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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.*

February 1, 2007

Bulletin 340

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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Hold Tight

Rod Albrecht is dead. The Executive Director of Fresh Start Cleaning and Maintenance, the Consumer/Survivor cleaning business was a leader and a teacher as almost everyone who spoke at his funeral said. No one in our community felt neutral about Rod. He was big and brash, outspoken and prickly. Yet he had a way of seeing the best in people, seeing their potential and helping them believe in themselves. Some loved him, and some felt, well not so nice. He was a great leader of his organization, though. How many of us know that Fresh Start has over 100 employees? Or that the company broke a million dollars in revenue last year? Person after person at the funeral talked about how much he meant to them.

Rod committed suicide. For those who knew Rod, you know that it wasn't his first attempt and that winter was a particularly hard time for him, like it is for a lot of us. Now, we have to hold tight to our friends, to our colleagues, to our families if we have them, to our chosen families. We have to hold tight to our dreams, to our hopes and to any scrap of determination to live, because whenever there's a suicide in a tightly knit community, there's a temptation to give up hope and fall into the trap of feeling like killing yourself, too. Especially when the person is a strong figure, a leader. The sense of, "If he found life hopeless, what do I have to live for?" We have to fight that feeling and we have to hold tight to other people to help keep them and ourselves from falling into that hole.

Rather use this to remember that time is short. To help us remember our life goals. What did we plan for our lives? What hopes did we have? What do we want to do with the time that is left to us? Use this to move off auto-pilot and wake up to our lives. Go out and begin to do that thing that we had hoped our lives would be about. Use this for good. Hold on tight to each other and make your life count. **Helen**

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Wish List. A Cello. An Exercise Bike. A Keyboard - (Musical, not computer)

Lia started learning to play the cello when she was twelve years old, and she was able to reach quite a high level of accomplishment, winning some prizes and scholarships. After a long hiatus, she has begun to feel passionate about playing the cello again, as she says, "for my own enjoyment and for the pleasure of others", but she does not have access to a cello right now. Having a cello to play could be the door to a wonderful new chapter in Lia's life.

We also have a reader looking for an exercise bike after his heart attack and another looking for a keyboard. If you have a cello, a keyboard or an exercise bike, to give away, by now, you know the drill, contact the centre.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Events

Thursday, February 1st

Toronto Field Naturalists: Urban Nature Walk. FREE. Meet at the foot of Yonge Street and Queens Quay on the south side. Info: 416 593-2656. 1:30 pm.

Toronto Antiques Show FREE. Sherway Gardens. Enjoy $\frac{3}{4}$ mile of antiques and art. Queensway and West Mall in Etobicoke. Runs until Sunday Feb 4th. Info: www.asinter.com or www.sherwaygardens.ca or 416 621-1070. Mon – Fri 10:00 am – 9:00 pm. Sat 9:30 am – 6:00 pm. Sunday 11:00 am – 6:00 pm.

The Flowering of African-Canadian Literature in Contemporary Canada. FREE. African-Canadians have thrived and blossomed on the literary scene. In fiction, poetry or memoir these voices have been described as significant and outstanding works of art. This discussion will look at how has Canada influenced these artists in the development of their craft. Host Royson James, speakers: George Elliot Clarke, Afua Cooper, Lawrence Hill, Faith Nolan and Donna Bailey Nurse. Toronto Reference Library, Atrium, 789 Yonge Street. Info: 416 393-7131. 7:00 - 9:00 pm.

Friday, February 2nd

Kitonb Extreme Theatre Company. Carillon — The Flight of Time. FREE. Italy's renowned theatre company Kitonb makes its North American premiere in Toronto with the company's most acclaimed work to date, Carillon is a dream-like theatrical voyage featuring highly physical dance and acrobatics by a cast of 30, performed on multiple stages positioned between the earth and sky including a 7 metre tower, woven with 600 metres of elastic ropes. Carillon culminates in spectacular special effects and a dramatic aerial performance staged 20 metres above the audience, suspended from a hydraulic crane. Nathan Phillips Square, 100 Queen Street West & Bay Street. 7:00 pm

Teen Movie Night. FREE. Sit back, relax and enjoy a movie with us. Playing tonight – My Best Friend's Wedding. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 4:00 – 6:00 pm.



