toronto All-Star Big Band. PWYC. Enjoy the big band music of Glenn Miller, Tommy Dorsey, Artie Shaw, Benny Goodman and others by the lake. Harbourfront Centre, Lakeside Terrace, 235 Queen's Quay W. Info: 416 973-4000. 2:00 pm.

Chinese New Year's Celebration. Free. Toronto Parks & Recreation Sunday Concert Series presents Chi Ping Dance Group. Scarborough Civic Centre, 150 Borough Dr. Info: 416 396-7398. 2:00 pm.

Jazz Concert. Free. The RCM Jazz Ensemble performs. Royal Conservatory of Music, 90 Croatia. Info: 416 408-2824. Ext. 321. 7:30 pm.



Monday, January 30th

Spin Cycle, Toronto WinterCity Festival. Free. Greg Tarlin and Kristi Heath engage, amaze and entertain with juggling, unicycling, stilt dancing and more in their vaudevillian performance. Toronto Eaton's Centre. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Performances 12:30 and 5:30 pm.

Tuesday, January 31st

The Silk Road Acrobats, Toronto WinterCity Festival. Free. Performance combines grace and delicacy with athletics with a hula hoop act. Toronto Eaton's Centre. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Performances 12:30 and 5:30 pm.

Fatigue and Energy. Free. Chiropractor Sylvie Oliveira presents useful tools to increase your energy. Jane/Dundas Library, 620 Dundas St. West. Info: 416 394-1014. 6:30 pm.

Announcements

Bent on Quitting: A quit smoking group for LGBTQ Smokers

**National Non-Smoking Week is January 15th –21st, 2006
Weedless Wednesday Information and Registration Night**

**Wednesday January 18th
6:00 – 8:00 pm
Now Lounge, 189 Church St.**

Come learn more about the program and smoking in Lesbian, Gay, Bisexual, Transsexual, Transgender and Queer communities.
Register for the group beginning Tuesday nights, February 7th – March 28th, 2006
Or get your free self-help quit kit!

For more information contact **416 338-77600**, mclarke@sherbourne.on.ca or
Rosa Dragonetti **ext. 6343**, email rosa_draonetti@camh.net

Breakaway Survivors

Breakaway Survivors offers peer support, education, advocacy and referrals for consumer/survivors or anyone who needs help in dealing with the mental health system. They will be offering a series of FREE interactive discussion groups. These groups are open to anyone in the mental health community.

Starting **Monday, January 23** - "How to resist the winter blues" This group will run weekly on Mondays at 1:00 pm. Come share your strategies and listen to how others cope during this time of year.

Commencing on **Thursday, January 26** - "How do we make them not treat us like That" an anti stigma/anti discrimination group. This group will run weekly on Thursdays at 1:00 pm. An opportunity to discuss different approaches when faced with self-disclosing mental illness

Breakaway Survivors, 344 Bloor St. West, Suite 504 (Bloor & Spadina) Please RSVP as space is limited. Call Erinn McCarthy for inquiries and registration at 416 923-6040

Creating a Realistic Budget and Getting Rid of Debt

Thursday, January 19th at 1:00 pm.

Guest Speaker Debbie Lilley

Credit Counselling Service of Toronto

Dufferin Mall Employment Resource Centre

900 Dufferin St. Suite 101

Pre-register at the reception

Phone: 416 516-4689

www.derc.ca

erc@skillsforchange.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 filmmaker 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

The Determinants of the Health of Populations: Twenty Years of Ideas presents:

A Life Course Developmental Perspective on the Determinants of Health

January 24th, 2006 from 12:00 – 1:00 pm

University of Toronto, Health Sciences Building

155 College St

Auditorium – Room 610

To Register and for more information contact 416 927-2027 Ext. 2131 or www.iwh.on.ca

The Secret Handshake

Is a Peer Support Network for those diagnosed with Schizophrenia.

Membership is growing.... our members are involved in a variety of outings during the day/nights from walks, movies, concerts, hockey, museums and other events.

We meet not as people with Serious Mental Illness but as people who would like to change and grow together.

Meetings are every Friday evening

Call Jordan or Jay at 416 934-0660

The Alliance for Education in Community Mental Health Presents:

Alternative and Complementary Approaches to Mental Health

Date: **Monday, February 20th, 2006**

Venue: **Metro Hall, Rooms 308/309**

When: Registration at **8:30 am**. Workshops from **9:00 – 4:30 pm**

Professionals will speak on a wide range of topics from Traditional Healing, Alternative/ Preventative Medicine: Integrated Therapy, Managing the Resistance to Living Well to Food and Mood: Nutrition for Good Mental Health, Optimizing Mental Health with Orthomolecular Medicine and Navigation the Mental Healthcare Maze: the Patient's Perspective.

