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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.*

March 1, 2008

Bulletin 365

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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ON THE ROAD TO RECOVERY: NAVIGATING THE RESOURCES

Sometimes I see it as one of my strengths; other times it feels more like a shortcoming. Either way, I've never been good at curbing my curiosity and enthusiasm when something catches my interest. So when I came away with more questions than answers after reading a couple of Recovery manuals and workbooks for a volunteer assignment, my curiosity took over and the reading and research list just kept on growing. Over the past few months, I've read seventeen Recovery-related books, manuals and workbooks, close to one hundred articles, papers and presentations, and twenty or so personal recovery stories. I lost track of the number of websites I have visited and the links and additional readings they led me to; I watched the few videos I could find on the topic, began taking Wellness Recovery Action Plan (WRAP) training, and enrolled in an online course on facilitating Recovery Workshops with Boston University's Centre for Psychiatric Rehabilitation. I immersed myself in Recovery

material, and I wish I could say I found the answers to all my questions and I now know everything I set out to learn – but in many ways I didn't, and I don't. Nevertheless, now that I've begun to sift through it all and move past the 'information overload' phase, there are some things well worth sharing.

In upcoming issues of the Bulletin, I'll pass along some of the information that was gathered during this little Recovery expedition, starting with a review and comparison of some of the more popular Recovery self-help aids like *The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disabilities*, Centre for Psychiatric Rehabilitation, Boston University; *Pathways to Recovery: A Strengths Recovery Self-Help Workbook*, University of Kansas School of Social Welfare; *Wellness Recovery Action Plan (WRAP)* by Mary Ellen Copeland, and *The Depression Workbook: A Guide for Living with Depression and Manic Depression*, also by Mary Ellen Copeland. We'll also tell you where you can find these and other related titles for the least amount of money (Boston University, for example, offers all of their publications at a 40% discount for consumer/survivors).

So, we'll be back soon with more on the topic of Recovery. In the meantime, there's this book I want to read...

Deb

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ANNOUNCEMENTS

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

SCHIZOPHRENIA RESEARCH STUDY

Volunteers with schizophrenia are needed to take part in a functional magnetic resonance (fMRI) study to better understand brain activity in learning and practice in schizophrenia. The study will be conducted at the PET Centre at the Centre for Addiction and Mental Health (250 College Street) and the Rotman Research Institute (3560 Bathurst Street). It will involve one screening interview and two fMRI scans done on separate days (three visits in total). Participants will receive financial compensation for their time.

Male and female adults 18-50 years of age with a diagnosis of schizophrenia are eligible to participate in this study. Additionally, the following criteria must be met: Be native English speakers and have been raised in Canada/United States; have no history of addiction to drugs or alcohol; be competent to provide informed consent; have no metal implants, a pacemaker or severe claustrophobia.

Please contact Heidi at 416 535-8501 x 6412 for more information.

TAX CLINIC

**The C/S
Info
Centre's
Annual
Tax
Clinic is
kicking
into high
gear !!**

You are probably aware that we do income tax returns all through the year for low income people who need help preparing their returns. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by the Canada Revenue Agency:

- Low income is defined as \$20 - \$25,000 for people with no dependants, \$25 - \$30,000 for a couple or one adult with a child, and \$2,000 for each dependant,
- No self employment income,
- No rental income, i.e. no one pays rent to you,
- No complicated returns,
- No widowed people with the tax returns of a deceased spouse,
- No bankruptcies,
- No capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2007, and give us a call to set up your appointment. Please don't call until you have everything in hand.

WE NEED VOLUNTEER FOSTER PARENTS BIG TIME!



Become part of an important new service that provides foster care to pets when a consumer/survivor has to go into hospital. If you would like to join our foster parent team, please email Linda Chamberlain at lichamb5702@rogers.com for more information and application forms.



