

The Consumer/Survivor Information Resource Centre of Toronto

# BULLETIN

Information for consumer/survivors of the mental health system,  
those who serve us, and those who care about us.

*Distributed through generous support from the Community Support and Research Unit (CSRU)  
of the Centre for Addiction & Mental Health (CAMH)*

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November 15, 2008    Bulletin 382

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## The C/S Info Centre has Moved!

Here we are in our new location in the Paul Christie Community Centre at 1001 Queen Street West. Our new space is a stand-alone structure with a big banner on the front wall announcing our arrival. We are pretty much impossible to miss. We are surrounded by boxes that need to be unpacked, furniture that needs to be arranged, and we're not sure exactly where the photocopier is going to go, but the computers and internet are up and running so you should have received this edition in good time. Since our new location is wheel chair accessible and located on the main floor, visiting us no longer requires climbing 3 flights of narrow stairs. Hope to see you sometime soon. Helen & Colleen

## Doing It For Ourselves

The Wish List - How It Got Its Start  
By Helen Hook

Like most interesting things, the Wish List started when a couple of fortuitous events came together at the same time. One of these things was a couple of years ago when the Info Centre got a very large donation of books and bookshelves from the estate of a psychiatrist who had died of a heart attack. The other was when a reader of *The Bulletin* asked if there was a place for a person who didn't have a lot of money to get a musical instrument, sort of like those places who help low-income people get computers. She'd been renting one, but of course, on ODSP even the \$18 a month it cost her was eating into money she could be spending on something else - like food. I didn't know of such a place, but I assumed that probably one of our readers might - 1,100 heads being better than one.

We put a notice in *The Bulletin*. The reader who wanted the flute got her request met like you wouldn't believe. A musician who had upgraded flutes had been waiting to give her flute to someone who would appreciate it. It was top-of-the-line, in a velvet-lined case and this donor who'd moved out of Toronto even paid to ship it to us so we could give it to our reader. The rental place on Bloor even

offered to tune it for free when they heard the story and saw the quality of the flute. Happy people all around.

The bookshelves eventually got distributed to readers all across the city. We *still* have a few boxes of books believe it or not. Over the 2 years that the Wish List column has been running, we have matched up donors and receivers with such items as a toaster oven, some cushions, a recumbent bike, an exercise bike, two ordinary bikes, a musical organ, lamps, planters, pictures, four TVs, a VCR, a bicycle helmet, a scanner, cell phones, a Palm, a futon, 2 kettles, a clock, a popcorn maker, a badminton racket, a turntable and speakers, dining table & chairs, cupboard, a humidifier, 2 vacuum cleaners, a chenille bedspread, dishes, pots and pans, a dresser, a whole set of cookbooks, a blender, a toaster, a goldfish bowl, a couch, a paper shredder, a can opener, a loveseat, a step machine, 35 mirrors each 1 square foot, and more.

We haven't matched up requests for a cello, an amplifier and speakers, a CD/DVD player, a portable CD player, a rice cooker, kettle weights or Bowflex machine, children's items, a karaoke machine, a second air filter, and a lot more vacuum cleaners and blenders.

Now we have 1,300 readers, so if you have something you think someone else might like and you're ready to give it away, call us and we'll put it in the Wish List column. As well, if you have a need for something that a fellow *Bulletin* subscriber might have, if you ask for it in *The Bulletin*, you'll have 1,300 people looking around their house for it. It's worth a try!!

## Newsbytes

**Draft Guideline for Non-pharmacological management of mild to moderate depression published (August 27, 2008).** The Scottish Intercollegiate Guidelines Network (SIGN) published a draft on treatments for depression that are not medication based. The guideline looks at evidence to support the treatments based on good published clinical trials and then rates interventions based on this. Interventions that were found to be effective were exercise, written and computerized self-help, behavioural activation, Interpersonal Therapy (IPT), mindfulness and CBT. This is not to say that other interventions will not be beneficial but at the moment they do not have current evidence to support their efficacy. (Source: *Living Life to the Full November 2008 Newsletter*. For further details visit: <http://www.sign.ac.uk/>.)

