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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.*

December 1, 2006

Bulletin 336

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

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Tale of Two Conferences

From November 5th – 8th, I went to the Making Gains Conference 2006. The title for this year's conference was Health Care Transformation in Ontario: Evolution or Revolution? This year's conference intended to put the spotlight on how to make change for the better and truly transform the system into one that works effectively for consumers and families. Before the conference, I read the conference program which used words such as maintain a positive focus on consumers, ...new possibilities for creative service delivery, and ...provide a forum for consumers, family members, program/service providers, researchers... to share expertise, examine and seek practical solutions to...changes in the healthcare system, I was hopeful that there would be dialogue at least with consumers, families and professionals in mental health services, especially in a year which saw the final Kirby Report and LHIN's.

The conference opened with Margaret Wheatley, who had worked and wrote extensively about organizational change. Initially, she was to speak on the Consumer Voice in the Era of Change. Unfortunately, at the last minute, she changed her topic to focus on the broader topic of Leadership and Change. She spoke of leadership in terms of relationships based on a common vision; inclusion; where everyone's expertise is required, valued and heard to make positive changes.

For me, the conference was disappointing as my expectations from the conference program were different from my experience of the conference itself. I felt a wall between consumers/families and professionals. There was an obvious lack of consumers on many of the panels, especially in workshops that described itself as Recovery-based. The overall vision for mental health care services was unclear to me. How do you make change, if you don't have a broader vision guiding your

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changes? Why couldn't some of the workshops try to look at what a vision could be from the expertise of the professionals, consumers and families at the conference? Is the vision to create a system that works effectively for consumers and families, as the conference program indicated? If so, why didn't any of the workshops focus on what consumers wanted? What their needs were? Especially, in relation to the new LHINs which divides the province into geographic regions. Why didn't any of the workshops look at the Kirby Report? And how the report might be included in change? I felt that the conference was a missed opportunity to talk about some of the issues that really matter to me, leaving me with more questions than anything?

From November 17th – 18th, I attended the International Recovery Perspectives Conference 2006. The conference was organized by the Leadership Project to develop an awareness and dialogue into recovery based perspectives, practiced in other countries. The conference was an ambitious project as mental health care professionals many of them consumer/survivors came from the United Kingdom, New Zealand, and the United States.

In other countries, Recovery as a model developed out of the psychiatric survivor movement. As the conference program describes, "The survivors through their labour and activism have created the framework and foundation for recovery. They did this through empowering social advocacy, community development, peer support, research, creativity and celebration. Recovery is the legacy of their work, and 'recovery' is a fact and a reflection of what has come from their substantial body of work."

The panels and workshops presented various perspectives on recovery for health care professionals, families, and consumers/patients. The conference opened my eyes to some of the work being done in Recovery as well examples of how it can be practiced. Among consumers, most welcome the Recovery approach as a growing amount of evidence based research, supports better outcomes. There is reluctance in applying it on a policy level within the broader mental health care services. In one of the workshops, a participant asked whether there was hope for change in the system to a Recovery model, Phillip Thomas, a psychiatrist from the UK, responded that the medical model based on pharmaceuticals and symptom management cannot sustain itself financially. At some point the market will bring change to the system. We can all be apart of that change by exercising our rights as consumers who use the services to change the services into one that meets our needs and supports our health and well being as human beings.

--Carolyn

WWW. Websites Worth Watching

National Empowerment Center. www.power2u.org

Critical Psychiatry. www.uea.ac.uk

Mental Health Peers. www.mentalhealthpeers.com

The Great Escape Bed Push. www.bedpush.com

Spark of Brilliance. www.sparkofbrilliance.org

Workman Arts. www.workmantheatre.ca

MindFreedom. www.mindfreedom.org

Please convert your subscription from mail to e-mail, if possible. Thank you to those of you who have already switched your subscriptions. To convert your subscription from mail to e-mail contact us at 416 595-2882 or csinfo@camh.net.

Pat Deegan – Recovery Getting Beyond the Talk

In October, I was able to attend the Recovery – Getting Beyond the Talk Workshop with Pat Deegan. Pat Deegan is an activist in the consumer/survivor movement in the States. She wrote her PhD in Clinical Psychology and continues to write, lecture, and do research based on her experiences with mental illness and recovery. The Workshop was held in Hamilton and was organized for Mental Illness Awareness Week 2006.

