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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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December 15, 2007  
Bulletin 360

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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)

On November 28<sup>th</sup>, members of the Ontario Federation of Community Mental Health and Addictions Programs met to discuss the LHINs (Local Health Integration Networks). In the morning, we heard from Carrie Hayward, the Director of the LHIN Liaison Branch of the Ministry of Health and Long-Term Care, and Hy Eliasoph, the CEO of LHIN 8. Some community leaders were asked to respond, to lead off the discussion. I loved Barb's take and I got her permission to re-print it in the Bulletin. Helen

## **THE VIEW FROM HERE: *Guest Appearances***

### **BARBARA FRAMPTON**

#### **WHAT DOES INTEGRATION MEAN FOR MENTAL HEALTH AND ADDICTIONS?**

**Speaking Notes: November 2007 Provincial Mental Health and Addiction Partnership Policy Forum**

I have been asked to respond given my experience as a consumer/survivor and from my work with consumer/survivor organizations (CSOs) in the province. I want to preface my remarks by stating that because CSOs operate in a participatory and inclusive fashion, even trying to respond as the voice on behalf of my peers goes somewhat counter to that philosophy. However, that being said there are still things I can say based on information I have gleaned through my experience and through some consultation with my peers.

Thank you, Carrie and Hy for your informative presentation. It has been said that the mental health system is messy with so many different organizations, services and supports. When I look at the mental health system, I see a vast waterway with people in it that are struggling to survive and some are even drowning. I see lots of various vessels in that waterway, big and small, ranging from huge ocean liners to small rafts. There are barges, cruise ships, rescue boats, sail boats, motor boats, provision boats, tugboats and even canoes. I also see buoys and lighthouses in that waterway. And depending on the condition of the seas or the area needing to be navigated, they ALL serve their unique purpose. But each one of them is needed because consumers and survivors *need that choice!*

Lighthouses have been used as a symbol for peer support organizations. And I think buoys might represent patient or client councils. Lighthouses and buoys help to direct the way, and may provide "indicators" or "measures" of where we are in the waterway. They also serve as beacons of hope, pointing to land and a *way out of the waterway.*

### Table of Contents

The View  
Page 1 - 3

Announcements  
Pages 4 - 5

Job Postings  
Page 6

Activities  
Pages 7 - 10

## **Barbara Frampton (cont'd.)**

Have you ever seen a beaten up old tugboat? Well I think these might well represent some consumer/survivor leaders in the province, in need of fuel and perhaps a new coat of paint. But they steadily continue to chug along and at times pull huge loads. It is obvious from Carrie and Hy's presentations that Local Health Integration Networks (LHINs), regionalization and integration are here to stay and as Carrie mentioned that "we are on a path". I think the importance to consumer/survivors of integration is continuity of care and streamlining services.

However, there are some cautions regarding integration that we need to be aware of, *so that we do this right*. For example, we recognize the integral role of CSOs as "unique" and "distinct" components of the mental health system. So when we look at opportunities for integration; amalgamation or assimilation with larger provider organizations *is NOT an option*. This is backed up by the recently released David Reville and Associates report, "On Becoming New Best Friends". The fact is, history has shown that this only serves to weaken the consumer/survivor leadership community. Integration isn't always about amalgamation or back office efficiencies. It isn't about certain larger ships doing the best job or everyone jumping into the biggest ship. It can be about partnerships, communicating and working together on various projects. It could be likened to a flotilla of boats, sometimes where similar vessels support each other through the journey; or different sorts of vessels group together for a certain leg of the journey or to get to a common destination. And sometimes it may be about the beaten up little tugboats pulling the large barges or ocean liners through areas which are harder for them to navigate. Or maybe it is about tenders taking folks to and from the larger boats helping to deal with "wait lists". Therefore we need to get creative and focus on other ways of integration and we need to think about what that means or looks like for the system.

As a mental health sector, we haven't always been very good at recognizing participatory process, so some of the unique directions that the Ministry of Health and the LHINs are taking towards integration are their "Strategic Directions" around *community engagement, performance measurement and accountability*. Is there a larger role for CSOs in these strategic areas identified and how do we ensure a stronger sector while recognizing the possibilities of CSOs in this role? CSOs are natural communities in which to roll out these "Strategic Directions".

