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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.

May 1, 2008
Bulletin 369

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



ON THE ROAD TO RECOVERY: NAVIGATING THE RESOURCES, PART II WELLNESS RECOVERY ACTION PLAN (WRAP)

Several recovery self-help programs have been developed over the years, but perhaps the best known of these is Mary Ellen Copeland's Wellness Recovery Action Plan – or, as it's often called, WRAP. On her website (www.mentalhealthrecovery.com), Copeland describes WRAP as, "A self-management recovery system designed to decrease symptoms, increase personal responsibility and improve the quality of life for people who experience psychiatric symptoms. This self-designed plan teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe, personal skills, supports and strategies to reduce or eliminate symptoms." A Wellness Recovery Action Plan is divided into five sections:

1. Daily Maintenance Activities. These are the activities that you determine you must do every day to maintain your wellness. There is also an opportunity to explore and list how you define your own wellness.
2. Personal Triggers. These are events that might cause an increase in symptoms. Using the strategies learned in Section One, participants develop and write a plan to get through this difficult time.
3. Early Warning Signs. This section addresses the subtle signs that warn of a possible worsening of symptoms. These signs are identified and listed, and plans developed for responding to them if they come up to help prevent a difficult time.
4. When Things Are Breaking Down. In this the section, participants list those symptoms that indicate that the situation is worsening significantly. Symptoms are listed, and again, response plans are developed.
5. Crisis Plan. This is an intensive crisis plan that identifies those symptoms that indicate you would want others to take over responsibility for care and decision making, lists who will take responsibility for care, and describes acceptable and unacceptable actions to take on your behalf. A post-crisis plan is also developed in this section.

WRAP groups are beginning to sprout up in Toronto, but they are still few and far between: The Gerstein Centre and the Krasman Centre in Richmond Hill are the only places I'm aware of. If you can't find a group, a WRAP can be done alone. The original WRAP book that was published in 1997 has become harder to find lately; I ordered my copy from Amazon.com just three months ago, and it was no longer available when I checked this week. Caversham Booksellers no longer carries it, and Indigo never did. You can order a copy of WRAP from Copeland's website (\$10.00 U.S. plus shipping and handling), or the considerably more expensive *WRAP and Peer Support* book (\$50.00) can be ordered through Caversham's.

In the next issue (space permitting), I'll summarize the Recovery program from Boston University's Centre for Psychiatric Rehabilitation. - Deb

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ANNOUNCEMENTS

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

THE LAKESHORE ASYLUM CEMETERY PROJECT INVITES YOU TO JOIN US FOR A “MULTI-FAITH REFLECTION”



SUNDAY, MAY 4, 2008 FROM 2:00 PM TO 3:00 PM

To remember and honour in a dignified and respectful way the lives of the 1,511 people buried in the Lakeshore Psychiatric Hospital Cemetery and to acknowledge their contributions to our community.

Prior to the service, from 12:00 pm to 2:00 pm, there will be a group of people gathering to do some yard work and freshen up the grounds. You are welcome to join us. Donations of artificial flowers would also be appreciated. There may be transportation available from LAMP Community Health Centre both for the ceremony and the work group. Please note that the graveyard is not accessible. For more information please contact Deb Quiggin at 416 251-8666.

Directions to the cemetery:

TTC - From the Royal York Subway take the #15 Evans (West) bus to the northeast corner of Evans and Horner Avenue where the cemetery is located. (Taking the Kipling South bus to Horner and walking one block east works as well).
CARS - The cemetery is just South of the onramp to the QEW where Evans and Horner meet. There is a parking lot across the street.

SHAKESPEARE IN ACTION IN ASSOCIATION WITH WORKMAN ARTS PRESENTS: MASK & MADNESS IN MACBETH



JOSEPH WORKMAN THEATRE, 1001 QUEEN STREET WEST
APRIL 21 THROUGH MAY 10, 2008
FRIDAY AND SATURDAY AT 8:00 PM
MONDAY THROUGH FRIDAY SCHOOL MATINEE AT 10:00 AM AND 1:30 PM

Mask and Madness in Macbeth grew out of a series of workshops conducted by Shakespeare in Action's Artistic Director Michael Kelly with members from Workman Arts. He found that the participants' insights on the language and poetic imagery ranged from insightful, unusual and remarkable, to chaotically disorganized. Fascinated by this event, he was eager to work with people with mental illness to explore the idea of madness in Macbeth. Michael Kelly worked with a group of talented artists to create a specialized script for the play - one that is spare of rhetoric but essential to clearly conveying the linear storyline and plot, while leaving room to focus on the physical and visual worlds of theatre to deliver the story.