Saturday, February 3rd



Cooking Demo: Trish Magwood. FREE. Magwood created and hosts party dish on Food Network Canada and wrote the weekly dishing column in the Saturday Style Section of the Globe and Mail. She is a successful business owner, teacher and chef. Enjoy

marvellous music and dance between cooking seminars. Toronto City Hall's Rotunda, 100 Queen Street West & Bay Street. 1:30 and 4:30 pm.

Winter City Festival. FREE. Nathan Phillips Square, Queen St W & Bay St, hosts Pop Friendly musicians.

12:30 - 1:30 pm Spiral Beach

Their fearless performance style and sophisticated songwriting skills take the theatricality of bands like the B-52s and sets it to shockingly inventive music.

2:00 – 3:00 pm The Suits XL

Quebec City quintet, The Suits XL has impressed many with their literate, intelligent and quirky music filled with insanely hooky riffs and melody lines.

3:30 - 4:30 pm Brian Byrne

Brian Byrne is recognized as one of this country's finest live performers. Born and raised in Newfoundland, his musical breadth spans his youth spent in a magical place as well as his travels that have taken him far away from it.

5:00 – 6:00 pm Shaye

The collaborative creation of this group of talented Canadian singer/songwriters — Kim Stockwood, Damhnait Doyle and Tara MacLean — is truly greater than the sum of its already impressive parts.

University of Toronto Faculty of Music. New Music Festival: Student Composers Concert. Free.

Dennis Patrick, festival coordinator. Walter Hall, Edward Johnson Building, 80 Queen's Park.

Info: 416 978-3744. 7:30 pm.

Sunday, February 4th

The American Express Ice Gallery. FREE. Gordon Halloran's Paintings

Below Zero is an installation of boldly coloured, abstract paintings in ice — enormous in scale and yet intricate in detail — with stunning patterns created by pigments combining with the crystal structure of the ice. The exhibit explores issues of climate change, global warming and melting ice caps. The installation will cover 800 square feet, featuring an 80 foot wall of three dimensional ice paintings reaching heights of up to 10 feet. Nathan Phillips Square's ice rink will also be used as a giant canvas, inviting the public to become part of the art by skating on the surface of the paintings. Nathan Phillips Square, Queen & Bay Street. Noon to 6:00 pm.



Sunday Serenades At Scarborough Civic Centre. FREE. Singtonga. Music of the Caribbean. Rotunda of the Civic Centre, 150 Borough Drive, Scarborough.

Info: 416 338-3295. 2:00 – 4:00 pm.



Kuumba, African Heritage Month. \$10.00. Reggae Music Summit Showcase & After Party.

Superheavy Reggae, Treson, Ibadan, Sonia Collymore, King Ujah & more. Harbourfront, Brigantine Room, York Quay Centre, 235 Queens Quay West. Info: 416 973-4000. 10:00 pm.

Patterns Patterns Everywhere: Science on Sundays Royal Canadian Institute for the Advancement of Science. FREE. Martin Golubitsky talks about the regular patterns that appear all around us. The mathematical notion of symmetry is a key to understanding how and why these patterns form. J.J.R.

Macleod Auditorium, Medical Sciences Building, U of T, 1 King's College Circle. Info: 416 977-2983 or www.royalcanadianinstitute.org. 3:00 pm.

Monday, February 5th

NFB – Mediatheque. FREE. View films from the National Film Board's collection at the personal viewing stations. NFB, Mediatheque, 150 John Street. Info: 416 973-3012 or www.nfb.ca. Monday & Tuesday 1:00 pm – 7:00 pm, Wednesday 10:00 am – 7:00 pm, Thursday – Saturday 10:00 am – 10:00 pm, Sunday noon – 5:00 pm.



CBC Museum. FREE. A multi media museum in the Canadian Broadcasting Centre documents the history of Canadian broadcasting. Watch clips from shows such as Wayne and Shuster. CBC Building, 40 Front Street West. Info: 416 205-5574.

