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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.*

July 15, 2006

Bulletin 327

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

## Money Troubles

**Financial Debt can be very stressful.** It is tempting to use a credit card or take out a loan. One of our readers told us how very easy it was for her to get an OSAP loan and get into debt. But being on ODSP she finds it difficult to keep up with her monthly expenses and is unable to keep up with the minimum payments. Now collection agencies keep calling her and she does not know what to do. Another one of our readers uses pay day loan places to try to make ends meet but the interest and fees they charge for cashing a cheque hardly gets her ahead.

Here are some resources to go to for help working through personal finances.

**The Credit Counselling Service of Toronto** is a non-profit charitable organization offering free and confidential counselling to individuals experiencing financial difficulty. They offer debt repayment programs and educational seminars. Access to their services may be online, by telephone or in person at any one of their 13 locations across the GTA. For more information contact: 416 228-3328, e-mail, [ccsmt@creditcanada.com](mailto:ccsmt@creditcanada.com) or [www.creditcanada.com](http://www.creditcanada.com)

**St. Christopher House, Financial Advocacy and Problem Solving Office** offers information, referral and advocacy regarding financial issues such as social assistance, income tax, credit, debt, access to financial services, savings and assets, public education, policy development. Located at 1033 King St. W. For more information contact: 416 848-7980, e-mail, [shawnc@stchrishouse.org](mailto:shawnc@stchrishouse.org) or [www.stchrishouse.org](http://www.stchrishouse.org).

Do you have difficulties with finances such as debts? Or have you recovered from debt? How did you do it? What inspirations or insights could you pass on to others in debt? Send us your thoughts and experiences on this topic. E-mail or write to us at the address above.

--Carolyn

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## **Ex-employee charged in thefts at mental health centre**

(Last updated Jun. 22, 2006 10:57 am. EDT CBC News)

A former teller at the cashier's office at the Centre for Addiction and Mental Health, Queen Street West location was charged, with fraud, theft and falsifying documents after an internal investigation revealed that over \$250,000 was taken from December 2001 to January 2006. Police allege that the woman skimmed money from accounts by debiting larger amounts than patients received. Some patients expressed frustration with the discovery while others continue to wonder if they may have been victims of theft without realizing it. The Centre said, that all those affected by the scam have been compensated. Since the police investigation began, security has been tightened at the cashier's office. A patient relations officer has been hired to document patients' concerns. A 63-year-old woman is scheduled to appear in court on at Old City Hall on July 27<sup>th</sup>. For more information check out: [www.cbc.ca/story/to-camh20060622.html](http://www.cbc.ca/story/to-camh20060622.html).

## **Free & Low Cost Events**



### **Saturday, July 15<sup>th</sup>**

**Art in the Park. Free.** The 3rd Annual Scarborough Arts Council members' outdoor show and sale featuring painting, pottery, glass, textiles and more. The Bluffs Gallery, 1859 Kingston Rd. Info: 416 698-7322 or [www.scarborougharts.com](http://www.scarborougharts.com). 10:00 am – 5:00 pm.

**Leslie St. Spit Walk. Free.** The Toronto Field Naturalists Walk. Meet at the south west corner of Queen St. East and Leslie St. Info: 416 593-2656. 10:30 am.

**Toronto Women's Bookstore Barbeque. Free.** Food, live entertainment, workshops and yard sale. Toronto Women's Bookstore, 73 Harbord St. Info: 416 922-8744 or [www.womensbookstore.com](http://www.womensbookstore.com). 12:00 noon – 4:00 pm.

**Iranian Summer Festival. Free.** Dance, music, arts and more. Mel Lastman Square, 5100 Yonge St. Info: 416 393-7582. 12:00 noon – 10:00 pm.

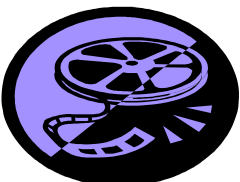
**Dusk Dances. Free** (suggested donation). The 12<sup>th</sup> Annual Outdoor Dance Festival bringing contemporary and traditional dance to public parks. Festival continues to July 16<sup>th</sup>. Dufferin Grove Park, 875 Dufferin St. Info: 416 504-6429 or [www.duskdances.ca](http://www.duskdances.ca). Band, 7:00 pm. Dance, 7:30 pm.

