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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.*

October 15, 2007

Bulletin 356

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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LONELINESS AND HEALTH

My mother's death certificate said she died of meningitis and complications from cirrhosis of the liver, but I didn't see it that way. In my heart, I've always believed that she died of loneliness. She had gradually cut herself off from the world, living in an increasingly deeper and darker isolation that no one could penetrate.

My mother learned about loneliness early in life. As a child stricken with polio, she would often spend her days locked in a room by herself because her own mother, a widow with five young children, had to go to work to support her family. Her adult years weren't much better: she found herself in a physically and psychologically abusive marriage, and turned to alcohol for comfort. While drinking may have brought some relief from a life gone wrong and soothed her loneliness in the beginning, in the end it was one of the main causes of her isolation. She had given up, and if she died believing no one cared, she could not have been more wrong.

When it comes to suffering the physical and mental health consequences of loneliness, my mother was far from alone. Research into the emotional and biological effects of social isolation has demonstrated a clear link between illness and the lack of social support—more commonly known as just plain loneliness. Interestingly, studies have also shown that it is not just those who actually *are* alone and unsupported who are at greater risk of physical and mental illness, but also those who *think* or *feel* that they have no one to turn to for support and friendship—that old 'alone in a crowded room' feeling. In either case, persistently lonely people are more stressed and more likely to fall ill than those who are not; they perceive the world as more threatening, and have an increased risk for a range of illnesses from colds to heart disease to depression.



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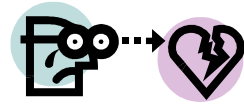
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LONELINESS AND HEALTH (cont'd.)



One recent study out of UCLA suggests that there is a 'genetic' reason why lonely people may have poorer health. The research found that certain genes were more active in people who reported feelings of social isolation, and many of the genes identified have links to the body's mechanisms for fighting off disease, such as producing inflammation. Chronic or excessive inflammation can damage tissues and potentially cause disease. Other genes, including those thought to be important in fighting viruses and producing immune antibodies, were less active in the research participants who reported feelings of loneliness versus the non-lonely group. Dr. Steven Cole, who led the UCLA study said: "What this shows us is that the biological impact of social isolation reaches down into some of our most important basic internal processes—the activity of our genes." Cole said the differences that were found were not connected to other factors such as the size of the social network of the people involved, but were specifically connected to their feelings of social isolation.

So where does this leave people whose social opportunities may be limited by poverty or disability? What about those whose real-world experience has told them they are alone, excluded, and without support? Some consumer/survivors, by the very nature of their mental health challenge, may find the prospect of reaching out for or even accepting social support frightening or difficult. What about them? What about people like my mother?

The perception that we are wanted and valued and able to count on others is shaped by our personal history of supportive and unsupportive experiences, and both early life and recent experience play a part in shaping our social viewpoint. We can't change our histories; for better or for worse, they are what they are. What we can change, however, is what we experience now—today, and tomorrow, and the day after that. As a group, consumer/survivors are in a unique and enviable position: even before we ever meet, we share a bond and a basis for mutual understanding and support that is not easily found elsewhere. The *Oxford Illustrated Dictionary* defines support, in part, as to "keep from failing or giving way, give courage, confidence, or power of endurance to..." (1975:850). With a little effort and risk, we can give each other that. No one among us should have to know loneliness, and no one should ever have to die of it.

Adapted from: R. J. Turner, *Social Support and Coping*; BBC News, October 2007.



Wish List

We have someone who has donated a bike for a survivor who would like one. It's a teal blue, men's Canadian Tire Special, 10 speed. Call the centre if you would like this bike. We've also had a request from someone who has had surgery on his arm - he's looking for exercise equipment - kettle weights, or a Bowflex machine.

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.



ANNOUNCEMENTS

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

THE EMPOWERMENT COUNCIL AND PSYCHIATRIC SURVIVOR ARCHIVES, TORONTO PRESENT:

Mad Voices from the Wall

A photo exhibit of writings from the Patient Built Queen Street Wall
LENNOX GALLERY, 12 Ossington Avenue (near Queen Street)
Gallery Open 12:00 noon to 5:00 pm ~ Thursday, October 25 through Sunday, October 28

Exploratory Discussion for Clients, Consumers and Psychiatric Survivors

Who Owns Mad History and Mad Culture?

