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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 15, 2008
Bulletin 370

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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THE VIEW FROM HERE

ODSP, Work & Housing: **THERE'S GOT TO BE A BETTER SYSTEM – GET IT TOGETHER, ALREADY!!!**

When the financial parts of the new ODSP Employment Supports came into effect in November 2007, they were touted as being fairer and a way to remove the disincentives to work that people suffered under the old system. Well there may have been a modicum of progress on that front, but I've got a story that will curl your hair and make you want to scream.

Linda Chamberlain. Many, if not most of us know Linda. She's a fixture in our community. She's one of the original movers and shakers at The Dream Team; she volunteered on the Telephone Support Lines of the R. Samuel McLaughlin Information Centre and moved up to training their new volunteers as well; she runs programs in the Patient Library at CAMH (the Centre for Addiction and Mental Health) as well as taking people on tours of the hospital; she's one of the comedians in the Stand Up For Mental Health Comedy Shows and now she's taking the Voices From the Street training, put on by OCAB (Ontario Council of Alternative Businesses) and the Gerstein Centre. She's won the CAMH Courage to Come Back Award as well as the Tenant Achievement Recognition award for 2007 from the Ontario Non-Profit Housing Association (ONPHA). Her latest project is the new Foster Parents for Pets initiative that we've been advertising in recent issues of The Bulletin. The woman is a force of nature, I tell you.

Linda had a paying job with a small number of hours per week at CAMH. All was well under both the old system and the new. She was offered a posting for another part-time position at the hospital, applied for it and got it. Her hours, and therefore, her pay, went up. Linda felt great. Never before had she earned so much money. The child growing up in poverty, the poor young woman, the formerly homeless woman, who had taught herself to read and write only after getting into supportive housing had finally made it big.

Her paycheque was \$1,200. She knew that under the new rules, ODSP would take half - \$600 and send her \$100 a month as a gift/bonus for working. She'd be still \$700 to the good and she'd keep her drug card.

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ODSP, WORK & HOUSING (cont'd.)

Linda followed the rules and informed her supportive housing provider of her new financial situation. They decided that her new rent was \$747. They based this on the gross earnings – before ODSP took the 50%. Her rent went up immediately. Linda was no longer earning money by working; she was now in the hole \$47 a month.

She told CAMH she could no longer afford to work the extra hours and resigned the second position. She informed her housing provider, who told her that her financial information could only be reviewed every three months and her rent would stay at the high amount two more months.

She attempted to pay the amounts owing but got into arrears. She established a payment plan, paying her now lowered rent and \$100 a month to cover the months when she had to pay \$747, even though she was earning \$400 a month plus her ODSP. Her trouble is that the rules say if you are late or on a payment plan more than twice in a year, you can be evicted. She's at strike two.

One of our city's famous supportive housing activists could be in danger of becoming homeless because her supportive housing provider and her ODSP worker need to work together to make the system a true system that encourages people to work. Linda says that lately she's been spending more time going back and forth from ODSP to housing with papers, pay stubs and documentation, than she spends at work. It might be straightened out now. Her housing worker has agreed to look at her situation every month and adjust her rent. Her flexible hours need a flexible rent structure. This has taken years of worry, stress and anything-but-recovery. If it were anyone else they would have quit working a long time ago. Linda says she loves working. During the three years she's been working, she's gone from taking about 10 different medications down to taking only one. During this ordeal, she's been sorely tested and has wanted to climb back up the medication ladder.

She wants to tell people to make sure that when they start to work they check with both housing and ODSP to make sure they are on the same page. Make sure it will be a good experience of Recovery and not a nightmare from hell.

The elements of the system have to be made to work together. If work is good and stable housing is good, then surely we can find a way to have both of them in sync. Helen

GUEST ARTICLE: SURVIVOR & CAREGIVER

By Arlene Kearn

In 2003, I assumed the role of caregiver to my ex-husband. I have lived with a mood disorder for thirty-nine years, and my ex-husband was diagnosed with bipolar disorder before we met in 1975. Unfortunately, he also struggled with addictive behaviours all the time we were together. We have a son together.

