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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.*

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**May 1, 2007**

Bulletin 346

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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)

## It's Our Party... Help Us Make It Special

The Consumer/Survivor Information Resource Centre started operating in 1992, so that makes 2007 our 15<sup>th</sup> Anniversary. We want our Annual Meeting in September to be special and maybe you could help us with that.

Do you have any stories about how the Info Centre has helped you, what the Bulletin has meant to you... any pictures of events or past AGM's? Help us make our party special. Send in your thoughts or pictures. Call us or write us. 416 595-2882. [csinfo@camh.net](mailto:csinfo@camh.net) or c/o CAMH 250 College Street Toronto ON M5T 1R8

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## Wish List.

We have 4 chairs to give away to a survivor or survivor agency. They have black cloth seats and backs and square wood frames. Again, you have to have a way to get them to your place. Call the centre if you are interested.

We have received a request for a musical keyboard. The important part of this request is that it should be a full sized one, that is, 88 keys, because the person plays classical music. (The smaller one with 61 keys will not fit the bill.) A stool would be nice, too, if possible. Failing a keyboard, an apartment sized piano would be a possibility, but this person feels that while she can lug the keyboard home, transporting the piano would be a problem, and her apartment is not very big.

Another musical request - this time for a Caribbean Pan Drum. We know of a person who is saving up, but these are about \$700, so he has a long way to go. Does anyone know of someone who has traded up and has an old one they might be willing to let go of for free or very cheap? You'd make someone very happy.

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](mailto:csinfo@camh.net).



## Announcements

# Hong Fook Mental Health Association

## 25<sup>th</sup> Anniversary Open House

Be Our Guest! Visit Our Agency! Get To Know Our Services!

There will be presentations of our programs and services as well as demonstrations and refreshments.

Come and Visit Us at one of Our 2 Locations

Tuesday May 8<sup>th</sup> from 3:00 - 7:00 pm at the Spadina Site - 260 Spadina Ave Suite 408 or

Thursday May 10<sup>th</sup> from 3:00 – 7:00 at the McNicoll Site - 1065 McNicoll Avenue Main Floor

Hong Fook Serves the Cambodian, Chinese, Korean, and Vietnamese Communities.

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# Let Your Creative Talents Shine!

Are you an aspiring artist?

Would you like to sell &/or display your art work?

Are you a past or current client of the North York General Hospital mental health &/or addiction programs?

Painting, Pottery, Drawing, Photography, Sculpture, Poetry....Whatever your medium, you are invited to share your artistic expression at an

## Art Show & Sale

Friday, May 18<sup>th</sup>, 2007  
10 am – 2 pm

North York General Hospital  
4001 Leslie Street

Murray Mackenzie Gallery  
(off main lobby)



### *Promoting the Involvement of People With Mental Illness in the Arts*

The Mental Health Program in partnership with the Participants' Council is hosting an Art Show & Sale. We are seeking submissions from past and current clients in any medium. The artwork should reflect the artists' ideas and emotions about mental health, either from a perspective of illness or wellness.

**For information on how to submit artwork**, please contact Theresa at the Participants' Council at 416 633-9420 x 6967 or Stuart Goldman, Program Manager at 416 632-8707. **Space is limited**, please book early.

A portion of sales will benefit North York General Hospital

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**Wildflower Sale**  
**Native Plants and Wildflowers**  
Saturday May 14<sup>th</sup> 10:00 am – 4:00 pm  
Downsview Park 35 Carl Hall Road (Sheppard & Keele)  
North American Native Plant Society  
Voice Mail: 416 631-4438 Email: nanps@nanps.org  
[www.nanps.org](http://www.nanps.org)

Hi Helen

this is the CAPA release re the anti-shock demo - if you don't have this, please publish it in your current edition asap - if you have it let me know. I hope this is not too late - please confirm asap.

Don

(for) CAPA Media Committee

## STOP SHOCKING OUR MOTHERS AND GRANDMOTHERS

People say there is no torture in Canada. Excuse my language but that's pure bullshit, there's torture being paid for by the Ministry of Health. ~Canadian shock survivor, Sue Clark  
From Burstow video "When Women End Up in Those Horrible Places" (1994)

### A Mother's Day Demonstration Against Electroshock

On Mother's Day, Sunday, May 13, 2007, the Coalition Against Psychiatric Assault (CAPA) is organizing a public, arts-based demonstration against electroshock ("electroconvulsive therapy", "ECT") therapy specifically for its use on women.

The public mistakenly believes that electroshock is a treatment that was only used in the past. In fact, the use of shock has increased in Canada and the United States during the last 10 years.