For ticket information contact the Box Office at 416 703-4881 or visit www.shakespeareinaction.org

**THE HUMAN FACE OF ADDICTION
FUND RAISER**

**TUESDAY, JUNE 3, 2008 AT 7:30 PM
MOUNT SINAI HOSPITAL
AUDITORIUM, 18TH FLOOR, 600 UNIVERSITY AVENUE**

The Ontario Federation of Community Mental Health and Addiction Programs (OFCMHAP), in conjunction with the Nickel-a-Drink Foundation, will be presenting Dr. Gabor Maté who is a physician and best selling author of "In the Realm of Hungry Ghosts". Dr. Gabor Maté works as a staff physician at Portland Hotel in Vancouver's Downtown Eastside with people with addictions, many of whom also have a mental illness. Dr. Gabor Maté has a particular interest in youth at risk and reaching them before they become serious addicts. A reception and book signing will follow Dr. Maté's talk.

Tickets are \$25.00 if purchased by May 15th; \$35.00 after that date. Tickets can be purchased by calling the Federation at 416 490-8900 x 21. Proceeds from the evening's fundraising event will go to substance abuse and mental health programs for children and youth in Ontario.

**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, May 14, 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.

TAX CLINIC

**Never
Too
Late To
Come
In and
Have
Your
Taxes
Done...
For
Free**

Even though April 30 has come and gone, the C/S Info Centre is still doing tax returns for Consumer/Survivors. We do the current tax year - 2007 - and we go back as far as Canada Revenue Agency will allow, that's 10 years, folks!! 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. There is no charge for this service. Make sure you tell us when making the appointment if we'll be doing more than one year.

COMPUTER HELP



Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416 595-2882 and we'll put you in touch.

SUCCESS BY EMPLOYMENT AND TECHNOLOGY (SET) PROGRAM

ARE YOU A MOTHER UNDER 31 LOOKING FOR WORK? SET MAY BE FOR YOU!

SET is a FREE 4-week employment preparation program offering: cover letter and resume workshops; computer lab access; interview coaching and preparation; help in job hunting; guest speakers; assistance with obtaining child care; TTC tickets to come to the program. For more information or to register call Artemis Koumarelas at 416 425-6348 x 262, email akoumarelas@massey.ca, or drop in and speak with one of our employment counsellors.

Massey Centre for Women
1102 Broadview Avenue
(on Broadview, one block north of Mortimer)
NEXT SESSION STARTS MAY 12, 2008

THE KRASMAN CENTRE PRESENTS THE PREMIER OF 'THE RECOVERING'



SATURDAY, JUNE 7 AND SUNDAY, JUNE 8, 2008 AT 7:00 PM
THE RICHMOND HILL UNITED CHURCH
10201 YONGE STREET
(two blocks north of Yonge and Major Mackenzie)

You are invited to attend the premier of “The Recovering”, a play written, performed and produced by consumer/survivors. “The Recovering” is about surviving through a system that is far removed from actual personal experiences of recovery. Characters reach their own epiphanies, including those proponents of an often antiquated, paternalistic approach to mental health. Admission is \$5.00 or pay-what-you-can (we appreciate non-perishable food items which will be donated to the Richmond Hill Food Bank). For more information contact Matteo at the Krasman Centre at 905 780-0491.

A CALL TO ACTION: ENDORSE THE CAMPAIGN TO RAISE ODSP RATES **“DISABILITY SHOULD NOT BE A POVERTY LIFE-SENTENCE”**

We are a group of ODSP recipients and staff from Houselink Community Homes who have started a campaign to raise ODSP rates. We are calling the campaign: “Disability Should Not be a Poverty Life-Sentence” and our demand is to raise the rates by 20%, which would bring an individual on ODSP up to the same income level as a senior living solely on Old Age Security, and to index it to inflation. We are asking for people to endorse the campaign by completing a form or letter. For more information, please go to www.houselink.on.ca/links/ and scroll down to the bottom and click ‘campaign to raise ODSP rates’. If you do not have access to a computer, call Naomi Berlyne at Houselink at 416 516-1422 x 264 for information on how to participate.