In 2003 my ex-husband was diagnosed with MCI or Mild Cognitive Impairment. I agreed to be his caregiver, not realizing at the time what a huge responsibility it would become as his mild cognitive impairment progressed gradually to dementia.

My professional work prior to 2005 was as a support worker and health care worker. I was in denial about my own diagnosis for a long time. I wanted to be seen as "normal", to live a settled and productive life. It was not to be.

During the years from 2003 to 2007, I often pushed myself beyond my limits. The progression of my ex-husband's cognitive impairment proved very difficult for our little family. And we had very few supports, i.e. other family members. So the demands on my time and energy proved detrimental to my overall health. Nevertheless, I persevered in my role as caregiver to my ex-husband. Much energy and patience were required. Fearing the loss of his mental capacities caused my ex-husband much anxiety, understandably so. He was determined to educate himself about dementia and to deal with it.

For many years my ex-husband had taught History in various schools both in Toronto and Thompson, Manitoba. As well, he had been a strong advocate for persons experiencing mental health issues and their families. Now he faced an uncertain future.

SURVIVOR & CAREGIVER (cont'd.)

In 2004, I was diagnosed with MGUS (monoclonal gammopathy of unspecified significance). Besides a diagnosis of MGUS, an MRI in 2006 revealed bulging discs in my spine and significant osteoporosis. My medical condition added to our levels of anxiety.

At one point in 2007, I knew I could no longer be a full time caregiver to my ex-husband. My role as his caregiver had become all-consuming, the effects of which were taking an enormous toll on my health. Then, in October 2007 my husband received an official diagnosis of dementia. He moved to an assisted living home where he has lived for the past six months. The first few days after his move to an assisted living home left me with feelings of relief and sadness. I cried knowing we had separated for the last time; yet I knew that the move had been a necessary step in our journey. I visit him every week, act as his legal Power of Attorney, and see that he gets to all medical appointments, etc. We go for outings and can now enjoy quality time together. When my ex-husband is able to focus, we can still engage in conversations about politics and history, subjects of interest to both of us.

Fortunately, I have a few friends who remain supportive, and I am trying to put into place good coping strategies and a balanced lifestyle. I try not to second guess myself, reminding myself every day that life is still good. Looking back on my personal experiences as a caregiver, it is obvious to me that I was at times overwhelmed as I felt my good energy slip away in my efforts to be an excellent caregiver to my ex-husband. My own disorder needed monitoring in order for me to remain stable. I tried to take responsibility for my life and improve it.

In 1999, I had the opportunity to study Psychosocial Rehabilitation in Mental Health at Humber College. As well, I have been a part time undergraduate student at Ryerson University since I was in my late forties. I am now sixty-five and hope to return to studies later this year. My educational pursuits have empowered me to a great extent, and I have used my knowledge to create self awareness. As difficult as it is living with a mood disorder, it is important that I try to remain positive. Isolation can be a problem at times, especially since I now live on my own. Nonetheless, my quality of life has improved since I gave up my demanding caregiving role. Diet, exercise, adequate amounts of sleep, adherence to medication, taking an active role in group activities (community involvement), and spending good times with my son all help to keep me motivated and engaged.

