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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.*

June 15, 2007

Bulletin 348

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday

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New Face at The Info Centre

Hi Bulletin Readers,

I am very pleased to announce that I have hired a new person. I hope you will join me in welcoming Debora McDonagh as Assistant Coordinator of the Consumer/Survivor Information Resource Centre of Toronto.

Debora has writing and research experience, so we'll probably see some good stuff in future Bulletins. She has also worked and volunteered at a variety of organizations in Toronto, and brings with her lots of skills and experience relevant to the position.

I look forward to working with Debora. Together, we will continue to make every effort to serve your information needs.

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A handwritten signature in black ink, appearing to read 'Helen'.

Wish List.

Hi Bulletin Readers -- I had quite a few requests for the 14 inch television set that was posted in the last Bulletin and, of course, it went to the first person who called. So I'm putting out a call for donations of TV's. If you have one to spare, please consider donating it to a person without one. Call the centre and I will try to match you up so people don't have to travel too far while lugging a TV.

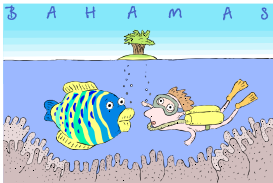
If you have something to donate for our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Activities

Friday, June 15th

Toronto Queer West Fest. June 15 to June 22. Various times and locations. Alternative festival for queer culture with activities focused on Queer Street West (Queen). Info: Mike Pare Gay West Community Network 416 551-1709 or www.gaywest.905host.net.



Barbados on the Water: some FREE & some ticketed events. Celebrate the vibrancy of the Caribbean in a three-day family festival of spectacular music, dazzling dance, mouth-watering food, unique hands-on craft workshops, engaging story-telling and theatrical presentations and more. Harbourfront Centre, 235 Queens Quay. Info: www.harbourfrontcentre.com. June 15th - June 17th.

Saturday, June 16th

Toronto Queer West Fest 2007. Mix and Mingle Community Fair. FREE. Drake Hotel, 1150 Queen Street West. Info: Mike Pare Gay West Community Network 416 551-1709 or www.gaywest.905host.net 3:00 – 5:00 pm.

The Kitchen at St. Lawrence Market: FREE. Food and History Show. Each show features a 15-20 minute talk by Bruce Bell, the Market Historian, or Bill Genova, tour guide, on the history of the Market buildings and Old Town Toronto. Following that, Market vendors or notable food experts present demonstrations, samplings and/or discussions on food. The food portion of the show lasts 20-30 minutes. This week: Natural Elk Venison raised without additives, from SECOND WIND ELK farm of Rockwood, Ontario. Elk has less fat than skinless chicken, more protein than beef. Info: www.stlawrencemarket.com 10:00 am & 2:00 pm.



Laughter Yoga. FREE. For information about this growing worldwide movement call Denise at 416 653-5177. Annette Street Library, 145 Annette St. 10:00 – 12:00 noon.

Sunday, June 17th

Toronto Queer West Fest 2007 – 3rd Annual Pride Ride. FREE. Join us for a leisurely ride along Toronto's waterfront. Meet up at High Park (below Colbourne Lodge, north side of Queen Street entrance to the park), and then ride to Sunnyside and Eastern Beaches and back. Bring water, snacks/picnic lunch and a helmet. Noon to 3:00 pm. RSVP/Info: gwbikeclub@hotmail.com or Mike Pare at 416 551-1709.

Spadina Museum: Music in the Orchard. FREE. Kye Marshall Jazz tinged with classical, latin and rock flavours. Cello and guitar duo. Spadina Museum, 285 Spadina Rd. Info: 416 392-6910. 1:30 pm.
Toronto Early Music Centre. FREE. Pastime with Good Company Viola da Gamba Salon. FREE – donations appreciated. Informal concert by the Toronto viola da gamba community. Japanese Paper Place Warehouse, 77 Brock Ave. Info: 416 760-8610. 2:00 pm.