### **Sunday, July 16<sup>th</sup>**

**Rosedale Neighbourhood Walk. Free.** ROM Walk explores Rosedale. Meet at Bloor St. East and Castle Frank. Info: 416 586-8097 or [www.rom.on.ca](http://www.rom.on.ca). 2:00 pm.

**Whispering Winds: Music for Yangqin Concert. Free.** Vivian Xia and guest pipa player Xiao-mei He perform Chinese and contemporary music for the Chinese hammer dulcimer (yangqin), composed and arranged by the performer and Canadian composer Mark Armanini. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 4:00 pm.

**Sunday Serenades Concert. Free.** Tonight featuring the 50's music of Freddy Vette and the Flames. Mel Lastman Square, 5100 Yonge St. Info: 416 395-0490 or [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events). 7:30 – 9:00 pm.



### **Monday July 17<sup>th</sup>**

**NFB Films. Free.** The National Film Board Mediatheque offers over 2100 films from the NFB's 65 year history. You can view this collection at one of the personal viewing stations. National Film Board Mediatheque, 150 John St. Info: 416 973-3012 or [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque). Wed., 10:00 am – 7:00 pm, Thurs. – Sat., 10:00 am – 10:00 pm, Sun., 10:00 am – 5:00 pm, Mon. and Tues., 1:00 – 7:00 pm.

## **Tuesday, July 18<sup>th</sup>**

**Sahaja Meditation. Free.** Learn breathing and meditation techniques. Eatonville Library, 430 Burnhamthorpe Road. Info: 416 394-5270. 7:00 – 8:30 pm.

**Planet of the Apes Movie. Free.** Outdoor film screening. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or [www.ydsquare.ca](http://www.ydsquare.ca). 9:00 pm.

## **Wednesday, July 19<sup>th</sup>**

**Yoga and Meditation. Free.** Learn gentle physical exercises, breathing and meditation techniques. Bring your own mat. College Shaw Library, 766 College St. Info: 416 393-7668. 6:30 – 8:00 pm.

**Comedy of Errors Play. PWYC** (Suggested donation). The CanStage Dream in High Park celebrates its 24<sup>th</sup> anniversary with this Shakespearean Comedy. High Park, 1875 Bloor St. W. Info: 416 367-8243 or [www.canstage.com](http://www.canstage.com). Gates open, 6:00 pm. Performance, 8:00 pm.

## **Thursday, July 20<sup>th</sup>**

**Rare Birds Movie. Free.** Afternoon at the movies presents this Canadian comedy set in Newfoundland, Rare Birds. Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 2:00 pm.

**Family Fun Summer Festival. Free.** Outdoor activities and performance by Cadence. Earl Bales Park, 4169 Bathurst St. Info: 416 395-7873. 5:30 pm.

**Tai Chi Practice. Free.** Outdoor Tai Chi practice for the beginner and experienced. Victoria Memorial Square, Portland St. and Niagara St. Weather permitting. Wear comfortable clothes and soft shoes. Info: 416 392-6907 or [www.fortyork.ca/events](http://www.fortyork.ca/events). 7:00 pm.

**Naseem: Summer Breezes from the Persian Courts Concert. Free.** Pirouz Yousefian, santur (Persian hammer dulcimer), and percussionist Farzad Yousefian perform classical Persian music and original compositions. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 7:00 pm.

## **Friday, July 21<sup>st</sup>**



**Peace is Possible Parade. Free.** Children's Peace Theatre's Annual Peace Parade/March of children, artists and friends. 3003 Danforth Ave. Info: 416 752-1550. 11:00 am.

**You're The Top Movie. Free.** This film tells the story of the life of songwriter Cole Porter. Refreshments free. Auditorium, North York Central Library, 5100 Yonge Street. Info: 416 395-5639. 2:00 pm.

**Camões, the One-Eyed Poet of Portugal Play. PWYC** (suggested donation). The Clay and Paper Theatre presents this original musical play in the park. Dufferin Grove Park, 875 Dufferin St. Info: 416 537-9105 or [www.clayandpapertheatre.org](http://www.clayandpapertheatre.org). Play runs every Wed. – Sun. to Aug. 20<sup>th</sup>. 7:30 pm.

**Party Gras- Beaches International Jazz Festival. Free.** This event kicks off the annual festival showcasing musicians on 3 stages. Distillery District, 55 Mill Street (south of Front Street and east of Parliament Street). Parti Gras continues to July 23<sup>rd</sup>. For more information on events and times: 416 410-8809 or [www.beachesjazz.com](http://www.beachesjazz.com). 6:00 pm.

