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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 15, 2008  
Bulletin 362

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)

*Back in November, 2007, we ran an announcement in the Bulletin about the establishment of The Reva Gerstein Legacy Fund, which was set up by her sons to honour Dr. Gerstein's commitment to psychiatric survivors. The fund was to 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 2007 grant recipients have been selected – congratulations to all of you! The Selection Committee for the Legacy Fund consisted of Paul Quinn, Executive Director; Louise Nimigon, Acting Chairperson; Henry Roth, Vice Chair; and Pat Capponi, Psychiatric Survivor Advocate. Here's a brief update from Pat Capponi.*

## **REVA'S LEGACY: A Report on Our First Meeting**

*By Pat Capponi*

Four of us gathered together in Dr. Reva Gerstein's study over glasses of cranberry juice and slices of cake. Two of us are survivors – Henry and I; Henry Roth is vice-chair of the Gerstein Board, and Paul Quinn of course is the Director. Sitting in for the Chair was Louise Nimigon.

I was thinking what a journey it has been, from the first time I met Reva at city hall in the early eighties when she was introduced as the Mayor's Action Task Force on Discharged Psychiatric Patients, to today when we're about to distribute \$10,000 to survivors in Toronto.

Reva's two sons, Irving and Ira, and their families donated the money, knowing how attached Reva is to our community, to honour their mother's 90<sup>th</sup> birthday. Our committee of four was very pleased that Reva could be talked into having an active role in the disbursements.

At ninety, Reva is still razor sharp, as evidenced by all the hardcover, non-fiction books piled on the table. She reads three papers a day, including the New York Times, and although arthritis keeps her at home most days, it doesn't keep her from thinking, learning and contributing.

*Reva's Legacy (cont'd.)*

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We read through thirty proposals. Some were typed, others hand-written. Some were long – as if the authors didn't quite believe the call for a one-page application, which is understandable for those of us who've had to negotiate through Ministry/Government forms. There was an impressive array of ideas for projects: enthusiastic and thoughtful, from the creation of a music group to alternative therapies to a van offering cut rate moves for survivors. In the end, we chose, by consensus, those ideas that would directly or indirectly benefit our community most:

- ☞ A documentary on emergency rooms, and our experiences in them as survivors could be a great learning experience for hospital administrators and planners.
- ☞ Research into a pet foster care program for survivors who need a good temporary home for their pets in case of hospitalization or alternative stays like the Gerstein. We know how a pet can make such a difference in the quality of the lives of the isolated, and knowing that one's cat or dog or bird will have a safe place to wait for us can free people up to get the care they need.
- ☞ Assistance to a survivor who is in her last year of nursing studies. At the Gerstein, we see every day the advantages of having an integrated staff. We can all learn from each other when we work as equals in the helping profession.
- ☞ Survivors will be running groups on nutrition and cheap meals, using the training they've had as kitchen volunteers over the years.
- ☞ The need to get us moving, to exercise our legs and our minds, was also seen as a great benefit. A group of survivors meets every week to walk, to run, to be active. This program has been operating successfully for some years on a shoestring, and we've been able to add to their level of support.
- ☞ Survivors in the west end want to work with women around self-esteem through makeovers. Women especially often want to look their best, but financial restraints and low level depression robs them of the opportunity.

All those who applied were notified as to the results. Even those who weren't selected were pleased with the projects that were. And there's always next year!

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## Wish List

We have a donation of some pots and pans from someone who got new ones for Christmas. There are a few other small items like bowls to go along with them. Anyone interested? Also, we have had a request from a reader for a coffee table – just what's needed to complete this person's apartment.

It seems that every time we have a donation of a vacuum or a dust buster, we get many calls asking for it, so we are putting out a request for anyone who has one to spare, to call the centre and donate it. The process is that you call in and describe it to us, we post the item in the next Bulletin and when someone calls in, we match you up so you can make arrangements to transfer the item from the generous donor to the grateful recipient. Let us remind those of you who have not seen our tiny office on the third floor of the old house at 252 College Street that we do not have space for people to drop things off here. If you have security issues, you may make arrangements to meet here, but we really can't become donation central. We're still hoping the person who wanted the clock that was donated for the Wish List back in August will eventually come in and claim it!

