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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.*

June 1, 2008
Bulletin 371

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, PART III

In the May 1st issue of the Bulletin, we gave readers a basic overview of Mary Ellen Copeland's Wellness Recovery Action Plan (WRAP) as one of several self-help resources available on the road to recovery. In this issue, the spotlight is on a program out of Boston University's Centre for Psychiatric Rehabilitation, known simply as Recovery. While the Recovery program is not as well-known or as widely-used as the current leaders – WRAP and Pathways to Recovery – there are some valuable strategies and good insights packed into the program's workbooks.

The program's main workbook is called *The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability*. The title alone may be enough to put off those who take issue with the term 'psychiatric disability', and it's true that there is an occasional lapse into language in the workbook that has a slightly 'clinical' feel to it. It may also matter to some that if, like the authors of WRAP and Pathways, the Recovery Workbook authors are also consumer/survivors, they don't openly identify as such; the fact that the book is written in the collective 'we', 'our' and 'us' is what leads me to believe they are. As always, it's a question of taking away what you like and need, what works for you, and leaving the rest.

Here's a look at the range of topics that are addressed in the workbook, which will give you some sense of the program's approach to recovery:

- *Recovery*
The process of recovery; phases of the recovery process; aspects of the recovery process.
- *Increasing Knowledge and Control*
The impact of serious mental illness; the services and values of a recovery-oriented mental health system.
- *Managing Life's Stresses*
Symptoms of stress; sources of stress; coping strategies.
- *Enhancing Personal Meaning*
Acknowledging our accomplishments; personal enrichment.

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NAVIGATING THE RESOURCES (Cont'd.)

- *Building Personal Support*
Connecting; basic communication skills; asking for support; setting boundaries on relationships.
- *Setting Personal Goals*
A step-by-step guide for setting personal goals; developing a plan for achieving a personal goal.

The workbook states its purpose as being, "to teach awareness and understanding of the recovery process, to teach coping and empowerment strategies for recovery, and to provide the information and skills needed to strengthen the recovery process, cope more creatively, and live life more fully."

Consumer/survivors and their family members are eligible for a 40% discount on all but the least expensive of the Centre's publications, bringing the cost of the Recovery Workbook to \$17.95 U.S. plus shipping. There is a collection of first-person recovery stories called *The Experience of Recovery* priced at \$10.00 that is intended to accompany the workbook, and a companion *Recovery Workbook 2: Connectedness* available for \$19.17. No royalties are paid to the authors of the Centre for Psychiatric Rehabilitation's workbooks. Profits are used to further the Centre's work and to underwrite discounts offered to consumer/survivors on publications, courses and conferences. The Recovery Workbooks can be ordered through Boston University at <http://www.bu.edu/cpr/products/curricula/recovery.html>.

Compared to WRAP and Pathways, the Recovery program is the proverbial 'road less traveled', but it's a good resource and for some, it might just make all the difference.

In a future issue of the Bulletin, we'll take a look at the Pathways to Recovery program, and at some specific strengths of each of the programs that we have covered. Until then, I'd like to leave you with an observation (not a clever observation; more like a statement of the obvious) and a question. All of the programs and workbooks that are being highlighted in the Bulletin are from the United States. That's the observation. At what point do we stop looking to the U.S. for our recovery resources, our success stories, and our role models? I'm not suggesting we try to reinvent the recovery wheel, nor am I looking to take anything away from the great work that has been done by our counterparts across the border and beyond. But we have our own voices and our own distinct path that intersects with a very different health care system. We have our own Patricia Deegans, our own pioneers. We have a lot to say and a lot to offer. When do we start writing recovery in our own words, in our own way, and championing our own recovery 'heroes'?

That's the question.

– Deb

WRAP TRAINING UPDATE



There are a few spots still available for an upcoming WRAP group scheduled to begin in early June at Gerstein on Bloor. The location is 1045 Bloor Street West; the group time will be Tuesday evenings from 7:00 pm to 9:00 pm. If you are interested, call Elaine Amsterdam at 416 929-0149 x 261.

Also, since writing about WRAP in the May 1st issue, we've learned about some additional training that's available in the GTA. The Participants' Council at North York General Hospital has been facilitating WRAP groups since December, 2007. For more information, contact Theresa Claxton, Peer Advocate, at 416 633-9420 x 1-6967 or tclaxton@nygh.on.ca.