Cost is \$30.00 (includes materials) A limited number of bursaries are available for consumer/survivors who are not sponsored by agencies. Apply as early as possible for a bursary, the registration deadline is [February 6th](#).
[To register or to apply for a subsidy, please call Calleta Johnston at 416 516-1422 x 226.](#)

OCD Ontario Presents...

Obsessive Compulsive Disorder Discussion Group

for OCD Sufferers and their family and friends who support them

Saturday, February 4, 2006

9:30 am – 2:30 pm

**Northern District Library
40 Orchardview Blvd. Room 200**

Registration required by [Friday, January 27, 2006](#)

Phone: 416 410-4772

FAX: 905 474-4473

e-mail: infor@ocdontario.org

CLEONet.ca is an online clearinghouse for community legal education in Ontario. If you need information on community legal education materials, CleoNet will help you find resources and share information online.

CLEONet is funded by The Law Foundation of Ontario.

CLEONet is a project of Community Legal Education Ontario (CLEO). CLEO offers a wide range of publications free of charge. For more information on CLEO publications check out their web site at www.cleo.on.ca

Scarborough Women's Centre **Winter Workshops**

2100 Ellesmere Rd. Suite 245, Scarborough ON M1H 3B7

Phone 416 439-7111 or www.scarboroughwomenscentre.ca

Registration for Workshops is required.

Building Self Esteem

Self-esteem is essential to feeling good about ourselves and trusting our decision-making. In this workshop you will learn how important this aspect of yourself is as well as how to apply decision-making techniques that can last a lifetime.

8 week Workshop - Tuesday evenings 7:00 – 9:00 pm
beginning January 31, 2006 – March 21, 2006
\$40.00

Assertiveness

Communicate assertively. Learn to say NO and respect yourself and others. Practice techniques to communicate with clearly defined boundaries.

8 week Workshop - Wednesday evenings 7:00 – 9:00 pm
Beginning February 1 – March 22, 2006
\$40.00

Job Postings

Census Jobs

Statistics Canada is currently hiring staff to fill approximately 25,000 census positions. These are full-time and part-time temporary jobs. For job descriptions and to apply on-line go to https://www21.statcan.ca/jobs2006/LCO_filter_e.cfm?pr=35

For general inquiries and more information contact: 1 800 263-1136 or infostats@statcan.ca

COTA Health

Community Support Staff

Position Type: Part Time

Application Deadline: 2/28/2006

COTA Health requires experienced Community Support Staff to work as a team member in the Various Mental Health Programs. The Community Support Staff provides safe, permanent, secure and affordable housing for residents with mental health problems and works in partnership with all the stakeholders in the housing setting, including tenants, staff and community workers. This position assists tenants function with independence in their daily living activities through life skills training, community outings and various recreations/vocational groups.

Responsibilities:

- The successful candidate requires:
- • A Community College Diploma in a related field
- • Clinical experience working with adults who have mental health problems (essential) as well as experience in community mental health or in supportive housing
- • Experience working with developmentally delayed or addiction problems is preferable
- • Knowledge of and ability to access as well as utilize community resources
- • Basic understanding of different psychiatric conditions
- • Availability for evening, weekend and overnight shifts

Contact by: Email

Applicant should quote Job # 00-06CSS

Job Contact Information

COTA Health

Email: hr@cotahealth.ca

For more information visit: <http://www.cotahealth.ca>

Free to Subscribe !!

The Bulletin now goes out to about 760 email addresses and 460 mail addresses. If you are not already getting the Bulletin regularly, you can receive it free, via mail or email. Just call us and add your name to the list 416 595-2882, or email csinfo@camh.net.

An appeal to people who get the Bulletin by mail and who could be getting it by email. If you have email, how about contacting us to change that? You'll be freeing up resources for more consumer/survivors to get it by mail. While the CSRU (Community Support and Research Unit of CAMH) generously pays for the postage, we pay for the paper, the copying and the envelopes. Besides, the Bulletin is in colour when you get it by email, so it's much cuter, and it always gets to you on time. Agency people, I'm talking to you. Please get the Bulletin by email, if you can.