**ST. LAWRENCE CENTRE FORUM PRESENTS:
TORONTO CENTRE CANDIDATES' DEBATE
ON THE FEDERAL GOVERNMENT'S ROLE IN THE HEALTH AND VITALITY OF TORONTO**

**TUESDAY, MARCH 11, 2008 FROM 7:30 PM TO 9:30 PM
ST. LAWRENCE CENTRE FOR THE ARTS
27 FRONT STREET EAST, 2 BLOCKS EAST OF UNION STATION**

The Candidates' Debate is a lead up event to the by-election to fill the federal seat vacated by Bill Graham in Toronto Centre. The theme is the role of the federal government in city issues such as housing, immigration settlement, crime, and infrastructure. The candidates for Toronto Central are Bob Rae (Liberal), El-Farouk Khaki (NDP), Chris Tindal (Green Party), and Don Meredith (Conservative). The event will be moderated by Anne Mroczkowski, Anchor of *CityNews at Six* and Host of *The Mayor*. Come have your say in the future of our city!



Admission is FREE. Tea and coffee will be served at 9:30 pm compliments of the house. For more information email forumpub@stlc.com, visit www.stlc.com or call 416 366-1656.

**ST. CHRISTOPHER HOUSE
ADULT LEARNING SUPPORTS ~ EMPLOYMENT READINESS ~ FINANCIAL ADVOCACY**

GED PREPARATION

Are you interested in obtaining your high school equivalency certificate? This 4-6 month part-time program uses GED specific software and practice tests to prepare you for the GED exam. A Learning Coach will work with you towards your next steps for apprenticeship, education or further training.

BANG THE DRUM

Bang the Drum is a free computer literacy program that offers individual and small group computer classes to adults. Come and use the free computer lab at St. Christopher's 1033 King Street West location (southwest corner of King and Shaw Streets) or at 248 Ossington (corner of Ossington Avenue and Dundas Street).

For more information on these and other programs, contact St. Christopher House at 416 848-7980 or visit www.stchrishouse.org/adults

Wish List

Hi Bulletin Readers,

This issue we have a musical reader looking for an acoustic guitar. And for the reader with a thirst for knowledge, we have a donation of a 25-book set of the 1965 edition of the Encyclopedia Britannica in very good condition.

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.

JOB POSTING

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 one-to-one client centered counselling, case management and community support to individuals who have experienced various forms of trauma and significant mental health challenges. We value the knowledge and strengths of individuals who use our services and are committed to giving choice and flexibility to the individuals we serve.

As an organization, Alternatives is trauma-informed, recovery-oriented, client-directed and anti-oppression. We acknowledge that much psycho-emotional distress is rooted in both past and ongoing traumatic events that can dramatically impact one's life and relationships. We focus on self-determination, support/connections, self advocacy and hope as part of the journey towards improved well being. We acknowledge the strength, resilience and expertise that is reflected by the experience of those who consult us and recognize a client's ability to decide and express what is in their interest. At Alternatives we acknowledge the existence of specific systemic barriers and oppressions that have an ongoing negative impact on the daily lives of many people we work with. These barriers are expressed in systemic imbalances of power, privilege and access to resources.

RESPONSIBILITIES

- One-to-one supportive counselling
- Intakes in person and via telephone
- Crisis management
- Client advocacy
- Participate in weekly staff meetings
- Maintain client information and data base
- Participate in agency functions, events and meetings
- Internal and external supervision

QUALIFICATIONS

- Minimum 3 years counselling experience
- Degree or diploma in social services or equivalent combination of education and experience
- Strong analysis of what causes trauma and mental health issues
- Strong analysis in and committed to anti-oppression, anti-racist work
- Able to work independently and as part of a team
- Understanding of the mental health system
- Creative, progressive and respectful problem solving skills
- Understanding of consumer/survivor perspectives and race, class and gender issues
- Clear understanding of client based and client centered work using a Recovery model

The salary for this position is \$51,000 plus benefits. Please mail or fax your resume **by March 7, 2008 at 5:00 pm** to:

Hiring Committee
Alternatives, the East York Mental Health Counselling Services Agency
2034 Danforth Avenue
Toronto, ON M4C 1J6
Fax: 416 285-5733

Alternatives is an equal opportunity employer.
We thank all applicants for their interest; however, only those to be interviewed will be contacted.

