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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.*

**August 15, 2008**

**Bulletin 376**

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday PHONE HOURS: 9-5 Monday-Friday  
LOCATION: 252 College Street, 3<sup>rd</sup> Floor, Toronto, ON  
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8  
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: [csinfo@camh.net](mailto:csinfo@camh.net)

Hello Bulletin Subscribers,

I'd like to thank the almost 50 people who applied for the position of Assistant Coordinator. It was a very tough decision, because there were many excellent candidates in this round of hiring. It does seem like I've done a lot of that since I got here almost 4 years ago - I'm going to get a Murphy Brown reputation if I'm not careful. Well, at least many of the former staff have gone on to good positions doing work they wanted to do.

On to the good news !! Please join me in welcoming Colleen Burns to the centre. She comes to us highly recommended and with a wealth of experience in both writing/newsletter/research type of work and also in the answering calls for information and peer support kind of work that is the other part of what we do here. Because of her background in Philosophy, Colleen has an interest in a variety of perspectives.

So feel free to call and say hi, or drop in to see us and welcome Colleen. Please mark October 22<sup>nd</sup> for our Annual General Meeting - another chance to get together; and see page 5 for an announcement of something new we're trying.

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## Wish List

Hello Bulletin Readers,

This issue, we have donations of a wide variety of items:

Black and Decker Deep Fryer - like new

OLD Compaq Presario laptop that only works while plugged in

Bionaire Help Air Filter

Old hand mixer - still works

10 Diskettes - new in box

Palm IIIIE with case

Gameboy SP with 2 games

This issue we have a request for a karaoke machine. In response to the kitchen items - the blender and the microwave that were in the last issue, there were so many calls that I'm putting out a request - if anyone has a blender or a microwave they are no longer using and that they are willing to give up, please call the centre. I have at least 4 or 5 people who would love to have one or the other.

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

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### ANNOUNCEMENTS

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

#### LHIN News

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) will be on August 20, 2008 from 4:00 pm to 6:00 pm at 425 Bloor Street East, Suite 210. For more information call 416 921-7453 or 1 866 383-5446.

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#### 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](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416 595-2882 and we'll put you in touch.

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#### Back To School?

The CAMH Learning Bursary deadline is coming up again. If you are a CAMH client, and are thinking of taking a course, maybe you would like to apply. The next deadline is August 22, 2008. Ask for an application at 250 College Street Room 820, or call 416 535-8501 Sarah Manson x 4407 or Karen Fournier x 4937.

**QUEEN STREET PATIENT ROUNDS**

**Tuesday August 19<sup>th</sup> 2008**  
**3:00 - 4:00 pm**  
**Room 160 Empowerment Council Office**  
**1001 Queen Street**

**RESTRAINTS**  
**A FOCUS GROUP for CAMH CLIENTS**

**Have you ever been in restraints or seclusion?**

What information were you given?

**Do you understand your Rights**

with respect to Restraints?

What is helpful when you are in distress?

Extension 3013 to leave a confidential message.

Refreshments Provided  
**Transportation Reimbursement**

**Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment.**

For more info call Lucy Costa - 416 535-8501 x 3013

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**PET 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. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda Chamberlain at [lchamb5702@rogers.com](mailto:lchamb5702@rogers.com) for more info and application forms.



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**To subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net). The Bulletin is published twice a month on the 1<sup>st</sup> and 15<sup>th</sup>. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. The most recent issue was just sent out on the 21<sup>st</sup> of July. Both are posted on the CRCT website at [www.crct.org](http://www.crct.org), and both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the Internet.

Helen,  
C/S Info

# Psychiatric Survivor Pride

## September 27 & 28, 2008

252 Bloor Street West, 7<sup>th</sup> Floor Peace Lounge, Toronto

The Coalition Against Psychiatric Assault presents Psychiatric Survivor Pride Weekend, a celebration of psychiatric survivor resistance and community empowerment. This year's Psychiatric Survivor Pride marks CAPA's five year anniversary. It will feature the first presentation of the CAPA Award for Lifetime Antipsychiatry Activism, premiere film screenings, an art installation, and discussion groups about psychiatric survivor community and resistance.