Wish List

Baby items –to donate – a playpen with suspended bed for when the baby is very young - navy, black & white; an infant car seat with all the parts; and a white crib. Requests - for a jogging stroller for a child up to 80 lbs. and for 2 dressers, preferably one with a mirror. 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.

RESEARCH STUDY

The C/S Info Centre does not endorse any research studies. We provide the information, and you make your own decisions about whether to participate.

DO YOU STRUGGLE WITH IMPULSIVE AND SELF-DESTRUCTIVE BEHAVIOURS?

If you are a woman aged 18 to 50 years and have ongoing regular contact with a health professional, you may be eligible to participate in a research study at CAMH evaluating a new group treatment for Borderline Personality Disorder. For more information, please contact Rebecca at 416 535-8501 x 6588 or rebecca_pedersen@camh.net.

JOB POSTINGS

PARKDALE GREEN THUMB ENTERPRISES THE PSYCHIATRIC SURVIVOR-RUN BUSINESS THAT GROWS



ARE YOU A CONSUMER SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff. If you are interested in working with us please come by and fill out an application at Parkdale Green Thumb Enterprises, Ontario Council of Alternative Business, 1499 Queen Street West, Suite 203, or email us at greenthumb@on.aibn.com.

NO PHONE CALLS PLEASE

We have more job postings than space this issue...

Here's a list of some of the postings we have. Complete job descriptions can be seen on the C/S Info Centre Job Board, or call the centre and we can mail you a copy. Some of these may also be found at www.charityvillage.com.

- Community Mental Health Outreach Worker, Street Health, closes May 5, 2008
- Human Resource Manager, Native Child and Family Services of Toronto, closes May 5, 2008
- Community Mental Health Relief Drop-in Worker, Parkdale Activity-Recreation Centre, closes May 9, 2008
- Research Coordinator, AIDS Committee of Toronto, closes May 15, 2008
- Communications and Student Programs Coordinator, Faculty of Applied Science and Engineering, University of Toronto, closes May 6, 2008
- Tenant Outreach and Support Worker, WoodGreen Community Services, closes May 5, 2008
- Cook, Native Canadian Centre of Toronto, closes June 17, 2008

ARE YOU A CAMH CLIENT THINKING ABOUT TAKING A COURSE?

If so, consider applying for a Client Learning Bursary. Applications may be obtained from your clinician or by contacting Sarah Manson at 416 535-8501 x 4407, Karen Fournier at x 4937, Gillian Sidle at x 2995, or you can pick up an application in Room 820 (8th floor), 250 College Street. **THE NEXT DEADLINE FOR APPLICATIONS IS JUNE 13, 2008.**

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.



THURSDAY, MAY 1

Speechcraft Workshop. FREE. Join this five-session program which is designed to teach public speaking. Co-sponsored with the Scarborough Toastmasters Club. Toronto Public Library, Malvern Branch, 30 Sewells Road. 6:00 pm to 8:00 pm; continues through May 29th. For more information call 416 396-8969.

Richard Bradshaw Amphitheatre Vocal Series: *Les Adieux*. FREE. Featuring artists of the Canadian Opera Company Ensemble Studio. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

FRIDAY, MAY 2

Eating Disorder Support Group for Adults. FREE. This is a loosely structured support group where you are the expert of your own experience. Registration is required. Sheena's Place, 87 Spadina Road. 10:00 am to 11:30 am. For more information and to register call 416 927-8900.

SATURDAY, MAY 3

Sahaja Yoga Meditation. FREE. Reawaken the dormant energy within called Kundalini. Sahaja Yoga presents an ongoing Meditation program to help you in relaxing and managing physical, mental and emotional stress. Toronto Public Library, New Toronto Branch, 110 Eleventh Street. 10:00 am to 12:00 noon. To register call 416 394-5350 or 416 201-7649.