Little Breath of Scotland. AM740 Radio. The music of Scotland 4:00 – 6:00 pm, and immediately following, Music of Ireland 6:00 – 7:00 pm. Thanks to a reader, who sent us this information.



Monday, June 18th

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

Pride Week Flag Raising. FREE. A good crowd always turns up to join in the festivities as Pride Week is officially launched by Mayor Miller. See www.pridetoronto.com for further details. Toronto City Hall, 100 Queen Street West. 12:00 noon.

Tuesday, June 19th

Canadian Opera Company: Renaissance Festival Series. FREE. Not One Lady Failed to Shed a Tear: Birth of an Opera. Contemporary descriptions of early 17th century Italian Baroque performances. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

Toronto Queer West Fest. Java Nights. FREE. Guest speaker: Steven Bereznai, author of *Gay and Single...Forever?* For information contact Mike Pare at Gay West Community Network, 416 551-1709 or gaywest_toronto@yahoo.ca. Gladstone Hotel, 1214 Queen Street West. 7:00 – 9:00 pm. After party 'till 11.

Scottish Music at Edwards Gardens. FREE. Enjoy Scottish music and Highland Dancing in beautiful Edwards Gardens. 777 Lawrence Avenue West (southwest corner of Lawrence Avenue at Leslie Street). For information contact John Homberg at 416 694-1218 or Edwards Gardens at 416 397-1340. 7:00 – 8:30 pm. Also on the 26th, same time, same place.

Wednesday, June 20th

Self Hypnosis Workshop. FREE. Produce dramatic changes in your life by recognizing and taking control of your stress level. Experience the benefits of self hypnosis with Hypnotherapist Murray Goldsmith. North York Central Library 5120 Yonge Street. Info: 416 395-5535. 7:00 – 8:30 pm.



Twilight Concerts in the Park at Applewood. FREE. Etobicoke Community Concert Band gives a concert on the grounds of the Applewood Homestead, 450 The West Mall. Info: 416 622-4124. 7:00 pm.

Get Your Lit Out – Potluck, A Night of Readings. FREE. Queer Pride literary event presented by Three Ring Paper Productions. Hosted by Comedian Dawn Whitwell and featuring talented local queer authors Shani Mootoo, Trey Anthony, Anna Camilleri, Debra Anderson, Gein Wong & Dani Couture reading previously published works and works-in-progress. Authors available for book signings. All ages. Light refreshments served. Info: threeringpaperproductions@gmail.com or Debra Anderson 416 979-9633. Hosted at A Space Gallery 401 Richmond Street West Suite 110. 7:00 – 10:00 pm.

Afternoon at the Movies. FREE. Errol Flynn festival “Adventures of Robin Hood” Leaside Library, 165 McRae Drive. Info: 416 396-3835. 2:00 pm.

Thursday, June 21st

AIDS Candlelight Vigil. FREE. Honouring. Remembering. Celebrating. Info: 416 392-6878 x 312 or www.the519.org. For this year only, the Vigil will be held at Allan Gardens – between Jarvis and Sherbourne, just south of Carlton Street. 9:00 pm.

National Aboriginal Day. FREE. Day begins at 5:30 am with a sunrise ceremony and flag raising at Toronto City Hall, 100 Queen Street West, followed by the Buffalo Jump World Prayer and Peace Parade. Info: May Maracle, 416 392-5583 or www.toronto.ca/diversity.

Afternoon at the Movies. FREE. “Angel Heart” Info: 416 395-5400. Barbara Frum Library, 20 Covington Road. Auditorium. 2:00 – 4:00 pm.

National Ballet of Canada: Dance Series. FREE. How to be Older and Reckless. Revealing the process of dancing alone. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

Friday, June 22nd

Toronto Business Development Event. Biz Futures. FREE. See the announcement section for complete information. 10:00 am – 12 noon.