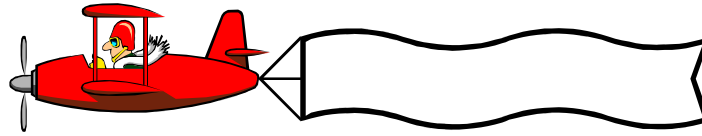
It is my hope that caregivers who are looking after loved ones understand that in order to be a good caregiver, it is important to remember they also have a responsibility to themselves as well as to their loved one. Self care and awareness through education are both essential parts in building a richer, fuller life and sustaining positive relationships. That has been my experience at least. And so my journey continues day by day, adding renewed hopes for the future.
AK

ANNOUNCEMENTS

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

THE CITY OF TORONTO HAS PROCLAIMED JULY 14TH TO JULY 28TH 2008 MAD PRIDE WEEK 2008

This year, the MAD Pride Toronto Organizing Committee is planning a week long celebration of arts and education. We are seeking submissions of live theatre, literature and spoken word, performance art, arts and crafts, film and educational presentations. If you would like to include your work in Mad Pride Toronto 2008, please send a brief description along with an estimated running time to friendlyspike@primus.ca or Friendly Spike Theatre Band, Suite 210, 2466 Dundas Street West, Toronto ON M6P 1W9. For more information, please call 416 516-4740.



COME ONE! COME ALL!
MAD PRIDE BED PUSH PARADE BANNER MAKING WORKSHOPS

MAY 23RD 11:00 AM TO 4:00 PM, PCLS BOARDROOM, 1266 QUEEN STREET WEST AND
MAY 24TH 11:00 AM TO 4:00 PM, CLAY AND PAPER THEATRE, DUFFERIN GROVE PARK
EAST SIDE OF DUFFERIN STREET, SOUTH OF BLOOR. SUPPLIES ARE PROVIDED!

RSVP TO friendlyspike@primus.ca OR CALL 416 516-4740

DECNET
DIABETES EDUCATION COMMUNITY NETWORK OF EAST TORONTO
DIABETES SELF-MANAGEMENT PROGRAM FOR MENTAL HEALTH CONSUMER/SURVIVORS

FREE DIABETES EDUCATION CLASSES
SOUTH RIVERDALE COMMUNITY HEALTH CENTRE
955 QUEEN STREET EAST, AT CARLAW
TTC TOKENS PROVIDED

WHO: Anyone with diabetes and mental illness (consumer/survivors), their families, caregivers and case managers can come to these classes.

WHAT: In small groups led by a nurse and dietician you can learn about what causes Type 2 diabetes; how managing your blood sugar can make you feel better; healthy eating, especially how to shop and cook on a tight budget; how you can be more physically active.

WHEN: We meet for two hours, once a week for four weeks, on Monday afternoons.

For information about starting dates and times
phone Eric at 416 461-9043 x 339

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.

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.

SOS! WE NEED VOLUNTEER FOSTER PARENTS!



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.



Wish List

Hello Bulletin readers,

Here are this issue's donations:

- A paper-shredder, strip-type, with its own basket
- Two wooden end tables with a shelf, for the living room or bedroom
- Two wooden benches for sitting on (like at a picnic table)

We have a request for a computer keyboard.

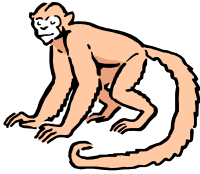
If you have something to donate for our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.

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 15

Asian Heritage Month: *Gupreet Chana, The Tabla Guy*. FREE. Enjoy the enchanting sounds of this famous percussion instrument from Northern India. Toronto Public Library, North Toronto Central Branch, 5120 Yonge Street. 2:00 pm. For more information call 416 395-5535.



Bonobo Apes Communicate with Humans. FREE. Professor Bill Greaves discusses his research with Bonobo apes trained to communicate with humans through words and music using the computer keyboard. Visual presentation of Kanzi and Panbanisha playing the piano in an amazing spontaneous "jam session". Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 7:00 pm. For more information call 416 393-7657.

FRIDAY, MAY 16

Literacy and Basic Skills. FREE. Adults work individually and in groups to improve mathematics and English skills. Toronto Public Library, York Woods Branch, 1785 Finch Avenue West. 9:00 am to 1:15 pm. To register call Karen Pywowarcszuk at 416 394-3809.