Tuesday, February 6th

Canadian Opera Company. Richard Bradshaw Amphitheatre Chamber Music Series: Antiphony. Free. Antiphonal music of Gabrieli and contemporaries. Glenn Gould School Brass Quintet. Four Seasons Centre for the Performing Arts, 145 Queen St. West. 416 363-8231. 12:00 noon.



Wednesday, February 7th

Canadian Opera Company. Richard Bradshaw Amphitheatre Jazz Series: World Jazz. Free. Fundamentals of jazz with the influences of Toronto's vast immigrant population. Humber World Jazz Lab, Ted Quinlan, director. Four Seasons Centre for the Performing Arts, 145 Queen St. West. Info: 416 363-8231. 5:30 pm.

Introductory Research Skills. FREE. [Registration required] Acquire the skills to carry out research using the library's catalogue, collections and Web-based resources available through the library website. Library tour included. Toronto Reference Library, 789 Yonge St. Info: 416 393-7209. 2:00 – 4:00 pm.

Toronto Field Naturalists: Humber Bay Park East Birding. FREE. Meet at the entrance to the park – the south west corner of Lakeshore Blvd West and Parklawn Road. Bring binoculars if you have them. Info: 416 593-2656. 10:00 am. This event is morning only.

Investing in Socially Responsible Stock and Funds. FREE. Speaker: Jenni Myllynen, Associate at Mercer Investment Consulting Responsible Investment. Learn how to invest in companies that contribute to the improvement of the environment or socially responsible causes. Learn which sectors and companies meet the socially responsible criteria. No registration required. Elizabeth Beeton Auditorium. Toronto Reference Library, 789 Yonge Street, Info: 416 393-7131. 6:30 – 8:00 pm.

Thursday, February 8th

Web Basics for Seniors: FREE. Participants register for Part I [February 8th] and Part II [February 22nd] Designed to introduce users to computers and the internet. Basic mouse and computer skills are required. Toronto Reference Library, 789 Yonge Street. Info: 416 393-7209. 10:00 – 12:00 noon.



Friday February 9th

Harbourfront Natrel Rink. FREE. DJ Skating, Funk Soul and House with CKLN. Free Hot Chocolate. Queens Quay between Yonge and Spadina. Info: 416 973-4000 or www.harbourfrontcentre.com. 8:00 – 11:00 pm.

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Tonight - Open Season, an animated cartoon. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 – 8:00 pm.



Saturday, February 10th [& 11th]

28th Annual Orchid Show. \$10.00. or \$8.00 with web coupon available online at: <http://www.soos.ca/Show2007/EntryCoupon.htm>. This year the Southern Ontario Orchid Society presenting over 30 displays featuring thousands and thousands of spectacular and exotic blooms. Marvel at these wonders of nature while escaping winter's wrath. Toronto Botanical Gardens, southwest



corner of Lawrence Avenue East and Leslie Street. Info: 905 640-5643. Saturday and Sunday 11:00 – 5:00 pm.

Sunday, February 11th

Novel Therapies for Viral Infections: Science on Sundays Royal Canadian Institute for the Advancement of Science. FREE. Katalin A. Hudak will discuss current approaches used to limit viral proliferation and introduce research into novel antiviral compounds extracted from plants. J.J.R. Macleod Auditorium, Medical Sciences Building, U of T, 1 King's College Circle. Info: 416 977-2983 or www.royalcanadianinstitute.org. 3:00 pm



Sunday Serenades at Scarborough Civic Centre. FREE. Royal Swing Band. Rotunda of the Civic Centre, 150 Borough Drive, Scarborough. Info: 416 338-3295. 2:00 – 4:00 pm.

Monday, February 12th



Toronto Ice Rink. FREE. Nathan Phillips Square open. For details call the Rink Hotline: 416-338-RINK (7465) For skate rental info call: 416-368-8802. 10:00 am to 10:00 pm

Tuesday, February 13th

Digital Design Studio Basics. FREE. Learn to prepare presentations and reports, scan documents, design business cards, websites and more. Hands on instruction on the effective use of equipment and software provided in the studio. Toronto Reference Library, Digital Design Studio, 789 Yonge Street. Info: 416 393-7209. 10:00 – 12:00 noon.