Carrie mentioned the Ministry of Health's provincial stewardship role in "monitoring or establishing models and funding levels". Well, what are some new approaches in this area? Hy mentioned needing "enablers". Are there some ways to show our integration through "partnership" by utilizing the *experiential expertise* of consumer/survivors as "enablers", planners, recovery educators, providers, evaluators, peer supporters, or through governance, and policy and advocacy projects?

In other words, how can we use the rafts, the buoys, the lighthouses, the tenders or the tugboats, to guide us or be the bellwethers to lead the way or help us navigate those "bumps and detours" Hy mentioned earlier? Besides the forgoing suggestions, we can also organize forums like this, whether locally or provincially, removing the barriers to inclusion by making them accessible, offering travel subsidies, waiving fees, providing food and accommodation.

But we need to go beyond that to ensure broad-based consultation by looking at different milieus, alternate formats, like surveys, focus groups, etc. offering enough choices for people to work within, providing whatever tools folks need to participate in a meaningful way. We need to give folks opportunities to hear and then perhaps digest the information and then give them different mechanisms to respond through. It can no longer be oneoffs, one person on committees, one voice. It needs to be a chorus of voices.

Advocacy is a lot about education. Given that Consumer Survivor Initiatives (CSIs) are a "provincial strategy" recognized on the Ministry LHIN Accountability Agreements with Dedicated Funding Allocations, we need to look at where best to focus our policy and advocacy efforts so that it will do the most good. Not only where, but also how to focus them, who to and what those efforts need to be.

And how best do we advocate for those CSOs and patient/client councils that are still *autonomous*, to maintain, strengthen and broaden their role, when perhaps their funding is so low they don't have the human resources to work on integration partnerships or the opportunity to participate is impossible since they are back home working front line in their organizations? And what about those CSOs that are already amalgamated or that are currently being sponsored that may not even know about events like this, or the sponsor organization attends and speaks on their behalf. Or perhaps their funding is being bled into other areas of their sponsor's budget? Perhaps the unequal power relationship means that the sponsored CSO is treated more like a program of the agency rather than an autonomous group. Or perhaps because of being sponsored they are unable to freely advocate or say how they really feel about an issue

## **Barbara Frampton (cont'd.)**

because it may look like they are not supporting their flow-through organization's position. Or perhaps they don't even have the decision-making authority to decide who attends these various events?

What do we do when good integration recommendations are brought forward to the LHINs through participatory process like what happened in the Eastern Region CSI Network and then these recommendations are denied by the LHIN? What about forced amalgamations and co-locations that have already happened? What about things like the "Crazy Cooks" situation?

Or what about Patients Councils who also could serve an enhanced role in this integration mandate, when their autonomy is uncertain and their funding is at risk of being diluted into the global budget of general hospitals? How do we ensure these mandates are stronger for these organizations and not just built on the backs of volunteers?

How do we deal with these issues and move forward? Is it by mandating consumer/survivor involvement through policies or accountability measures? Is it by mandating that LHINS, hospitals, agencies, apply a specific percentage of their mental health funding to these accountability and performance strategies? Is it by integrating these "strategic directions" into CSOs? Or is it by shaping a system in some other fashion? Is a stronger role for consumer/survivors and their organizations the way to change the system? Hy mentioned the LHINs as "incubators of integration". CSOs have been called "incubators of recovery".

So in conclusion, how do we lead the vessels or turn the ships around? Are we looking for CSOs to conform to the system, or should we be looking to CSOs that embody the values and principles of recovery, as *THE WAY TO TRANSFORM* the system? If we truly believe in a consumer-driven, recovery-focused system we need to model it ourselves so that we move consumer/survivors and their organizations beyond being the hood ornament on the front of the vehicle or the bumper sticker on the back to actually being the *DRIVERS OF THE VEHICLE!*

I'll stop here and allow the rest of the folks here to bring forward their ideas in that participatory fashion, we speak so fondly of.

© Barbara Frampton

*Barbara Frampton is the Executive Director of Southwest Alliance Network (SWAN) and a Past President of Ontario Peer Development Initiative (OPDI).*



## **Wish List**

We have some generous donors out there who would like to make donations of a humidifier; a vacuum cleaner; a new, very warm afghan in white, green and yellow - about 4 x 4; a tote bag that's white with red trim; and a 'starter box' with a chenille bedspread (white) for a double bed, 2 single sheets, 1 pillow case, a doily, a pie plate, a bundt cake pan, 4 cups and 2 black saucers. We also have had a donation of a set of about 25 Time Life hard cover books on Cooking. They are in excellent condition, and offer illustrated instruction on everything from appetizers to dessert!

