

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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December 1, 2008    Bulletin 383

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## Doing It For Ourselves

Baby its cold outside. And the Ontario Public Service Employees Union (OPSEU) made this November colder than usual for Toronto consumer/survivors. The first week of November they placed three bus shelter ads in the vicinity of 1001 Queen West, each poster displaying the bruised face of a woman. (Why a woman? Why not a man's face? Why not a picture of two staff members fighting? More cynical options come to mind...). The pictures are framed by the caption: "No more excuses. The Centre for Addiction and Mental Health must protect its staff from violence. It's the law". The message of OPSEU's campaign is that consumer/survivors, CAMH patients in particular, are dangerous. You can view the ad/poster at:

[http://www.opseu.org/bps/health/CAMH\\_AstralBusShelterAd-small.pdf](http://www.opseu.org/bps/health/CAMH_AstralBusShelterAd-small.pdf).

Weirdly, OPSEU chose a type of image that was popular in early anti-violence against women campaigns but has long since been abandoned. Activists realized that in a culture saturated with images of assaulted women, one more picture merely adds to a culture of violence. OPSEU's choice of this particular image represents a cynical and mean-spirited appropriation of the historical symbols of a serious social justice movement. It adds insult to injury because it associates patients, clients, consumers and survivors of the mental health system with abusers of women and children. Another weird thing is OPSEU's timing. Early November brings the frost on the pumpkin. It's getting cold and we feel winter coming on. Soon enough bus shelters will be providing last-ditch shelters from the cold for homeless people, many of whom experience severe mental health problems. I guess OPSEU failed to consider the irony.

Consumer/survivor activists, the Ontario Association of Patient Councils, CAMH staff and clients, the Empowerment Council, the Psychiatric Patient Advocate Office, the Family Council immediately denounced the posters. The media joined in and on November 11, OPSEU took them down. In a letter to the Empowerment Council, OPSEU stated, "There was no intent on the Local's part to ever have people believe clients are violent in general." Not much by way of an apology but this shouldn't surprise anyone. A 1991 OPSEU newsletter reveals that a hostile attitude towards consumer/survivors is nothing new for them. The newsletter contains a political cartoon that depicts CAMH patients as fanged dinosaurs, prowling outside a cave where staff members cower in fear for their lives. You can view the image here: <http://mycanadianshield.ca/mindscape/?p=224>. This month OPSEU added a few shovelfuls of their own to the slagheap of stigma that oppresses some of the most vulnerable members of our community. But we refused to tolerate it. We demanded that they take down the posters and they did, eventually, all the while insisting they "didn't know" what is so clearly evident to the rest of us.

Colleen

## Newsbytes

**Life expectancy of consumer/survivors 25 years shorter than that of general public.** A *Centre for Psychiatric Rehabilitation* newsletter article reports that the life span of people with psychiatric disabilities is decreasing. The article states that the following social determinants constitute barriers to wellness:

- poverty
- inadequate health insurance coverage and quality health care
- membership in a diverse community (racial and ethnic minority communities; disability communities; Gay, Bisexual, Lesbian, Transgendered communities, immigrant communities, and others)
- side effects of many psychiatric medications
- negative health care experiences that keep people with psychiatric disabilities from seeking medical care
- lack of health information that addresses the diverse needs of people with psychiatric disabilities
- negative attitudes and prejudice among health care providers
- resistance to change in mental health service delivery models, infrastructure, and settings
- lack of synergy between medical and mental health services
- lack of financing streams that support health promotion interventions

The authors urge the need “for a more holistic framework of health integrating physical and mental care; a framework developed in collaboration with all stakeholders that can serve as the beginning of efforts to improve the health outcomes of people with serious mental illness in our systems, programs, and practices.” (Wellness & Recovery – The Vision and the Pledge in *Recovery & Rehabilitation Newsletter*, Volume 4, Number 3, edited by Cathy St. Pierre) (For full text of the article visit:

<http://www.bu.edu/cpr/resources/newsletter/healthandwellness/healthandwellness-load.html>.)

**CMA survey reveals that stigma of mental illness remains pervasive.** A recent survey of 1,092 Canadian adults by the Canadian Medical Association reveals a number of disconcerting results.

- Almost half of Canadians believe that a diagnosis of mental illness is merely an “excuse for poor behaviour and personal failings”.
- One in four Canadians is afraid of being around someone who suffers from serious mental illness.
- One in 10 thinks that people with mental illness could “just snap out of it if they wanted”.
- Only half of those surveyed would tell friends or co-workers that a family member was suffering from mental illness.
- Only 16 percent said they would marry someone who suffered from mental illness.
- 42 percent said they would no longer socialize with a friend diagnosed with a mental illness.
- Half of Canadians think alcoholism and drug addiction are not mental illnesses.
- One in nine people think depression is not a mental illness, and one in two think it is not a serious condition.
- Canadians are split as to whether the increase in the number of people with mental illness is because of better diagnosis, or the result of increasing stresses of modern life.
- Three in every five Canadians think that mental health care is under funded.
- 72 percent think financing of mental health treatment and prevention should be on a par with that of physical health.

The survey on mental health is part of a larger National Report Card on Health Care, which the CMA publishes annually. (Andre Picard’s article “Stigma of mental illness pervasive” in the *Globe and Mail*, August 18, 2008 at 4:00 AM EDT). (For full text go to <http://www.theglobeandmail.com/servlet/story/RTGAM.20080818.wmental18/BNStory/mentalhealth/>.) (Reprinted from Bulletin #379, October 1, 2008.)