SATURDAY, MAY 17

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: *India Rising*. FREE. View visually dynamic and internationally popular Indian classical and folk dances. Audience participation is welcome. Toronto Public Library, York Woods Branch, 1785 Finch Avenue West. 3:30 pm. For more information call 416 416 395-5980.



Meet Author Joy Kogawa. FREE. Meet the author of *Obasan*, the award-winning novel about the internment of Japanese-Canadians during the Second World War. Part of Asian Heritage Month. Toronto Public Library, Lillian H. Smith Branch, 239 College Street. 2:00 pm. For more information call 416 393-7746.



SUNDAY, MAY 18

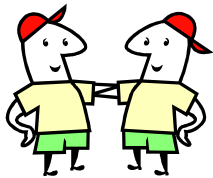
ROMwalk 2008: *Yorkville: A Tollgate Village*. FREE. Highlights of the walk include Yorkville Library, the Firehall, Heliconian Club, 19th century houses, Hazelton Lanes, Church of the Redeemer. Meet at 2:00 pm in front of Yorkville Public Library, 22 Yorkville Avenue near Yonge Street, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

MONDAY, MAY 19

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

TUESDAY, MAY 20

Richard Bradshaw Amphitheatre Vocal Series: *Opera 'a Casa'*. FREE. Featuring performers from the University of Toronto Opera Division. 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.



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. Seaton House, 339 George Street (north of Dundas Street East, east of Jarvis Street), Hostel Library. Wheelchair accessible. 10:00 am. For more information call Kathryn or Criss at 416 323-0223.

WEDNESDAY, MAY 21

Wednesday Afternoon at the Movies. FREE. Enjoy acclaimed films and great discussion. Today's feature is *Dancing at Lughnasa*, starring Meryl Streep and Catherine McCormack. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 3:00 pm to 5:00 pm. For more information call 416 394-5240.

DVD Wednesdays. FREE. This week's feature flick is *The Fisher King*, starring Robin Williams. Popcorn is on the house! Each screening is limited to 10 viewers; sign up is required. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:00 pm to 3:00 pm. For more information or to sign up call 416 486-8046.

ROMwalk 2008: *Cabbagetown*. FREE. Highlights of the walk include Victorian houses, former Trinity College Medical School, Riverdale Park, The Necropolis, and Wellesley Cottages. Meet at 6:00 pm at Parliament and Spruce Street, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.



THURSDAY, MAY 22

Afternoon at the Movies. FREE. Today's feature film is *A Good Year*. 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.

Women's Feelings and Life Stages. FREE. Most people think of eating disorders as mainly affecting young women. How is it different for you? Share your experience, sort it out and work through your feelings in a safe and supportive environment. Sheena's Place, 87 Spadina Road. 6:30 pm to 8:00 pm; continues through June 12th. For more information call 416 927-8900.

Probiotic Rescue. FREE. Ever wondered what those yogurt commercials are all about? It's probiotics – the biggest nutritional discovery of the century. Come find out how probiotics can help fight cholesterol, digestive complaints and more. Join nationally renown nutritionist and spunky educator, Allison Tannis, BSc MSc RHN for an evening with these tiny microbes. Receive a complimentary copy of Probiotic Rescue signed by the author after her talk. The Big Carrot, Carrot Common, Room 212, 2nd Floor, 348 Danforth Avenue (entrance by Book City). 7:00 pm. For more information call 416 466-2129 or email health@thebigcarrot.ca.



FRIDAY, MAY 23

The Career Foundation Workshop: *The Power of Negative Thinking*. FREE. Whether you think you can, or you think you can't, you're right. Explore the effects of negative thinking. The Lawrence Square Employment Resource Centre, 700 Lawrence Avenue West, Suite 433 (in the offices of the Lawrence Square Shopping Centre, opposite the Lawrence West subway station). 9:30 am to 10:30 am. For more information call 416 631-0187.

Mad Pride Banner Making Workshop. FREE. See announcement on page 4 of this issue.