**Computer Update:** For those who put their names on the list for a donation of a computer – we are still waiting. That's the problem with donations, it's not like just buying things, sometimes the waiting is soooo long. We've been told that the first set were sent out to be "scrubbed" and were accidentally destroyed. So we are just waiting for the next set. We have people's names on the list in the order we received them (doesn't that sound familiar – you won't lose your place in the queue !?). We'll keep you informed of any progress. Helen & Deb.

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).

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### ANNOUNCEMENTS

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



**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

This event will be held at the Mood Disorders Association of Ontario's old location at  
40 Orchard View Boulevard, in 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](http://www.mooddisorders.on.ca) for more information.

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**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, 2008, 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](mailto:speakersbureau@bellnet.ca)

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**TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK (LHIN)  
OPEN BOARD MEETING**

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) is scheduled for  
Wednesday, February 13, 2008 from 10:00 am to 12:00 noon  
at the Toronto Central LHIN offices  
425 Bloor Street East, Suite 201  
For more information call 416 921-7453 or 1 866 383- 5446



**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**

Wednesday, January 16, 2008  
3:00 pm to 5:00 pm  
CAMH Queen Street Site, Cafeteria  
1001 Queen Street West  
For more information call 416 535-8501 x 3013

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**THE TORONTO POLICE SERVICES BOARD HOSTS  
A PUBLIC FORUM  
ON THE USE OF TASERS**



Recent events have raised questions about the proper use, effects and desirability of the Taser as a tool for policing. This is your opportunity to hear directly from Thomas P. Smith, Chairman of the Board and Co-Founder of TASER International, Inc., and to have your questions answered by him.

Thursday, January 17, 2008  
5:00 pm to 7:00 pm  
Toronto Police Headquarters, Auditorium  
40 College Street between Yonge and Bay Streets  
*For further information, please call 416 808-8080*

*Space for this event is limited*

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**HAVE YOU EXPERIENCED  
COGNITIVE BEHAVIOURAL THERAPY?**

On behalf of one of our readers, we are looking for first-hand information on Cognitive Behavioural Therapy from someone who has been through it. What was it like? How did it benefit you? Where did you go for this treatment?

*Please call or write the centre and share your experience and insight on this topic.*

## UNIVERSITY HEALTH NETWORK PATIENT EDUCATION PRESENTS: UNDERSTANDING SCHIZOPHRENIA

*THIS EDUCATION SESSION IS FOR PATIENTS AND COMMUNITY MEMBERS ~ ALL ARE WELCOME ~ FREE OF CHARGE*

**TOPICS INCLUDE:** What causes Schizophrenia? Can it be prevented? How can you detect schizophrenia? Can early detection help? Are there differences among teens, men, women, seniors and people with different cultural backgrounds? How can I best manage my life if I have Schizophrenia? If my family member has Schizophrenia, what can I do to help? What resources are available for family members? Signs and symptoms of Schizophrenia. Treatment options, alternative therapies and available resources. Success stories of Schizophrenia survivors.

**SPEAKER:** Dr. Dennis Kussin, M.D., FRCPC, Psychiatrist, Director of Community Health, Toronto Western Hospital

**DATE & TIME:** Friday, January 25, 2008, 1:00 pm to 3:00 pm

**LOCATION:** Auditorium, 2<sup>nd</sup> Floor, West Wing, Toronto Western Hospital, 399 Bathurst Street (just north of Dundas)