The two main targets of this destructive psychiatric procedure are women who have recently given birth, and women 60 years and older.

Shock survivors, feminists, and human rights activists assert that electroshock is a form of psychiatric assault and elder abuse – violence against women. The use of electroshock is an extremely serious violation of our human rights and it should be universally banned.

#### **Thursday, May 10, 2007**

2:00pm: Press Conference in Media Room, Legislative Bldg, Queen's Park  
... Dr. Bonnie Burstow, faculty member of OISE/UT, chair of CAPA  
... Paivi Laine, shock survivor  
... Don Weitz, anti-psychiatry activist, co-founder of CAPA

#### **MOTHER'S DAY - Sunday, May 13, 2007**

1:15 pm Assemble at the Clarke Institute of Psychiatry, College/ Spadina  
1:30 pm Puppets-and-people march to Queen's Park

2:00 pm Assemble in front of Legislative Bldg, Queen's Park  
2:15 - 4:00 pm Speakers: Dr. Bonnie Burstow, women shock survivors and activists  
... Songwriters/artists: Roger Ellis and others  
... Free Food

Co-Sponsoring Organizations: Sistering and The Centre for Women and Trans People at York University (for list of endorsers see attached)

Contact: Dr. Bonnie Burstow, chair of CAPA, ph: 416 538-7103, bburstow@oise.utoronto.ca  
Don Weitz, anti-psychiatry activist, ph: 416 545-0796

## Tax Clinic

### At the C/S Info Centre it's never too late to do your taxes!

When other tax clinics close down, we will still be there. We have appointments pretty much all year round, so call for an appointment if you meet the following guidelines set by Canada Revenue Agency:

- Low income is defined as \$15 – \$20,000 for people with no dependants, \$20 – \$26,000 with dependants,
- No complicated returns, which means: no self employment income, no rental income, i.e. no one pays rent to you, no widowed people with the tax returns of a deceased spouse, no bankruptcies, and no capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2006, and give us a call to set up your appointment.

Please don't call until you have everything in hand.  
416 595-2882

If you have the access code from your address label from Canada Revenue Agency, we can telefile for you, which means you'll get your refund in about 2 weeks. In most cases, we can help you get an access code if you don't have one.

Please be sure to tell us if you have more than one year's worth of tax returns that need doing so we can book enough time for you.

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The Mood Disorders Distinguished Speakers Series Presents...

### Brainwave Speakers Showcase

- Hear 3 unique prepared speeches related to Mood Disorders
- Participate in Impromptu Speaking
- Listen to Feedback on the speeches
- Find out how Brainwave Speakers self-paced educational program works

Date: Wednesday May 2nd, 2007 at 7:00 to 9:00 pm

Where: Room 224 B & C, 40 Orchard View Blvd., above the Northern District Library

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Inclusion of an announcement is not an endorsement of the views of any organization or individual.

# Free & Low Cost Events



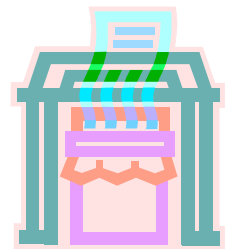
**Tuesday, May 1<sup>st</sup>**

**National Ballet of Canada: Richard Bradshaw Amphitheatre Dance Series: Claude Viviers Pulau Dewata. FREE.** Homage to Balinese people. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

**Mayworks Festival of Working People and the Arts.** Check out Toronto's 22<sup>nd</sup> Annual Mayworks Festival featuring poetry, book readings, theatre, film and more, by local and international artists from April 28<sup>th</sup> to May 6<sup>th</sup>. [www.mayworks.ca](http://www.mayworks.ca)

**Wednesday, May 2<sup>nd</sup>**

**Cloth that Shook the World: Opening Reception. PWYC.** The exhibit tells 20 stories, including what weavers did in England and India when machinery took away their jobs. Cloth has been at the centre of political and scientific revolutions. From the American Civil War to the environmental disaster of the Aral Sea. Textile Museum of Canada, 55 Centre Ave. Info: 416 599-5321 or [www.textilemuseum.ca](http://www.textilemuseum.ca). 6:30 pm.



**Canadian Opera Company. Richard Bradshaw Amphitheatre Jazz Series: Weather. FREE.** A range of musical sounds from classical jazz to original material influenced by folk, jazz and hip hop. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info 416 363-8231. 5:30 pm.

**Colborne Lodge Gardens. FREE.** Catherine Raven speaks about the restoration of the gardens at the Colborne Ledge in High Park. Runnymede Library, 2178 Bloor Street West. Info: 416 393-7697. 7:00 – 8:00 pm.