Asian Heritage Month: An Introduction to Meditation with Yoga. FREE. Discover inner peace through meditation. All ages are welcome. No registration required; attendance is limited to the first sixty people to arrive. Toronto Public Library, Highland Creek Branch, 3550 Ellesmere Road. 11:00 am to 12:30 pm. For more information call 416 393-7671.

Writers' Trust of Canada: Writers' Workshop Program. FREE. Nalo Hopkinson presents *Practical Realities of a Career in Fiction*. Can you live off writing short stories? Do you need an agent? What does an editor really do? Will you need a day job as well? This workshop is about some of the practical realities of living as a working fiction writer. Toronto Public Library, Beaches Branch, 2161 Queen Street East. 1:00 pm to 3:00 pm. Pre-registration is required. To register contact Kyle Greenwood, Program Manager, kgreenwood@writerstrust.com or 416 504-8222 x 243.

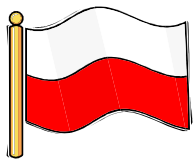


Lost River Walks: *Jane's Walk – Beach Neighbourhood Creeks, Ecosystems and Stories*. FREE. A walking tour to celebrate the late Jane Jacobs. Lost creeks, oak savannahs, historic ecosystems, and the story of the Beach neighbourhood, including mention of the Scarborough Expressway that was never built, and other "heroic" engineering projects that were. Find out about a rare ecosystem that once existed here and is preserved only in High Park today. Ideas and advice for gardeners who want to naturalize, and lots of interesting human heritage along the way. Start at Kew Gardens outside the Library. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

SUNDAY, MAY 4

Lost River Walks: *Jane's Walk II*. FREE. Walking tour of Riverdale to celebrate the late Jane Jacobs. Start at The Big Carrot, 348 Danforth Avenue, just west of the Chester Subway station; end at the South Riverdale Community Health Centre at Carlaw and Queen. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

ROMwalk 2008: *Along the Front*. FREE. Highlights of the walk include the St. Lawrence Market, Flatiron Building, Berczy Park, BCE Place, Dominion Public Building, and Union Station. Meet at 2:00 pm at Front and Jarvis Streets, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.



MONDAY, MAY 5

Polish Book Club. FREE. This program is conducted in Polish. Discuss a great Polish book each month. Contact the library for a list of upcoming titles. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 7:00 pm. For more information call 416 394-5240.

MDAO Older Adult Peer Support Group. FREE. This support group meets on the first and third Monday of every month. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:30 pm to 3:30 pm. For more information visit www.mooddisorders.on.ca or call 416 486-8046.

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.

TUESDAY, MAY 6

Richard Bradshaw Amphitheatre Urban Music Series: *Hip Hop 101*. FREE. Featuring rap artists Dan-e-o and Kamau of the Royal Conservatory of Music Community School. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

Fatigue and Energy Workshop. FREE. Fatigue is rampant in today's society. Dr. Sylvie Oliveira explores the role of stress and will provide useful tools to increase energy levels. Toronto Public Library, Jane/Dundas Branch, 620 Jane Street. 7:00 pm. To register call 416 394-1014.

Uptown Author Series: Jan Wong. FREE. Join author Jan Wong as she reads from her latest book *Beijing Confidential: A Tale of Comrades Lost and Found*. The work is an intriguing emotional journey into the past and a penetrating analysis of the "new" Beijing. Question and answer period follows the reading. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Auditorium. 7:00 pm. Register by calling 416 395-5639.



WEDNESDAY, MAY 7

Web Basics for Seniors Part I. FREE. Come learn the basics of the world wide web and see what all the Internet hype is about! Toronto Public Library, North York Central Branch, 5120 Yonge Street. 1:45 pm to 3:45 pm. Call 416 395-5674 to register.

Feminist Book Discussion Group. FREE. The GTA's Older Women's Network (OWN) invites women, midlife and older, to meet the first Wednesday of each month to share views and ideas about selected books. The focus is on feminist issues. Today's featured novel is *A Complicated Kindness* by Miriam Toews. New members are welcome. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Room 1. 1:30 pm to 3:30 pm. For more information call 416 395-5639.