FREE AND 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, MARCH 1

Lost River Walks: *The Muskrat Houses of Leslieville*. FREE. Meet at the northwest corner of Jones and Queen Street East. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



SUNDAY, MARCH 2

Toronto All-Star Big Band: *They're Playing Our Song*. Pay What You Can. Featuring a tribute to the Big Band Era. Harbourfront Centre, 235 Queens Quay West. 2:00 pm. For more information call 416 973-4000.

Jazz Vespers. FREE; donations welcomed. Featuring the sounds of piano and bass. Christ Church Deer Park, 1570 Yonge Street. 4:30 pm. For more information call 416 920-5211.

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.

MONDAY, MARCH 3

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, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Two-hour sessions once weekly between 12:30 pm and 8:30 pm. To register call 416 395-5555.



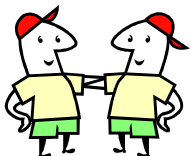
York University Department of Music: *Music at Midday*. FREE. Classical instrumental recital featuring student soloists. Tribute Communities Recital Hall, York University Department of Music, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

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. For more information call 416 393-7663.

TUESDAY, MARCH 4

Richard Bradshaw Amphitheatre Vocal Series. FREE. The University of Toronto Faculty of Music presents *Lives of Others: A Prism of Song*, a concert of art songs from the 18th to 20th 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.

York University Department of Music: *Jazz at Noon*. FREE. York Student Jazz Ensemble featuring the sounds of guitar, saxophone, drums and bass. Tribute Communities Recital Hall, York University Department of Music, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.



Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. St. Joseph Community House, 6 St. Joseph Street. 2:30 pm. For more information call Kathryn or Criss at 416 323-0223.

Alchemy. FREE. An hour of chamber music, featuring the music of Strauss and Beethoven and the sounds of flute, horn, bassoon, violin, viola and piano. Valleyview Residence, 541 Finch Avenue West. 6:30 pm. For more information call 416 398-0555.

Amateur Night at Yuk Yuk's. \$3.00. Enjoy two great comedy shows at a great price! Students from the Humber School of Comedy perform at 7:30 pm, and at 9:30 it's New Talent Night for Up and Coming Amateurs. Yuk Yuk's Comedy Cabaret, 224 Richmond Street, West of University Avenue between Simcoe and Duncan. Reservations are not required; arrive any time after 7:00 pm. For more information call 416 967-6425.

WEDNESDAY, MARCH 5

Richard Bradshaw Amphitheatre Vocal Series: Canadian Children's Opera Company. FREE. Highlights from the newly commissioned opera *Dragon on the Rock*. 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.

Double Recovery Meeting: For Women Only. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. Adelaide Resource Centre for Women, 67 Adelaide Street East, Room 208-C. Wheelchair accessible. 10:30 am. For more information call Kathryn or Criss at 416 323-0223.

Natural Healing for your Diabetes. FREE. Dr. Paul Jaconello offers tips, techniques and practical advice for living well, naturally, with Diabetes. Toronto Public Library, York Woods Branch, Theatre Lobby, 1785 Finch Avenue West. 7:00 pm to 8:00 pm. Register in personal or by calling 416 395-5980.



Knitter's Circle. FREE. Everyone from beginner to expert is invited to bring knitting needles and a ball of yarn. Get clicking! Toronto Public Library, Northern Elms Branch, 123B Rexdale Boulevard, Unit 5. 7:00 pm. For more information call 416 394-5230.

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.ca.

THURSDAY, MARCH 6

Richard Bradshaw Amphitheatre Vocal Series: *Canadian Opera Company Ensemble Studio Russian Program*. FREE. Program of Russian arias and art songs. 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.

York University Department of Music: *Music at Midday*. FREE. Featuring young singers in the classical vocal performance program. Tribute Communities Recital Hall, York University Department of Music, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

Employment Assistance. FREE. Need help finding a job? Talk to a YMCA Employment Services Information Warehouse worker. Toronto Public Library, Downsview Branch, 2793 Keele Street, Main Floor. 2:00 pm to 4:00 pm. For more information call 416 395-5720.