**2 per cent welfare rate increase begins December 1.** Twenty years after a provincial task force recommended major increases to welfare, Ontario residents will see an increase. The increase raises welfare payments to levels recommended by David Peterson's liberal government in 1988. Because of inflation the increase does not equal the spirit of that 20-year-old recommendation. (Source: "Welfare Recipients get raise - but only up to 1988 level", Social Justice Reporter, Laurie Monsebraaten: The Toronto Star, Saturday, November 1, 2008).

## Wish List

This issue the Centre has received a donation of a solid oak dresser and night tables. They are in good repair but could do with refinishing on the top surfaces. We have received a request for a set of encyclopedias published 1970 or earlier. We have several consumer/survivors who are learning how to cook and setting up a kitchen so kitchenware items are always welcome. If you have something to donate for our Wish List, or you would like to make a request for something, please contact the Centre at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

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## Yak & Snack

Join us on December 3<sup>rd</sup> for the next Yak and Snack. We will meet at the CRCT to yak about free and low cost things to do in Toronto with an emphasis on during the holidays, and snack on some tasty, holiday-inspired treats. Glen Dewar will lead the discussion and hand out his famous *Holiday Happenings*, an excellent listing of events throughout December and on New Year's Day.

### Yak and Snack

## Free & Low Cost Things To Do

Community Resource Connections of Toronto (CRCT) Boardroom

366 Adelaide Street East (at Sherbourne), Suite 230

Wednesday, December 3, 2008

1:30 pm - 3:00 pm

## C/S Information Session (CSIS)

The November 4<sup>th</sup> C/S Information Session on *What Is Recovery*, led by Greg Kim of the Canadian Mental Health Association and Chair of the Board at the C/S Info Centre, was a highly interactive and educational presentation. Consumer/survivors shared our ideas about what recovery means and Greg provided a lot of helpful information drawing on published research and his personal and professional experience. We discussed ways of creating mutual support, issues concerning peer recovery facilitation, components of recovery, self-advocacy and how a medical model of mental health is only one among many ways of interpreting and experiencing our experiences. Greg suggested that a "radical acceptance" of each individual's interpretation of his or her own mental health experience is crucial for peer facilitated recovery work.

## C/S Online

<http://www.crazymeds.us/>

This popular site is produced by a knowledgeable consumer/survivor with firsthand experience of psychopharmaceuticals. You can click on a particular drug and get information about how it is supposed to work, how well it works, the full range of side effects it produces, and more. The owner of crazymeds.us is not a doctor and does not dispense medical advice. Warning: The site contains coarse language.

## Job Postings

Houselink Community Homes seeks a

### Manager of Maintenance & Development.

- This is a full-time, permanent position.
- The Manager has the overall responsibility for the management of Houselink's housing portfolio.
- Salary starts at \$61,000 per annum, plus benefits.
- Application deadline: **Thursday, November 20, 2008** (Quote File # MMD 222)
- No phone calls please.
- Applications encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, gays, lesbians and women.
- For further details visit [www.houselink.on.ca/careers.HumanResourcesManager](http://www.houselink.on.ca/careers.HumanResourcesManager)

Houselink Community Homes  
805 Bloor Street West  
Toronto, ON M6G 1L8

The Wellesley Institute seeks a **Research Assistant**.

Qualifications include (but are not limited to):

- Masters degree in applied social science, public health, or related field
- Knowledge of a range of social research methodologies and frameworks
- Experience leading research projects and managing multiple stakeholders
- Experience working with urban health projects in community settings
- For further details please visit [wellesleyinstitute.com](http://wellesleyinstitute.com).
- Application Deadline: **5 pm, Monday, November 17, 2008**

Director of Research  
Wellesley Institute  
45 Charles Street East  
Suite 101  
Toronto, ON M4Y 1S2  
[contact@wellesleyinstitute.com](mailto:contact@wellesleyinstitute.com)

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## ANNOUNCEMENTS

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

Important ODSP Update:

### 2% RAISE for ODSP and OW Recipients

Ida Maccarone, Income Maintenance Advocate  
Community Support and Research Unit  
416-535-8501 x2046