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](mailto:csinfo@camh.net).

## ANNOUNCEMENTS

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

### **DECNET PRESENTS: FREE DIABETES EDUCATION CLASSES**

#### **DIABETES SELF-MANAGEMENT PROGRAM FOR MENTAL HEALTH CONSUMER/SURVIVORS**

- **WHO:** Anyone living with diabetes and mental illness (consumer/survivors)
- **WHAT:** 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; how you can be more physically active
- **WHEN:** We meet for two hours, once a week for four weeks, on weekday afternoons
- **WHERE:** South Riverdale Community Health Centre, 955 Queen Street East at Carlaw
- TTC tickets will be provided to participants

**PHONE DENISE AT 416 469-6580 X 3157 FOR INFORMATION ABOUT STARTING DATES & TIMES**



### **EMPOWERMENT COUNCIL PRESENTS: QUEEN STREET PATIENT ROUNDS**

Attendance at Queen Street Patient Rounds is for **clients, psychiatric survivors, consumers** connected to services of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment

**THE FUTURE OF QUEEN STREET:  
An Update on Redevelopment and the Next Steps in the Changes for the Queen Street Site  
January 16<sup>th</sup> 2008  
Queen Street Cafeteria  
1001 Queen Street West  
3:00 pm to 5:00 pm**

### **\$PENT: NOT BROKE/N AN ART EXHIBIT FEATURING WORKS IN DIFFERENT MEDIA CREATED BY CONSUMER/SURVIVORS**

The Exhibit will be at the Show Gallery, 978 Queen Street West  
December 14 to 16, 2007  
Showings from 1:00 pm to 6:00 pm on Friday; 12:00 noon to 5:00 pm on Saturday and Sunday  
For more information visit [www.houselink.on.ca](http://www.houselink.on.ca)

## FOOD BANKS GO GREEN FOR WINTER

### Centres distribute energy-saving kits to help free up money spent on heating homes

Thousands of low-income families will spend less on heating bills and reduce their ecological footprint this winter thanks to a “green” energy program offered through Ontario food banks. The program, in its second year, is a partnership between the association and Friends of the Earth Canada, with the support of founding sponsor Enbridge Gas Distribution Inc.

This year, 25,000 kits stocked with items designed to keep the cold out and the heat in, like treatments to seal windows and doors, will be distributed to food banks in 14 communities across the province. Last year, 20,000 kits were sent out. The boxes will also feature an information form for a pilot project launched by Enbridge Gas which provides home energy audits for low-income families in Peel and Toronto. If the house qualifies, the program assists with the installation of energy-saving devices. Low-income families spend a far greater proportion of their income on electricity than higher income families. That works out to about 14 cents of every dollar spent on heating bills – and a big cut to grocery budgets.

Source: [http:// www.thestar.com/News/GTA/article/283392](http://www.thestar.com/News/GTA/article/283392)

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## OCA (OBSESSIVE COMPULSIVE ANONYMOUS) TORONTO GROUP

If you were diagnosed with or feel that you may have Obsessive Compulsive Disorder, then you are not alone. We have an ongoing group that meets weekly, following a 12-step program of recovery where we can get together to share our hope, strength and experience with one another. There is no registration procedure at our meeting; you attend as you wish.

### *Our New Meeting Time & Location:*

Tuesdays from 7:00 pm to 8:30 pm  
Centre for Addiction and Mental Health (CAMH), College Street Site  
250 College Street (just east of Spadina Avenue), Room #CS634  
Telephone 416 925-3011 / Email [ocatoronto@gmail.com](mailto:ocatoronto@gmail.com) / Website <http://members.aol.com/west24th>

**Holiday Schedule: Meetings will be held on December 11, 18 and January 8, 2008.  
There will be no meetings on December 25 and January 1.**

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**IT'S NOT TOO LATE TO GET YOUR FREE FLU SHOT!** Here are a couple of last chance opportunities to get your flu shot one of the City's Flu Vaccination Clinics. Contact Toronto Public Health at 1-877-844-1944 or visit [www.toronto.ca/health](http://www.toronto.ca/health) for more information.