Wish List

Hello Bulletin readers,

We've had 2 more people call asking for the shredder that was in the last Bulletin, so if anyone else has one to spare, it would go to good use. We've also had a request for a lounge chair with a footrest to raise a very swollen leg. This person has a way to get it picked up and transported. Another reader would like a can opener and it doesn't matter if it's a good hand one or an electric, but the one he has now will only go about a quarter of an inch and then it stops. Haven't we all had a can opener like that in the past?!

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

THE VIEW FROM HERE:

SURVIVORS AND POLICE

By Pat Capponi



It's not good if the first time a Toronto police officer encounters a member of our community is through responding to a public complaint about someone acting in a bizarre or threatening manner. Police are not immune to the general stigma, prejudice and erroneous assumptions out there about psychiatric survivors; the chances that that first encounter will not go well at all are tragically high.

In the past our community has sent individuals up to the training college to speak to officers, but that is a very different experience – in a class room setting, with survivors who do not mirror those who are most at risk – and does not appear to have had a significant impact on outcomes.

At the very successful and well-attended public forum hosted by Voices from the Street with members of the Toronto police last year, a suggestion from the audience struck a chord: why not have officers do community placements, much like social work students have to do. We've had a number of discussions since then, and a lot more thought. We want to expose officers to our community as we are, in drop-ins, agencies, and especially survivor run businesses and projects. To acclimatize the police to our realities, and to our lives.

There are activists who will not want to participate in this, who don't wish any contact with police, and that's fine. But here's what's directing my thinking.

Anyone who's been watching the American drama of the Democratic selection of their candidate for President will be aware of one of the major questions that have arisen during the campaign: do you speak to your "enemies", or do you refuse to deal with them, or make so many pre-conditions that meetings are unlikely? Of course, that's got to do with the U.S. and Iran, or the U.S. and Syria, but the example holds up. Not having anything to do with another country ensures that misunderstandings and negative engagements will continue. Not talking with the police when opportunities to do so are there will ensure that what happened in the past will possibly happen in the future. That's what keeps me awake at night.

I believe that our best ambassadors are members of the wider and very diverse survivor community. I've seen in the encounters between members of Voices and representatives of the police the start and the continuation of dialogue and understanding, and that's a terrific development.

So if your community agency, housing project, drop-in, food bank, survivor business, would like to participate in this initiative, let us at Voices know. It would mean having a uniformed sergeant for three days working alongside of you, getting to know you, you getting to know them.

As well, if you would like to have members of the Mobile Crisis Teams – the police and nurse teams that are now in many of Toronto's communities – come and speak with your group, we'd be pleased to facilitate that.

We've come a long way from the narrow corridors of psychiatric hospitals, and we have a lot further to travel.

Pat Capponi

Voices from the Street, speakersbureau@bellnet.ca



So, what's your stand on this issue? How do you feel about the idea of a uniformed officer doing a placement in an organization that you frequent? We'd like to hear what you have to say. Call us at 416 595-2882, email us at csinfo@camh.net, or write to us at C/S Information Resource Centre, c/o CAMH, 250 College Street, Toronto, ON M5T 1R8.

ANNOUNCEMENTS

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

VOICES FROM THE STREET PRESENTS: **NOT A WHISPER, BUT A ROAR...**

**WEDNESDAY, JUNE 4TH FROM 7-9 PM
CITY HALL COUNCIL CHAMBERS, 100 QUEEN STREET WEST**



Come join Pat Capponi and the newest graduates from Voices From the Street as they tell the truth about poverty, in their own words – with hope, anger, dignity, courage, strength, and above all else, the expectation that something must be done.

**FOR MORE INFO E-MAIL
SPEAKERSBUREAU@BELLNET.CA
OR CALL 416 504-1693 AND ASK FOR
VOICES FROM THE STREET
TTC TOKENS AVAILABLE FOR THOSE WHO
WOULD OTHERWISE BE UNABLE TO ATTEND**

**ON BEHALF OF THE CITY OF TORONTO, MAYOR DAVID MILLER WILL PROCLAIM
JULY 14TH TO JULY 20TH 2008 AS
MAD PRIDE WEEK 2008**

In addition to Mayor Miller's Proclamation, MPP Cheri DiNovo will announce Mad Pride Week in both her newsletter and in the Ontario Legislature. MP Peggy Nash will do the same in her constituency.