#### ODSP Rates as of November 2008 - Apartment or Room

|                                       | Basic Needs | Maximum Shelter Amount | Total           |
|---------------------------------------|-------------|------------------------|-----------------|
| Single Person                         | \$566       | \$454                  | \$1,020         |
| Recipient plus Spouse                 | \$838       | \$714                  | \$1,552         |
| Couple both Disabled                  | \$1,130     | \$714                  | \$1,707 Maximum |
| Single plus 1 child under 12 yrs old  | \$709       | \$714                  | \$1,423         |
| Single plus 1 child over 12 yrs old   | \$768       | \$714                  | \$1,482         |
| Recipient + Spouse + 1 child under 12 | \$838       | \$775                  | \$1,613         |
| Recipient + Spouse + 1 child over 12  | \$897       | \$775                  | \$1,672         |
| Couple both disabled + child under 12 | \$1,130     | \$775                  | \$1,905         |
| Couple both disabled + child over 12  | \$1,189     | \$775                  | \$1,266         |
| Single + child over 18                | \$902       | \$714                  | \$1,616         |

#### ODSP Rates as of November 2008 – Board and Lodging

|                       | Total Amount |
|-----------------------|--------------|
| Single Person         | \$779        |
| Recipient plus Spouse | \$1,151      |
| Couple both Disabled  | \$1,499      |

### ODSP Rates as of November 2008 – Institution Rates

|   |   |
|---|---|
| Monthly Institutional Amount of \$888 (in addition to PNA of \$125)   | Monthly Institutional Amount of \$895 (in addition to PNA of \$125)   |
| <ul style="list-style-type: none"> <li>• A home under <i>Homes for the Aged and Rest Homes Act</i></li> <li>• An approved charitable home for the aged under <i>the Charitable Institutions Act</i></li> <li>• A nursing home under <i>the Nursing Homes Act</i></li> </ul> | <ul style="list-style-type: none"> <li>• A charitable institution under the <i>Charitable Institutions Act</i>, other than homes for the aged</li> <li>• A group home for people with developmental disabilities under the <i>Developmental Services Act</i></li> </ul> |

Personal Needs Amount (PNA) for Inpatients at CAMH - \$125 (with no shelter or basic)

### OW Rates as of December 2008 – Apartment or Room

|                           | Basic Needs | Shelter | Total   |
|---------------------------|-------------|---------|---------|
| Single Person             | \$216       | \$356   | \$572   |
| Recipient plus Spouse     | \$429       | \$560   | \$989   |
| Single + 1 child under 12 | \$360       | \$560   | \$920   |
| Single + 1 child over 12  | \$377       | \$560   | \$937   |
| Couple + 1 child under 12 | \$429       | \$607   | \$1,036 |
| Couple + 1 child over 12  | \$446       | \$607   | \$1,053 |
| Single + 1 child over 18  | \$535       | \$560   | \$1,095 |
| Couple + 1 child over 18  | \$562       | \$607   | \$1,169 |

### OW Rates as of December 2008 – Board and Lodging

|                           |       |
|---------------------------|-------|
| Single Person             |       |
| Recipient plus Spouse     | \$450 |
| Single + 1 child under 18 | \$657 |
| Couple + 1 child under 18 | \$605 |
| Single + 1 child over 18  | \$710 |
| Couple + 1 child over 18  | \$709 |
|                           | \$745 |

Personal Needs Amount (PNA) - \$125 for Inpatients of CAMH

## 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!! So call for an appointment if you meet the following guidelines set by the Canada Revenue Agency:

- Low income is defined as \$20,000 - \$25,000 for people with no dependants, \$25,000 - \$30,000 for a couple or one adult with a child, and \$2,000 for each dependant,
- No complicated returns, which means:
- No self employment income,
- No rental income, i.e. no one pays rent to you,
- 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.

# INCOME SECURITY ADVOCACY CENTRE

October 2008 Income Security Advocacy Centre

1-866-245-4072

425 Adelaide St. W, 5th Floor, Toronto, Ont. M5V 3C1

## IF YOU ARE ON ONTARIO WORKS OR ODSP, *and*

You have dependent children, *and*

You have been getting the full amount of the Transition Child Benefit since July 2008, when a four-month grace period started to give you time to:

- file your taxes, so you can get the Ontario Child Benefit (OCB), *and*
- register your children for the Canada Child Tax Benefit (CCTB).