DATE	TIME	LOCATION	ADDRESS
January 14	4:00 pm – 8:00 pm	East York Civic Centre	850 Coxwell Avenue
January 15	4:00 pm – 8:00 pm	North York Civic Centre	5100 Yonge Street



## JOB POSTINGS

### FRED VICTOR CENTRE OPEN HOUSE DROP-IN MENTAL HEALTH & JUSTICE WORKER

Fred Victor Centre is currently looking for a full time Drop-In Mental Health and Justice Worker to join our drop-in team and be responsible for providing community-based individual support services for people who are living with a serious mental illness and who have current involvement or are at risk of involvement with the Criminal Justice system. The main goal of the work is to support individuals with mental illness in the community so that they can live successfully and reduce and/or prevent involvement with the Criminal Justice system. The position requires respect for and expertise with people who are living with severe mental health issues, addictions, abuse, social isolation and who come from racially and ethnically diverse backgrounds. This is a thirteen month contract position with opportunity for renewal. Compensation: \$42,198.00 per year with a benefit package after 3 months.

**Qualifications:** A degree or diploma in health, social sciences or a related area, or equivalent personal experience with the mental health system; minimum 3-5 years experience working in a social service setting with a particular focus on community based drop-in programming; excellent knowledge of community resources, income maintenance, the institutional sector, mental health and addiction services and the criminal justice system; very strong interpersonal, negotiating and mediating skills necessary for intervention and resolution; creative problem-solving skills; the ability to maintain boundaries and set limits with community members; skills and/or experience training, supervising/supporting staff and/or volunteers; ability to work in a team as well as independently; knowledge of computer systems and database use. Apply by mail by December 28, 2007 to: Fred Victor Centre, 145 Queen Street East, Toronto ON M5A 1S1, quoting Job # MHJW003.

For a full description of the position and necessary qualifications, see [www.fredvictor.org](http://www.fredvictor.org), drop by the C/S Info Centre and view our Job Board, or call the Centre and we will mail you a copy of the job description.

### PROGRESS PLACE WARM LINE SUPPORT WORKERS

Applications are still being accepted for Warm Line Support Workers for the Progress Place Warm Line. We are seeking consumer/survivors to provide telephone peer support. These positions will be part time, one to two evenings per week from 8:00 pm to midnight at an hourly rate of \$10.82. Applicants for this position should have: six months of employment, volunteer or educational experience in any field within the past year; a demonstrated interest in the helping field; a good support system for themselves; flexibility, with the ability to work under pressure. There will be a training period for this position.

Please send resume by December 21, 2007 to the Warm Line Hiring Committee c/o Diane Baldwin at Progress Place, 576 Church Street, Toronto ON M4Y 2E3. Fax: 416 323-9843. We wish to thank all applicants in advance for their response, however only those selected for an interview will be contacted. Interviews will be scheduled in January 2008.

### THE WELLESLEY INSTITUTE COMMUNITY ENGAGEMENT SPECIALIST

The Wellesley Institute is seeking a Community Engagement Specialist to work with the Director of Community Engagement in our mission of advancing urban health. We are seeking a creative, talented and committed individual who shares the Wellesley Institute's passion for practical and effective social change.

**Requirements:** Strong skills in social, economic and political literacy, with a post-graduate degree (or equivalent); demonstrated background in policy-relevant research, data sources, research methods; demonstrated ability to analyze sophisticated research and translate knowledge into accessible materials; demonstrated skills in strategic thinking/developing and implementing strategic plans; strong background in facilitation and community engagement practices; strong skills in communications, presentation and knowledge media; strong ability to work quickly and effectively in an often-challenging environment and maintain a strong strategic direction. Apply with cover letter and resume by January 4, 2008 to: Michael Shapcott, Director of Community Engagement, The Wellesley Institute, 45 Charles Street East, Suite 101, Toronto ON M4Y 1S2.

For a full description of the position and necessary qualifications, visit [www.wellesleyinstitute.com](http://www.wellesleyinstitute.com), drop by the C/S Info Centre and view our Job Board, or call the Centre and we will mail you a copy of the job description.