Come share your ideas, opinions on theft, authority, power, and taking up space in a sane world.
What would *you* write on the wall?

Saturday, October 27 from 2:00 pm to 4:00 pm
For more information call 416 535-8501 x 3013

DIABETES EDUCATION COMMUNITY NETWORK OF EAST TORONTO (DECNET) DIABETES SELF-MANAGEMENT PROGRAM FOR MENTAL HEALTH CONSUMER/SURVIVORS

DECNET is pleased to offer a diabetes education program especially tailored to meet the needs of individuals experiencing mental illness and diabetes. The classes are free and TTC tokens are provided.

Anyone with diabetes and mental illness (consumer/survivors), his or her families, caregivers and case managers can come to these classes. In small groups led by a nurse and a dietician you can learn about:

- What causes Type 2 diabetes
- How managing your blood sugar can make you feel better;
- Healthy eating, especially how to shop and cook on a tight budget, and
- How you can be more physically active

Meet for two hours, once a week for four weeks, on weekday afternoons at
South Riverdale Community Health Centre, 955 Queen Street East (at Carlaw)

FOR INFORMATION ABOUT STARTING DATES AND TIMES PHONE DENISE AT 416 469-6580 X 3157.

TOUCHED BY FIRE OPEN HOUSE

A showcase within a celebration – displaying the finest painting, drawing and photography created by people with mood disorders.

Doors open Saturday, November 17, 2007 at 1:00 pm.

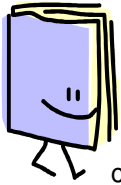
Light refreshments will be served.

The Gladstone Hotel, 1214 Queen Street West.

For more information visit www.touchedbyfire.ca

Touched By Fire will be on display until Tuesday, November 20, 2007

THERE'S A NEW BOOK IN TOWN



It's called *TAKING BACK CONTROL: MY SELF-MANAGEMENT GUIDE TO PSYCHIATRIC MEDICATIONS*, and a limited quantity of the books are available through Accent on Ability, the charitable foundation arm of A-Way Courier for \$5.00 each. The book was written by a Francophone Survivor Group in Montreal and has been translated into English. It is a step-by-step guide to doing a personal assessment of the positive and negative effects that psychiatric medication may be having on your health and quality of life, and is sure to be somewhat controversial—even among consumer/survivors. Along with the assessment and some good information on psychiatric medication, the book also offers guidance for those wishing to reduce and/or stop their medication. It talks about there is no such thing as failure and doing it according to your own needs.

If you would like to order a copy, call 416 424-2266 x 229 or email michele@awaycourier.ca

TRINITY SQUARE ENTERPRISES SEEKS PEOPLE TO JOIN OUR VOLUNTEER BOARD OF DIRECTORS

Trinity Square Café (operating as Trinity Square Enterprises or TSE) is a not-for-profit community mental health agency in Toronto that provides learning opportunities for people to develop work and related skills within a small business and café setting. We are looking for people who are willing to commit 3-5 hours per month for a minimum of one year, beginning November 2007.

Personal experience with a mental health system, and/or previous experience with a community mental health organization as either a board or staff member, would be considered a definite asset. Experience as a board or staff member in other community services, as well as legal or financial skills would also be considered assets. None of these are specific requirements though – if you are interested in being on the TSE board we want to speak with you. We are very interested in speaking with people that have been at TSE in the past as participants and might be interested in or thinking about joining the board. Please call with any questions.

To find out more about this volunteer opportunity, please contact TSE Executive Director David Greig at 416 599-9315 or email him at trinitysquare@bellnet.ca.

This Board of Directors opportunity is also posted on Charity Village (www.charityvillage.com) in the volunteer listings with more details.

Trinity Square Enterprises is committed to reflecting all of Toronto's communities and welcomes people who can contribute to the diversification of our organization.