## YOU NEED TO KNOW:

- The four-month grace period is coming to an end as of November.
- Your Transition Child Benefit will automatically be discontinued unless OW or ODSP believes that you are making 'reasonable efforts' to apply for the CCTB and the OCB.
- If your worker agrees that you are making 'reasonable efforts' to apply, s/he can take steps to continue the Transition Child Benefit after the end of the grace period.

## What are 'reasonable efforts'? Your worker will be looking for:

- Documentation to show that you (and your spouse, if you are living together) have:
  - Filed your income tax return for 2007; *and*
  - Registered your child or children for the CCTB and NCBS; and,
  - Told the Canada Revenue Agency about any changes to your situation that could affect your eligibility for the OCB (like letting them know that you've moved).
- If your tax return has been reassessed by the Canada Revenue Agency and your OCB amounts could change, your worker needs to be told about that as well.
- Documentation can be things like copies of your tax return, notes from phone conversations with the Canada Revenue Agency, and any letters you've received.

## WHAT SHOULD YOU DO NOW?

- Talk to your worker **RIGHT AWAY**. Tell them what action you have taken and explain any problems you've had.
- Ask them to continue your TCB payments, *and*
- If you haven't already done so, file your tax return for 2007. You can download an application form from the Revenue Canada website at [www.cra-arc.gc.ca/forms/](http://www.cra-arc.gc.ca/forms/) or have one sent to you by calling 1-800-959-8281, *and*
- Register your child or children for the Canada Child Tax Benefit. You can download an application form from [www.cra-arc.gc.ca/benefits/cctb/](http://www.cra-arc.gc.ca/benefits/cctb/) or call 1-800-959-2221.

For more information about the Ontario Child Benefit, Transition Child Benefit, and Social Assistance Rate Restructuring, go to [www.incomesecurity.org/resources](http://www.incomesecurity.org/resources).

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Family Association for Mental Health Everywhere presents  
An Etobicoke Educational Speaker Series Event:

## ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)

This event will provide an overview of the application process, financial assistance and health benefits available for persons with disabilities. The guest speaker is Julius Mlynarski, LLB Lawyer, South Etobicoke Legal Services.

Thursday, November 20, 2008  
7:00 pm - 8:30 pm  
Etobicoke Civic Centre  
399 The West Mall, Meeting Rooms 2 & 3  
(Burnhamthorpe/Hwy 427)  
FREE EVENT

To register please call Mary at 416-207-5032 x29 or visit <http://www.fameforfamilies.com/>.



## Ethno-Cultural Mutual Aid: Building Community in Diversity – A Community Event in Toronto

Sponsored by the Ontario Self-Help Network.  
Funded by the Ministry of Health Promotion

Guest Speaker: Lisungu Chieza, Women's Health in Women's Hands

Workshops include How to Start a Mutual Aid Group, Using Mutual Aid to Build Community, The Refugee Experience – Two Stories, Facilitating a Mutual Aid Group, Men Only Session (the Black Daddies Club), Building Community Through Volunteering, and a Networking Session.

An information table for groups and agencies will be available.

Saturday, November 29, 2008

10 am – 3:30 pm

North York Civic Centre

5100 Yonge St.

Free Event

Pre-registration is required. Please register by Thursday, November 27. Call 416-487-4355 or 1-888-283-8806 (toll free) or email [shrc@selfhelp.on.ca](mailto:shrc@selfhelp.on.ca) or visit [www.selfhelp.on.ca](http://www.selfhelp.on.ca).

Day-of cell phone: 416-567-2796

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Community Resource Connections of Toronto (CRCT)  
presents its popular

### CRCT *Holiday Happenings* — 2008 Edition

which lists many free and inexpensive things for consumer/survivors (and everyone else!)  
to do in Toronto during the month of December and on New Year's Day.