## 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.

### **SATURDAY, DECEMBER 15**

Cavalcade of Lights. FREE. Celebrate winter with live outdoor concerts featuring *In-Flight Safety* and *The Golden Dogs*. Cap the night off with a dazzling fireworks display and skating to DJ'd music. Nathan Philips Square, 100 Queen Street West at Bay Street. 7:00 pm to 10:00 pm. For more information call 416 395-0490 or visit [http://www.toronto.ca/special\\_events/](http://www.toronto.ca/special_events/).

Karaoke. FREE. Enjoy award-winning Karaoke with host Peter Styles. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

### **SUNDAY, DECEMBER 16**

Lost River Walks: Toronto Islands 1857-2007. FREE. The Lost River Walks program has been voted one of the 24 best in the province. Explore the Toronto Islands and learn more about their history with walk leader Ian Wheal. Meet at the ferry dock to the Islands. 1:00 pm. For more information visit [www.lostrivers.ca](http://www.lostrivers.ca) or call Toronto Field Naturalists at 416 593-2656.

Christmas Jazz Vespers: *Barlow Brass & Drums*. FREE. Featuring the sounds of trumpet, trombone, tuba and drums. Christ Church Deer Park, 1570 Yonge Street. 4:30 pm. For more information call 416 920-5211.

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". Recently nominated for four 2007 Canadian Comedy Awards, the show features a cast of some of the best comedy improvisers in the world. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

### **MONDAY, DECEMBER 17**

Glenn Gould School Student Recital. FREE. Featuring a French Horn recital by Emily Donatelle. Royal Conservatory of Music, Concert Hall, 90 Croatia Street. 2:00 pm. For more information call 416 408-2824.

Glenn Gould School Student Recital. FREE. Featuring a Viola recital by Rory McLeod. Royal Conservatory of Music, Concert Hall, 90 Croatia Street. 8:00 pm. For more information call 416 408-2824.

### **TUESDAY, DECEMBER 18**

Richard Bradshaw Amphitheatre Chamber Music Series: *Serenade*. FREE. Featuring the works of Beethoven and Dohnanyi, with Catherine Cosbey on violin, Carolyn Blackwell on viola and Alastair Eng on cello. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit [www.coc.ca](http://www.coc.ca).

St. James' Cathedral: *The Nutcracker Suite*. FREE. Featuring piano four hands by Andrew Ager and Rachel Mahon. St. James' Cathedral, 65 Church Street. 1:00 pm. For more information call 416 364-7865.

### **WEDNESDAY, DECEMBER 19**

Labour Market Information Session. FREE. The YMCA Newcomer Information Centre will host a session on using labour market information to help your job search. YMCA, 42 Charles Street East, 3<sup>rd</sup> Floor. 10:00 am to 12:00 noon. For more information call 416 928-3362 x 2165.

Richard Bradshaw Amphitheatre Piano Virtuoso Series. FREE. *Virtuoso Masterworks* featuring Alexander Seredenko on piano. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit [www.coc.ca](http://www.coc.ca).



Artist Trading Cards Session. FREE. Calling all artists...don't miss out on this fun way to meet other artists and start your own unique art collection! The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 6:30 pm to 9:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

MDAO Support Group: Friends of Dorothy. FREE. This group is for LGBTTTQQ adults and young adults with a mood disorder. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 7:00 pm to 9:00 pm. For more information call 416 486-8046 or toll free 1 888 486-8236, email [info@mooddisorders.on.ca](mailto:info@mooddisorders.on.ca), or visit [www.mooddisorders.on.ca](http://www.mooddisorders.on.ca).

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](mailto:info@gladstonehotel.com).

#### **THURSDAY, DECEMBER 20**



Information Session: *Your Financial Rights*. FREE. The YMCA Newcomer Information Centre is having an Information Session on Your Financial Rights. The topics to be covered include: gaining control of your bank account; opening a personal bank account; saving and chequing accounts; cost of banking services; building a credit history; loans and mortgages; your rights and responsibilities. YMCA Scarborough Northeast Employment & Newcomer Services, 5635 Finch Avenue East, Units 9 and 10 (Tapscott and Finch).

10:00 am to 12:00 pm. For more information call 416 335-5490 x 235.

Richard Bradshaw Amphitheatre Dance Series. FREE. *The Disappearance of Right and Left* featuring Peggy Baker. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit [www.coc.ca](http://www.coc.ca).