Provincial Alliance Credit Union (PACU) Opens at CAMH. FREE. For clients and other members of the CAMH community, marking the transition of banking services at CAMH. Refreshments served! The Mall at the CAMH Queen Street Site, 1001 Queen Street West. 1:30 pm to 3:00 pm.

SATURDAY, MAY 24

Chinese Chess. FREE. As part of Asian Heritage Month, enjoy playing this traditional Chinese board game. Toronto Public Library, Woodside Square Mall Branch, 1571 Sandhurst Circle. 10:00 am to 12:00 noon; also on Saturday, May 31st. For more information call 416 396-8979.

Mad Pride Banner Making Workshop. FREE. See announcement on page 4 of this issue.

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

SUNDAY, MAY 25

Lost River Walks: *Celebrating the Year of the Potato*. FREE. A heritage and eco walk celebrating International Biodiversity Day (May 22nd). Joint walk with Seeds of Diversity Canada. Starts at Dundas Square. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

MONDAY, MAY 26

Introduction to Basic Computer Workshop. FREE. Come learn the fundamentals of computer use at this introductory lesson. Dixon Employment Resource Centre, 1735 Kipling Avenue, Lower Level, Suite A (in the Westway Plaza, next to McDonald's). 10:00 am to 12:00 pm. For more information call 416 243-5154.



Community Forum on Supportive Housing. FREE. See announcement on page 10 of this issue.

TUESDAY, MAY 27

Richard Bradshaw Amphitheatre Chamber Music Series: *The Russian Soul*. FREE. Featuring works by Tchaikovsky, Rachmaninov and Prokofiev performed by Soohyun Nam on cello and Bryan Wagorn on piano. 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.

Book Club. FREE. For a stimulating book discussion, join a librarian and share your views on contemporary books. Today's selection is *End of East* by Jen Sookfong Lee. Toronto Public Library, North York Central Branch, Room 2, 5120 Yonge Street. 7:00 pm to 8:30 pm. Register by calling 416 395-5672.

Java Knights. FREE. ACT Toronto and the Gay West Community Network have formed a partnership to present this monthly west-end social event that brings together a group of individuals interested in discussions on various topics of interest. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

WEDNESDAY, MAY 28

DVD Wednesdays. FREE. This week's feature flick is *Frances*. Popcorn is on the house! Each screening is limited to 10 viewers; sign up is required. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:00 pm to 3:00 pm. For more information or to sign up call 416 486-8046.



Asian Heritage Month: Learn the Art of Chinese Brush Painting. FREE. All materials are provided. Space is limited and advance registration is required. Toronto Public Library, Goldhawk Park Branch, 295 Alton Towers Circle. 2:00 pm to 3:30 pm. To register call 416 396-8964.

ROMwalk 2008: *ROM and its Neighbours*. FREE. Highlights of the walk include the Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. Meet at 6:00 pm in front of the ROM (Bloor Street entrance), rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.



Wrapping and Rolling: A Chinese Cooking Adventure. FREE. Come and enjoy a lively cooking demonstration that shows you all the wonderful ways you can enjoy the cooking and eating of spring rolls. Toronto Public Library, Bridlewood Branch, Bridlewood Mall, 2900 Warden Avenue. 6:30 pm to 8:00 pm. For more information call 416 396-8960.

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, MAY 29

Self-Development Seminar Guest Speaker Event. FREE. Get your 'Computer Driving License' and steer your way to work! Woodgreen Employment Resource Centre, 1080 Queen Street East (Queen & Pape). 10:00 am to 11:00 am. For more information call 416 462-3110 x 2316.

Volunteer Toronto! Where to Look for Opportunities to Help! FREE. If you are interested in volunteering opportunities and where to find them, join this workshop held by Volunteer Toronto. Toronto Public Library, North York Central Branch, Room 1, 5120 Yonge Street. 2:00 pm to 4:00 pm. Call 416 395-5660 to register.