All events are at OISE, 252 Bloor Street West. All events are free and are wheelchair accessible. The schedule is as follows:

Saturday, September 27<sup>th</sup>

**Psychiatric Survivor Pride Opening and Greetings from CAPA.** 1:00 pm to 1:30 pm.

**Premiere Documentary Film Screenings**, Featuring Bombarded By Drugs and The Electroshock Report. 1:30 pm to 3:30 pm.

**Presentation of CAPA's Award for Lifetime Antipsychiatry Activism.** 3:30 pm to 4:00 pm.

Sunday, September 28<sup>th</sup>

**Resistant Art: Understanding and Exploring Psychiatric Oppressions.** Open only to survivors and mad people. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 10:00 am to 12:00 noon.

**What was, what is and what will be: Looking at psychiatric survivor, antipsychiatry, and mad organizing and action.** Open only to artists and activists involved in the psychiatric survivor, antipsychiatry or mad movements. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 1:00 pm to 3:00 pm

### Call For Artists

Psychiatric survivors, mad people and allies are invited to display their art at the Psychiatric Survivor Pride Art Exhibit. If you are interested in submitting your art for display, please email [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) or call 647 345-4810.

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### Wellness Recovery Action Planning (WRAP) New at Gerstein Centre

WRAP is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity for participants to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, people develop a list of wellness tools that can be used to plan how they will keep themselves feeling well in day-to-day life, employment, volunteering or education and training opportunities.

WRAP can benefit anyone. The focus of WRAP is developing personal wellness tools that help you cope with stress, manage crises and enjoy life more fully.

Information Session - Monday September 8<sup>th</sup> - 12 noon – 2:00 pm. Please call Nicki to register 416 929-0149.

#### Next WRAP Session:

Date: Every Monday from September 15<sup>th</sup> – November 3<sup>rd</sup>, 2008

Time: 12 noon – 2:00 pm

Location: Gerstein Crisis Centre 100 Charles Street East

**TTC Fare and Refreshments Provided**

## BIZ Futures

For the first time ever we are offering our ODSP Employment Supports funded **BIZ Futures Self-Employment Training Program for Persons with Disabilities** at our **Toronto Business Development Centre - Etobicoke** Location (located near the Kipling Subway Station). We are excited about the increasing demand for our self-employment training program and look forward to supporting entrepreneurs develop their businesses.

We will be having two Information Sessions at our **Etobicoke Location** for the BIZ Futures Self-Employment Training Program for Persons with Disabilities

- Wednesday September 10, 2008
- Monday September 15, 2008
- **Please contact Maureen Kelly, Community Programs Coordinator at 416 345 - 9437 to reserve a seat.**

We will also be providing another BIZ Futures Self-Employment Training Program at our **downtown King Street Location**. There will be two Information Sessions for our King Street Location on:

- Thursday August 27, 2008
- Friday September 12, 2008
- **Please contact Maureen Kelly, Community Programs Coordinator at 416 345 - 9437 to reserve a seat.**

Toronto Business Development Centre - Etobicoke Location - 105 Judge Road,  
- Downtown Location - 1071 King Street

Maureen Kelly, Community Program Coordinator, Toronto Business Development Centre, Email: [mkelly@tbdcenter.com](mailto:mkelly@tbdcenter.com)

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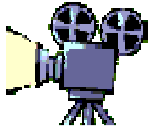
## CSI Toronto C/S Institutes ? Yak and Snack

We, here at the Consumer/Survivor Information Resource Centre, have been thinking and talking about more ways to get information out to our communities. We've come up with a couple of plans. We will be having public meetings, info sessions with speakers, panels, and the like to spread information that might be of interest to consumers and survivors. We're talking about a first one in September to be about Harm Reduction. My crazy sense of humour wants to call them CSI Toronto. Some others thought C/S Institutes. After the very lofty plans to go with that title that were discussed at Mad Pride, I hesitate to appropriate that title for our little series, however, we'll see what happens.

In any case, there's also a need for informal get togethers to discuss issues of concern; and named after a coffee shop I saw on a trip to Nova Scotia, they'll be called Yak and Snack. (Again with the weird sense of humour, you're saying).

