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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.*

January 1, 2008
Bulletin 361

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
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

Resolution 1: Emergency Preparedness

Our kinds of disasters aren't hurricanes, floods or 4-day power outages. Sure, those things may happen to us, but they aren't what we really need to prepare for. We don't need to lay in 4 litres of water per person, per day for 3 days, etc, etc.

Our kinds of emergencies are the tidal waves of suicidal thoughts that come out of nowhere and engulf us, pulling us down for the count. Our disasters can be the kinds of events that set off the forest fire of voices we can't get rid of.

So, in this New Year, can we make a plan, as individual as we each are, to look out for the clues that an emergency is looming? While we are OK, can we figure it out for ourselves and write it down - these are the signs that I should know about myself? Then the second piece of the puzzle is to figure out what strategies I can use so this looming beast does not turn into the crisis it is threatening to become.

The trick is to do it now. We can all scoff at the people who go out during the hurricane to shop for flashlights, generators and wood to board up their windows. "They know they live in a hurricane zone, why don't they have that stuff?"

Well, all of us live in a different kind of hurricane zone. We know these times are coming. They are practically inevitable. So let's prepare for them with our own kits of how to tell when something is coming down the pyke and what to do about it. It's as good a resolution as I can think of: to look after ourselves. Helen

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THE GAM PROGRAM: Gaining Autonomy with Medication

Back in October, we ran an announcement about a book called *Taking Back Control: My Self-Management Guide to Psychiatric Medication*, which is available in Ontario in limited quantities through Accent on Ability, the charitable foundation arm of A-Way Courier, for \$5.00. Since that time, a ‘train the trainer’ session has been offered in Toronto for a Program based on the book, called *Gaining Autonomy with Medication*—or GAM for short. The eventual goal is to deliver GAM Workshops to interested consumer/survivors. Here’s a brief summary of what GAM is about, contributed by **Matteo Castelli, Warm Line Educator and Trainer at the Krasman Centre**, who attended the recent training session.

GAM is a movement that began in the late nineties in Quebec. Its approach is to question and rethink the use of psychiatric medication and then to have people use this information to reduce, stop or continue their medication based on informed consent and an understanding of the self. Some tenets GAM has for the consumer/survivor include:

- ❑ Medication needs to be self-managed. From beginning to end, you are the only person who can decide what is best for you;
- ❑ The use of psychiatric medication needs to be questioned and challenged;
- ❑ Why medication is prescribed, how medication works/what it does and how it affects one’s quality of life should be understood;
- ❑ You have the right to decide which medication you wish to be on (informed consent) after being given adequate information about the drug;
- ❑ Medication self-management is part of a process of taking control of one’s life and the forces that enhance or undermine it;
- ❑ GAM is not an end in itself; it is one part of a path toward improved well-being;
- ❑ GAM is about quality of life; the goal is personal growth in one’s own reality, in one’s own way.

The first step to taking control with GAM’s guide is to recognize the fundamental truth that each of us is a person, and not an illness. The rest of the guide is designed to empower readers with information on medications and with strategies to manage or end undesired medicinal use. Readers are encouraged to think critically and independently.

To order a copy of *Taking Back Control*, call 416 424-2266 x 229 or email michele@awaycourier.ca. We will keep you posted about any GAM Workshops that are organized for the future.

Wish List

More generous donations from our readers. If you are interested in any of these items, please contact the centre.

- a small rechargeable hand-held vacuum, works best on carpet.
- a pair of lamps, 28’ tall, black bases with light beige shades.
- two Uni-Ted cordless phones with bases, both need batteries, which are about \$30 each.

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.

THE HEALTH BUS

THE SHERBOURNE HEALTH CENTRE OFFERS FREE NURSING CARE, HYGIENE SUPPLIES, INFORMATION AND REFERRAL ON A BUS THAT TRAVELS AROUND AND MAKES STOPS ACROSS THE CITY. ALL SERVICES ARE CONFIDENTIAL, AND YOU DON'T NEED A HEALTH CARD. JUST HOP ON THE BUS.