Author Reading. FREE. Award-winning author David Adams Richards reads from and discusses his new book *The Lost Highway*, a highly suspenseful story of greed, betrayal and murder and a chilling study of what happens to men and women when moral questions become matters of life and death. Question and answer period to follow the reading. Toronto Reference Library, Beeton Auditorium, 789 Yonge Street. 7:00 pm. For more information call 416 395-5577.



FRIDAY, MARCH 7

York University Department of Music: *Music at Midday*. FREE. York University Brass Ensemble. Tribute Communities Recital Hall, York University Department of Music, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

SATURDAY, MARCH 8

Phoenix Poets Workshop. FREE. Bring copies of one poem for constructive critique. Hear other poets read their work. All ages welcome to the longest running poets group in Toronto. Toronto Public Library, College/Shaw Branch, 766 College Street. 2:00 pm to 4:30 pm; ongoing. For more information call 416 393-7668.

SUNDAY, MARCH 9

Daylight Saving Time begins today – a sure sign that Spring is just around the corner! Remember to set your clocks ahead one hour.



Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast “the best comedy deal in town”. 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, MARCH 10

Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. Loft Community Services, Simon Apartments, 32 Grenville Street, 1st Floor Common Room. Wheelchair accessible. 1:00 pm. For more information call Kathryn or Criss at 416 323-0223.

Grownups Read Things They Wrote as Kids. FREE. Your childhood writing plus a room full of strangers equals one interesting evening! The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.



TUESDAY, MARCH 11

Homeless Memorial. FREE. Come together to remember those who have died homeless or through homelessness. The 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.



Toronto Field Naturalists Walks: *The Don Valley*. FREE. Start at the southwest corner of Mortimer and Broadview. The walk will proceed down Pottery Road to the Don River and along it to Riverdale Farm. 1:30 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

Sexual Health @ the Library. FREE. Black Coalition for AIDS Prevention (BCAP) provides workshops, literature and brochures on sexual health. Toronto Public Library, York Woods Branch, Room 1 and Foyer, 1785 Finch Avenue West. 5:00 pm to 7:00 pm. Register in person or by calling 416 395-5980.

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, MARCH 12

Toronto Central Local Health Integration Network (LHIN) Open Board Meeting. FREE. Toronto Central LHIN offices, 425 Bloor Street East, Suite 201. 10:00 am to 12:00 noon. For more information call 416 921-7453 or 1 866 383- 5446.

Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. Centre for Addiction and Mental Health, College Street Site, 250 College Street, 8th Floor, Room 852. Wheelchair accessible. 3:00 pm. For more information call Kathryn or Criss at 416 323-0223.

University of Toronto Joint Centre for Bioethics Seminar Series. FREE. Today's topics: *Community Participation and Health Research Ethics: A Perspective from the Developing World* and *Research for Food: Ethical Questions About Research in Darfur*. Joint Centre for Bioethics, 88 College Street, Great Hall. 4:00 pm. For more information call Rhonda Martin at 416 978-1906.

Book Club. FREE. Book Club members select the titles and take turns leading the discussion. Today's selection is *The Portrait of a Lady* by Henry James. All are welcome. Toronto Public Library, Northern District Branch, 40 Orchard View Boulevard. 7:30 pm. For more information call 416 393-7610.





This is Not a Reading Series: *Christopher Dewdney*. FREE. Why does time flow only in one direction? Can “now” last a million years? Why does time go faster the higher you are from the earth’s surface? Award-winning author Christopher Dewdney engages in a contemplative conversation about such mysteries at the launch of his book, *Soul of the World: Unlocking the Secrets of Time*. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, MARCH 13

Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. 519 Church Street Community Centre, 519 Church Street, Old Wing, 2nd Floor. Wheelchair accessible. 3:15 pm. For more information call Kathryn or Criss at 416 323-0223.