In the morning session, Pat Deegan gave a moving talk on Recovery: A Conspiracy of Hope. She began by speaking about her own experience with mental illness at age 17. Once she was diagnosed with a chronic and severe mental illness the most devastating to her was not the illness itself but the shift in how others perceived and treated her. She was no longer a young person with hopes, dreams and a full life ahead of her but was an illness with symptoms, limits, and at best a hope for symptom management. She called this “the Prognosis of Doom”. From her experiences, Pat Deegan has developed a body of work based on what she would have needed from professionals/community to recover. She stressed the need for a collaborative relationship between patients and professionals based on a Recovery, patient centre model where cultivating hope is essential. Focusing on personal strengths, choice, empowerment, employment, and peer support were also vital for individual recovery. At one point in her talk she stated, I am not the problem! I am part of the solution. To an applauding audience.

The afternoon talk titled, Beyond Compliance: A Recovery Based Approach to Using Psychiatric Medications in Recovery, built on the principles she introduced in the morning session but focused on how professionals and patients need to communicate honestly and work together with respect to taking medications. The issue of whether to take medication or not is one that is very controversial. Many medical professionals will not discuss the issue, thus alienating their patients. A holistic approach to health is needed with medical professionals and patients. Pat Deegan introduced software that she developed called, Common Ground, which tries to bridge the dialogue between the health care professional and patient. Overall, the workshop was very inspiring.

Pat Deegan is a consumer/survivor whose life is an example of recovery. From her life experiences she has been able to look at the ways in which mental health services are delivered and seek creative solutions to make changes in the system. Some of her papers on peer support, when help is not helpful, relationships can heal, micro-aggressions, the conspiracy of hope and personal medicine shows an awareness to situations and relationships that is helpful for both health care professionals and patients.
-- Carolyn

For more information on Pat Deegan visit her website, www.patdeegan.com.

Wish List. Makes a Match...

In our last Bulletin, there was a request for a stationary exercise bike. One of our readers had a bike that she hadn't used for a number of years and would like to give it away to someone who could use it. The two were matched.

We have had a lot of interest from readers who would like to pursue their musical talents. There have been many requests for instruments, in particular a left-handed guitar, keyboards, clarinet, sax, drums and cello.

If you have something an instrument or anything to put in our Wish List. Maybe you would like to make a request for something, contact the centre at 416 595-2882 or email us at

CRCT Holiday Happenings 2006 Edition



Once again this year, Community Resource Connections of Toronto (CRCT) has produced its popular Holiday Happenings publication which lists many free and inexpensive things for consumer/survivors (and everyone else!) to do in Toronto during the month of December and on New Year's Day.

This new edition of Holiday Happenings has been posted to the web site, www.crct.org in Adobe Acrobat (.pdf) format. Visit the home page of CRCT's web site where you will find a link to the online version of Holiday Happenings.

Feel free to download the publication and make as many copies of it as you wish.

International Day of Disabled Persons, observed on December 3, 2006.

(This is an excerpt from the UN Secretary-General Kofi Annan's message)

"The theme of this year's observance of the International Day of Disabled Persons, "E-accessibility, reminds of the need to make the Internet available to everyone. On this International Day, Let us pledge again to do our utmost to achieve the vision of an inclusive, people-centred, development-oriented information society. And let us redouble our efforts to ensure that persons with disabilities can exercise their human rights and play their full part in the economic, social and political lives of their societies."

For information on Kofi Annan's message go to www.un.org.

C/S Info Bulletin # 321 and #323, included some resources for accessing the internet in Toronto. Contact us at the C/S Information Resource Centre if you would like a copy from our archives.

Free & Low Cost Events



Friday, December 1st

The Glass Menagerie/Wild Safari Show. Free. An exhibition of stained glass and photography by Carol Anne Monet and Jane Marjorie Pritchard. Show continues to December 8th. The Show Gallery, 978 Queen St. W. Sat., 11:45 am – 7:00 pm. Sun., 12:00 noon – 6:00 pm. Tues., 1:00 – 4:30 pm. Wed., Thurs. and Fri., 11:45 am – 8:00 pm.