The first Yak and Snack will be in late September and we will talk about looking for work as consumer/survivors. I'll be there; Diana Capponi will be there, too. Let's say - open only to people who identify as C/S. I'll bring the snacks. We'll meet at 2:30. Stay tuned for the date and room location.  
Helen

## FREE AND LOW COST ACTIVITIES



### Friday, August 15<sup>th</sup>

**Movies Under The Stars. FREE.** Bring a blanket or chair and watch a free movie with family and friends. This week's film is Shrek the Third. Downsview Park, 35 Carl Hall Road. Info: 416 952-2222 or [www.downsviewpark.ca](http://www.downsviewpark.ca). Movies start at dusk, approximately 9:00 pm.

**CITY MIX 2008! FREE.** Come Celebrate North America's First Inclusion Celebration of its kind - City Mix is hosted by The Mix Community Club in partnership with Community Living Toronto, CHIRS, The City of Toronto and Variety Village. City Mix is the only event to integrate the entire disabled community with the mainstream society and the first event to bring mass awareness towards Inclusion for people of all ages and abilities. It is time to all come together to celebrate social inclusion, empowerment and diversity for all people. Make plans to attend this groundbreaking Inclusion Celebration - One People. One Celebration - One Voice. Nathan Phillips Square, 100 Queen Street West at Bay Street. Info: 416 439-8813. 5:00 pm to 10:00 pm.

**Mondo Muziko a-Go-Go. FREE.** Telmary. Cuban hip-hop jazz poet. Yonge Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca). 8:00 to 10:00 pm.



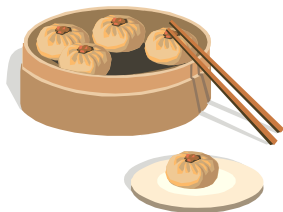
### Saturday, August 16<sup>th</sup>

**Iron Chef at Harbourfront. International Edition. FREE.** New Mexico vs. Canada at 1:30 pm; Jamaica vs. Mexico at 4:30 pm. Harbourfront Centre, 235 Queens Quay West.

**10 Tastes to Try Before You Die! Free.** Chef Anthony Gomes from Chakra Indian Restaurant. Spicy Chicken Popsicles at 1:00 pm; and at 2:30 pm Sasi from Mengrai Gourmet Thai Restaurant with her famous Thai Chili Chicken. Harbourfront, Lakeside Terrace, 235 Queens

Quay West. A chance to try food you may never have tasted before, made by the best chefs in town, and it's free !!

**Ballroom Dancing Demonstrations. FREE.** Harbourfront Centre, 235 Queens Quay West. Saturday 1:00, 1:30, 3:00, 5:45 and 7:30 pm.



**Rising Chefs. Cooking With Children. FREE.** Apple Cinnamon Wontons. Harbourfront Centre, 235 Queens Quay West. 1:30 & 4:00 pm.

**Toronto African Dance Festival. FREE.** Celebration of African arts and culture. Yonge Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca). Both Saturday and Sunday from 2:00 pm to 10:00 pm.



### Sunday, August 17<sup>th</sup>

**Sunday Serenades. FREE.** Featuring the best in swing and big band music on warm summer nights, Tonight: George Lake Big Band. Mel Lastman Square, 5100 Yonge Street. For more info: 416 338-0338 or [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events). Wheelchair accessible. 7:30 pm – 9:00 pm.

**10 Tastes to Try Before You Die! Free.** Jordan Slade from The Sultan's Tent – Moroccan Cigars at 2:30; and at 4:30 pm - Felix Santos, Executive Chef at Emerald Hills – Mango Jerk Shrimp. Harbourfront Centre, Lakeside Terrace, 235 Queens Quay West.

**Ballroom Dancing Demonstrations at Harbourfront. FREE.** 235 Queens Quay W. 2:00 pm and 2:30 pm.

**Rising Chefs. Cooking With Children. FREE.** Apple Cinnamon Wontons. Harbourfront Centre, 235 Queens Quay West. Sunday 1:30 pm.