This year, the MAD Pride Toronto Organizing Committee is planning a fabulous week of activity from Monday, July 14th at 3:00 pm, to Sunday morning, July 20th. We encourage you to think about how you can participate in this year's Mad Pride Week, and introduce Mad Pride to others. Based on examples from Mad Pride celebrations past, the event compels the artist and writer within. Mad Pride Toronto is written about in many essays and articles, and is the subject of a few documentaries.

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 call 416 516-4740.



STAND UP FOR MENTAL HEALTH

SUMMER 2008 PROGRAM STARTING WEDNESDAY, JUNE 18, 2008

WEDNESDAY EVENINGS FROM 7:00 PM TO 9:45 PM

MOOD DISORDERS ASSOCIATION OF ONTARIO (MDAO), 36 EGLINTON AVENUE WEST, SUITE 602

This free, 14-week program is a repeat of 5 successful projects led by Michael Cole in the last 3 years. The course is limited to 15 people. Selected applicants will participate in a short interview to assess suitability and commitment. The program will conclude with a "Comedy Showcase" in late September 2008 featuring a brief comedy routine by each participant, in front of friends, family, guests and other supportive individuals.

- **Participants learn how to:** face their own particular mental health challenge(s); use humour to cope more positively with their illness; communicate more effectively
- **The program will:** help empower participants; break down isolation and anxiety; help convert their experiences into a short stand-up comedy routine; build self-esteem of participants

APPLICATIONS MUST BE RECEIVED BY MONDAY, JUNE 9, 2008

For more information and application forms, contact Michael Cole at 416 486-8127.

Application forms are also available at the C/S Info Centre.

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

The next Open Board meeting of the Toronto Central LHIN (Local Health Integration Network) has been re-scheduled to Tuesday June 24th from 4:00 pm to 6:00 pm. It will be held at the LHIN office at 425 Bloor Street East, Suite 201. For more information call 416 921-7453 or 1 866 383-5446.

DIABETES: WHERE YOU LIVE MATTERS A COMMUNITY DISCUSSION TO SHARE IDEAS AND INFORMATION IN WARD 29

HOW HEALTHY IS YOUR NEIGHBOURHOOD?

- Can you walk to shops and buy healthy food?
- Is the TTC service frequent and accessible where you live?
- Are there biking paths and parks in your area?
- Do you feel safe when you walk around?

Meet with researchers from the Centre for Research on Inner City Health, St. Michael's Hospital and the Institute for Clinical Evaluative Sciences to talk about Ward 29 and the growing epidemic of type 2 diabetes. (Ward 29: DVP to Coxwell, Danforth to Don River.) Everyone welcome. Light snacks provided. Free. St. Luke's is wheelchair accessible. Other accommodations provided on request. **WHEN:** June 16, 2008, 5:30 pm to 7:30 pm. **WHERE:** St. Luke's Anglican Church, 904 Coxwell Ave. (at Cosburn) **CONTACT:** Tory Bowman at 416 461-9043 x 343, or tbowman@srchc.com; Anne-Marie Tynan at 416 864-6060 x 2522 or tynanma@smh.toronto.on.ca. Please RSVP by June 12th.



CENTRE FOR RESEARCH ON INNER CITY HEALTH



JOB POSTING

COMMUNITY RESOURCE CONNECTIONS OF TORONTO EXECUTIVE DIRECTOR Full Time, Permanent

Community Resource Connections of Toronto (CRCT) is a community mental health organization that works with people with severe mental health problems by working directly with them and indirectly through community work. In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-racism work and a familiarity with issues affecting ethnoracial communities.

We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people and persons with disabilities. Personal disclosure will be held in confidence.