If all goes well, we hope to have the 2008 edition of *Holiday Happenings* completed and posted to our web site ([www.crct.org](http://www.crct.org)) on, or shortly after, Monday, December 1, 2008, in Adobe Acrobat (.pdf) format. Watch the home page of CRCT's web site for a link to the online version. Feel free to download the publication and make as many copies of it as you wish.

If your organization plans to hold an event, or you know of any events which could be listed in *Holiday Happenings*, please send the information to Glen Dewar at CRCT as early as possible. (There is no charge for listing an event in *Holiday Happenings*.)

Call 416-482-4103 x229 or email [gdewar@crct.org](mailto:gdewar@crct.org) or fax 416-482-5237.

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### ❖ Christmas Bake and Craft Sale

Friends & Advocates' recent Bake and Craft Sale fundraiser generated \$600 to support our programs. We're already looking for baked goods and crafts for our December holiday sale! Anyone who is able to help out in any way, please speak to one of our staff. We will be making crafts to sell and if you are interested in helping out that way, please come out to our craft activities throughout November.

2340 Dundas St. West #G27

(directly across from Dundas West Subway Station in the Crossways Mall)

Toronto, ON M6P 4A9

416-234-9245

Thursday, December 4 from 11 am - 4 pm

Friday, December 5 from 11 am - 6:30 pm

We are wheelchair accessible and have free, two-hour parking available

Creative Works Studio presents

## 2009 Calendar Launch and Renewal Exhibit

The Creative Works Studio is an oasis from the daily rigors and challenges of life for people living with long-term mental health problems or addictions. The Renewal Exhibit promotes our 2009 Calendar, which we are selling to fundraise for the Studio. We believe in public education to reduce stigmatization.

Opening Reception: Thursday, November 20, 5 pm - 8:00 pm  
Gallery/Show: Friday, November 21 – Saturday, November 22, 1:30 pm – 5 pm  
Location: 793 Gerrard St. East (west of Logan south side)  
FREE

Call Marlena Zuber at 416-465-5711 or email [zuberms@smh.toronto.on.ca](mailto:zuberms@smh.toronto.on.ca) or visit [www.creativeworks-studio.ca](http://www.creativeworks-studio.ca)

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The Empowerment Council Presents

### **Patient Rounds** **Mental Health Advocacy - Learning How To Get More Involved**

Thursday DECEMBER 4<sup>th</sup>  
2:00- 3:00 pm  
Empowerment Council Office  
1001 Queen Street West

Focus Group and Information sharing on how to get more involved with the Empowerment Council and other organizations trying to make advocacy changes for the consumer/psychiatric survivor community.

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### CALL FOR SUBMISSIONS

A reminder that submissions to the MEMORIAL DESIGN CONTEST for the Lakeshore Psychiatric Hospital Cemetery, Etobicoke, are due by Monday, December 1, 2008. The contest is open to any psychiatric survivor, consumer, client, current or former patient of the mental health system and anyone who has a relative who is buried in the cemetery. For details and information package please call "Among Friends" at 416-251-8666 or email [deb.quiggin@gmail.com](mailto:deb.quiggin@gmail.com) or visit [www.psychiatricsurvivorarchives.com/cemetery/index.html](http://www.psychiatricsurvivorarchives.com/cemetery/index.html).

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## PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for November 15 - November 30

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### Art/Exhibits

**Monday, November 3 – Friday, January 9.** BARBARA KLUNDER. A Retrospective. Among Klunder's well-known professional commissions are the dozens of posters she has made over the years for the Toronto Jazz Festival. First Canadian Place Gallery. 100 King Street West. Call 416-862-6180 or [www.fcpevents.com](http://www.fcpevents.com). FREE

**Thursday, November 6 – Sunday, November 30.** ANDREW WILSON. Art Exhibit. Magic Pony. 694 Queen St. West. Call 416-861-1684 or visit <http://www.magic-pony.com> FREE

**Saturday, November 22.** LEARN TO DRAW ANIME. Learn the basics of Anime or improve your skills with artist Dirk Michiels. For ages 8 and up. Toronto Public Library. Annette Branch. 145 Annette St. (Keele and Annette). 2:00 pm. Call 416-393-7692 to register. FREE