MONDAY TIME: 3:00 pm to 5:00 pm
STOP: The bus is at the Native Men's Residence (Na-Me-Res), 14 Vaughan Road (St. Clair and Bathurst).

TIME: 6:30 pm to 8:30 pm
STOP: The bus is at St. Andrew's Church Out of the Cold Program, King and Simcoe Streets. (November through April only)

TUESDAY TIME: 12:30 pm to 2:00 pm
STOP: The bus is at Woodgreen Community Centre, 835 Queen Street East at Logan.

TIME: 6:00 pm to 7:00 pm
STOP: The bus is at Fred Victor Women's Hostel, 86 Lombard Street (near Jarvis) and is for women only, with trans women and trans men welcome.

TIME: 7:30 pm to 9:30 pm
STOP: The bus is at the Maxwell Meighen Centre, Sherbourne and Queen Street.

WEDNESDAY TIME: 6:00 am to 9:00 am
STOP: Sex Workers Stop. Mobile, changes every week, goes where there's the most need.

TIME: 11:00 am to 2:00 pm
STOP: The bus is at Council Fire Drop-in, Dundas and Parliament. Foot care every other week. Ask staff for details.

TIME: 5:00 pm to 6:30 pm
STOP: The bus is at the Red Cross Relief, Our Lady of Lourdes Church, Sherbourne north of Wellesley.

THURSDAY TIME: 12:00 noon to 2:00 pm
STOP: The bus is at Toronto People With AIDS Foundation, Church and Carlton.

TIME: 5:30 pm to 7:30 pm
STOP: The bus is at Strachan House, 805 Wellington Street West at Strachan.

FRIDAY Bus maintenance

SATURDAY Two Out of the Cold stops, so only November through April:
TIME: 12:30 pm to 2:00 pm
STOP: The bus is at St. Andrew's United Church, 54 Hayden Street (south of Bloor between Yonge and Church).

TIME: 6:30 pm to 8:30 pm
STOP: The bus is at Blythwood Baptist Church, 80 Blythwood (Yonge and Eglinton).

SUNDAY TIME: 11:00 am to 1:00 pm
STOP: The bus is at 519 Community Centre, 519 Church Street.

ANNOUNCEMENTS

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



EMPOWERMENT COUNCIL PRESENTS: QUEEN STREET PATIENT ROUNDS

Attendance at Queen Street Patient Rounds is for **clients, psychiatric survivors and 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 and 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, 2008, 3:00 pm to 5:00 pm
Queen Street Cafeteria, 1001 Queen Street West
For more information call 416 535-8501 x 3013



MOOD DISORDERS ASSOCIATION OF ONTARIO (MDAO) PRESENTS: "STAND UP FOR MENTAL HEALTH" COMEDY SHOWCASE Featuring Graduates of the 2007 Fall Program

January 24, 2008 at 7:00 pm
Mood Disorders Association of Ontario, 40 Orchard View Blvd., Room 200
(1 block north of Eglinton subway station, on the west side of Yonge Street)

Stand Up for Mental Health teaches people with mental illness to take control by turning their problems into comedy! Led by Michael Cole, "The Humour Coach", Stand Up for Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment. **Admission is FREE!** Bring your friends and relatives. Call 416 486-8046 or visit www.mooddisorders.on.ca for more information.

BREAKING DOWN WALLS: A MUTUAL LEARNING EXPERIENCE



Please join fellow psychiatric survivors and marginalized individuals as they enter into dialogue with representatives from the Toronto Police "Mobile Crisis Intervention Teams" (MCIT): What is working? What needs to change? How can we ensure that this program best meets the needs of our community?