**REGISTER & CONTACT:** [miulin.wong@uhn.on.ca](mailto:miulin.wong@uhn.on.ca) or 416 603-5800 x 2661

*PLEASE NOTE: THIS PRESENTATION WILL BE VIDEOCONFERENCED AND WEBCASTED ON [WWW.OTN.CA](http://WWW.OTN.CA). YOUR FACE AND VOICE MAY BE CAPTURED. WE ASSUME YOUR CONSENT WHEN YOU ATTEND THIS SESSION. TO ARRANGE INTERPRETATION OR FOR ANY QUESTIONS PLEASE CONTACT MIU LIN WONG AT THE PHONE NUMBER OR EMAIL ADDRESS LISTED ABOVE.*

### RESEARCH STUDIES

*THE INCLUSION IN THE BULLETIN OF RESEARCH STUDIES IS NOT INTENDED TO PROMOTE PARTICULAR STUDIES OR TO ENCOURAGE CONSUMER/SURVIVORS TO PARTICIPATE AS RESEARCH SUBJECTS. YOUR FEEDBACK ON THIS TOPIC TOLD US THAT YOU WANT US TO CONTINUE TO PROVIDE THIS INFORMATION, AND LET YOU BE THE JUDGE.*

#### **COGENTIN STUDY**

Are you 50 years of age or older? Do you have schizophrenia or other schizophrenia related disorder? Are you currently taking Cogentin and one of the following medications: Risperdal, Zyprexa, Seroquel or Clozaril? You may be eligible to participate in our study. Financial compensation will be provided. If you are interested in participating, please contact Regina Simon, Research Nurse by telephone at 416 535-8501 x 2911 or by email at [Regina\\_Simon@camh.net](mailto:Regina_Simon@camh.net).

#### **RESPERIDONE BRAIN IMAGING STUDY**

Are you 50 years of age or older? Do you have schizophrenia or other schizophrenia related disorder? Are you currently taking Risperdal 2mg or more daily? No serious medical illness, significant head injuries or metal implants? You may be eligible to participate in our brain imaging study. Financial compensation will be provided. If you are interested in participating, please contact Regina Simon, Research Nurse at 416 535-8501 x 2911 or email [Regina\\_Simon@camh.net](mailto:Regina_Simon@camh.net).

#### **ANTIPSYCHOTIC POLYPHARMACY IN SCHIZOPHRENIA**

Are you 18 years of age or older? Do you have schizophrenia or other schizophrenia related disorder? Are you currently taking 2 antipsychotic medications? You may be eligible to participate in our study. Financial compensation will be provided. If you are interested in participating, please contact:

- Queen Street Site: Regina Simon, Research Nurse @ 416 535-8501 x 2911 or email [Regina\\_Simon@camh.net](mailto:Regina_Simon@camh.net)
- Clarke Site: Carol Borlido, Research Assistant @ 416 535-8501 x 4321 or email [Carol\\_Borlido@camh.net](mailto:Carol_Borlido@camh.net)

## JOB POSTINGS

### FRESH START CLEANING & MAINTENANCE SERVICES

Fresh Start Cleaning and Maintenance is currently seeking Consumer/Survivors for the following positions:

▪ **CLEANER**

Required for office cleaning in the Richmond Hill area (Highway 7 and Leslie area) for every Friday beginning at 5:00 pm. Applicant must have basic cleaning experience and an ability to work alone.

▪ **SNOW REMOVAL WORKERS**

Applicants must be available seven days a week beginning early morning to late evening for On Call work and be easily reached by phone. Depending on the weather, it can be tough work, therefore, we are looking for people who are capable of working long hours and have the ability to carry a minimum of 50 lbs. Since we cannot predict the weather, you may be very busy shoveling/salting or not at all; so far, this winter has kept us very active. A valid Canadian "G" (minimum) license is an asset but not essential. However, if you have one, you must have recently been insured in order for us to use you in this role.

**If interested in either of these positions, please call Karen at 416 504-4262 x 227  
or email [karen@freshstartclean.com](mailto:karen@freshstartclean.com)**

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### ST. STEPHEN'S COMMUNITY HOUSE WEEKEND AND RELIEF COOK, CORNER DROP-IN

General Functions: Prepare meals for Sunday Drop-in Program and occasional weekdays; direct volunteers; help serve lunch and participate in clean up.