World of Music Performance. Free. World Music Ensembles: African Drumming & Dancing, Balinese Gamelan, Japanese Taiko Drumming, Klezmer, Steel Pan. MacMillan Theatre, Edward Johnson Building, University of Toronto, 80 Queen's Park. Info: 416 978-3744. 12:00 noon.

Mennonite Christmas Festival. Free. Ten Thousand Villages presents this holiday event and sale. Activities include a performance by Pax Christi Chorale members and samples of traditional Mennonite baking. Festival continues to Dec. 3rd. Harbourfront Centre, 235 Queens Quay W. Info: 416 973-4000 or www.harbourfront.com. Fri., 6:00 – 10:00 pm. Sat., 10:00 am – 6:00 pm. Sun., 12:00 noon – 5:00 pm.

Saturday, December 2nd

42nd Annual Christmas Around the World Festival. Free. Celebrate the sights and scents of Christmas

in this international marketplace representing over 15 different ethnic communities. Festival continues to Dec. 3rd. Rotunda, City Hall, 100 Queen St. W. Info: 416 368-8743 or www.cfactoronto.com. 12:00 noon – 5:00 pm.

Christmas in Roncesvalles Village. Free. Santa Claus and Swiety Makolaj are escorted to this annual community holiday celebration by the crew of the Lansdowne Fire Station. Performances and carolling. 220 Roncesvalles Ave. Info: 416 392-7288 or www.roncesvallesvillage.ca. Performance begin, 11:00 am. Arrival, 12:00 noon.

Calvalcade of Lights Saturday Night. Free. Musical concert followed by fireworks and skating to DJ music. Nathan Phillips Square, 100 Queen St. W. Info: 416 338-0338 or www.toronto.ca/special_events. 7:00 pm.

Sunday, December 3rd

Diamonds Illustrated Lecture. Free. Talk explores diamonds. How they form and where to find them with speaker Dan Shultze. Emmanuel College, 5 Queen's Park Crescent E. Info: 416 593-2656 or www.torontofieldnaturalists.org. Refreshments, 2:00 pm. Lecture, 2:30 pm.



Allan Gardens Christmas Flower Show Opening. Free. Celebrate the opening of the Christmas Show with this year's theme, Winter Woodland. Opening events include: horse and buggy rides in the park, carolling, hot cider and cookies, storytelling, crafts and more. Show continues through Dec. Allan Gardens, 19 Horticulture Ave, south side of Carlton St. between Jarvis and Sherbourne Sts. Info: 416 392-7288. 12:00 noon – 5:00 pm.

Music Performance. Free (donations for the Food Bank). Hart House Singers perform Choral Songs with Brass and Percussion. Festive music by Bach, Schütz, Ramirez with Toronto Chamber Brass. So Takei, accompanist and David Arnot-Johnston, conductor. Great Hall, Hart House, University of Toronto, 7 Hart House Circle. Info: 416 978-2452. 3:00 pm.

Monday, December 4th

Power Plant Art Gallery. Free. Make Your Own Life: Artists In and Out of Cologne, an exhibition looking at the mythic and art historical significance of Cologne, Germany bringing together 3 generations of artists. Also on view, 89 Seconds at Alcázar, a video installation by Eve Sussman. The Power Plant Gallery, 231 Queens Quay W. Info: 416 973-4949 or www.harbourfrontcentre.com. 5:00 – 8:00 pm.

Tuesday, December 5th

Serena Gundy Park Walk. Free. Toronto Field Naturalist Walk explores winter birds with leader Ann Gray. Bring lunch and binoculars. Meet at the park entrance on Leslie St., just north of Eglinton Ave. E. Info: 416 593-2656 or www.torontofieldnaturalists.org. 10:30 am – 2:30 pm.

Songs of Home Vocal Performance. Free. Music program explores Canadian Michele Bogdanowicz's French and Polish cultural roots. Accompanied by pianist David Eliakis. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. Info: 416 363-8231 or www.coc.ca. 12:00 noon – 1:00 pm.