Author Reading. FREE. Acclaimed novelist, Elizabeth Hay, reads and discusses her new book *Late Nights on Air*, about a group of urban transplants who work at a small Yellowknife radio station in the 1970s, witnessing firsthand the changing reality of Canada's North. Question and answer period follows the reading. 7:00 pm. Toronto Reference Library, 789 Yonge Street, Beeton Auditorium. For more information call 416 395-5577.



FRIDAY, MAY 30

More Than Just a Yardage Sale 2008. FREE. Two days of great deals on everything you need for your next project – designer fabrics, yarn, patterns, notions, buttons and more at discount prices. All proceeds from the sale support the Textile Museum. Textile Museum of Canada, 55 Centre Avenue (University & Dundas). Friday 11:00 am to 6:00 pm; continues on Saturday from 10:00 am to 1:00 pm. For more information call 416 599-5321 or visit info@textilemuseum.ca.



SATURDAY, MAY 31

Yoga and Meditation Workshop. FREE. An instructor 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, Malvern Branch, 30 Sewells Road. 11:00 am to 12:30 pm. Register by calling 416 396-8969.

On-Track: Job Training for Women. FREE. Need Help finding a job? Come and find out about free pre-employment programs available at On-Track Career & Employment Services funded by Employment Ontario. Toronto Public Library, Highland Creek Branch, 3550 Ellesmere Road. 11:00 am to 1:00 pm. For more information call 416 396-8876.

Lost River Walks: *Green Railways of Toronto*. FREE. Looks at community gardens. Meet at the southeast corner of King Street West and Strachan Avenue. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

To subscribe to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. The next issue will be sent out at the end of June. 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

STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY.
IT COMES FROM AN INDOMITABLE WILL.
~ Mahatma Gandhi

SUPPORTIVE HOUSING: How much does Toronto need; how are we going to get it?



**MONDAY, MAY 26, 2008
1:30 PM TO 4:00 PM
TORONTO CITY HALL, COMMITTEE ROOM #2**

Everyone is welcome to attend this free community forum on supportive housing in Toronto, co-sponsored by the **Wellesley Institute** and **Housing Action Now**. A panel including supportive housing residents, supportive housing providers and housing experts will launch the session, with plenty of time for discussion. Learn about research, issues and challenges; add your questions, comments and ideas. Recommendations from the forum will be forwarded to the City of Toronto's 10-year housing strategy, along with the provincial and federal governments.

Supportive housing combines brick-and-mortar with services to meet the physical and/or mental health needs of residents. Very little new supportive housing has been created in Toronto in recent years, despite a growing need. In its 2008 budget, the federal government announced \$110 million for mental health and housing pilot projects in several cities, including Toronto. The Ontario Ministry of Health and Long-Term Care has transferred funding responsibility for support services to Local Health Integration Networks (LHINS). The City of Toronto's proposed 10-year housing plan (called Housing Opportunities Toronto) calls for more supportive housing, but doesn't offer much detail.

Panelists include:

- ❑ **THE DREAM TEAM** (supportive housing residents who will present their new research on the value of supportive housing to residents and the surrounding neighbourhoods);
- ❑ **DR. STEPHEN HWANG** (Epidemiologist at the Centre for Research in Inner City Health on his current research on the health status of supportive housing residents);
- ❑ **PEGGY BIRNBERG** (Executive Director of Houselink, a supportive housing provider, on Toronto's supportive housing needs and the challenges facing new development);
- ❑ **DR. BONNIE KIRSH** (University of Toronto research expert on her current research on supportive housing issues and solutions);
- ❑ **DR. KATHERINE BOYDELL** (Hospital for Sick Children research expert on her current research on the critical needs of families and children for supportive housing).

PLEASE CONFIRM YOUR PARTICIPATION IN THIS FORUM BY E-MAILING

grace@wellesleyinstitute.com