Service Responsibilities:

- Prepare and serve 150 breakfast and 200 hot lunch meals
- Prepare for next day's food service, including cleaning and food preparation
- Lead and direct team of volunteers who assist with food preparation and service
- Report to full-time cook (written or verbally) any shortfalls or ordering needs that arise

Organizational Responsibilities:

- Participate in debriefing and supervisory meetings
- Ensure confidentiality is maintained on all client matters
- Other duties as assigned

Qualifications:

- Strong verbal communication skills and a friendly manner
- Ability to work in a multicultural/multiracial organization and a dynamic community-based setting with marginalized individuals
- Experience working with homeless population
- Experience in food preparation and planning
- Food handling training

The salary is \$13.11 per hour and 4% vacation pay. This position is not covered under the union collective agreement. A current police reference check is part of the hiring process. Please send resumes by Friday, January 18, 2008 at 5:00 pm to: Manager of Housing and Homeless Service, St. Stephen's Community House, 260 Augusta Avenue, Toronto, ON M5T 2L9 or Fax to 416 966-2178.

## 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 15**

Distillery District Heritage Walk. FREE. Meet at the southeast corner of King and Parliament Streets. 10:00 am. For more information and walk guidelines, call 416 593-2656 or email [office@torontofieldnaturalists.org](mailto:office@torontofieldnaturalists.org).

University of Toronto: Voice Performance Class. FREE. First year students perform. Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. For more information call 416 978-3744.

Jazz at Noon: *Brubeck Braid Duo*. FREE. Jazz standards, original compositions and improvisation featuring the sounds of cello and piano. York University Faculty of Music, Tribute Communities Recital Hall, Accolade East, York University, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.



Health Pursuits Reading and Study Group. FREE. Read recommended books and learn about Fibromyalgia, Chronic Fatigue, Asthma, and other conditions. Discover what we can do to help ourselves. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Room 2/3. 6:00 pm to 8:30 pm. Register by calling 416 395-5649.

### **WEDNESDAY, JANUARY 16**

Healthy Weight Management, the Naturopathic Way. FREE. Dr. Yvonne Stiles, ND, is a licensed Doctor of Naturopathic Medicine. Learn more about the benefits of a naturopathic approach to healthy weight management in this seminar and question and answer session. Toronto Public Library, Richview Branch, 1806 Islington Avenue. 7:00 pm to 8:00 pm. For more information call 416 394-5120.

Artist Trading Card Session. FREE. 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).



Cardiovascular Health Information Session. FREE. Join Dr. Paul Jaconello and the Centre for Nutritional and Preventive Medicine for a presentation on achieving and maintaining good cardiovascular health. Toronto Public Library, Pape/Danforth Branch, 701 Pape Avenue. 7:00 pm to 8:00 pm. For more information call 416 393-7727.

### **THURSDAY, JANUARY 17**

Thursdays at Noon: *Gillian MacKay, trumpet*. FREE. Music by Telemann, Busser and Lavalee. University of Toronto Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. For more information call 416 978-3744.

Northern District Library: *Piano Recital*. FREE. Works by Bach, Brahms, Chopin, Poulenc and Gershwin performed by members of Master Class Players. Toronto Public Library, Northern District Branch, 40 Orchard View Boulevard. 2:00 pm. For more information call 416 393-7610.

The Employment Network Information Session. FREE. Looking for work? Review the latest employment trends and demands and learn about the programs and services that are provided to help you succeed. Presented by Transitions to Employment. Bring your SIN card to access this free workshop. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 2:00 pm to 4:00 pm. Register in person or by calling 416 393-7657.

### **FRIDAY, JANUARY 18**

Adult Literacy Program. FREE. Need a little help? One-on-one instruction with volunteer tutors in basic reading, writing and math for English-speaking adults. Toronto Public Library, Danforth/Coxwell Branch, 1675 Danforth Avenue. Two-hour sessions once weekly between 10:00 am and 6:00 pm. To register call 416 395-5555.