Eco Films: *The Refugees on the Blue Planet*. FREE. Part of the Eco Films Series highlighting contemporary environmental issues, this documentary is about people who have been displaced due to natural disasters and how this relates to global climate change. University of Toronto, Hart House, 7 Hart House Circle, Arbor Room. 6:30 pm to 9:30 pm. For more information call 416 978-2452 or visit www.harthouse.ca.



FRIDAY, MARCH 14

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.

Friday Blues. FREE. Julian Fauth sings rhythm and blues. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.



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 most recent issue will be out at the end of March. 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

Our greatest glory is not in never falling, but in rising every time we fall.

~ Confucius

C/S INFORMATION CENTRE 2008 READER SURVEY

WE NEED YOUR FEEDBACK!

We want to find out what will make the Info Centre more useful to you: how we can better serve your needs for information; what, if any, other services you'd like us to offer; what you would like to see more of in future Bulletins. We've been operating for 15 years with a drop-in and call-in information centre, an income tax clinic that operates year round, a resource centre that people can use to come and find pamphlets, books and videos about mental health and addictions, or to see our job board. We also publish The Bulletin, a semi-monthly newsletter with articles and information about mental health issues, drug warnings, job postings, community announcements, social events and more. In partnership with CRCT, we also publish the Wellness and Recovery Newsletter, a quarterly newsletter with stories, information and tips on the recovery model and staying mentally healthy. On occasion, we do public forums on such topics as the Disability Tax Credit or ODSP. Do you know about these services? Are there others you think we should be offering?

Please take a few minutes to complete this short survey, and return it to us by mail to the Consumer/Survivor Information Resource Centre, c/o CAMH, 250 College Street, Toronto ON M5T 1R8, by return email, or you can call the centre and we will complete the questionnaire with you.

ABOUT THE C/S INFO CENTRE

Is the opportunity to drop in and get information useful?

Great Good Fair Poor Haven't Used

Do you find the job postings board helpful?

Great Good Fair Poor Haven't Used

Do you find the Tax Clinic useful?

Great Good Fair Poor Haven't Used

How do you find the range of topics and material in the reading library?

Great Good Fair Poor Haven't Used

By phone and/or in person, do you find the staff responsive and helpful with your information needs?

Great Good Fair Poor Haven't Used

Do you have any other comments about the Info Centre or any ideas for services you'd like to see?

ABOUT THE BULLETIN

The Bulletin is the 10-page newsletter published twice each month and either mailed or emailed to you on the 1st and 15th of each month. If you have read copies of The Bulletin within the last year, we would appreciate your answers to the following questions.

Are the staff articles helpful?

Great Good Fair Poor Unsure

Are the job postings and job training announcements helpful to you?

Great Good Fair Poor Unsure

Do you find the free and low cost events listings helpful?

Great Good Fair Poor Unsure

Are the reader submissions and guest articles helpful?

Great Good Fair Poor Unsure

Is the frequency – twice a month – good?

Not often enough Just right Too often Unsure

Do you further distribute your copy of The Bulletin, e.g. by email forwarding, photocopying, or posting on a bulletin board? If so, approximately how many people have access to it? Number of people: _____

Do you have any comments about The Bulletin? Any ideas for stories, columns or regular features you'd like to see?

ABOUT THE WELLNESS AND RECOVERY NEWSLETTER

The editorial content of The Wellness and Recovery Newsletter is decided upon by the Editor, Glen Dewar of Community Resource Connections of Toronto (CRCT) and the Info Centre does the list maintenance and distribution. However, we'd like to ask for your feedback and pass it along to Glen. If you have read copies of The Wellness and Recovery Newsletter in the last year, we would appreciate your answers to the following questions.

Are the articles from journals worldwide helpful to you?

Great Good Fair Poor Unsure

Are the tips for staying healthy useful?

Great Good Fair Poor Unsure

Are the reader submissions and Recovery Stories helpful?

Great Good Fair Poor Unsure

Is the frequency – 4 times a year – good?

Not often enough Just right Too often Unsure

Do you have any comments about The Wellness and Recovery Newsletter? Any ideas for stories, columns or regular features you'd like to see?

THANKS FOR YOUR TIME!