The Wellness Group Holiday Party. FREE. The Wellness Group is a recovery-based group that meets every Thursday afternoon to offer an opportunity to meet new friends, learn about recovery, develop strategies to maintain wellness, cook together, and much more. 4040 Lawrence Avenue East at Overture. 1:30 pm to 3:30 pm. For more information call 416 482-4103 x 227.

The 8 O'Clock Show. FREE. This hilarious new comedy night features seasoned performers and up and comers in the Toronto comedy scene. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

#### **FRIDAY, DECEMBER 21**

Christmas Choral Celebration. FREE. Celebrate the season with performances by the High Park Choirs of Toronto, the Toronto Mendelssohn Choir, the Tower Brass and more. City Hall, Rotunda, 100 Queen Street West at Bay Street. 11:30 am. For more information call 416 338-0338.

Kensington Market Festival of Lights. FREE. Join a cavalcade of costumed characters, giant puppets, stiltwalkers and firebreathers in a luminescent lantern-lit carnival parade at Toronto's legendary Kensington Market. Bring a drum! Augusta Avenue. 5:00 pm to 11:45 pm. For more information email [info@kensington-market.ca](mailto:info@kensington-market.ca).

#### **SATURDAY, DECEMBER 22**

Christmas in the Park. Adults \$4.50; Seniors and Youth \$4.00; Children \$3.50. Tour charming Colborne Lodge, home of the founders of High Park, which is decorated in Victorian style for the season. Learn about Christmas traditions during the mid-19<sup>th</sup> century in Toronto, and enjoy a warm beverage and a traditional Christmas treat. Colborne Lodge, south end of High Park. 12:00 noon to 4:00 pm. Christmas in the Park runs on Tuesdays and Saturdays through January 6, 2008. For more information call 416 392-6916.



#### **SUNDAY, DECEMBER 23**

Bharat Photo Exhibit. FREE; donations welcome. World Heritage Project presents Bharat, a visual celebration of the heritage, culture and people of India. This photographic exhibit will feature never before seen images from top international photographers. National Film Board, 150 John Street at Richmond Street. 12:00 noon to 5:00 pm; continues through January 31<sup>st</sup>. For more information contact Malcolm Armstrong at 416 231-2228 or [info@worldheritageproject.org](mailto:info@worldheritageproject.org), or visit [www.worldheritageproject.com/bharat.asp](http://www.worldheritageproject.com/bharat.asp).



## **MONDAY, DECEMBER 24**

Nathan Phillips Square Ice Skating. FREE. Join in the fun on ice (weather permitting). Skate rentals and indoor change rooms are available. City Hall, Nathan Phillips Square, 100 Queen Street West at Bay Street. Daily from 10:00 am to 10:00 pm. For more information call 416 338-7465.

## **TUESDAY, DECEMBER 25**

Feliz Natal 🌟 Feliz Navidad 🌟 Een Plesierige Kerfees 🌟 Bodo Din Shubh Lamona 🌟 Kung His Hsin Nien bing Chu Shen Tan 🌟 Buone Feste Natalizie 🌟 Maligayamg Pasko. Masaganang Bagong Taon 🌟 Gun Tso Sun Tan'Gung Haw Sun 🌟 Sawadee Pee Mai 🌟 Kung Ho Hsin Hsi. Ching Chi Shen Tan 🌟 Mitho Makosi Kesikansi 🌟 Stretan Bozic 🌟 Prejeme Vam Vesele Vanoce a Stastny Novy Rok 🌟 Cristmas-e-shoma mobarak bashad 🌟 Froehliche Weihnachten 🌟 Kala Christouyenna 🌟 Mo'adim Lesimkha. Chena tova 🌟 Bada Din Mubarak Ho 🌟 🌟 Shinnen omedeto. Kurisumasu Omedeto 🌟 Sung Tan Chuk Ha 🌟 Linksmu Kaledu 🌟 Craciun Fericit 🌟 Chung Mung Giang Sinh 🌟 Vesele Bozicne. Screcno Novo Leto 🌟 Srozhdestvom Kristovym 🌟 Nginifisela inhlanhla ne mpumelelo e nyakeni 🌟 Nollaig Chridheil agus Bliadhna Mhath Ur 🌟 Gezuar Krishtlindje 🌟 God Jul Og Godt Nytt Aar 🌟 Nollaig Shona Dhuit 🌟 Hristos se rodi 🌟 Selamat Hari Natal 🌟 Linksmu Kaledu 🌟 Wesolych Swiat Bozego Narodzenia 🌟 Joyeux Noel 🌟 **Happy Christmas!**

Open House. FREE. The Gerstein Centre will be hosting its annual Christmas Day Open House. Join the festivities and meet friends old and new. Food will be provided and everyone is welcome. The Gerstein Crisis Centre, 100 Charles Street East between Church and Jarvis Streets. 1:00 pm to 4:00 pm. For more information call 416 929-0149.