**Ritmo y Color: Focus Mexico Festival. Free.** This Latin American festival threads the vibrant cultural art scene of Mexico with Latin artists from abroad and from across Canada performing current and traditional music, dance and more. Festival continues to July 23<sup>rd</sup>. Harbourfront Centre, 245 Queens Quay W. For more information on events and times: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 6:00 pm – 1:00 am.

## Saturday, July 22<sup>nd</sup>

**Parkdale Arts and Crafts Festival. Free.** Parkdale Liberty Economic Development Corporation presents this Arts/Crafts and Sidewalk Sale with entertainment and activities for everyone. Parkdale Town Square, Queen St. W. and Cowan Ave. Info: 416 516-8301 or [www.parkdaleliberty.com](http://www.parkdaleliberty.com). 10:00 am – 6:00 pm.

**Todmorden Wildflower Reserve Walk. Free.** Toronto Field Naturalists Walk. Meet at the Todmorden Mills entrance on Pottery Rd. Info: 416 593-2656 or [www.sources/tfn](http://www.sources/tfn). 1:00 pm.

**In the Footsteps of Black Victorians Walk. Free.** Heritage Toronto explores sites and history of the anti-slavery organizations and Black cultural and political activities in Toronto. Meet at the Market Gallery, 2nd Floor, South St. Lawrence Market, Front St. E. at Jarvis St. Info: 416 338-0684 or [www.heritagetoronto.org](http://www.heritagetoronto.org). 1:30 pm.

## Sunday, July 23<sup>rd</sup>

**Run/Walk Group. Free.** Physical Activity for Consumer Survivors (PhACS) weekly 3-5 km run/walk. Meet at the Riverdale Perk (corner of Logan Ave. and Withrow Avenue). Info: 416 604-6973. 10:00 am.

**Lower Don Regeneration Cycling Tour. PWYC.** Tour visits sites of ecological interest such as Warden Woods, Taylor Creek Park, The Beechwood Wetland and Chester Springs Marsh. Meet at the southeast corner of Warden Ave. and St. Clair Ave. E. (opposite to Warden subway). Tour will end at the Riverdale Park Bridge due to lower Don trail closures. For registration and more information contact: Toronto Bay Initiative 416 598-2277 or [www.torontobay.net](http://www.torontobay.net). 1:30 – 4:00 pm.



**Brass Tacks II: Girl Meets Tuba Concert. Free.** Karen Bulmer tells the story of her on-again off-again love affair with the orchestra's largest brass instrument, and shows that there's much more to life with a tuba than oom-pah-pah, in performances of music by Bach, Debussy, the Beatles and others. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 4:00 pm.

**Sunday Serenades Concert. Free.** Tonight featuring the jazz and swing music of Swing Rosie. Mel Lastman Square, 5100 Yonge St. Info: 416 395-0490 or [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events). 7:30 – 9:00 pm.

## Monday, July 24<sup>th</sup>

**Edwards Gardens. Free.** Walk along the scenic paths of this former Estate garden. You can pick up your free self-guided tour of the gardens and park at the Toronto Botanical Gardens information desk. Edwards Gardens, 777 Lawrence Ave. E. (From Eglinton Station, take Buses 51, 54 or 54A). Info: 416 397-1340, 416 397-8186 or [www.torontobotanicalgarden.ca](http://www.torontobotanicalgarden.ca). TBG, 9:00 am – 5:00 pm. Park, 6:00 am – 8:00 pm.



## Tuesday, July 25<sup>th</sup>

**Pleasures of Summer: Iced Tea and Good Books. Free.** Discussion about some of the new books this summer. Refreshments served. Runnymede Library, 2178 Bloor Street West. Info: 416 393-7697. 3:00 – 4:00 pm.

## Wednesday, July 26<sup>th</sup>

**Yoga and Meditation. Free.** Learn gentle physical exercises, breathing and meditation techniques. College/Shaw Library, 766 College St. Info: 416 393-7668. 6:30 – 8:00 pm.

## Thursday, July 27<sup>th</sup>

**Streetfest - Beaches International Jazz Festival. Free.** Showcases many Canadian Big Band, Jazz, Rhythm and Blues musicians. Also Acid, Bebop, Columbian, Dixieland, Flamenco, Folk, Funk, Latin, Reggae and Samba in bars, storefronts and along the sidewalks and street. Festival continues to July 29<sup>th</sup>. Queen St. E. between Coxwell Ave. and Victoria Park. For more information on events and times contact: 416 698-2152 or [www.beachesjazz.com](http://www.beachesjazz.com). 7:00 – 11:00 pm.