Wednesday, December 6th

World Music Performance. Free. Song and rhythms of Ghana, West Africa with master drummer Kwasi Dunyo. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. Info: 416 363-8231 or www.coc.ca. 5:30 – 6:30 pm.



Women Won't Forget Event. Free. Candlelight vigil to remember all women murdered by men. Women, men and children are welcome to attend. Gather at Philosopher's Walk, at the southwest corner of Bloor St. W. and Avenue Rd. Enter off Bloor St. W. Info: www.womenabuse.ca. 6:00 pm.

My Sad is All Gone: A Family's Triumph Over Violent Autism Discussion. Free. Learn more about autism in this discussion with author, Thelma Wheatley. Runnymede Library, 2178 Bloor St. W.

Info: 416 393-7720. 7:00 – 8:00 pm.

St. Lawrence Centre Forum. Free. Forum discussing Societal Indifference: Is it Costing Native Women their Lives? Art exhibit, film showing and panel discussion of racial and social dimensions for native women, their treatment by police, the courts, the media and society. St. Lawrence Centre for the Arts, 27 Front St. E. Info: 416 366-1656 or www.stlc.com. 8:00 – 10:00 pm.



Thursday, December 7th

Chamber Music Performance. Free. Presenting a program of contemporary music for various chamber ensembles including works by Witold Lutoslawski and Ana Sokolovic. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. Info: 416 363-8231 or www.coc.ca. 12:00 noon – 1:00 pm.

Women's Health Lunch and Learn Talk. Free. Healthy Feet as you Age with Justin Turner, chiropodist from the Foot care Centre. Light refreshments served. Marion Powell Women's Health Information Centre, Room 916, 76 Grenville St. Registration and more information contact: 416 323-6045. 12:00 noon – 1:00 pm.

An Afternoon of Song. Free. Music with mezzo-soprano Madeline Courtney. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 – 3:00 pm.

Storytelling Workshop. Free. Storyteller-in-Residence Dan Yashinsky leads this workshop for new and experienced storytellers. Oakwood Village Library and Arts Centre, 341 Oakwood Ave. Info: 416 394-1040. 6:30 – 8:15 pm.

Margaret Atwood in Conversation with Alice Munro via the LongPen. Free. Alice Munro joins Margaret Atwood via the LongPen from a location near her home in southern Ontario. Event includes a short reading by Munro, a question and answer followed by a book signing. World's Biggest Bookstore, 20 Edward St. Info: 416 977-7009. 7:00 pm.

Homeopathy for Holiday Stress and Anxiety Health Lecture. Free. Alternative health lecture on dealing homeopathically with seasonal stress, anxiety, resentment by Lisa Farun HD (Rhom), DSHom Med. Room 212, 2nd Floor, Carrot Common, 348 Danforth Ave., (entrance by Book City) Info: 416 466-2129. 7:00 pm.

Social Justice Nights. Free (\$3.00 - \$5.00 donation). The Centre for Social Justice weekly series of conversations presents, Lessons for the Left – Old Reds sharing with Young Pinkos. Free Times Café, 320 College St. 7:00 pm.

Friday, December 8th

Eye Problems and Eye Care Health Workshop. Free. Overview of the human eye, possible diseases and disorders, eye exams and prevention with Dr. Marisa Sit, MD. FRCS(C). Auditorium, 2nd Floor, West Wing, Toronto Western Hospital, 399 Bathurst St. Info: 416 603-5800 ext. 2661. 12:00 noon – 1:30 pm.

Armchair Travel Presentation. Free. Slide presentation on Thunderbay, North Dakota and Mt. Rushmore with raconteur Irwin Patterson. Refreshments served during intermission. Auditorium, Hillcrest Library, 5801 Leslie St. Info: 416 395-5830. 1:30 – 3:30 pm.

Holiday Tree Lighting Event. Free. Join the holiday activities including, lighting the tree and carolling, marshmallow roast, outdoor oven treats and more. Riverdale Farm, 201 Winchester St. Info: 416 392-6794 or www.friendsofriverdalefarm.com. 6:30 – 8:00 pm.