### **SATURDAY, JANUARY 19**

Yoga Meditation Workshop. FREE. A yoga teacher from the Canadian Meditation Centre provides basic methods of meditation and simple yoga exercises. Participants are required to wear loose clothing and to bring a yoga mat or towel. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 11:00 am to 12:30 pm. To register call 416 396-8890.

Saturday Writers' Group. FREE. Read from and discuss works in progress. Poetry, prose and essays welcome. Toronto Public Library, High Park Branch, 228 Roncesvalles Avenue. 9:30 am to 11:00 am; ongoing. For more information call 416 393-7671.

Alchemy: *An Hour of Chamber Music*. FREE. Featuring the music of Bach, Francaix, Schubert and Mozart and the sounds of violin, viola, cello and piano. Belmont House, 55 Belmont Street. 2:30 pm. For more information call 416 964-9231.

### **SUNDAY, JANUARY 20**

Prodigal Sundays with the Backstabbers. FREE. The Backstabbers Country Stringband is a Queen West institution, its members having purveyed their own original take on old time acoustic country music for almost a decade on that street. *Prodigal Sundays* will showcase the Backstabbers doing their thing the way nobody else does it: mining the best of the old school and making it new again. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 5:00 pm to 8:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

### **MONDAY, JANUARY 21**

Book Club. FREE. Come and be part of a member-run book discussion group. Bring ideas for titles to read and discuss. Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. Monthly meetings; 7:00 pm to 8:00 pm. Call 416 393-7720 to register.



### **TUESDAY, JANUARY 22**

Richard Bradshaw Amphitheatre Chamber Music Series: *Minnelieder*. FREE. Featuring the Glenn Gould Studio Woodwind Quintet with a cycle of 13 songs based on the poetry of the German minstrels of the 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> centuries. 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](http://www.coc.ca).

Jazz at Noon: *The Al Henderson Septet*. FREE. Featuring the sounds of saxophone, cello, piano, bass and drums. ACE Lounge, 219 Accolade East Building, York University, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.



Legal Aid Clinic. FREE. An Ontario Legal Aid lawyer provides free advice and guidance on a variety of legal issues. By appointment only. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Room 515. 6:30 pm to 8:30 pm; ongoing. To book an appointment come in person to the Business and Urban Affairs Department on the 4<sup>th</sup> floor of the Library, or call 416 395-5613.

### **WEDNESDAY, JANUARY 23**

How to Create Effective Resumes. FREE. Do you know what the components of an effective resume are? Get important information in order to produce a resume that gets results! Pre-registration is required. Toronto Public Library, Fairview Branch, Le@rning Centre, 35 Fairview Mall Drive. 10:00 am to 12:00 noon. For more information and to register call 416 395-5750.

Richard Bradshaw Amphitheatre Piano Virtuoso Series: *Christine Kim and Matthew Bagasao*. FREE. Featuring a piano four-hands repertoire. 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](http://www.coc.ca).



Computer Training: *Move That Mouse*. FREE. Learn basic mouse and keyboarding skills in this hands-on class. A useful introduction to the skills required for all Internet courses. Toronto Public Library, Lillian H. Smith Branch, 239 College Street, 6:30 pm to 7:30 pm. Call 416 393-7746 to register.



Hart House Music Committee: *Midday Mosaics Noon Hour Concert*. FREE. Featuring the music of Mozart, Rossini, Beethoven and Schubert. University of Toronto, Hart House Music Room, 7 Hart House Circle. 1:00 pm. For more information call 416 978-2452.

#### **THURSDAY, JANUARY 24**

Richard Bradshaw Amphitheatre Chamber Music Series: *Brahms Piano Quintet*. FREE. 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](http://www.coc.ca).



Stand Up for Mental Health Comedy Showcase. FREE. Come laugh your head off! The Mood Disorders Association of Ontario invites you to a comedy showcase featuring graduates of the Fall 2007 *Stand Up for Mental Health* Program. The program teaches people with mental illness to take control by turning their problems into comedy, and aims to reduce public stigma around mental illness and spread a message of hope and empowerment. The event will be held at the Mood Disorders Association of Ontario's old location at 40 Orchard View Boulevard, Room 200 (1 block north of Eglinton subway station, on the west side of Yonge Street). 7:00 pm. For more information call 416 486-8046.