**Toastmasters for Adults. Free.** Improve your communication and leadership skills. Learn public speaking and debating in a supportive group. Annette Library, 145 Annette St. Info: 416 244-4452 or [www.highparkspeakers.org](http://www.highparkspeakers.org). 6:30 – 8:00 pm.

**A Garden of Flowers, East and West Concert. Free.** Alfarabius Ensemble presents songs inspired by love and filled with images of flowers, from Arabic lands and medieval Europe. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 7:00 pm.

### **Friday, July 28<sup>th</sup>**

**Don Messer's Jubilee. Free.** See this classic Canadian television show. Refreshments will be served. Auditorium, North York Central Library, 5100 Yonge St. Info: 416 395-5639. 2:00 pm.

**From the Peg! Festival. Free.** The festival highlights some of the best music, theatre, dance, visual and performance art from Winnipeg. Festival continues to July 30<sup>th</sup>. Harbourfront Centre, 245 Queens Quay W. For more info on events and times: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 6:00 pm – 1:00 am.

**Reggae Cowboys Music Concert. Free.** The Reggae Cowboys bring their own brand of reggae, flavoured with Caribbean, Old West, Spaghetti Western and, yes, even traditional reggae spices. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or [www.ydsquare.ca](http://www.ydsquare.ca). 6:00 pm.

**Music/ Performance. Free.** Capoeira Camará presents an Afro-Brazilian performance of music, acrobatics, dance and self-defence. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or [www.ydsquare.ca](http://www.ydsquare.ca). 8:30 – 10:30 pm.

### **Saturday, July 29<sup>th</sup>**

**2006 Mainstage in Kew Gardens – Beaches International Jazz Festival.** A line up of musicians perform throughout the day. Mainstage events and festival continues to July 30<sup>th</sup>. Kew Gardens, 2075 Queen St. E. For more information on events and times contact: 416 698-2152 or [www.beachesjazz.com](http://www.beachesjazz.com). 11:30 am – 5:00 pm.



**Concert for Peace. Free.** Artists for a Better World presents this family day of roots and blues music. Mel Lastman Square, 5100 Yonge St. Info: [www.abetterworld.ca](http://www.abetterworld.ca). 12:00 noon – 10:00 pm.

**Vietnamese Summer Festival. Free.** Celebration of Vietnamese culture with entertainment, art, music, dance and food for all ages. Toronto City Hall, 100 Queen St. W. Info: 416 265-7837 or [www.vietnamesesummerfestival.com](http://www.vietnamesesummerfestival.com). 12:00 noon – 10:00 pm.

### **Sunday, July 30<sup>th</sup>**

**BrazilFest 2006. Free** (Island ferry \$6.00). Celebration of Brazilian culture featuring music, dance, food and activities for all ages. Take the Toronto Island Ferry to Centre Island. Toronto Island Ferry Docks, Bay St. and Queens Quay W. Info: 416 299-5932. 12:00 noon – 9:30 pm.

**Historic Moore Park: The Making of a Suburb Walk. Free.** Heritage Walk explores the urban and local history of the area. Meet at the south west corner of St. Clair Ave. E. and Inglewood Dr., Parkette at the end of St. Clair Bridge. Info: 416 338-0684 or [www.heritagetoronto.org](http://www.heritagetoronto.org). 1:30 pm.

**Music Concert. Free.** Music from Bach to Ragtime, including contemporary sounds of Keiko Abe, tango legend and Astor Piazzolla. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-4000 or [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). 4:00 pm.

### **Monday, July 31<sup>st</sup>**

**Being Scene Art 2006 - A CAMH Art Exhibition. Free.** An art exhibition presented by Workman Arts, featuring over 50 of the Centre's artists. Catalogues are available at reception. Exhibition continues to June 17, 2007. Exhibition located at 3 sites at The Centre for Addiction and Mental Health, 1001 Queen St. W., 250 College St. and 33 Russell St. Info: 416 583-4339 or [www.workmantheatre.com](http://www.workmantheatre.com). Daily, 10:00 am – 8:00 pm.