Saturday, December 9th

Home for the Holidays Event Free. Holiday celebrations for the family including Santa, outdoor bread, treats and more. Riverdale Farm, 201 Winchester St. Info: 416 392-6794 or www.friendsofriverdalefarm.com. 9:30 am – 1:30 pm.

Allan Gardens Walk. Free. Toronto Field Naturalists Nature Walk with Melanie Milanich. Bring what you

need for photography, sketching or writing. Meet at the entrance to the greenhouses on the south side of Carleton St., east of Jarvis St. Info: 416 593-2656 or www.torontofieldnaturalists.org. 10:30 am.

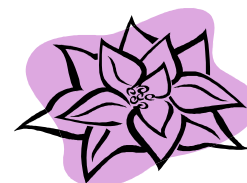
Christmas in Roncesvalles Village. Free. Santa Claus and Swiety Makolaj are escorted to This annual holiday event by the crew of the Lansdowne Fire Station. Activities include performances and carolling. 220 Roncesvalles Ave. Info: 416 392-7288 or www.roncesvallesvillage.ca. Performance begins, 11:00 am. Arrival, 12:00 noon.

Calvalcade of Lights Saturday Night. Free. Musical concert followed by fireworks and skating to DJ music. Nathan Phillips Square, 100 Queen St. W. Info: 416 338-0338 or www.toronto.ca/special_events. 7:00 pm.

Sunday, December 10th

The Leslie St. Spit Walk. Free. The Toronto Field Naturalists Walk explores the birds in the area with George Bryant. Bring lunch and binoculars. Dress warmly. Meet at the park entrance at Unwin Ave. and Leslie St. Info: 416 593-2656 or www.torontofieldnaturalists.org. 10:00 am.

Centennial Park Conservatory Christmas Flower Show Opening. Free. Opening celebration includes carollers, hot apple cider, cookies and wagon rides in the park. Conservatory, 151 Elmcrest Rd. Info: 416 394-8563. 3:00 – 7:00 pm.



Feliz Navidad Music Performance. Free. Holiday Show featuring the Latin American influenced sounds of Maderaz. Brigantine Room, York Quay, Harbourfront Centre, 235 Queens Quay W. Info: 416-973-4000 or www.harbourfrontcentre.com. Arrive early as seating is limited. Performance, 1:00 pm.

Science of Photo Medicine Lecture. Free. An interactive, demonstration lecture on the science of photo-medicine with David Phillips. Macleod Auditorium, Medical Sciences Bldg., University of Toronto, 1 King's College Circle. Info: 416 977-2983 or www.royalcanadianinstitute.org. 3:00 pm.

Monday, December 11th

Tactical Approaches to Urbanization in China Exhibitions. Free. Exhibition focuses on projects by 11 Chinese architects and artists involved in modern urban development in China today. The Eric Arthur Gallery, 230 College St. Info: 416 978-2253 or www.ald.utoronto.ca. 9:00 am – 5:00 pm.

Tuesday, December 12th

High Park Nature Walk. Free. Toronto Field Naturalist Walk with Pat Jones. Bring binoculars. Meet at the southwest corner of High Park Ave. and Bloor St. W. Info: 416 593-2656 or www.torontofieldnaturalists.org. 1:30 pm.



Tea and Books. Free. Discussion of books. Refreshments served. Parliament Library, 269 Gerrard St. E. Info: 416 393-7663. 2:00 pm.

Wednesday, December 13th

An American in Paris Movie (1951). Free. Classic Musical film starring Gene Kelly and Leslie Caron. Beaches Library, 2161 Queen St. E. Info: 416 393-7703. 2:00 pm.

Live Long, Live Well Health Workshop. Free. Discover the steps you can take to ensure a healthier happier, longer life with speaker, Dr. Aileen Burford-Mason. Elizabeth Beeton Auditorium, Toronto Reference Library, 789 Yonge St. Info: 395-5577. 6:30 – 7:30 pm.

50 for 50: Animation Reflection. Free. A thought provoking selection of Canadian animation. Light refreshments served. Pape/Danforth Library, 710 Pape Ave. Info: 416 393-7727. 6:30 – 8:30 pm.