**Thursday, May 3<sup>rd</sup>**

**West Toronto Junction Historical Society. FREE.** Peter Young's presentation on Ontario's Dance Halls and Pavilions. There may be time to share your remembrances too. Annette Library, 145 Annette Street. Info: 416 763-3161. 7:30 pm.

**Mayworks: Working Class Stories. Sliding Scale. [\$5-\$15]** What narratives become part of the mainstream dialogue? Who gets left behind? Working Class Stories is an evening of passionate, inspiring and empowering storytelling, spoken word, poetry and performance by emerging artists. Buddies in Bad Times Theatre, 12 Alexander Street. 7:30 pm.

**Newfoundland. FREE.** A slide travelogue presented by Pat Zuest of the Toronto Camera Club. Northern District, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 – 3:30 pm.



**Friday, May 4<sup>th</sup>**

**Family Movie Night. FREE.** Sit back, relax and enjoy a movie with us. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. On the first Friday of the month, the movie is at 4:00 pm.

**Saturday, May 5<sup>th</sup>**



**Simple Traditional Chinese Exercises for Wellness. FREE.** Dr. Louisa Li [TCM] talks about and demonstrates some traditional Chinese health care exercises. Albert Campbell Library, 496 Birchmount Road. For more information and to register call 416 396-8890.  
2:00 – 3:30 pm.

**If I Can't Dance, It's not my Revolution. Sliding Scale [\$7-\$12]** A fantastic cabaret of dance performances that use humour and inventiveness to shed light on working life. It brings to the stage a dizzying array of dance styles. Buddies in Bad Times Theatre, 12 Alexander Street. Info: [www.mayworks.ca](http://www.mayworks.ca). 8:00 pm.

**Easy Money: A Play Created With Injured Workers. PWYC.** Easy Money is a play about the impact of workplace injury on workers and their families, neighbours and co-workers. It portrays the crazy-making experience of people facing long-term disability and endless disbelief. Once you play the Board game, it's a lose-lose situation with doctors, experts, forests of paperwork, oceans of grief and a grim apocalyptic sense of humour, as you chase the elusive coin of compensation. Cecil Community Centre, 58 Cecil St. 8:00 pm.

**How to Write Your Own Will and Power of Attorney. FREE.** Financial Adviser Mai Hoang Cao talks about self-preparation of a Will and Power of Attorney, probate, fees and taxes. Burrows Library, 1081 Progress Ave. Info: 416 396-8740. 11:00 am.



**Feng Shui for Gardens. FREE.** Feng Shui consultants Russ and Katherine Loader discuss the Chinese art of placement in your garden. Don Mills Library, 888 Lawrence Ave. East. Information and to register 416 395-5710. 2:00 pm.

**Hazards of Occupation. \$5.00 suggested donation.** Hazards of Occupation features the real stories of working class women of colour struggling to survive through the Canadian courts and prison structures. The play puts a human face on the tragic story of the growth in the number of women's prisons. Info: [www.mayworks.ca](http://www.mayworks.ca). Toronto Free Gallery, 660 Queen Street East. 7:00 pm.

### **Sunday, May 6<sup>th</sup>**

**Mayworks –Trans Cab: A One-act Theatre/Cabaret Performance. By donation.**

What happens to transgendered and transsexual people who are homeless and have to seek services from the shelter system? Trans Cab explores the experiences of two trans characters Terri, a male-to-female transsexual and Robert, a female-to-male transsexual and their experiences in a fictional Toronto shelter. Trans Cab blends traditional elements of cabaret style music and audience participation, lip-sync performances and lots of humor to explore some very serious issues. 519 Church St Community Centre, The East Room, 519 Church Street. Info: 416 599-9096. 3:00 pm.

**World Laughter Day. FREE.** Laugh your stress away with the Toronto Laughter Club during this world-wide one day event. Kew Gardens, 2075 Queen Street East, south of the baseball diamond near Lee Avenue. Info: [www.worldlaughterday.ca](http://www.worldlaughterday.ca). 11:00 am – 12:30 pm.

### **Monday, May 7<sup>th</sup>**

**Elvis Mondays & Starving Artist Buffet. FREE. Thanks to a reader who provided this Monday event.**

Music and food. Drake Hotel, 1150 Queen Street West. Info: [www.thedrakehotel.ca](http://www.thedrakehotel.ca) or 416 531-5042. This happens unless there is a special event. Doors open at 9:00, free buffet at 9:30, bands start at 10:00 pm.