January 23, 2007, 4:00 pm to 6:00 pm
Parkdale Activity-Recreation Centre, 1499 Queen Street West
Light refreshments and TTC tickets will be available
Event hosted by Voices from the Street: The Toronto Homeless Speakers Bureau
For more information email speakersbureau@bellnet.ca



STAYING WARM

According to the Toronto Municipal Code, Section 497-2, Minimum Temperature: *A landlord shall provide heat to a dwelling unit that is rented or leased and that is normally heated at the landlord's expense so that a minimum air temperature of 21 degrees Celsius is maintained in all areas of the dwelling unit from the 15th day of September in each year to the 1st day of June in the following year. If your unit is not warm enough and your landlord is not cooperating, you can get help by calling Access Toronto at 416 338-0338 to find out your ward number by address and Municipal Standards can help.*

THE KRASMAN CENTRE WARM LINE

The Krasman Centre's Warm Line will be offering telephone support during extended hours over the Holidays. From December 24, 2007 to January 1, 2008 the Line will be open from 12:00 noon to 12:00 midnight.
Call 1-888-777-0979

CREATIVE SPIRIT ART CENTRE is alive and well....

June of this year we opened in our new home: a public art gallery, studio, resource and information centre and a gift shop for people with visible and invisible disabilities. This is our fifteenth year of delivering services in visual art and disabilities. We welcome visitors to our new home. We welcome new members who need a visual arts centre. We are wheelchair accessible. Hours: Tuesday to Saturday, 10:00 am to 5:00 pm.

Creative Spirit Art Centre
999 Dovercourt Road
Toronto ON M6H 2X7
Telephone 416 588-8801 Fax 416 588-8966 Email csac@creativespirit.on.ca
www.creativespirit.on.ca

~ Join us for ~
WAX WORKS: The Brute Surrealism of Jai Wax
January 8 to 26, 2008
Reception: Thursday, January 10 from 5:30 pm to 8:30 pm

IT'S NOT TOO LATE TO GET YOUR FREE FLU SHOT!

Here's a couple of last chance opportunities to get your flu shot at one of the City's Flu Vaccination Clinics. Contact Toronto Public Health at 1-877-844-1944 or visit 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

**THE LANCE KRASMAN MEMORIAL CENTRE FOR COMMUNITY MENTAL HEALTH
INVITES YOU TO A PRESENTATION ON THE ROLE OF PEER SUPPORT IN MENTAL HEALTH**

FEATURING SHERY MEAD

**JANUARY 4, 2008, 10:00 AM TO 12:00 PM
NEWMARKET HEALTH CENTRE AUDITORIUM
194 EAGLE STREET, NEWMARKET**

Registration Fee: \$25.00 (exceptions available)

**Peer Support:
A Distinct Role in Mental Health**

A Special presentation by

Shery Mead

**January 4, 2007
10-12 o'clock**

**Newmarket Health Centre
Auditorium
194 Eagle St, Newmarket**

**Registration: \$25
(Exceptions available)**

To Register Contact:

The Lance Krasman Memorial Centre For Community
Mental Health.

Telephone: (905) 780-0491 ext. 14

<http://krasmancentre.com/>

JOB POSTINGS

ALTERNATIVES: THE EAST YORK MENTAL HEALTH COUNSELLING SERVICES AGENCY COMMUNITY SUPPORT COUNSELLOR

Alternatives is a community based mental health service located in the east end of Toronto. We provide community support, case management and counselling to individuals who have significant mental health problems. We value the knowledge and strengths of the people who use our service and are committed to giving choice and flexibility to the people we serve.

Responsibilities: individual supportive counselling; telephone and in-person intake; coordination of services and crisis management; group facilitation; client advocacy; participate in weekly staff meetings; maintain database of client information; participate in ongoing evaluation and development of programs, policies and procedures; outreach/interagency collaboration; participate in agency functions, events and meetings; participate in clinical supervision.

Qualifications: degree or diploma in social services or suitable combination of education and experience; counselling skills and experience; able to work independently and as part of a team; understanding of mental health issues and the mental health system; excellent communication and interpersonal skills; understanding and commitment to anti-racism/anti-oppression; creative, progressive and respectful problem-solving skills; open to working with a diversity of perspectives; understanding of consumer/survivor perspectives and race, class and gender issues; excellent understanding of client-based and client-centered work using a recovery model.