Wednesday, February 14th

Sweet and Spicy Rendezvous. FREE. Bring a lunch or buy a complete meal provided by Starbucks for \$5.00. Steam up lunch this Valentine's Day as Brenda Chin, associate senior editor of Harlequin Blaze line, dishes on the process of creating a Harlequin writer. Plus a Harlequin writer shares secrets on how to send hearts aflutter. Toronto Reference Library, 789 Yonge Street. Info: 416 393-7131. 12:30 – 1:30 pm.

Sinister Stir-Fry. FREE. Bring a lunch or buy a complete meal provided by Starbucks for \$5.00. Delight in mischief with two celebrated Canadian mystery writers, Giles Blunt [John Cardinal mysteries] and John McFetridge [Dirty Sweet]. Pape Danforth Branch, 701 Pape Avenue. Info: 416 393-7131. 12:30 – 1:30 pm.



Wok Around the World. FREE. Bring a lunch or buy a complete meal provided by Starbucks for \$5.00. Escape for an hour while travel authors share amazing stories about their journeys and international culinary adventures. Deer Park Branch, 40 St. Clair Avenue East. Info: 416 393-7131. 12:30 – 1:30 pm.

Thursday, February 15th



G'Day Toronto: Australia Week at Yonge Dundas Square. FREE. [Ticket required] Participate in many Australian themed and styled activities. The Great Aussie Expo will also include performances

showcasing the best in Australian travel, lifestyle and entertainment. Mick's Whips – the World's Best Whip Cracker; see Aussie Cattle Dog Show; Australian Sport Demonstration and Participation; Aboriginal Cultural Performances; Mark Olive – Aboriginal Cuisine Showcase. Sample the best of Australia, and a chance to win a trip Down Under. Yonge and Dundas Streets. Info: www.australiaweek.ca/tickets for FREE admission tickets

Announcements

STOP SHOCKING OUR MOTHERS AND GRANDMOTHERS AN ANNOUNCEMENT AND INVITATION TO PROTEST

Dear Ms.Hook-Consumer/Survivor Information Resource Centre of Toronto,

On Mothers Day, Sunday May 13, 2007, the Coalition Against Psychiatric Assault (CAPA) in Toronto is publicly protesting the use of electroshock ("ECT") against women - particularly mothers and grandmothers. We feel that Mother's Day is a most appropriate day to protest against this psychiatric procedure that targets women and that has already caused a global epidemic of electrically-induced brain damage including permanent memory loss and other disabilities. The decision to organize this anti-shock demonstration arose mainly from public hearings on electroshock held in Toronto on June 9-10, 2005 and which CAPA sponsored. Significantly, most of the shock survivors who testified were women. (see our site: <http://capa.oise.utoronto.ca>, click on 'personal narratives' and 'shock report'.)

As you also are undoubtedly aware, two to three times more women than men undergo electroshock in Canada, the United States and other countries -- usually against their will or without their informed consent. This widespread and coercive psychiatric procedure is outrageous and unethical - but unfortunately legal. Many women shock survivors and feminist-activists rightly assert that electroshock is psychiatric rape, or state-sanctioned violence against women. In Canada, the United States and European countries, electroshock targets mainly young, white and middle-class women; it also targets elderly women 60 years and older. Given these facts, electroshock is essentially sexist and ageist.

CAPA is currently planning a multi-faceted national anti-shock campaign across Canada. titled SHOCKING OUR MOTHERS AND GRANDMOTHERS. This campaign has three objectives: 1. to urge women shock survivors, feminists, and women's organizations to make electroshock a priority issue that must be addressed now; 2. to mobilize resistance and strategize against electroshock until it is banned or abolished; and 3. to educate the general public and media about electroshock, particularly its permanently brain-damaging, memory-destroying and traumatizing effects, and humane alternatives. To accomplish these objectives, CAPA's campaign will feature not only public protests and demonstrations in various major cities in Canada, the United States and other countries; but also community outreach initiatives, and a creative media campaign including extensive advertising in the mainstream and alternative media.