**Adult Literacy. FREE.** Nine library branches offer free one-on-one instruction in basic reading, writing and math for English speaking adults. Adult volunteer tutors meet with learners for 2 hours weekly. Fairview Library, 35 Fairview Mall Drive. Info: 416 395-5555. 12:30 – 8:30 pm. Phone for specific times.

### **Tuesday, May 8<sup>th</sup>**

**Sleeping Buddha: Portrait of a Changing Afghanistan. FREE.**



Sleeping Buddha is an evocative family memoir and unique portrait of Afghanistan from a young Afghan-born Canadian journalist Hamida Ghafour, whose family fled the Soviet invasion in 1981 to settle in Canada. In 2003 she returned to cover the post-Taliban era to find a place utterly changed. Innis Town Hall, 2 Sussex Avenue. Info: 416 640-5836. 7:30 – 9:30 pm.

**Get an Apprenticeship Career. FREE.** A facilitator from Centennial College Connect provides a workshop on how to get an apprenticeship career and what it takes to become an apprentice. Register in person or call 416 396-8890. Albert Campbell Library, 496 Birchmount Road. 6:00 – 8:00 pm.

### **Wednesday, May 9<sup>th</sup>**

**LifeBeat. FREE.** LifeBeat is a musical variety show written, produced and presented by talented health care professionals. Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4000 or [www.harbourfront.com](http://www.harbourfront.com). 10:00 am – 8:00 pm.

### **Thursday, May 10<sup>th</sup>**

**A Taste of Korean Culture. FREE.** Palmerston Library, 560 Palmerston Ave. Info: 416 393-7680. 6:30 – 8:30 pm.

**Toastmaster for Adults. FREE.** High Park speakers provide an opportunity to develop communications and leadership skills. Guests welcome. Annette Street Library, 145 Annette Street. Info: 416 234-9447 or [www.highparkspeakers.org](http://www.highparkspeakers.org). 6:30 – 8:00 pm.

**Local Authors Series: John Bemrose. FREE** John Bemrose, the acclaimed author of Island Walkers, reads from his powerful novel about “place, family and community”. Shortlisted for the Giller Prize. Beaches Library, 2161 Queen Street East. Info: 416 393-7703. 7:00 pm.



**Afternoon at the Movies. FREE.** Watch a great movie every other week. Today's film is A Scanner Darkly. Barbara Frum Library, 20 Covington Rd., Auditorium B. Info: 416 395-5440. 2:00 – 4:00 pm.

### **Friday, May 11<sup>th</sup>**

**92<sup>nd</sup> Annual OCAD Graduation Exhibition. PWYC.** The general public is invited to tour the work of the next generation of emerging artists and designers by visiting the Ontario College of Art & Design. OCAD, 100 McCaul Street. Info: 416 977-6000 or [www.ocad.ca](http://www.ocad.ca). 11:00am – 6:00 pm.



### **Saturday, May 12<sup>th</sup>**

**Toronto Field Naturalists: Leslie Street Spit – Birds – International Migration. FREE.** Info: 416 593-2656.



**Knitting for Beginners. FREE.** Registration required. Pre-register by calling 416 393-7692. Annette Street Library, 145 Annette Street. Info: 416 393-7692. 2:00 – 3:30 pm.

**Food and History Shows in the Kitchen. FREE.** The St Lawrence Market presents Bruce Bell the Market Historian on the history of the Market and following his talk, a 20-minute presentation by one of the Market vendors including samplings and demonstrations. St. Lawrence Market, corner of Jarvis and Front Street, South Market, West Mezzanine. 10:00 am & 2:00 pm.



### **Sunday, May 13<sup>th</sup>**



**Toronto Field Naturalists: Anges Moodie Fitzgibbon Wildflower Walk –Lost Rivers Walk. FREE.** Madeline MacDowell and the Humber Heritage Committee will again hold this annual special walk starting at the Lambton House, 4066 Dundas Street West on the east bank of the Humber River and going into the Magwood Sanctuary. City streets and park trails. Should be a good time to see spring flowers. Info: 416 593-2656. 1:00 – 3:00 pm.



**Monday, May 14<sup>th</sup>**

**Gentle Yoga for Chronic Conditions. FREE.** Build energy strength and flexibility. Adapted for individual needs. Annette Street Library, 145 Annette Street. For more information call Melissa 416 903-3148. 6:30 – 7:30 pm.

**Tuesday, May 15<sup>th</sup>**

**Learn How to Get an Office Job. FREE.** A facilitator from Centennial College Job Connect presents a workshop on the skills needed to obtain an office job. Register in person or call 416 396-8890. Albert Campbell Library, 496 Birchmount Road. 6:00 – 8:00 pm.