Salary: \$51,000 plus benefits. Apply by January 11, 2008 by mail to Hiring Committee, Alternatives, The East York Mental Health Counselling Services Agency, 2034 Danforth Avenue, Toronto, ON M4C 1J6 or fax application to 416 285-5733.

Alternatives is an equal opportunity employer. Only those to be interviewed will be contacted.

THE RAGING SPOON CATERING DRIVER/DELIVERY PERSON

Hours: Part-time/casual/flexible hours

Salary: \$9.50 per hour (to start)

Qualifications: Must be a consumer/survivor and possess a Class G License with no restrictions

To Apply: Fill out an application at The Raging Spoon Catering, 761 Queen Street West (west of Bathurst Street)

For more information contact Michael at 416 504-6128.

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.

TUESDAY, JANUARY 1



Annual Mayor's New Year's Levee. FREE. Meet Mayor David Miller and other city council representatives at the 2008 New Year's Levee. Toronto City Hall Rotunda, 100 Queen Street West at Bay Street. 11:00 am to 12:30 pm. For more information call 416 397-CITY.

WEDNESDAY, JANUARY 2

Between the Sea and the Desert: The Many Cultures of North Africa. Pay What You Can on Wednesdays from 5:00 pm to 8:00 pm. "Every thread has a soul" – this Arab proverb is particularly true for the textile culture of Maghreb, the most northwest part of Africa. Between the Sea and the Desert showcases the Textile Museum's rich and diverse Northwest Africa collection of rugs, shawls and garments on view for the first time. Textile Museum of Canada, 55 Centre Avenue, one block east of University and south of Dundas Street. 5:00 pm to 8:00 pm. For more information call 416 599-5321 or email info@textilemuseum.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.

THURSDAY, JANUARY 3

A Victorian Christmas. \$5.50. Drink mulled cider in the historic kitchen of this 1859 home decorated for the holiday season. Also view the "While the Cold Winds Blow" exhibit, which focuses on culturally varied celebrations of the festive season. MacKenzie House, 82 Bond Street. Tuesday through Friday from 12:00 noon to 4:00 pm; Saturday and Sunday from 12:00 noon to 5:00 pm. For more information call 416 392-6915.

FRIDAY, JANUARY 4

An Edwardian Christmas. \$6.75. Enjoy a tour that highlights the Christmas traditions of the Austin family in Toronto circa 1900. Cider and a Christmas treat included. Spadina Museum, 285 Spadina Road. Tuesday through Friday from 12:00 noon to 4:00 pm; Saturday and Sunday from 12:00 noon to 5:00 pm. For more information call 416 392-6910.

SATURDAY, JANUARY 5

Christmas in the Park. Adults \$4.50; Seniors and Youth \$4.00; Children \$3.50. This is the last day of Christmas in the Park and your chance to 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-19th 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. For more information call 416 392-6916.

SUNDAY, JANUARY 6

Jazz Vespers: *Canadian Jazz Quartet*. FREE, donations welcomed. Tribute to Milt Jackson featuring the sounds of vibraphone, guitar, drums and bass. Christ Church Deer Park, 1570 Yonge Street. 4:30 pm. For more information call 416 920-5211.

MONDAY, JANUARY 7

Strong Words Reading Series. Pay What You Can. Indiepolitik's monthly reading series plays host to an eclectic bill of writers, poets, spoken word artists, rappers, playwrights and activists. This month's event features performance poet Zaffi Gousopoulous and Pan-Afrikanist poet Yannick Marshall. A collection of new and used books in resale condition will be held on behalf of the Metro Toronto Movement for Literacy; donations are welcome. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:30 pm to 10:30 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

TUESDAY, JANUARY 8

Richard Bradshaw Amphitheatre Dance Series: *Korean Dance; Contemporary Traditions*. FREE. Featuring Mi Young Kim and the Korean Dance Studies Society. Four Season 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.