PURPOSE OF THE POSITION:

- Provide leadership to fulfill the organization's mission and ensure the efficient administration of the organization's strategic plan and its human and financial resources;
- Provide direction on the application of the anti-oppression framework to the policies, procedures, and practices of the organization and its staff and volunteers;
- Advocates to ensure that community mental health remains a priority in health and social service planning processes.
- Engage stakeholders and inspire credibility, confidence and build consensus;
- Provide strategic thinking and financial management acumen;
- Build partnerships with internal and external stakeholder groups and with cross sectoral teams including government and other non-profit organizations.
- Provide through strong interpersonal skills leadership to a team and to work in a team environment

QUALIFICATIONS AND EXPERIENCE:

- Graduate or undergraduate degree in a health or social services discipline;
- 3-5 years prior experience in an Executive Director or similar role;
- 3-5 years experience in community mental health and the mental health sector;
- Working knowledge of the anti-oppression framework;
- Experience reporting to and working with a growing board of directors;
- Experience leading a staff team;
- Experience with the development, implementation and management of a multi-million dollar budget and internal financial controls;
- Demonstrate good judgment and decision making skills;
- Experience working with a union is preferable and considered an asset.

This position reports to the Board of Director; salary range is to be determined.

Apply by Thursday, June 5, 2008 at 5:00 pm to:

**THE HIRING COMMITTEE
COMMUNITY RESOURCE CONNECTIONS OF TORONTO
366 ADELAIDE STREET EAST, SUITE 230
TORONTO, ON M5A 3X9
FAX: 416 482-5237
Email: hiringleague@crct.org**

For more information visit <http://www.crct.org>

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.

SUNDAY, JUNE 1

ROMwalk 2008: *Hidden Treasures: Sculpture in the City*. FREE. Highlights of the walk include 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 2:00 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.



Event and Walk to Stop Child Sexual Abuse. FREE. Please help Youth Out Loud raise awareness on this day. After the stage line-up there will be a 4K walk up Yonge Street and back to Dundas Square. Show up and be willing to shout out for those who may not be able to speak for themselves. Come to the Square, get walk pledges, and help our youth. We all have the power to act. Yonge Dundas Square. 11:30 am. For more information call 647 239-6884 or email youthoutloud@sympatico.ca.

MONDAY, JUNE 2

Writing Your Memoirs. FREE. Your life stories are unique and worth writing! Join literary editor Allyson Latta for a stimulating and interactive exploration of memoir writing, including memory joggers, entertaining exercises, sharing of stories, discussion of issues and more. You'll come away with a draft of at least twelve stories and inspiration for more. Limited enrolment. Toronto Public Library, North York Central Branch, Meeting Room 1, 5120 Yonge Street. 1:00 pm to 3:00 pm; programs runs to June 23rd. For more information call 416 395-5535.

TUESDAY, JUNE 3

Uptown Author Series: James Bartleman. FREE. The Honourable James Bartleman reads from his latest book *Raisin Wine* which recounts his days growing up in "a different Muskoka". In this fascinating read, he brings to life with "extraordinary clarity" and vividness the early years of his boyhood in Port Carling during the postwar era. Question and answer period to follow the reading. Toronto Public Library, North York Central Branch, Auditorium, 5120 Yonge Street. 7:00 pm. Register by calling 416 395-5639.

Richard Bradshaw Amphitheatre Chamber Music Series: *Chamber Music of Croatia*. FREE. Featuring members of the Cantus Ensemble Zagreb. 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.

Scottish Dancing and Music in the Park. FREE. Every Tuesday in June, Toronto Scottish Country Dancers enjoy outdoor dancing at Edwards Gardens to the sounds of Bobby Brown and the Scottish Accent. Edwards Gardens, 777 Lawrence Avenue East at Leslie, south-west quadrant. Dancing is at the north side, behind the snack bar/barn. 7:00 pm until dusk. For more information contact John Holmberg at 416 694-1218.



WEDNESDAY, JUNE 4

Psy'Cozy'um. FREE. Conference for Consumers and Survivors only, with local and international speakers. May Robinson Auditorium, 20 West Lodge Avenue. 9:00 am to 5:30 pm; Creative Expressions and Welcome Party at PARC, 1499 Queen Street West from 6:00 pm to 10:00 pm. For more information contact Heinz at heinz_klein@hotmail.com.

Not A Whisper, But A Roar. FREE. Voices From The Street public event, speak out about poverty. Toronto City Hall Council Chambers. 7:00 to 9:00 pm. See announcement on page 4.