Being Scene 2007. Opening Reception. FREE. An exhibition featuring over 40 CAMH artists. Presented by Workman Arts. Exhibits are at all CAMH sites and catalogues are available at three: 1001 Queen Street West, 250 College Street and 33 Russell Street. Info: 416 583-4339. Opening Reception – Centre for Addiction and Mental Health, 1001 Queen Street West, Administration Building. 1:00 – 2:00 pm.

Cultural Day for Seniors. FREE. Enjoy a performance with harmonica, songs of classic oldies and a demonstration of making savoury Chinese delicacies. Goldhawk Park Library, 295 Alton Towers Circle. Info: 416 396-8964. 12:00 – 1:30 pm.



Global Grooves: Afrodizz. FREE. Nigerian afrobeat style inspired by Fela Kuti. Yonge-Dundas Square. Info: 416 979-9960. 8:00 pm.



Author Series: John Christopher. FREE. Author reads from his book “Arctic Memoirs”. Christopher, a retired marine biologist, discusses the Arctic of the ‘60’s, his time with the Inuit and his studies of the beluga whale. North York Central Library, 5120 Yonge Street. Info: 416 395-5535. 2:00 pm.

Saturday, June 23rd

Pride 2007: Dyke March. FREE. Come out and support this celebration of diversity, passion and pride. The theme for Pride Week 2007 is “Unstoppable!” The March begins at Church and Hayden Streets, moves north on Church to Bloor, west on Bloor to Yonge, and then south on Yonge to Wood. It then heads east along Wood back to Church Street. Start time: 2:00 pm.

Pride and Remembrance Run. Pledge, volunteer, run, walk, or cheer. The Run starts at 10 am at the intersection of Church and Wellesley. At the sound of the race pistol, 1000 runners head west on Wellesley towards Queen’s Park, where they will circle twice before heading back to the FINISH and the After-Party Awards & Beer Gardens. Race kits available exclusively at The Runners Shop, 180 Bloor Street West from June 13th to 22nd. Open Mon – Sat 10:00 am to 6:00 pm. 416 923-9702. Note, there is no on-site or day-of sign-up to run.

Sunday, June 24th

Pride 2007. Unstoppable. Pride Day. FREE. Music and readings on various stages throughout the day. Beer gardens and a chemical free zone. Come and celebrate. Parade begins at Bloor and Church Street. 2:00 pm.

Summer Music in the Garden. FREE. Note this is an outdoor event and is marked as “weather permitting”. Lush works by Chopin, Rachmaninoff, Debussy & Bach. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-3000. 4:00 pm.

Monday, June 25th

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

Storytelling for Adults. FREE. Come listen and tell. All welcome. Annette Street Library, 145 Annette Street. Info: 416 393-7692. 7:00 – 8:00 pm.

Tuesday, June 26th

City Cinema: featuring futuristic flicks. FREE. See “Forbidden Planet” Yonge-Dundas Square. Info: 416 979-9960. 8:00 – 11:00 pm.



Canadian Opera Company: World Music Series, Korean Drumming and Dance. FREE.

Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

Wednesday, June 27th

Afternoon at the Movies. FREE. Errol Flynn festival “Seahawk”. Leaside Library, 165 McRae Drive. Info: 416 396-3835. 2:00 pm.

Summer Serenades: Maieve Herington. FREE. Singer performs quirky bilingual jazz. Yonge-Dundas Square. Info: 416 979-9960. 12:30 pm.



Thursday, June 28th

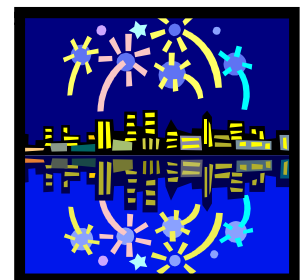
National Ballet of Canada: Contemporary Dance Program. FREE. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

Summer Music in the Garden. FREE. Note this is an outdoor event and is marked as “weather permitting”. Jeng Yi by the Willow Tree. Korean drum ensemble performs traditional and original works. Toronto Music Garden, 475 Queens Quay West. Info: 416 973-3000. 7:00 pm.