Richard Bradshaw Amphitheatre Urban Music Series: *Opera Meets Hip Hop*. FREE. Featuring the Canadian Opera Company Ensemble Studio with DJ lil Jaz and DJ T.R.A.C.K.S. of the Royal Conservatory of Music Community School. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 5:30 pm to 6:30 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

Uptown Author Series: Stephanie Pearl-McPhee. FREE. Come and meet best-selling author Stephanie Pearl-McPhee as she discusses her hilarious book of tongue-in-cheek observations on the world of knitting. *Stephanie Pearl-McPhee Casts Off* invites knitters of all ages, levels and persuasions to embark with her on a journey deep into the land populated by those who are obsessed with yarn, needles and what's on their needles now. Question and answer period follows the reading. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Concourse. 7:00 pm. Register by calling 416 395-5639.



ROMwalk 2008: *Hidden Treasures – Sculpture in the City*. FREE. Sculptures traditional and modern, beautiful and intriguing in the downtown area from the Sculpture Garden opposite St. James' Cathedral to the Archer in City Hall Square. Meet at 6:00 pm on the south side of King Street, east of Church Street, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.



THURSDAY, MAY 8

Homeless Memorial. FREE. Come together to remember those who have died homeless or through homelessness. A light lunch is provided after the vigil. 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.

Richard Bradshaw Amphitheatre Chamber Music Series: *The Crown of Ariadne*. FREE. Featuring Sanya Eng on the harp. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

Afternoon at the Movies. FREE. Today's feature film is *Spring Time in the Rockies*. Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3rd Floor, Room B, Auditorium. 2:00 pm to 4:00 pm. For more information call 416 395-5440.



Legal Aid Clinic. FREE. An Ontario Legal Aid lawyer offers free advice and guidance on various legal issues. They ask that you please be punctual. Toronto Public Library, Downsview Branch, 2793 Keele Street. 3:30 pm to 5:30 pm. Call 416 395-5720 to book a free 15-minute appointment.



Toronto Public Library Celebrates Asian Heritage Month 2008: Kick-Off Event. FREE. Through novels, short stories, non-fiction and picture books, established and emerging Canadian writers of Asian descent have created memorable literary characters as they evoke the immigrant and locally-born experience. A stellar group of award-winning authors will be joining the TPL as it kicks-off the celebration of Asian Heritage Month with readings by Wayson Choy, Judy Fong Bates, Kim Moritsugu and Inosh Irani. Moderated by CBC television host Suhana Meharchand. Toronto Public Library, Palmerston Branch, 560 Palmerston Avenue. 7:00 pm to 9:00 pm. For more information call 416 393-7680.

FRIDAY, MAY 9

Disability Studies @ The ROM: *Disability, Mothers and Organization: Accidental Activists* Book Launch and Discussion. Dr. Melanie Panitch, Co-Curator of "*Out From Under*" and Director of the School of Disability Studies at Ryerson University welcomes you to the launch of her new book in honour of Mothers' Day. *Disability, Mothers and Organization: Accidental Activists* begins in the "everyday world" of three remarkable Canadian women who, following the birth of their disabled children in the 1950s and 1960s, came to disability activism "accidentally", driven by the imperative of making space in the world for their children. Leading campaigns to close institutions and secure human rights, these women learned to *mother as activists*, struggling against the debilitating effects of exclusion. Eaton Theatre, Royal Ontario Museum, South Entrance, 100 Queen's Park Circle. 6:00 pm to 8:00 pm. ASL interpretation and Real-Time Captioning provided.

SATURDAY, MAY 10

Lost River Walks: *Canadian Pacific Railway at the Distillery – In the Footsteps of William VanHorne*. FREE. This Heritage Walk starts at the southwest corner of King and Parliament Streets. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



SUNDAY, MAY 11

Spring Book Sale. FREE (excluding cost of books). A variety of withdrawn children's and adult materials are offered for sale throughout the day. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 10:00 am to 4:00 pm. For more information call 416 396-8890.

Lost River Walks: *Aggie's Wildflowers*. FREE. Madeleine MacDowell and the Humber Heritage Committee will again host this special annual walk starting at Lambton House, 4066 Old Dundas Street West, on the east bank of the Humber River. City streets and park trails – and hopefully some spring wild flowers! 1:00 pm. For more information call the Toronto Field Naturalists at 416 593-2656 or visit www.lostrivers.ca/WalkSched.htm.