We need your organization's help and support. Specifically, we urge your organization to join CAPA in demonstrating against electroshock - particularly its use on women, especially mothers and grandmothers. We ask you to organize, publicize and conduct your own public demonstration, protest or rally against electroshock on Mothers Day, May 13, 2007. We are also asking many other organizations in major cities across Canada, the United States and other countries to join us by organizing anti-shock events on the same day. We feel confident in predicting that our simultaneously held demonstrations,

protests and rallies will generate considerable political pressure on city, provincial/state, and federal governments, and attract extensive media coverage. We also feel that these simultaneous anti-shock demonstrations could significantly reduce the use of electroshock against young and old women, educate the public about the many serious health risks of shock and its targeting of women, and stimulate national and international anti-shock campaigns. We look forward to the day when the psychiatric atrocity of electroshock will be universally banned.

We are very excited and energized about organizing this anti-shock event on Mothers Day; we expect it will attract many women, feminists, anti-shock, human rights and social justice activists, psychiatric survivors, and people with disabilities. We very much hope your organization agrees to organize and hold its own anti-shock demonstration, protest or rally on Mothers Day 2007. Please let us know your decision as soon as possible, so we can let other groups know and establish a communication network, preferably on the Internet. As one woman psychiatric survivor once shouted in 1982 during the Tenth Annual International Conference Against Psychiatric Oppression and for Human Rights, "DON'T AGONIZE - ORGANIZE!" We look forward to your reply.
Sincerely

Don Weitz (for)
Coalition Against Psychiatric Assault/CAPA
Please reply to: dweitz@pathcom.com

So, Bulletin readers, does anyone want in? Contact Don directly, or contact the centre to do something as a group. Our board will be discussing it at the next meeting. Helen

Heart Disease and Consumer/Survivors

Is there any interest in forming a support group for people who have had a heart attack and who are consumer/survivors? The Info Centre will help to facilitate the first few meetings by organizing the phone list, and by arranging space and refreshments. Call C/S Info at 416 595-2882 or email csinfo@camh.net. We've had the first person express interest and we're running it up the flagpole.

Volunteers to help plan **Toronto MAD Pride 2007**, an arts and education event in mid September in Parkdale are needed and appreciated. Call Ruth Ruth, 416 516 4740, or email friendlyspike@primus.ca for information on how you can help.

Mood Disorders Association of Ontario
Distinguished Speakers Series Presents:
Zindel Siegal, Ph. D.

Cognitive Therapy, Mindfulness and the Prevention of Relapse in Unipolar Depression

February 7, 2007 7:00 – 9:00 pm Free Admission, All Welcome
40 Orchard View Blvd, Suite 200

Training Opportunity

Stand Up For Mental Health

This **14-week program** is a repeat of 3 amazingly successful projects led by Michael Cole in the last 2 years. Past participants, MDAO, and comedy showcase audiences were so unanimous in their praise that we are now offering another program for **new participants**.

WHEN: Tuesday Afternoons, 1:00 – 4:00 pm (starting March 6, 2006)

WHERE: Mood Disorders Association of Ontario, 40 Orchard View Blvd., Suite #215.

(1 block north of Eglinton subway station, on the west side of Yonge Street)

The course is limited to **15 people**. Selected applicants will participate in a short interview to assess suitability, and most importantly, commitment (*call for an application 416 486-8046*). The program will conclude with a "Comedy showcase" (in mid June 2007) featuring a brief comedy routine by each participant, in front of friends, family, guests and other supportive individuals.



HIRING NOTICE

Position: Community Crisis Worker, full-time, contract (6 months)
Short-term Residential Crisis Bed Program

Salary: \$48,956. per annum, pro-rated

Closing Date: Friday, February 9th, 2007 (Resumes must be *received* by the closing date.)

Gerstein Centre is a voluntary, non-medical 24-hour mental health crisis intervention service located in the downtown Toronto area. The Short-Term Residential Crisis Bed program (5 beds) offers short-term crisis support to adults with mental health issues experiencing crisis compounded by involvement with the criminal justice system. This program will be offered on a short-term basis in partnership with High Park Villa Boarding home. The program will be located in the boarding home and will be staffed by the Gerstein Centre on a 24 hour basis.