BOOK ENDS TORONTO'S BEST KEPT SECRET

Two unique second-hand bookstores run by the Friends of the Toronto Public Library - South and North Chapters. Whatever your interest we have a book for you, and most are just \$1.00.

BOOK ENDS NORTH: North York Central Library, 5120 Yonge Street

BOOK ENDS SOUTH: Toronto Reference Library, 789 Yonge Street



JOB POSTING

A-WAY COURIER

A-Way Courier has re-opened their waiting list for the position of courier.
To apply, please come to our office at 2168 Danforth Avenue and fill out an application.

Please note, email and faxed applications are not accepted

ASSISTANT COOK EXTENDED TRAINING (ACET) INFORMATION SESSION

GEORGE BROWN COLLEGE

St. James Campus, Hospitality Building, 300 Adelaide Street, Room 112

Wednesday, October 24, 2007 at 1:00 pm

Program Application Deadline: November 9, 2007

Please email or call to confirm your attendance at acet@georgebrown.ca or 416 415-5000 x 6790.
Attendance at the information session is not mandatory to apply to the program.

THE REVA GERSTEIN LEGACY FUND

Thanks to the generous donation by Reva's sons, Irving and Ira Gerstein, the Gerstein Centre will set up the Legacy Fund to honour Dr. Gerstein's commitment to psychiatric survivors. The fund will be used to help projects that are run by and for psychiatric survivors that reflect Reva's interest in education, research and other projects that support the independent spirit of the survivor community.

The funds will be dispersed annually by a Committee consisting of the Executive Director of the Gerstein Centre, the Chair and Vice Chair of the Gerstein Centre Board, and a representative of the psychiatric survivor community who is not a member of the Gerstein Centre Board of Directors. The Committee will determine the process for receiving applications and insure that the spirit of the Legacy Fund is honoured.

The initial Committee shall consist of:

- Paul Quinn: Executive Director
- Jennifer Orange: Chairperson
- Henry Roth: Vice Chair
- Pat Capponi: Psychiatric Survivor Advocate

The Legacy Fund will allocate a total of \$10,000.00 annually for one time projects. Each project will have a budget of \$500.00 to \$4,000.00.

Who May Apply: Applications will be considered that are from any agency or group that is run by and for psychiatric survivors or from any individual psychiatric survivor.

How to Apply: An initial application should consist of a one page outline of the project which should include who will benefit from the project and an expected budget and timeline. It could also include how the project will be monitored. Applications should be emailed to admin@gersteincentre.org or sent to:

**The Reva Gerstein Legacy Fund
100 Charles Street East
Toronto, ON M4Y 1V3**

DEADLINE FOR APPLICATIONS IS 5:00 PM ON FRIDAY, NOVEMBER 30, 2007

Free & Low Cost Activities

We will make every effort to indicate if a venue is not wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

MONDAY, OCTOBER 15

Writer's Group. FREE. Interested in joining a dynamic writer's group? New members are welcome! Toronto Public Library, Parliament Branch, 269 Gerrard Street East. Ongoing; 6:30 pm to 8:00 pm. For more information call 416 393-7663

TUESDAY, OCTOBER 16

Canadian Opera Company: *The Richard Bradshaw Amphitheatre Dance Series*. FREE. The National Ballet of Canada's Artistic Director, legendary ballerina Karen Kain, shares her insights on Ballet in Canada and beyond with CBC Radio host Eleanor Wachtel. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm. For more information call 416 363-8231.

Memory and Aging Lecture. FREE. Dr. Nicole Anderson discusses factors affecting memory as we age, what's normal and what's not, and strategies to improve memory. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 2:00 pm to 3:00 pm. For more information or to register, call 416 396-8890.

Author Visit. FREE. Enjoy an evening with Randall Craig, author of *Leaving the Mother Ship*, *The Working Resume*, and *Personal Balance Sheet: A Practical Planning Guide*. Craig will answer your most pressing job search and career planning questions. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. 7:00 pm to 8:00 pm. For more information call 416 395-5440.