MONDAY, MAY 12

Eating Disorders Support Group for Adults. FREE. This is a loosely structured support group where you are the expert of your own experience. Registration is required. Sheena's Place, 87 Spadina Road. 6:30 pm to 8:00 pm. For more information and to register call 416 927-8900.



TUESDAY, MAY 13

YMCA Employment Services Information Warehouse Drop-in Centre. FREE. Need help in finding a job? An employment worker from the YMCA Employment Information Services Warehouse answers questions and provides referrals to free employment related services. This is a walk-in service. Toronto Public Library, North York Central Branch, Business and Urban Affairs Department, 4th Floor, 5120 Yonge Street. 2:00 pm to 4:00 pm. For more information call 416 395-5535.

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

WEDNESDAY, MAY 14

Web Basics for Seniors Part II. FREE. Come learn the basics of the world wide web and see what all the Internet hype is about! Toronto Public Library, North York Central Branch, 5120 Yonge Street. 1:45 pm to 3:45 pm. Call 416 395-5674 to register.



Impress Those Interviewers! FREE. A facilitator from Centennial College Job Connect provides a workshop on proven techniques to help you succeed in job interviews. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 4:00 pm to 6:00 pm. Register in person or by calling 416 396-8890.



ROMwalk 2008: *Parkdale*. FREE. Highlights of the walk include St. Mark's Anglican Church, Masaryk Hall, the home of Mazo de la Roche, Queen Elizabeth Hospital and Melbourne Place. Meet at 6:00 pm in front of Parkdale Library, 1303 Queen Street West, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.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.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 March issue was recently sent out. 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

**What lies behind us and what lies before us are tiny matters
compared to what lies within us.**

~ Ralph Waldo Emerson

The Leadership Project and INTAR present
International RECOVERY Perspectives:
ACTION ON ALTERNATIVES

**Critical and creative exploration of leading edge
approaches in Mental Health Recovery**

Hart House - University of Toronto - Toronto – Ontario
Thursday, June 5 and Friday, June 6, 2008

**The conference will include these
workshops:**

- First Admission: Treatment or Trauma?
- Psychotherapy and Extreme States of Distress
- Subjective Experiences of Psychosis
- Diversity and Mental Health: Margins to Mainstream
- Critical Psychiatry: Promoting/Developing Alternatives
- Trialogue Experience: Consequences for Daily Practice
- Creating Public-Funded Peer-Run Alternatives
- The Icarus Project (USA)
- Family and Community Roles in Alternatives
- Peers in the Workplace: Realizing the Potential
- Peer Leadership and Ownership of Research
- Indigenous Healing as a Self-Recovery Method
- Gaining Autonomy with Medication (GAM)

and others ...

COST: \$300.00

The PSY'COZY'UM, a FREE Consumer/Survivor only Pre-Conference Day on the 4th of June 2008 at the May Robinson Auditorium, for more information e-mail heinz_klein@hotmail.com

For more information and a full Registration Package contact: Brian McKinnon at bmckinnon@iprimus.ca or 416 285 7996 extension 227

**The following
international speakers
will present:**

Paddy **McGowan** (Ireland)
Dr. Philip **Thomas** (UK)
Peter **Lehmann** (GER)
Dr. Johan **Cullberg** (SWE)
Dan **Taylor** (Ghana)
Bhargavi **Davar** (India)
Salma **Yasmeen** (UK)
Dr. Peter **Stastny** (USA)
Norma **Friedman** (USA)
David **Cameron** PhD
(Ireland)
Jim **Gottstein** LLB (USA)
Celia **Brown** (USA)
Will **Hall** (USA)
Jasna **Russo** (GER)
Oryx **Cohen** (USA)
Ron **Bassman** PhD (USA)
Thomas **Bock** PhD (GER)
Ron **Unger** (USA)
Jan **Wallcraft** PhD (UK)
Anne Marie **DiGiacomo**
(USA)

and others

*Community Resource
Connections of Toronto,
Alternatives and the
Family Outreach and
Response Program are
sponsoring this
conference.*