Successful applicants will have:

- at least 5 years experience in community mental health and crisis intervention or experience in a related field.
- an extensive knowledge of community supports available in the City of Toronto.
- experience with the mental health, criminal justice and shelter systems
- experience running groups and programs
- demonstrated capability to be flexible and to work under pressure.
- good written and verbal communication skills (a second language would be an asset).

The Community Crisis Worker:

- screens and assesses referrals to short-term residential crisis beds
- provides short-term crisis support, case management, advocacy and community referrals for individuals staying in the short-term residential crisis beds.
- provides crisis intervention and exercises good judgment in emergency and/or crisis situations.
- can work independently and within a team and shares responsibility for 5-high support beds within a boarding home

Please note:

- the position involves regular shift work, which includes overnights, weekends and holidays.
- consumer/survivors from the psychiatric system, members of ethno-racial communities and Native Canadians are encouraged to apply

Please send resumes to: Selection Committee
Gerstein Crisis Centre
100 Charles Street East
Toronto, Ontario
M4Y 1V3 Fax: 416 929-1080
jobs@gersteincentre.org

We thank all applicants, but will contact only those selected to be interviewed.



HOUSELINK

home community opportunity

Houselink Community Homes, a non-profit organization providing housing and support to people who live with serious mental illness or otherwise marginalized, is currently seeking to fill the following full-time position. Houselink owns and operates 22 properties throughout Toronto.

Internal / External Job Posting
Maintenance Worker – MW222
Full-time position

The Maintenance Worker is responsible for:

- performing a variety of maintenance repairs and tasks in residential buildings
- communicating with members of the maintenance department, other staff and tenants

This position requires a person who:

- has demonstrated skill and experience in plumbing, carpentry, painting & dry-wall, electrical work and mechanical systems and is familiar with fire safety equipment;
- has good verbal and written communication skills and the ability to interact effectively with supervisor, team members and residents;
- has knowledge of life safety systems, fire code, building code, Tenant Protection Act; and Occupational Health & Safety Act;
- demonstrated organizational and administrative skills including ability to maintain records, schedule priorities, make adjustments for emergencies and see work through to completion;
- will provide reliable, accurate and timely information so that the Maintenance Manager and Senior Maintenance Coordinator are always kept up-to-date;
- can on occasion, work outside regular work hours, and is available for on-call service;
- is able to adhere to practices and procedures of Occupational Health & Safety;
- has a Valid Driver's license and access to an appropriately insured car or van.

**For more information about this position, see the complete job description at:
www.houselink.on.ca/careers**

Salary starts at \$36,430 per annum, plus benefits

Apply in writing by February 9, 2007, Quoting File # MW222 to:
Hiring Committee, Maintenance Worker
Houselink Community Homes

805 Bloor Street West
Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians.



Raise Your Voice!

Voices From the Street, a collective of individuals who use their personal experiences with homelessness and poverty to educate the public and push for change, is looking to recruit new members.

You get:

- 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity, and facilitation.
- A small cash honorarium of \$60 per week for participating.
- A TTC Metropass.
- A hearty lunch on the days you are training.
- Childcare subsidy.
- A connection to others who have similar experiences and a desire for change.

You give:

- Your time (Every Tuesday, Wednesday and Thursday between 10 am-3 pm from March 20th-June 14th).
- A desire to speak openly and publicly about your personal experiences with homelessness and poverty.
- An ability to work well with others and a respect for diversity.
- A passion for social justice and a desire for change.
- Your leadership skills back to your community.

If you are interested in becoming a member of Voices From the Street, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you would bring to the group, any leadership experience you have, and details about your previous or current involvement in the community. Letters should be submitted by February 23rd to:

Voices From the Street
c/o Ontario Council of Alternative Businesses
203-1499 Queen Street West

Toronto, ON M6R 1A3
Fax: 416 504-8063
e-mail: speakersbureau@bellnet.ca

For those interested in more information, Information Sessions will be held on February 7th @ 11 am at the Gerstein Centre (100 Charles Street East) and on February 13th @ 2 pm at the Ontario Council of Alternative Businesses (1499 Queen Street West, Suite 203). Attendance at these sessions is encouraged, but not mandatory. TTC tickets will be available.