## Announcements

### Empowerment Council Presents: Queen Street Patient Rounds

**Wednesday July 26<sup>th</sup> from 1:00 - 2:00 pm**

**Room 160 Empowerment Council Office, 1001 Queen St. W.** (near Mall, near Patient Advocate Office)

#### HOW TO PROTECT YOUR RIGHTS AND WISHES

#### POWER OF ATTORNEY

#### A SESSION FOR CLIENTS TO LEARN ABOUT:

What is a Power of Attorney? Why is it good to have one?

Who should you choose as your legal representative? How to make a Power of Attorney.

Presentation by Members of CLASP:

Community and Legal Aid Services Programme Osgoode Hall Law School

**For more information call Lucy Costa - 416 535-8501 Ext 3013**

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### SIMPLY PEOPLE CELEBRATING OUR LIVES & IDENTITIES: 3rd Annual Disability Celebration

**Tuesday, July 18th, 2006 from 5:30 pm - 7:30 pm Nathan Phillips Square 100 Queen St. West**

**Guest Speakers include:** City of Toronto Mayor David Miller, Toronto City Councilor Joe Mihevc, Disability Rights Activist/Advocate David Lepofsky (Human Rights Reform Representative for the Accessibility for Ontarians with Disabilities Act Alliance) **Performers include:** Libby Thaw and the House band, Christina Doyle, Emma Cook, Last Friday, Luna

If you have any questions/concerns or if you have any other particular accessibility requirements, please contact **Uzma Khan at: [simplypeople@yahoo.ca](mailto:simplypeople@yahoo.ca) \ or call 416-890-2733.** ASL interpretation provided.

This event is brought to you by Canada-Wide Accessibility for Post-Secondary Students (CANWAPSS) with the assistance of the University of Toronto Access Centre / Students For Barrier-free Access (UTAC/SFBA) and Microcomputer Science Centre Inc.

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The Leadership Project announces

### International Recovery Perspectives: Implications, Innovations, Implementation

Critical and creative explorations of leading edge approaches in Mental Health Recovery.

**Thursday, November 16 and Friday, November 17, 2006**

**Hart House, 7 Hart House Circle, University of Toronto**

Cost for the conference is \$300.00.

There are a limited number of subsidized seats available for the main conference for Consumer/Survivors and families on a limited income. Register now, as there are only a limited number of spaces. For registration and more information contact:  
**Brian McKinnon 416 285-7996 ext. 227 or [bmckinnon@iprimus.ca](mailto:bmckinnon@iprimus.ca)**

There will be a free Pre-Conference Day for Consumer/Survivors

**Wednesday, November 15, 2006** at the Steelworkers Hall, 25 Cecil Street

For more information call 416 482-4103 or e-mail [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com) or [meliqstarkman@yahoo.ca](mailto:meliqstarkman@yahoo.ca).

**Wellness and Recovery Newsletter** – A reminder about our new quarterly publication – It isn't an automatic subscription for anyone who gets the Bulletin. Our second issue is now out. It's free to receive, but you have to tell us you want it. If you haven't already, call us at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

**12<sup>th</sup> Annual Don River Run for Recovery**  
**Sunday August 27 10:00 am**  
**Brentcliffe Road Site of CAMH**

This annual event presented by the Centre for Addiction and Mental Health has a new twist this year:  
A-Way Express Courier is their Community Partner !

You can participate in the 10 km Run, or the 5 km Run/ Fun Walk or  
You can volunteer on the day at water stations, registration tables, etc. or  
You can pledge and sponsor a runner or

You can bring donations of running shoes or sweats for the client fitness program at CAMH

Proceeds go to the Wellness Program at A-Way Courier and the Fitrap Program at CAMH whose mandate is to promote physical fitness in addiction and mental health clients as a vital part of their recovery, health and well being. To sign up, forms are available at the host Running Room, 2629 Yonge Street or [www.runningroom.com](http://www.runningroom.com).

To volunteer on race day,  
call John Malcom at CAMH 416 535-8501 x 6032 or  
Pam Lahey at A-Way Courier 416 424-2266.

**Of course, Bulletin readers can pick up an entry form at the C/S Info Centre 252 College Street.**

**Are you feeling the heat?**

If you are a CAMH client you can drop in and cool down at the Centre for Addiction and Mental Health, Queen Street Site, 1001 Queen St. West, in the Mall.

From July 4 – September 5, 2006, Monday – Friday, 10:00 am – 3:30 pm.