Book Launch: *Gay Monologues and Scenes: An Anthology*, edited by Sky Gilbert. No Cover Charge. Several of the playwrights with pieces in the book will be reading from their work. Gladstone Hotel, Art Bar, 1214 Queen Street West. 8:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

WEDNESDAY, OCTOBER 17

Welcome Reception: imagineNATIVE Film + Media Arts Festival. FREE. The Welcome Reception is a community gathering, with a focus on the representation, voices, and languages of the many Nations of Canada, and the coming together of the international indigenous arts community. Special guests include singer/songwriter Susan Aglukark, Nicholas Delbaere-Sawcheck of The Metis Fiddler Quartet, and President of the Inuit Tapiriit Kanatami, Mary Simon. Native Canadian Centre, 16 Spadina Road. 1:30 pm to 4:00 pm. For more information call 416 585-2333, email info@imagenative.org, or visit www.imagenative.org.

Habitat for Humanity Information Session. FREE. Habitat for Humanity Toronto will be holding an information session on how to qualify for a Habitat home. A question-and-answer period follows the presentation, and applications are handed out afterwards. Toronto Public Library, Beaches Branch, 2161 Queen Street East. 7:00 pm to 7:45 pm. For more information call 416 393-7703.

International Festival of Authors. \$8.00 for most events. The International Festival of Authors was inaugurated in 1980 to bring together the best writers of contemporary world literature and includes readings, interviews, lectures and round table discussions as well as public book signings and a festival bookstore. Harbourfront Centre, Queens Quay West and Harbourfront Terminal. The Festival continues through October 27th. For information and event times call 416 973-4760, email readings@harbourfrontcentre.com, or visit www.readings.org.

THURSDAY, OCTOBER 18

The Empire Trio. FREE. Works by Mozart, Schubert, Debussy and more featuring violin, cello and piano. Toronto Public Library, Northern District Branch, 40 Orchard View Boulevard. 2:00 pm. For more information call 416 393-7610.

The 8 O'Clock Show. No Cover Charge. A hilarious new comedy night featuring seasoned performers and up and comers in the Toronto comedy scene. Gladstone Hotel, Art Bar, 1214 Queen Street West. 8:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

FRIDAY, OCTOBER 19

Armchair Travel. FREE. Slide presentation with raconteur Irwin Patterson. Refreshments will be served during intermission. Toronto Public Library, Hillcrest Branch, 5801 Leslie Street. 1:30 pm to 3:30 pm. For more information call 416 395-5830.

Public Forum on The Right to Adequate Housing. FREE. A Public Forum is being hosted by the Wellesley Institute with Miloon Kothari, United Nations Special Rapporteur on the Right to Adequate Housing, along with representatives of Aboriginal, women's and homeless groups. Hear Miloon set out the details of his fact-finding mission and the international right to adequate housing. Hear local experts set out the issues and solutions for Toronto, and participate in an open discussion about housing and homelessness in Toronto. Church of the Holy Trinity, 10 Trinity Square, behind the Eaton Centre. 6:00 pm to 8:00 pm. For more information call Michael Shapcott at 416 972-1010 x 231, or email michael@wellesleyinstitute.com.

SATURDAY, OCTOBER 20

Civil Society Forum. FREE. Day two of the Wellesley Institute's Public Forum provides an opportunity for a one-on-one meeting with Miloon Kothari, the UN's Special Rapporteur on the Right to Adequate Housing. Participants will be given a 10-minute time slot to discuss issues and solutions directly with Miloon. The afternoon session will focus on urban, rural and reserve Aboriginal housing and homelessness issues. Church of the Holy Trinity, 10 Trinity Square, behind the Eaton Centre. Morning session: 9:00 am to 12:00 noon; afternoon session 1:00 pm to 4:00 pm. For more information or to request a time slot for the morning session, contact Michael Shapcott at 416 972-1010 x 231 or email michael@wellesleyinstitute.com.

The Brick Works Stewardship Sessions. FREE. Learn how to cut back invasive shrubs and trees while lending a helping hand. All tools and supplies are provided; sturdy shoes and long pants are required. 10:00 am to 12:00 noon. A shuttle bus is available on Saturdays to and from Broadview subway station every half hour. The last bus leaves from Broadview station at 12:30 pm, and from the Brick Works at 1:00 pm. RSVP to Claire at 416 302-3785 or claire@evergreen.ca.