### **Monday, August 18<sup>th</sup>**

**Borrow a Pedometer. FREE.** Did you know that you could borrow a pedometer to clip to your belt and measure how many steps you take in a day? These are available at some libraries for free with your library card and you can have them out for three weeks. They come with a little information package that you get to keep that helps you to get started and helps to keep track of how many steps you are taking and increasing day by day for the three week loan period. Parkdale Library at 1303 Queen Street West is one of the seventeen participating libraries, and on Mondays, they are open from 9:00 am to 8:30 pm.

### **Tuesday, August 19<sup>th</sup>**

**Queen Street Patient Rounds. Restraints and Seclusion. FREE.** See the complete listing in the announcements section. 3:00 – 4:00 pm.

**Romantic Reels. Movie. FREE.** The Notebook. MTV Movie Award for Best Kiss. Yonge Dundas Square. Info: [www.ydsquare.ca](http://www.ydsquare.ca). 9:00 pm to 11:00 pm.

### **Wednesday, August 20<sup>th</sup>**

**Fresh Wednesdays. FREE.** Concert at Toronto City Hall as part of the Farmers' Market. 100 Queen Street West at Bay. Market 10:00 am – 2:00 pm. Concert noon – 2:00 pm. This week's performer is Carey West, singer/songwriter. For information: [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events).

**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. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca) 9:00 pm.

### **Thursday, August 21<sup>st</sup>**

**Buskerfest. FREE.** The Toronto International Street Performers Festival. August 21<sup>st</sup> to 24<sup>th</sup>. This year bigger and better than ever. Front Street, Church Street, Market Street, Market Lane Park, Wellington Street and Berczy Park. Thursday noon to 10:00 pm.

**Indulge Your Senses. Farmers' Market and Concert. FREE.** This week's performer Mohamed Diaby. Metro Hall Square, 55 John St. Market 8:00 am – 2:30 pm. Performance 12:30 to 1:30 pm.



**Summer Music in the Garden: Harbourfront Centre. FREE.** Evening Ragas in the Garden. North Indian ragas. Aruna Narayan, sarangi; Akshay Kalle, tanpura. Toronto Music Garden, 475 Queen's Quay West. Info: 416 973-4000. 7:00 pm.

### **Friday, August 22<sup>nd</sup>**

**Movies Under The Stars. FREE.** Bring a blanket or chair and watch a free movie with family and friends. This week's film is Surf's Up. Downsview Park, 35 Carl Hall Road. Info: 416 952-2222 or [www.downsviewpark.ca](http://www.downsviewpark.ca). Movies start at dusk, approximately 9:00 pm.

**Mondo Muziko a-Go-Go. FREE.** Staylefish is this week's performer with infectious reggae grooves. Yonge Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca). 8:00 to 10:00 pm.

**Buskerfest. FREE.** See complete listing above. Friday's hours - noon to 11:00 pm.

### **Saturday, August 23<sup>rd</sup>**

**Buskerfest. FREE.** See complete listing above. Saturday's hours – 11:00 am to 11:00 pm.

**TAIWANfest. World in an Island. FREE.** Taiwanese Food Fair. Harbourfront, Lakeside Terrace, 235 Queens Quay West. Saturday 1:00 – 9:00 pm and Sunday 12:00 noon – 6:00 pm.

### **Sunday, August 24<sup>th</sup>**

**Sunday Serenades. FREE.** Featuring the best in swing and big band music on warm summer nights, Tonight: Skylark. Mel Lastman Square, 5100 Yonge Street. Info: [www.toronto.ca](http://www.toronto.ca) or 416 338-0338. Wheelchair accessible. 7:30 pm – 9:00 pm.

**Writing Outside The Margins. FREE.** A festival of queer literary arts will take over Church Street. Come and hear some of Canada's and the world's best queer writers. Church and Wellesley Streets. Info: Brandon Sawh 416 644-5204 or [brandon.sawh@xtra.ca](mailto:brandon.sawh@xtra.ca). 12:00 noon.

**Buskerfest. FREE.** See complete listing above. Sunday's hours – 11:00 am to 8:00 pm.

### **Monday, August 25<sup>th</sup>**

**Writer's Group. FREE.** Interested in joining a dynamic on-going writer's group? New members welcome. Gerrard / Parliament Library, 269 Gerrard Street East. 6:30 pm – 8:00 pm.