Friday, June 29th

Global Grooves: Colectivo. FREE. 13-piece band from 10 different musical backgrounds. Yonge-Dundas Square. Info: 416 979-9960. 8:00 pm.

Canada Day: Generations. FREE. In the spirit of history, family, and all that has been shared between them, celebrate Canada Day this long weekend at Harbourfront. See how generations of arts and culture have been passed on, handed down, and turned around - right across this great country. Harbourfront, 235 Queens Quay West. Info: www.harbourfrontcentre.com for times of specific events throughout the weekend.



Saturday, June 30th

Heritage Toronto Walk: Between the Bridge and the Brewery. FREE. The area around Trinity-Bellwoods Park has evolved considerably since the 19th century when it boasted a brewery and an Anglican university along Garrison Creek. We'll explore some of the neighbourhood's heritage sites – still standing and long vanished – and hear why the creek and the bridge over it disappeared. Meet at NW corner of Queen Street West & Gore Vale Ave. Approximately 2 hour walk. 1:30 pm.



Announcements

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

Do you want to know more about PhACS (Physical Activities for Consumer Survivors) walk/run activities and its new development?

Come meet us at our information session on Sunday, June 24, 2007, at 11:30 am. at The Riverdale Perk cafe - 633 Logan Ave (at Withrow, south of Danforth, north of Gerrard St. E.) or on Wednesday, June 27, 2007, at 6 pm., at Tim Hortons - 481 Danforth Avenue (at Logan Avenue).

PhACS News: Effective June 2, 2007, PhACS has a new walk/run West End group on Saturday at 1:00 pm. - Brown Sugar Bakery & Deli, 1374 Queen Street West (W. Brock Avenue) - across from The Parkdale Library).

Physical Activity for Consumer Survivors (PhACS) is operated by volunteers and is dedicated to providing an outlet that promotes wellness through fitness and social activities to consumer/survivors. For more information contact us at 416 604-6973 or check our website at www.accentonability.org/phacs.htm. Our service runs all year long including holidays!

Schizophrenia Society of Ontario Wellness & Recovery for People with Schizophrenia

14 session educational support group to develop strategies for staying well. Meeting twice a week, on Tuesdays and Thursdays from 5 – 6:30, participants will develop a wellness binder of personal techniques. Topics will include stress management, support networks, meaningful activity, diet, exercise, smoking, spirituality, relationships, stigma and goal setting. Group will be held at The Schizophrenia Society, 130 Spadina Avenue from June 21st to August 16th. For more information and to register, please contact Leanne Needham at 416 449-6830 or ineedham@schizophrenia.on.ca.

Psychiatric Survivor Arts and Crafts Fair Sunday July 15th 10:00 am to 4:00 pm Parkdale Activity-Recreation Centre (PARC) 1499 Queen Street West

If you want to display and sell your or your group's Arts and Crafts, this is the opportunity for you. There are a limited number of tables and display spaces available, so phone or email Melinda as soon as possible. Hope to see you at the Psychiatric Survivor Arts and Crafts Fair. For more information, call Melinda Montgomery at 416 537-2591 or email mmontgomery@parc.on.ca.

This event is part of Mad Pride 2007 celebration and is sponsored by Parkdale Activity – Recreation Centre.

Look for a full listing of Mad Pride events in the July 1st issue of the Bulletin and mark your calendars now for the Bed Push on July 14th from 1:00 to 5:00, starting at CAMH, 1001 Queen Street West and ending at PARC, 1499 Queen Street West. Find your wildest pair of pajamas and bring a noisemaker.

Like to Draw? Feeling Creative? Like money?