Homeless Memorial. FREE, donations are welcomed. Join with others to remember those who have died homeless or through homelessness on the streets of Toronto. Church of the Holy Trinity, 10 Trinity Square, outside the south doors of the Church, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521.

Voice Performance Class. FREE. The Faculty of Music presents its Student Performance Class. University of Toronto Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. For more information call 416 978-3744.

WEDNESDAY, JANUARY 9

Richard Bradshaw Amphitheatre Chamber Music Series: *Murray Schafer and T'ai Chi*. FREE. Featuring the Four Seasons String Quartet. Four Season Centre for the Performing Arts, 145 Queen Street West at University Avenue. 5:30 pm to 6:30 pm. For more information call 416 363-8231 or visit www.coc.ca.



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 31st. For more information contact Malcolm Armstrong at 416 231-2228 or info@worldheritageproject.org, or visit www.worldheritageproject.com/bharat.asp.

Joint Centre for Bioethics Seminar Series. FREE. Dr. Angus Dawson will be presenting on vaccinations, parental disagreement and the limitation of the "best interests" test. University of Toronto, Joint Centre for Bioethics, Great Hall, 88 College Street. 4:10 pm to 5:00 pm. For more information call Rhonda Martin at 416 978-1906.

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, JANUARY 10

Thursdays at Noon: *Roi*. FREE. World premiere of a new piece based on Bach, featuring Beverley Johnston on percussion. University of Toronto Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:00 pm. For more information call 416 978-3744.

Richard Bradshaw Amphitheatre Jazz Series: *Big Band*. FREE. Featuring the Humber Studio Jazz Ensemble with Director Denny Christianson. Four Season 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.

Organ Recital: *Patricia Wright*. FREE. Metropolitan United Church, 56 Queen Street East. 12:00 noon. For more information call 416 363-0331 x 26.

FRIDAY, JANUARY 11

Toronto Continuo Collective: *Music from 17th Century Italy, Spain and Austria*. FREE, donations welcomed. Music by Biber and other 17th century composers. Church of St. George the Martyr, 197 John Street. 8:00 pm. For more information call 416 921-9203.

SATURDAY, JANUARY 12

The Natrel Rink. FREE. Enjoy music while you skate on the waterfront at Canada's largest artificially cooled outdoor ice rink. The rink stays icy in temperatures up to 8C. Indoor lockers and change rooms on site; hot food and drinks at EATS (closed Mondays); skate rentals on the premises (a drivers' license, credit card, passport or birth certificate is required for rentals). Harbourfront Centre, 235 Queens Quay West, south of York Quay Centre. 10:00 am to 10:00 pm. For more information call 416 973-4866.



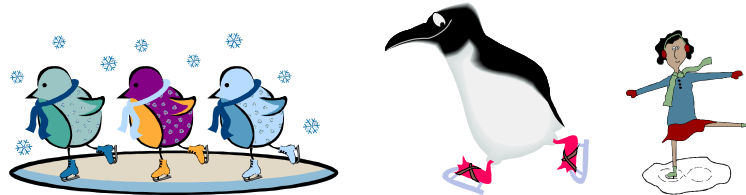
SUNDAY, JANUARY 13

Jazz Big Band of Israel's Thelma Yellin School of the Arts. FREE. Miles Nadal JCC, Al Green Theatre, 750 Spadina Avenue. 2:00 pm. For more information call 416 924-6211 x 0.

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.

MONDAY, JANUARY 14

Gallery in the Garden: *The Red Carpet*. FREE. Come and enjoy an exhibition of works by local artists at Sherway Gardens' Gallery in the Garden. Sherway Gardens, 25 The West Mall (Highway 427 and the QEW), door 3 entrance. Gallery hours are the same as mall hours. For more information call 416 621-1070 or visit www.sherwaygardens.ca.



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 in January, 2008. 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

WORDS TO LIVE BY

No snowflake ever falls in the wrong place.

-Zen Saying