Thursday, December 14th

Inside the Art Dance Performance. Free. Canadian dance artist Peggy Baker performs an excerpt from her recent work. Talk to by the artist to follow. Richard Bradshaw Amphitheatre, Four Seasons Centre for

the Performing Arts, 145 Queen St. W. Info: 416 363-8231 or www.coc.ca. 12:00 noon – 1:00 pm.

A Child's Christmas in Wales Movie (1955). Free. Dylan Thomas' nostalgic look back on Christmases past. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 – 3:00 pm.

Health on the Net Workshop. Free. Workshop highlights electronic resources for searching health and wellness information using the Virtual Reference Library, the Canadian Health Network, MEDLINEplus and other health databases. York Woods Library, 1785 Finch Ave. W. Info: 416 395-5980. 6:30 – 8:00 pm.

Announcements

International Day of People with Disabilities Event

December 4, 2006 from 10:00 am – 2:00 pm.

The City of Toronto, together with community and business partners commemorates the day with presentations and special activities. Refreshments served. Admission is free.

The CNIB Centre, 1929 Bayview Ave. (North of Eglinton Ave. E.)

For more information contact: 416 338-3756 or www.toronto.ca/diversity/intl_day_disabilities.

The Mood Disorders Association of Ontario (MDAO) presents,

“Stand up for Mental Health” Showcase

Stand Up For Mental Health teaches people with mental illness to take control by turning their problems into comedy! Led by Michael Cole, Stand Up for Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment.

When: Wednesday, December 6, 2006 at 7:00 pm

Where: Room 200, 40 Orchard View Blvd. (one block north of Eglinton Ave. and Yonge St.)

Admission is free. For more information contact: 416 486-8046

Beyond Hip. SENSATION!

The art and crafts of the Sound Times Arts Collective
offered for your seasonal shopping delight.

At the Cabbagetown Community Centre for the Arts,
454 Parliament Street just south of Carlton.

December 7th, 8th and 9th.

Thursday 1:00-5:00 pm, Friday 1:00-7:00 pm., Saturday 1:00-5:00 pm.

Reception: Saturday December 9th at 2:00 pm.

All Welcome. Free.

The Mood Disorders Association Ontario (MDAO) is starting a new program,

Drumming to Your Own Beat!

Instructions by Zephie of the Amazing Parkdale Drummers

- No experience necessary • Limit of 12 students • Drums, maracas and cowbells provided

The group will meet on Tuesday Nights from January 9 – March 13, 2007
(there will be no class on March 6, 2006)

For more information contact Donna at 416 486-8046 or donna@mooddisorders.on.ca

Health Fair

Where: **Queen West Community Health Centre**
168 Bathurst St. (at Queen St. W.)

When: **Wednesday, December 6, 2006**
Flu Shots (1:30 – 7:00 pm), Programs/Activities (1:30 – 6:00 pm)

What: Get free flu shots, body mass index and health information
Relax with wonderful therapies like naturopathy and massages
Learn about programs/activities at the centre and in the community
Have FUN, play games, ample food, take health quizzes and more!!!
Admission Free • Child minding service will be provided

For further information call 416 703-8482

Wellness and Recovery Newsletter – Our fourth issue of the quarterly publication that CRCT - Community Resource Connections of Toronto – and the C/S Info Centre cooperate on will be sent out in December. It's free to receive by mail or email, 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 to be put on the subscribers' list.

Training Opportunities

Toronto Business Development Centre (TBDC)

The next information session for the BIZ Futures Self-Employment Training Program for person's with disabilities will be held **Monday, December 4, 2006 from 1:00-3:00 pm** at the Toronto Business Development Centre at 1071 King St. W. (King St. W and Dufferin St.)

BIZ Futures Self-Employment Program provides group self employment training, complimented by ongoing business advisory support. The advantage of working in a group is that clients no longer work alone, but rather everyone learns and supports each other as they develop their businesses with the assistance of a business advisor.

Who would benefit from this training program? Anyone who is eligible for ODSP Employment Supports, is 18 years or older and has a viable business idea could benefit.

For more information and to register for the next information session contact:
Maureen Kelly at 416 345-9437 or mkelly@tbdc.com.