Seniors' Month: Chinese Brush Painting. FREE; all materials will be provided. Learn the art of Chinese Brush Painting in this 2-day session. Limit of 10 people. Toronto Public Library, Woodside Square Branch, Woodside Square Mall, 1571 Sandhurst Circle. 2:00 pm to 3:30 pm; program runs through June 11th. For more information call 416 396-8979.



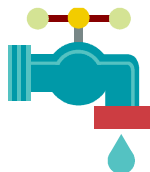
Seniors' Month: Osteoporosis, Nutrition & You. FREE. Improve your bone health through the foods that you eat. Naturopathic Doctor Nahid Ahmedzadeh discusses how you can help treat osteoporosis through diet. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 1:30 pm to 2:30 pm. To register call 416 394-5240.

THURSDAY, JUNE 5

Aboriginal Month: Celebrating Aboriginal Stories on Camera. FREE. Aboriginal filmmaker, Adam Garnet Jones, shows his film *Cloudbreaker* and provides an analysis of his work. Question and answer period follows. Toronto Public Library, York Woods Branch, Theatre and Theatre Lobby, 1785 Finch Avenue West. 1:30 pm to 2:45 pm. Register in person or by calling 416 395-5980.

Seniors' Month: Write your Memoirs – Everyone Can! FREE. Produce your own life history in a book, booklet or tape. Instructor Gayle Dzis shows you how in this workshop. Light refreshments will be served. Toronto Public Library, Eatonville, Branch, 430 Burnhamthorpe Road. 2:00 pm to 4:00 pm. Drop-in or pre-register by calling 416 394-5270.

Richard Bradshaw Amphitheatre Chamber Music Series: *Music for a Summer's Day*. FREE. Featuring the sounds of flute, cello and 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.



FRIDAY, JUNE 6

You Gotta Go! Bladder Health and You. FREE. This information session is presented by Laura Robbs, Clinical Nurse Specialist of Trillium Health Centre about bladder problems, incontinence, and treatment and management options. Question and answer period follows. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. 2:30 pm to 4:00 pm. Register in person or by calling 416 394-5270.

Luminato First Night: Toronto Festival of Arts + Creativity 2008. FREE. The Festival kick-off is an all-star concert featuring the Grammy-Award winning world famous Count Basie Orchestra fronted by 14 year-old Canadian jazz sensation Nikki Yanofsky, the East Coast New World Orchestra, and a swing dance lesson! Yonge-Dundas Square. 6:30 pm to 11:00 pm. For more information visit www.luminato.com or www.ydsquare.ca.

Karaoke. FREE. Award-winning karaoke with Peter Styles every Friday night. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

SATURDAY, JUNE 7

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.



Lost Rivers Bike Hike for Bike Month. FREE. Celebrate Bike Month with a Lost Rivers Bike Tour along the full length of the Belt Line Trail. The trail starts in the Black Creek Watershed and ends at the Don Valley Brick Works. Meet at the northwest corner of Eglinton Avenue West and Croham Road (2 blocks west of Caledonia). 11:00 am to 1:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



Paradise Lost: Landscapes & Heartbreaks Exhibition. FREE. Art exhibit featuring the paintings of John Kennedy. The Gladstone Hotel, 3rd and 4th floors, 1214 Queen Street West. 12:00 pm to 5:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

Lucy Maud Montgomery in Ontario: Her Life and Legacy. FREE. Help us celebrate the 100th anniversary of the publication of *Anne of Green Gables* by Lucy Maud Montgomery. This Canadian classic was written and set in Prince Edward Island, but she also wrote many of her novels while living in Ontario. Author Elizabeth MacLeod will speak on her life and accomplishments. Toronto Public Library, Morningside Branch, 4279 Lawrence Avenue East. 3:00 pm to 4:00 pm. For more information call 416 396-8881.

Luminato: Toronto Festival of Arts + Creativity 2008. FREE. The party continues with the Scottish Music Festival. Today's all-star roster of performers features The Barra MacNeils, six siblings from Cape Breton Island who for 20 years have been among the most popular Celtic groups in Canada, and the innovative super-trio Lau. They are joined by Winnipeg's Sierra Noble, a versatile young violinist who specializes in traditional Metis fiddle tunes. The day will culminate with a Scottish Square Dance led by internationally acclaimed Nova Scotian fiddler Ashley MacIsaac. Yonge-Dundas Square. 6:30 pm to 11:00 pm. For more information visit www.luminato.com or www.ydsquare.ca.