York University Department of Music: *Gospel Inter-Varsity Explosion (G.I.V.E.)*. FREE. Works by Franklin, Pace, Kee and others performed by the York University Gospel Choir, University of Toronto Gospel Choir, McMaster University Gospel Choir, and HeavenSound of Humber College. York University, Tribute Communities Recital Hall, 219 Accolade East, 4700 Keele Street. 1:00 pm. For more information call 416 736-5186.

SUNDAY, OCTOBER 21

Jazz Vespers: *Brian O'Kane Quintet*. FREE (donations welcomed). Featuring the music of Dizzy Gillespie. Christ Church Deer Park, 1570 Yonge Street, north of St. Clair Avenue. 4:30 pm. For more information call 416 920-5211.



MONDAY, OCTOBER 22

Chest of Hope Opening Reception. FREE. Toronto Artist Christa Gampp is holding an exhibition and silent auction of original torso artworks to benefit breast cancer research and to raise public awareness on breast health issues. A collaborative Pink Scarf knitting project will commemorate the colour pink for Breast Cancer Awareness Month. Gladstone Hotel, 2nd floor, 1214 Queen Street West. 12:00 noon to 5:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

TUESDAY, OCTOBER 23

Canadian Opera Company: *The Richard Bradshaw Amphitheatre Vocal Series*. FREE. Young Artists of the University of Toronto Opera Division present *Spotlight on Donizetti*. The Opera Division of U of T presents a showcase of its forthcoming production of Donizetti's *The Elixir of Love*. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

Tea and Books. FREE. Join library staff and discuss new books or timely favourites. Light refreshments served. Toronto Public Library, Palmerston Branch, 560 Palmerston Avenue. 2:00 pm to 3:00 pm. For more information call 416 393-7680.

This is Not a Reading Series. Astrid Young, *Being Young*. FREE. Astrid Young, sister of singer-songwriter Neil Young, offers an intimate look at the rock icon in her memoir, *Being Young*. She has toured with her own band Sacred Child, and as a backup singer for Neil Young & Crazy Horse. Astrid will discuss her life, music career, and her celebrity sibling with Professor Rob Bowman. Gladstone Hotel, Ballroom, 1214 Queen Street West. 7:30 pm (doors open at 7:00 pm). For more information call 416 531-4635 or email info@gladstonehotel.com.

WEDNESDAY, OCTOBER 24

Hump Day Bump. No Cover Charge. Dance at the Gladstone Hotel's neighbourhood queer night with DJ'd music. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, OCTOBER 25

Transitions to Employment (Employment Ontario). FREE. Looking for full time work? Employment Ontario will help you find the right job fast. Toronto Public Library, St. James Town Branch, 495 Sherbourne Street. 10:00 am to 12:30 pm. Registration is required. For more information and to register, call 416 396-2301.

Financial Consumer Agency of Canada Workshop: *Your Financial Rights*. FREE. Topics include gaining control of your bank account, building a credit history, and your rights and responsibilities. YMCA Scarborough Northeast Employment and Newcomer Services, 5635 Finch Avenue East, Unit 9 and 10. 10:00 am to 12:00 noon. For more information call 416 335-5490 x 235.

Toronto Reference Library 30th Anniversary Author Series: Andrew Lycett. FREE. Acclaimed British writer Andrew Lycett previews his biography of Arthur Conan Doyle. 7:00 pm. Toronto Reference Library, 789 Yonge Street. For more information call 416 395-5577.

FRIDAY, OCTOBER 26

Jazz at Oscar's: *Ian McDougall Sextet*. FREE. University of Toronto, Arbor Room, Hart house, 7 Hart House Circle. 8:00 pm. For more information call 416 978-2452.

Metropolitan United Church: *Phantoms of the Organ*. By donation. A Halloween howl of earthly delights. 56 Queen Street East at Church Street. 10:00 pm. For more information call 416 363-0331.