**Thursday November 29 – Sunday December 2. Reception: Saturday, December 1 at 2 pm.** THE ARTISTS OF SOUND TIMES' EXHIBITION FALL/WINTER 2008. Cabbagetown Community Art Centre. 454 Parliament St. (just south of Carlton). Noon – 5:30 pm. An array of fine art pieces including landscapes, abstracts and collage. A beautiful selection of crafts including the original "Cruel Yule" Christmas stockings. For details please call 416-979-1700. FREE

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## Festivals

**Wednesday, November 5 to Wednesday, November 26.** WINDOW WONDERLAND. Ryerson Retail Management students and Downtown Yonge businesses present holiday window display on budget of \$100 with the theme of "The Spirit of Giving". To be judged November 26. Displays located from Richmond to College Street and Bay to Victoria St. Call 416-597-0255 x6 or email [bia@downtownyonge.com](mailto:bia@downtownyonge.com) or visit [www.wintermagic.ca](http://www.wintermagic.ca). FREE

**Sunday, November 23.** BLESSING OF THE DOGS SERVICE AND DOG CHRISTMAS PARTY. College St. United Church. 1 pm – 4 pm. 502 Bathurst Street. (NW corner of Bathurst St. and College St.) Use the Bathurst St. Entrance. Call 416-929-3019 or email [secretary@collegestunited.org](mailto:secretary@collegestunited.org). Donations welcomed. FREE

**Sunday, November 16.** SANTA CLAUS PARADE. Starts at Christie St. at Bloor St. West. Continues along Bloor Street to Avenue Road. Proceeds South around Queen's Park Crescent, along University Avenue to Queen St. The Parade heads east on Queen Street to Yonge Street, south on Yonge Street to Front, and finally east on Front to where the parade route ends at Church St. 12:30 pm. Visit <http://www.thesantaclausparade.com/>. FREE

**Saturday, November 29 – Sunday, November 30.** WEEKEND OF FAMILY FUN AT YONGE-DUNDAS SQUARE. Max & Ruby, Dora the Explorer and Diego, The Care Bears. Fun Nation, The Smudge Fundaes. Team K-9 will do amazing dog tricks. Yonge-Dundas Square. TTC: Dundas Subway Station. 12 pm to 6 pm. For more information 416-597-0255 x6 or visit <http://www.wintermagic.ca/>. FREE

## Lectures

**Thursday, November 20.** QUEENS OF EGYPT. Consorts, regents and rulers. The royal women of Ancient Egypt were powerful, intelligent, and cunning. Deirdre Keleher, from the University of Toronto, will speak about Egypt's fascinating royal women. Toronto Public Library, Deer Park Branch. 40 St. Clair Ave. East. 7 pm – 8:30 pm. Call 416-393-7657. FREE

## Film/Movies/Video

**Ongoing.** <http://www.caribbeanheadlinenews.com/> Welcome to Caribbean Headlinenews.com. Caribbean Headline News is dedicated to bringing news stories from the Caribbean islands on issues of the day. Please join me every Monday, Wednesday and Saturday for new videos. We hope this website is insightful and informative in bringing you relevant news stories. In order for you to view this website you need the latest version of [windows media player](#).

**Saturday, November 15.** RENDEZVOUS WITH MADNESS FILM FESTIVAL. Workman Arts. This is the last day of the film festival. 1:00 pm: Opening Night Repeat Screening. 4:00 pm: Short films by Workman Arts members. *Rendezvous with Rendezvous* by Jordan Stone. 7:00 pm Perspective is Relative; *Flicker* by Nik Sheehan, *Everything Will Be OK* by Don Hertzfeldt. 1001 Queen Street West at Ossington. Info Line: 416-583-4606 or visit [www.rendezvouswithmadness.com](http://www.rendezvouswithmadness.com). Pay what you can (\$2.00 suggested minimum).