The C/S Network of the Toronto Central LHIN is looking for a logo and tagline. We are asking for submissions from consumer/survivors in the Toronto area. Hand drawn submissions are fine, or if you have computer graphics skills, that would be even better. The deadline for submissions is Thursday, July 5th. Please email or deliver your submissions to A-WAY by that date. We are located at 2168 Danforth Ave, Toronto, M4C 1K3
We are offering a cash award of \$250 to the person whose submission is selected. So pull out your pencils !!
If you would like more info about the network or the contest, please feel free to contact Laurie Hall at A-WAY Courier 416 424-2266 or at execdir@awaycourier.ca.

Psychiatric Survivor's Soccer Tournament 2007

**Hosted by Parkdale Activity – Recreation Centre
1499 Queen Street West
416 537-2591**

On Thursdays at about 1:00 pm the members of Parkdale Activity – Recreation Centre are playing soccer at Sorrauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun. You can find out more by calling Hume Cronyn or Zephie James at PARC. The Tournament will be held in August. If you belong to an organization or agency, you could set up your own team and practice sessions. You could register for the Tournament as an agency team

Get active in summer. Kick the ball.

CASH OFFICE UPDATE FOR CLIENTS WHO USE THE CAMH QUEEN STREET SITE CASH OFFICE

Thursday June 21st, 1:00 – 2:00
Room 160, Empowerment Council Office
1001 Queen Street West

A representative from CAMH will speak and update clients on up and coming changes to the Cash Office. If you have any questions please call Lucy Costa at 416 535-8501 x 3013.

Toronto Business Development Centre

Biz Futures

Self Employment Development Program

If you are interested in starting your own business and you are eligible for ODSP Employment Supports, you may be eligible to enroll in this nine-week intensive training program. You will learn to launch and operate your own business and there is ongoing business advisor support after the nine weeks. Call to register for the free information session to be held at the Toronto Business Development Centre at 1071 King Street West on Friday, June 22 from 10:00 am to 12:00 noon. Contact Maureen Kelly: mkelly@tbdcc.com or 416 345-9437 or www.tbdcc.com.

CPRN and Ryerson University Public Forum
Electoral systems: policy influences, impacts and implications - June 18

Location: Eaton Lecture Theatre (RCC204), Ryerson University, 80 Gould Street, TORONTO
Monday, June 18, 2007 6:30 - 9:30 pm. Registration: 6 pm.

Ontario is about to decide whether to adopt a new electoral system. Following on their learning, public consultation and deliberation phases, the Ontario Citizens Assembly has tabled a recommendation for a Mixed Member Proportional (MMP) electoral system. On October 10, the Ontario public will decide whether to stay with the existing system or choose MMP.

Panelists include: Sean Conway, Marcel Lauzière, and Judy Rebick.

Please confirm your attendance with shorsely@cprn.org

The campaign for RESPECT - various dates

What grows out of the \$10 Minimum Wage campaign? The fight for Respect!

On Tuesday, May 22nd, Labour Council and our community allies launched the next phase of the \$10 Minimum Wage campaign - the fight for RESPECT! It encompasses six key issues that were raised time after time in our town hall meetings with low wage workers across Toronto. Over the coming weeks, we will be going out to communities to engage working families in this important dialogue. Please join us at any of the following events:

- Rexdale, June 18** at 7 pm., Microskills, 1 Vulcan Drive
- Scarborough, June 23** at 2 pm., Scarborough Village Recreation Centre, 3600 Kingston Road - The campaign for RESPECT will be supporting this community meeting planned by the Workers' Action Centre.
- Weston-Mt Dennis, June 25** at 7 pm., York Civic Centre, 2700 Eglinton Avenue West (west of Keele St).