SATURDAY, OCTOBER 27

The Brick Works Farmers' Market. FREE. There's something for everyone at this lively, planet-friendly destination. You can look forward to Ontario grown fresh produce, socially and environmentally conscious goods, artists, entertainers, storytelling and educational activities that appeal to grown ups and kids alike. A shuttle bus is available on Saturdays to and from Broadview subway station every half hour. The Farmers' Market runs from 8:00 am to 1:00 pm; the last bus leaves from Broadview station at 12:30 pm, and from the Brick Works at 1:00 pm. For more information visit www.evergreen.ca.

2nd Annual YIMBY (Yes in My Back Yard) Festival. FREE. Gladstone Hotel, 2nd floor, 1214 Queen Street West. 12:00 noon to 5:00 pm. For more information call 416 531-4635 or email Magdalena Olszanowski magda@gladstonehotel.com

Exploratory Discussion for Clients, Consumers and Psychiatric Survivors: *Who Owns Mad History and Mad Culture?* FREE. Lennox Gallery, 12 Ossington Avenue. 2:00 pm to 4:00 pm. For more information see the announcement on page 3 in this issue of the Bulletin.

SUNDAY, OCTOBER 28

High Park Pumpkin Float. FREE (pumpkins \$2.00 each). Hear ghost stories, drink warm cider, and more. Children can carve their own pumpkins and float them on the water. Meet at the playground in the northwest corner of High Park. 4:00 pm to 6:00 pm. Organized by the High Park Community Advisory Council and Colborne Lodge. For more information call 416 392-6916.

Kensington Market Pedestrian Sundays: *Halloween! Honouring Ancestors*. Pedestrian Sundays in the Market offer wide open streets and plenty of entertainment. This final Pedestrian Sunday of 2007 will celebrate the many traditions of honouring our ancestors. Kensington Avenue, Baldwin Street and Augusta Avenue. 1:00 pm to 7:00 pm (10:00 pm on North Augusta). For more information call 416 929-4900 or email info@kensington-market.ca.

MONDAY, OCTOBER 29

York University Department of Music: *Classical Instrumental Recital*. FREE. Featuring student solos. York University, Tribute Communities Recital Hall, 219 Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

Alzheimer's Society of Toronto: *Understanding Alzheimer's Disease*. FREE. Learn how Alzheimer's Disease affects the brain, trends in research, risk factors, ways to reduce risks, and communication challenges and strategies. Toronto Public Library, Room 2/3, North York Central Branch, 5120 Yonge Street, north of Sheppard Avenue. 1:30 pm to 3:30 pm. For more information call 416 395-5535. No registration necessary.

TUESDAY, OCTOBER 30

Building Self-Esteem Workshop. FREE. This interactive workshop is aimed at providing tools and skills necessary to assist you in improving your self-esteem while maintaining a positive outlook during your job search. Scarborough Centre for Employment Accessibility, 3478 Lawrence Avenue East, Unit C006. 1:00 pm to 4:00 pm. For more information call 416 393-8100 or email scea@tdsb.on.ca.

Canadian Opera Company: *The Richard Bradshaw Amphitheatre Chamber Music Series*. FREE. Featuring the True North Brass Quintet. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

Java Knights at the Gladstone Hotel. No Cover Charge. ACT Toronto and the Gay West Community Network have formed a new partnership to present Java Knights, a monthly west-end social event to bring forth a group of individuals interested in discussions on various topics of interest. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

WEDNESDAY, OCTOBER 31



Happy Halloween!

Hart House Music Committee: *Midday Mosaics*. FREE. Works by Brahms, Mendelssohn and more Valentin Blomer on piano. University of Toronto, Hart House Music Room, 7 Hart House Circle. 12:00 noon. For more information call 416 978-2452.

Halloween Party. \$10.00 cover charge. Dress up in the wildest or scariest stuff you can find and join in the fun! Featuring DJ'd music and Steve Santini the escape artist. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 9:00 pm. For more information email info@gladstonehotel.com or call 416 531-4635.

WORDS TO LIVE BY

Life shrinks or expands in proportion to one's courage.
~ Anais Nin

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 December. Both are posted on the CRCT website at www.crct.org, and 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 & Deb,
C/S Info