SUNDAY, JUNE 8

ROMwalk 2008: *Mt. Pleasant Cemetery – Part One*. FREE. Highlights of the walk include St. Andrew's Society Monument, Massey Mausoleum, Mt. Pleasant Mausoleum, Millionaires' Row, Empress of Ireland Monument. Meet at 2:00 pm at the Yonge Street cemetery entrance (north of St. Clair Avenue), rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

Lost River Walks: *Riversides/Lost Rivers/Human Rivers Walk and Workshop*. FREE. This walk will focus on the Distillery District and Lower Don. 1:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



Luminato: Toronto Festival of Arts + Creativity 2008. FREE. The Festival continues with the Telus *Light on Your Feet* series. Start the evening with a free Latin dance lesson, followed by a chance to try out your new steps to the sounds of a salsa dance band performance. Yonge-Dundas Square. 7:00 pm to 11:00 pm. For more information visit www.luminato.com or www.ydsquare.ca.

MONDAY, JUNE 9

Luminato: Toronto Festival of Arts + Creativity 2008. FREE. The Festival continues with the Telus *Light on Your Feet* series. Start the evening with a free Tango dance lesson, followed by dance band sounds and a chance to try out your new steps. Yonge-Dundas Square. 7:00 pm to 11:00 pm. For more information visit www.luminato.com or www.ydsquare.ca.

TUESDAY, JUNE 10

Richard Bradshaw Amphitheatre World Music Series: *Traditional Chinese Instruments*. FREE. Featuring artists of the Royal Conservatory of Music World Music Centre. 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.

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.

Luminato: Toronto Festival of Arts + Creativity 2008. FREE. The Festival continues with the Telus *Light on Your Feet* series. Start the evening with a free Disco dance lesson, followed by dance band sounds and a chance to try out your new steps. Yonge-Dundas Square. 7:00 pm to 11:00 pm. For more information visit www.luminato.com or www.ydsquare.ca.

Ontario Council of Alternative Businesses AGM and Grand Re-Opening of the Raging Spoon Café. FREE. Come join us for food and music in a drop-in type of event to celebrate the re-opening of the Café part of the Raging Spoon and the Annual Meeting of OCAB. 5:00 to 7:00 pm. Speeches & presentations 5:15 to 5:45 pm. 761 Queen Street West.

WEDNESDAY, JUNE 11

Seniors Month: Senior Safety Workshop. FREE. Be safe at home and on the street. Learn basic personal safety and make your home a less desirable target for criminals. Learn how to avoid scams and frauds, which target seniors, elder abuse and more. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 2:00 pm to 3:00 pm. To register call 416 394-5240.

ROMwalk 2008: *Along the Front*. FREE. Highlights of the walk include St. Lawrence Market, Old Warehouses, Flatiron Building, Berczy Park, BCE Place, Dominion Public Building, Royal Bank Plaza, Royal York Hotel, Union Station. Meet at 6:00 pm at Front and Jarvis Street, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

Volunteer and Career Talks. FREE. Representatives from local community organizations and agencies speak about their organization and about possible volunteer and job opportunities. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. 6:30 pm to 7:30 pm. For more information call 416 394-1000.

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, JUNE 12

Richard Bradshaw Amphitheatre Jazz Series: *The Bolling Suite*. FREE. Featuring the Chris Donnelly Trio with Leslie Allt, flutes. 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 *Excalibur*. 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.



FRIDAY, JUNE 13

Tea and Entertainment. FREE. Enjoy a wide variety of films and special seasonal programs with sing-alongs and treats. A film list is available each month from the second floor information desk or by calling the library. Toronto Public Library, North York Central Branch, 5120 Yonge Street. 2:00 pm to 4:00 pm. For more information call 416 395-5639.

Job Searching Program: Resume/Cover Letter Writing. FREE. Operation Springboard-Job Connect hosts a workshop on the 'art' of crafting an effective resume and cover letter. Toronto Public Library, Bridlewood Mall Branch, 2900 Warden Avenue. 1:00 pm to 3:00 pm. For more information call 416 396-8960.

SATURDAY, JUNE 14

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.



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

**Hope is the feeling you have
that the feeling you have
isn't permanent.**

~Jean Kerr