Scott Mission Christmas Breakfast. FREE. The Scott Mission will host two sittings for Christmas Breakfast today, beginning at 10:30 am and 11:30 am. Scott Mission, 502 Spadina Avenue at College Street. For more information call 416 923-8872.

## **WEDNESDAY, DECEMBER 26**



The 32nd Annual Christmas Treats Walk. HALF PRICE ADMISSION. Don't miss this annual event where Reindeers, Siberian Tigers and other animals receive their seasonal goodies. Enjoy strolling Carollers and free hot chocolate after the walk. Please bring a non-perishable food item for the food bank. Admission proceeds for this day will go to support the Endangered Species Fund. Toronto Zoo, Meadowvale Road north of Highway 401, Scarborough. Doors open 8:30 am; Front Entrance opens 10:30 am. Half price General Admission is \$5.00; Seniors \$3.50; Children 4-12 \$3.00, and Children under 3 are free. For more information call 416 392-5929 or email [tzwebmaster@torontozoo.ca](mailto:tzwebmaster@torontozoo.ca).

## **THURSDAY, DECEMBER 27**

Dufferin Grove Organic Farmers' Market. FREE. This is the last day of the Market for the 2007 Season. Hungry? There's always some tempting snacks and new foods to try! Dufferin Park, Dufferin Grove Park Rink House, in the northwest corner of the park, just off Dufferin Street. Dufferin Park is across from the Dufferin Mall, near Bloor Street West. 3:00 pm to 7:00 pm. For more information call 416 392-0913 or email [market@dufferinpark.ca](mailto:market@dufferinpark.ca).

## **FRIDAY, DECEMBER 28**

MDAO Peer Support Group: Surviving Through the Holidays. FREE. This peer-led group will offer support for coping with the sometimes-challenging holiday season. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 7:00 pm to 9:00 pm. For more information call 416 486-8046 or toll free 1 888 486-8236, email [info@mooddisorders.on.ca](mailto:info@mooddisorders.on.ca), or visit [www.mooddisorders.on.ca](http://www.mooddisorders.on.ca).

## **SATURDAY, DECEMBER 29**

Natrel Ice Rink at Harbourfront Centre. FREE. Skate to music by the water on a beautiful outdoor rink. Skate rentals and indoor change facilities on site. Harbourfront Centre, 235 Queens Quay West. Daily from 10:00 am to 10:00 pm. For more information call 416 973-4866.



## **SUNDAY, DECEMBER 30**

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". Recently nominated for four 2007 Canadian Comedy Awards, the show features a cast of some of the best comedy improvisers in the world. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

A Taste of Hogmanay. \$4.25. Usher in the New Year with some old traditions! Drop by the Gibson House Museum and explore the Gibson Family's Scottish heritage as you tour their Georgian farm house. Enjoy tastes of delicious holiday foods and make Hogmanay crafts to take home. Gibson House, 5172 Yonge Street. 12:00 noon to 5:00 pm. For more information call 416 395-7432.

## **MONDAY, DECEMBER 31**



Citytv's New Year's Eve Bash. FREE. Greet the New Year at an open-air concert featuring some of Canada's hottest musical talent. A grand finale to 2007! Nathan Phillips Square, 100 Queen Street West at Bay Street. 10:30 pm to 12:00 midnight. Too cold for you? Stay cozy and count down to 2008 from home with the live broadcast beginning at 10:30 pm on Citytv and CP24. For more information visit [http://www.toronto.ca/special\\_events/](http://www.toronto.ca/special_events/) or [www.citytv.com](http://www.citytv.com).



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**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](mailto:csinfo@camh.net). The Bulletin is published twice a month on the 1<sup>st</sup> and 15<sup>th</sup>. 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](http://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

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# WORDS TO LIVE BY

*If we listen attentively  
we shall hear the faint flutter of wings,  
the gentle stirring  
of life and hope.*

~Author Unknown