4<sup>th</sup> Annual Karaoke Superstar Contest. FREE. So you think you can sing? Step up to the microphone and you could win \$1,000! 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).

#### **FRIDAY, JANUARY 25**

Tea and Entertainment. FREE. Enjoy a wide variety of films and special seasonal programs. A film list is available each month from the library's 2<sup>nd</sup> floor information desk. Toronto Public Library, North York Central Branch, Auditorium, 5120 Yonge Street. 2:00 pm to 4:00 pm; ongoing. For more information call 416 395-5639.

York University Department of Music. *Improv Soiree: Sonic Neuroplasticity – The Tradition of Innovation*. FREE. An evening of improvisation in a participatory 'open-mike' set-up. Improv studios of Casey Sokol. Performers and observers welcome. Sterling Beckwith Studio, 235 Accolade East, York University, 4700 Keele Street. 8:00 pm. For more information call 416 736-5186.

#### **SATURDAY, JANUARY 26**

Toronto Public Library Celebrates Family Literacy Day. All events are FREE. Established by ABC CANADA Literacy Foundation in 1999, Family Literacy Day promotes reading and learning together as a family. Here's a sampling of the events planned at Libraries around Toronto for the day:

Storytelling Workshop with Adwoa Badoe. Adwoa is a vibrant storyteller who tells stories from Africa to entertain and educate. Come celebrate, sing, and chant along! Parkdale Branch, 1303 Queen Street West. 10:30 am. For more information call 416 393-7686.



Raising a Reader: How to Help your Struggling Reader. Learn from the experts how to choose reading materials that will interest your child, find reading-support information at the library, and read effectively to your child. Space is limited. Please pre-register at the children's desk in the library. Downsview Branch, 2793 Keele Street. 1:30 pm to 3:00 pm. For more information call 416 395-5720.

Celebrate Literacy Day with Stories and Crafts. Drop in; all ages welcome. Flemingdon Park Branch, 29 St. Dennis Drive. 2:00 pm. For more information call 416 395-5820.



Visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) or call Answerline at 416 393-7131 for more information on Family Literacy Day events at the Toronto Public Library.

Glenn Gould School Student Recital: *Ke Mao, mezzo-soprano*. FREE. Royal Conservatory of Music Concert Hall, 90 Croatia Street. 7:30 pm. For more information call 416 408-2824.

#### **SUNDAY, JANUARY 27**

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, JANUARY 28**

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



### **TUESDAY, JANUARY 29**

Richard Bradshaw Amphitheatre Chamber Music Series: *New Music Festival Preview*. FREE. KnickKnacks for violin and viola; Ghost Variations for solo piano. 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](http://www.coc.ca).

Java Knights. FREE. ACT Toronto and the Gay West Community Network have formed a partnership to present *Java Knights* – a monthly west-end social event designed 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](mailto:info@gladstonehotel.com).

### **WEDNESDAY, JANUARY 30**

Computer Training: *Web Basics I*. FREE. If you have little or no Internet experience, this hands-on training will help you search the World Wide Web. Basic keyboarding and mouse skills required (see January 23<sup>rd</sup> training). Toronto Public Library, Lillian H. Smith Branch, 239 College Street. 6:30 pm to 8:00 pm. Call 416 393-7746 to register.

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, JANUARY 31**

Knit and Crochet Group. FREE. Bring your work and knit or crochet with a new group of friends! Share collective expertise while working on your own project. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 7:00 pm; ongoing. For more information call 416 393-7657.

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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 is due out later this month. 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**

***Too often we underestimate the power of  
a touch, a smile, a kind word, a listening ear,  
an honest compliment, or the smallest act of caring,  
all of which have the potential to turn a life around.***

~ Leo Buscaglia