YMCA Employment Services Information Warehouse Drop-in Centre, December 5th, 2:00 – 4:00 pm.

Need help finding a job? An employment worker from the YMCA Employment Information Services Warehouse will answer questions and provide referrals to free employment related services. 4th Floor, North York Central Library, 5120 Yonge St. For more information contact: 416 395-5535.

Work on Track's New Markham Program

Markham Campus, Hwy 7 & Allstate Parkway

Work on Track is a program for people with mental health related issues wanting to find, get and keep work. Participants must have a short term goal to be employed; have experienced barriers to employment due to mental health issues; are able to commit a minimum of 5 hours/day, or 25 hours/week for up to 20 weeks.

For more information on this program contact: 416 491-5050, ext. 7501 or 7502

Job Postings

Refill Sales/Service Clerk - Island Ink Jet Ontario. Permanent, Part Time, Weekend, Day, Evening. 15 hours/ week. \$8.50/hour. Job to refill empty printer cartridges using syringes and ink as well as provide service to potential customers. **Qualifications:** high school plus some college/CEGEP; must be people oriented; computer literate; understand home printers; some previous sales experience; good communication skills; able to work with minimal supervision. **Location:** Kiosk, Cedarbrae Mall. **Apply in person** between 9:00 and 17:00 to, 3495 Lawrence Ave. E., Scarborough. **Fax:** 416 604-8827. **E-mail:** islandinkjet_acr@hotmail.com. **Available:** as soon as possible. **Posted:** www.jobbank.gc.ca.

Security Officer - A. S. P. Security Services. Permanent, Part time. 20 hours/week. \$9.00 - \$11.00/hour. **Qualifications:** high school; some experience; good verbal and written communication. **Location:** North Toronto. **Apply by phone** between 9:00 and 17:00, 416 481-4466. **Fax:** 416 481-1966. **E-mail:** hr@security-asp.com. Available: as soon as possible. **Posted:** www.jobbank.gc.ca.

Cashier - Peoples Jewellers. Temporary, Part Time, On Call, Shift, Weekend, Day, Evening. **Qualifications:** some experience; good communications skills. **Apply by mail**, 25 The West Mall, Etobicoke ON M9C 3B8. **By phone** between 9:30 – 17:00, 416 622-6080. **Fax:** 416 622-7806. **E-mail:** jcosta@zalecorp.com. **Posted:** www.jobbank.gc.ca.

Residential/Crisis Support Workers – Canadian Mental Health Association. Part time, Contract. \$15.45/hour + 4% vacation. **Qualifications:** Minimum College Diploma education in Social Work/Social Sciences; experience in residential setting for people with serious mental illnesses; 2 years experience mental health (community experience an asset); some knowledge of Concurrent Disorders and the Criminal Justice System as it relates to mental health preferred; understanding of recovery principles and their application to people with mental illness; skill in Mental Health Assessment and Crisis Intervention an asset; a valid driver's licence and access to a vehicle is an asset. **Apply by mail**, Case Management Services-MHJ and Safe Bed, Canadian Mental Health Association – Toronto Branch, 700 Lawrence Ave. W., Suite 480, Toronto ON M6A 3B4. **Fax:** 416 789-9079. **E-mail:** safebeds@cmha-toronto.net.

Deadline: December 11/06. **For information:** www.toronto.cmha.ca. **Posted:** www.charityvillage.ca

Community Mental Health Analyst Canadian Mental Health Association. Full time. Salary.

Qualifications: work experience in the health care or social services sector; university graduate/college diploma or related work experience; exceptional writing and communication skills; ability to read and synthesize complex material; research experience; meet established deadlines; respond quickly to request and manage multiple tasks; desire and ability to work effectively within a team environment; working knowledge of MS Office software applications.

Apply by mail, Director, Human Resources, Canadian Mental Health Association, Ontario Division, 180 Dundas St. W., Suit 2301, Toronto ON M1G 1Z8. **Fax:** 416 977-2813.

Email: careers@ontario.cmha.ca. **Deadline:** January 2/07.

For more information: www.ontario.cmha.ca. **Posted:** www.charityvillage.ca.