## Peer Support

**Ongoing. Every Friday.** GAY AND BI MEN'S PEER SUPPORT GROUP FOR MENTAL HEALTH CONSUMER/SURVIVORS. Has been meeting for the last 4 years. Email [jaymarcelle@hotmail.com](mailto:jaymarcelle@hotmail.com) or call 416-934-0660 even if you are not sure, we are here for you. Java Jive. Church & Wellesley. 7 pm. FREE

**Ongoing.** THE SECRET HANDSHAKE: schizophrenia peer support group and network. The first peer support network made by and for people with schizophrenia in Canada. Call 1-888-296-2424 or Email [thesecrethandshake@hotmail.com](mailto:thesecrethandshake@hotmail.com). FREE

## Photography

**Month of November 2008.** TANJA-TIZIANA BURDIE. Photographic work exploring urban life. North York Central Library. 5120 Yonge St. Call 416-395-5672 to register or visit [torontopubliclibrary.ca](http://torontopubliclibrary.ca). FREE

## Recreation

**Friday, November 28.** BINGO. Friends & Advocates. 2340 Dundas St. West #G27 (in the Crossways Mall). 7 pm – 9 pm. Membership is FREE. Membership is required. Call Gina at 416-234-9245 x223 to register. Bring \$1.00 for the Bingo.

## Workshops/Conferences

**Tuesday, November 25.** HEALING THROUGH NATURE. Feeling Stressed? Open yourself to the power of nature around you and draw positive energy from it to make your inner-self calm. Find simple ways to stay connected with nature every single day. Facilitated by Niroma De Zoysa. Scarborough Women's Centre. 2100 Ellesmere Rd, Suite 245. (north west corner of Markham & Ellesmere). 6:30 pm to 8:30 pm. Pre-registration is required. Call 416-439-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or visit [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca). \$5

**Thursday, November 27.** COMMUNITY HEALTH FORUM. AIDS Committee of Toronto presents *Stress and Anger Management for PHA's*. An open discussion for people living with HIV/AIDS. Metro Toronto YMCA 20. Grosvenor Street. Light buffet served at 6:30 pm. Guest Speakers and discussion from 7 pm to 9 pm. Call Robin Rhodes at 416-340-8484 x219 or email [rhodes@actoronto.org](mailto:rhodes@actoronto.org). Wheelchair Accessible. Child Care Subsidy Available. FREE

## Writers

**Ongoing.** Call for Submissions. *OPEN MINDS QUARTERLY-Your psychosocial literary journal*. This international print magazine consumer/survivor literary journal is a project of the Northern Initiative for Social Action. They seek first-person accounts, essays, poetry and short fiction, book and movie reviews and open letters from consumer/survivors as well as friends and family members. Submissions are reviewed for publication. The annual subscription rate is \$20.00 for consumer/survivors. I've included it under low-cost activities because \$20 over the course of a year breaks down to \$5.00 an issue. They also produce a FREE monthly online publication: The Writer's Circle Online (Go to [www.nisa.on.ca](http://www.nisa.on.ca) and click on Writer's Circle Online). We are going to subscribe so you are welcome to come down to the Centre and enjoy it for free.

**Tuesday, November 18.** CANADIAN WRITERS IN PERSON. A Series of Free Public Readings. Djanet Sears' *The Adventures of a Black Girl in Search of God* (Playwrights Canada, 2003). York University. Accolade West Building. Room #109. 7 – 10 pm. Call Professor Gail Vanstone at 416-736-2100 x33957 or email [stars@atkinson.yorku.ca](mailto:stars@atkinson.yorku.ca) or visit <http://www.atkinson.yorku.ca/cdnwriters>. FREE

**Wednesday, November 19.** FALL 2008 UPTOWN DOWNTOWN AUTHOR SERIES. Ibi Kaslik reads from and discusses *Angel Riots*, an indie-rock tragedy. Question and Answer period afterwards. North York Central Library. 5120 Yonge St. 7 pm. Call 416-395-5672 to register or visit [torontopubliclibrary.ca](http://torontopubliclibrary.ca).

**Thursday, November 20.** CREATIVE WRITING GROUP. Friends & Advocates. 2340 Dundas St. West #G27 (in the Crossways Mall). 1 pm. Membership required. Membership is FREE. Call Gina at 416-234-9245 x223 to register.

## C/S Words to the Wise

Send us *your* favourite quotation and we'll make sure that consumer/survivors have the last word. Thank you, Sister Catherine, for reminding us to:

Rejoice in the Moment(s)!