Water will be provided

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If you are not already receiving THE BULLETIN regularly, you can receive it FREE via mail or e-mail. Contact us at [csinfo@camh.net](mailto:csinfo@camh.net) or 416 595-2882. The Bulletin will be published on the 1<sup>st</sup> and 15<sup>th</sup> of each month. Please send announcements and job postings as far in advance as possible.

## Research

Dear Bulletin readers: As you probably know, we have been asking for your input on whether to post research study announcements in the Bulletin. Although some people do not want them included, it has been a surprise to me that many more of you would like us to post them. The main reasons given were that you believe in the power of science and research to help/heal, you want the information and the option to make up your own mind, and many of you said that you could really benefit from the cash compensation. So, we are going to try it out and see what happens. We'll keep the lines of communication open and if you have more feedback for us, call or write. Helen

The Bulletin does not endorse or recommend any of these research studies. We are posting them here for your information only. Please make your own choices as to whether to participate in any of the studies we post.

### **Bipolar Individuals needed for Genetics Research Study**

Are you or someone you know interested in participating in a genetics research study at the Centre for Addiction and Mental Health (CAMH)?

**Research participants must be:** at least 18 yrs of age; have been diagnosed as having Bipolar I or Bipolar II; not used intravenous drugs.

**Participation** requires a three-hour visit and involves: an interview (including a clinical history) and a blood draw (about 50 millilitres). **You will receive financial compensation for your participation.**

**For more information** or to volunteer please contact: 416 535-8501 ext. 4131, or toll free: 1 800 928-3316 or e-mail, [bipolarstudy@camh.net](mailto:bipolarstudy@camh.net).

The Bipolar Genetics Study Group, Psychiatric Neurogenetics Division, Neuroscience Research Department

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### **Depressed? A new study may help you get well and stay well**

The Centre for Addiction and Mental Health (CAMH), in association with the University of Toronto, is studying how to prevent relapse in depression. Funding is provided by the National Institute of Mental Health (NIMH). Participants are offered a comprehensive assessment and if eligible for the study, are given free antidepressant medication and extensive follow-up.

**Participants** must be age 18-65, in good health, and must have been depressed at least once before.

**For more information**, call 1-866-317-8884 (toll free) or email [depressionstudy@camh.net](mailto:depressionstudy@camh.net).

## Volunteer Opportunity

**Toronto Botanical Garden Maintenance Volunteer.** To provide support to the Gardener and Horticulturist in helping maintain the gardens of the TBG and Children's teaching Garden located at Edwards Gardens. **Weekly** morning shifts from 9:00 am – 12:00 noon. Training provided.

**Deadline:** July 31, 2006. To apply contact: Tanya Ziat, Volunteer Coordinator, Toronto Botanical Garden, [volunteers@torontobotanicalgarden.ca](mailto:volunteers@torontobotanicalgarden.ca). **For more information:** [www.torontobotanicalgarden.ca](http://www.torontobotanicalgarden.ca).

**Posted:** [www.charityvillage.ca](http://www.charityvillage.ca).





## Job Posting

### **GERSTEIN CENTRE** **Community Crisis Worker Training Position Available** **Consumer/Survivor**

The Gerstein Centre is offering a **training position** for a **consumer/survivor of the mental health system** who has demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

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.

#### **Applicants must have:**

- experienced barriers to employment due to personal mental health issues
- at least 6 months of full-time employment, volunteer work or educational experience in any area within the past year
- a demonstrated interest in the mental health field
- 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 an ability to work under pressure
- availability to work shift-work including nights, weekends and holidays

#### **How to apply:**

Please send your resume to:

Nicki Casseres  
Coordinator of Training and Education  
Gerstein Centre  
100 Charles St. East  
Toronto, Ontario  
M4Y 1V3  
Fax: (416) 929-1080  
Email: [admin@gersteincentre.org](mailto:admin@gersteincentre.org)

**Deadline for applications:**

Friday, August 18<sup>th</sup>, 2006

**Salary:**

\$36,236. plus benefits

*We regret that only those selected for an interview will be contacted.*

**Our Annual General Meeting will be September 28, 2006 in the Meeting Centre, Room 2029 at the Russell Street site of CAMH.** Please mark the date and stay tuned for further details. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

## General Members Application Consumer/Survivor Information Resource Centre of Toronto

**If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing**

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

- Regular Member from the Greater Toronto Area only (consumer/survivor)  
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (optional, if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.