### **Tuesday, August 26<sup>th</sup>**

**Romantic Reels. Movie. FREE.** Casablanca. Yonge Dundas Square. Info: [www.ydsquare.ca](http://www.ydsquare.ca). 9:00 to 11:00 pm.

### **Wednesday, August 27<sup>th</sup>**

**Fresh Wednesdays. FREE.** Concert at Toronto City Hall as part of the Farmers' Market. 100 Queen Street West at Bay. Market 10:00 am – 2:00 pm. Concert Noon – 2:00 pm. This week's performer is Lindsay Ferguson, acoustic rock. Info: [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events).

**Housing Help. FREE.** Meet a housing counsellor who will help you with subsidized housing applications and landlord-tenant laws. Victoria Village Library, 184 Sloane Avenue. Info: 416 395-5950. 3:00 pm to 5:00 pm.

**Wednesday Afternoon at The Movies. FREE.** This week's film – Golden Bowl. Brentwood Library, 36 Brentwood Road North. Info: 416 394-5240. 3:00 pm.

**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. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca) 9:00 pm.

### **Thursday, August 28<sup>th</sup>**

**Indulge Your Senses. Farmers' Market and Free Concert. FREE.** This week's performance Swamperella. Metro Hall Square, 55 John St. Market 8:00 am – 2:30 pm. Performance 12:30 to 1:30 pm.

### **Friday, August 29<sup>th</sup>**

**Movies Under The Stars. FREE.** Bring a blanket or chair and watch a free movie with family and friends. This week's film is Horton Hears a Who. Downsview Park, 35 Carl Hall Road. Info: 416 952-2222 or [www.downsviewpark.ca](http://www.downsviewpark.ca). Movies start at dusk, approximately 9:00 pm.



**Mondo Muziko a-Go-Go. FREE.** This week - Mr. Something Something – wildly energizing & unpredictable live shows. Yonge Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca). 8:00 to 10:00 pm.



**Saturday, August 30<sup>th</sup>**

**Invitation To Dance. FREE.** Saturday afternoons in the Atrium of the Toronto Reference Library at 789 Yonge Street. A summer sampler of tango, line dance and more. Watch a short performance and then try a few steps yourself.  
Info: 416 393-7131. 3:00 pm.



## Job Posting

# EMPOWERMENT COUNCIL

Centre for Addiction and Mental Health, Clarke Site  
250 College St. Room 1262, Toronto, ON M5T 1R8  
416 535-8501 x 4022 Fax: 416 260-4128  
[jennifer\\_chambers@camh.net](mailto:jennifer_chambers@camh.net)

EMPOWERMENT COUNCIL - SYSTEMIC ADVOCATE IN ADDICTIONS

The Empowerment Council (EC) is a nonprofit organization, consisting of a Board and staff of addiction clients (current or former) and psychiatric survivors, elected by the same. It operates at the Centre for Addiction and Mental Health (CAMH). Its primary purpose is systemic advocacy.

The EC is seeking a half time worker, personal experience with addiction is preferred.

Work is primarily with people in the addiction system at CAMH.

Job description includes:

- Systemic advocacy
- Research and surveying
- Outreach to clients/survivors
- Education of clients/survivors and CAMH staff
- Administrative and organizational duties

Interested applicants please send resume and letter of application to:

EMPOWERMENT COUNCIL Hiring  
Centre for Addiction and Mental Health, Clarke Site  
250 College St. Room 1262, Toronto, ON M5T 1R8  
or email [jennifer\\_chambers@camh.net](mailto:jennifer_chambers@camh.net)

Closing Date - August 25, 2008

**The C/S Info Centre's Annual General Meeting is coming up on October 22nd.**

Please stay tuned for further details. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

## **General Membership Application Consumer/Survivor Information Resource Centre of Toronto**

**If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing**

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system;
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community;
3. To provide information outreach services to consumer/survivors in the community;
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services;
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps;
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

- Regular Member from the Greater Toronto Area only (consumer/survivor)  
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (optional, if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



**YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.**

You do not need to be a member to continue to receive your subscription to the Bulletin.