For more info: Judy Persad at 416 441-3663 x 224 or Julius Deutsch 416 441-3663 x 225.
Visit our websites at www.labourcouncil.ca, or www.amillionreasons.ca

Being Scene 2007

Being Scene 2007. Opening Reception. FREE. An exhibition featuring over 40 CAMH artists. Presented by Workman Arts. Exhibits are at all four CAMH sites and catalogues are available at the reception desks of three: 1001 Queen Street West, 250 College Street and 33 Russell Street. Art will be there for a whole year. Opening Reception – Centre for Addiction and Mental Health, 1001 Queen Street West, Administration Building.

Friday June 22 from 1:00 – 2:00 pm.

Info: 416 583-4339

\$ Money Saver Tip \$

One of our readers has asked us to announce to everybody that all Value Village Stores will be having a 50% off sale on everything in the stores on Monday June 25th.

The C/S Info Centre is holding another BOOK SALE

Tuesday, **June 19** at CAMH 1001 Queen Street 10:00 am – 2:00 pm, and
Tuesday, **June 26** at CAMH 250 College Street 10:00 am – 2:00 pm

Our last book sale in December was a hit with everyone, so we're going to do it again! There will be hundreds of books of all types. Proceeds from the book sale will go towards postage costs for mailing the Bulletin out to consumer/survivors who do not have access to a computer or email. We will accept cash or postage stamps as payment for the books. Reasonable prices and lots of variety!

To **subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. The next issue will be out at the end of June. Both are posted on the CRCT website at www.crct.org. Both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the internet.
Helen & Debora, C/S Info.

Job Posting

Manager of Finance and Administration

The Manager of Finance and Administration is responsible for the administrative and financial management of the Empowerment Council, including the day to day financial and administrative operations.

Duties will include:

- Administering all accounts payable and receivable
 - Generating monthly cash flow, income and expense statements
 - Answering and directing telephone calls, mail and email as needed
 - Reconciling the financial systems of two organizations
 - Providing other administrative functions as required
- Skill with MS Office and Simply Accounting required.*

The individual must be able to work with marginalized and diverse populations in a challenging environment. Personal experience of mental health and/or addiction services is preferred.

The position is half time, hourly rate from between \$18 to \$20 per hour. Only those to be interviewed will be contacted. References will be required.

Please send application addressed to Hiring Committee
c/o jennifer_chambers @camh.net
by June 29th 3:00 p.m.

Voices from the Street

Today

Friday June 15th

1:30 – 4:00 pm

This is to alert you to a special event hosted by Voices from the Street. Voices offers an extensive twelve week curriculum in leadership, policy development, story telling and more to those who've experienced some of the worst aspects of poverty, homelessness, addictions and mental illness.

It is our expectation that our graduates will take these new skills back to their communities, as well as availing themselves of opportunities to serve as voices of direct experience on coalitions, boards and agencies.

Friday, June 15, 2007

1:30-4

**1001 Queen St. W,
Malcomson Theatre**

Men and women who are speaking out, many for the first time, about what their lives have been like, as recipients of a wide variety of social services in Toronto.

What its like to be an Aboriginal woman lost to drugs and alcohol on the streets of the city.

How it feels to come to Canada from Uganda thinking you're entering Paradise, only to find none of your credentials matter.

A single mother who struggles to regain her footing after losing her son to the state wonders if it had to be this way.

A young Somalian Muslim handed over to Children's Aid two years after arriving in the country emancipates himself at sixteen, and finds he has no one to speak or to look out for him.

A son tells his mother he'll be fine without her, and finds himself recruited into a gang, asked to do terrible things.

A cancer survivor feels he is losing a bigger battle with an even more ferocious disease: poverty.

We will hear why its critical to listen to the voices of those we call clients, or patients, or our target group.

and

How the difference between theory and practise, academic and direct experience, middle class and poverty is vast and often unexplored, unrealized.

It's hard to talk from a position of dependence, of powerlessness. These men and women are ready to voice their stories, ideas and perspectives, are you ready to hear?

speakersbureau@bellnet.ca

416 504-1693 extension 228