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**EMPOWERMENT COUNCIL:  
A VOICE FOR THE CLIENTS OF MENTAL HEALTH and ADDICTION SERVICES**

COLLEGE SITE: 250 College St., Room 1262, Toronto, ON M5T 1R8 (416) 535-8501 ext. 4022, jennifer\_chambers@camh.net  
QUEEN STREET SITE: 1001 Queen St. W., Room 160, Toronto, ON M6J 1H4 (416) 535-8501 ext. 3013 lucy\_costa@camh.net

## **Fear and Loathing in Ontario**

“Look out for the crazy person!” Are we behind you with a knife? No. More likely behind you in line at the grocery store. Fear mongering about the mentally labeled is a tired theme, but it never gets old. It is big business. It fuels the entertainment industry. It feeds political campaigns. And it provides jobs.

We are easy to scapegoat. We seem “different” by definition; in fact, it’s one of the more polite ways to refer to us. Yet we are you. One out of every five people in Canada has had a psychiatric diagnosis. This broad cross section of society would go a long way to dispelling the Violent Mental Patient Myth, if only people were not too ashamed and afraid to admit they are one of this group. As people live in fear of being discovered, it is open season on the spreading of prejudice and discrimination.

The most recent, none too subtle implication, that people in the mental health system are scary, was in a poster by the Ontario Public Service Employees Union (OPSEU). It depicted a woman with a black eye, reading, “No more excuses. The Centre for Addiction and Mental Health must protect its staff from violence. It’s the law.” According to the union, the conclusion which viewers drew that this violence is all about clients was unintentional as violence is done by staff too. If we give the union the benefit of the doubt, this still speaks volumes to the obliviousness most people have about feeding negative representations of people in psychiatric institutions. More cynically it has been noted that fear mongering campaigns about patients keep cropping up at collective bargaining intervals (related to discussions of numbers of staff and danger pay). But let’s hope sensitivity has now been raised and such errors will never occur again. OPSEU is considering funding a poster the Empowerment Council will devise with a message that helps undo the harm. If it happens, it will be more than what others have done who’ve inflicted similar pain and the union will deserve credit for that. It must be noted that unions hurt their own members with these tactics, as plenty of union members currently use and have used mental health services, just like everybody else.

Law and order political campaigns have deliberately generated fear of people who have been in the psychiatric system. They generate the fear, and then provide the oppressive “solution”. The Ontario Conservative government took lessons from the Americans. Scare everybody by reminding them of an individual case where a mentally disturbed person killed someone (it doesn’t matter how rare that is or that the law already addresses dangerousness) then attach the name of the dead person to a new law that has nothing to do with dangerousness but everything to do with excessive control of people. Then you can pass the law, and people who were harming no one are brought under strict state control.

Three years ago riders of the TTC were confronted by a disturbing sight - a wild eyed, wild-haired, screaming woman - the stereotype of a lunatic. The caption read “Are you making excuses for a loved one’s behaviour?” This was followed by the statement that bipolar disorders are real, so call the Mood Disorders Association. A significant number of people in Ontario have, at some point in their lives, had the experience of being emotionally or mentally distressed or disordered. Many saw doctors, got a diagnosis in their medical records, perhaps one of “mood disorder”. Whoever feared this could one day result in being thought of as an uncontrollable, screaming head case to whom it is a liability to be close to had their fears fully realized through these advertisements by the Mood Disorders Association.

Who are the worst perpetrators of prejudice and discrimination toward clients of the mental health system? Ironically, it is typically the same people who are paid to address “stigma”: people working in mental health services and the appointees of legislators who govern it. This is why so much of what is called anti-stigma work is geared to getting people into treatment rather than about our truth, our self identified needs, and our rights as citizens. The Mental Health Commission of Canada has been an example of the very discrimination it claims to address. It created an advisory group for family caretakers, and for workers, but it refused to create one for clients/consumers/survivors despite requests to support that voice (finally people created their own group and the Commission had to accept it). The CAMH Transforming Lives campaign takes a run at stigma too, the embarrassment of having a psychiatric history or an addiction through its multi media campaigns, but does not address the attitudes that allow people to be stripped of fundamental human rights and dignity.

It is time for the fear and hate mongering to stop. It is time for us to have our own voice and for that voice to be heard. It is time for the hated and feared to get the money given to vested interests to combat “stigma”.

**Because we are the message.** We are real people and we are only standing behind you to get a loaf of bread.

Jennifer Chambers  
Empowerment Council Coordinator

## Wish List

This issue the Centre has received a donation of two frying/skillet pans, one large and one small, each with its lid. It comes with mugs and a cookie lifter. In addition we have received a donation of a bureau, night table and mirror. One of our regular donors is offering a mini-fridge (approximately 18” by 18” by 18”) in excellent condition. If anyone is interested in 2 large speaks, and amp and a tuner, the donor is able to bring them to you. Last but not least there is a donation of a used toaster oven and some sofa cushions. We have received the following requests:

- a request from a couple who are setting up house, have basically nothing, don't qualify for the furniture bank and lack a vehicle to transport items. Household items, especially furniture, from donors who can transport it would be greatly appreciated.
- a vacuum cleaner (her old one broke).
- a deep electric frying pan with its lid.
- an analog telephone to make his doorbell work.
- a 'used field camera' for (black and white prints) to create a small picture book on the changing landscape of 21<sup>st</sup> century community building innovation designs.
- any nice cookbooks for a lady who had to leave hers behind in a recent move due to a bedbug infestation.

If you can fulfill any of these requests or have something to donate or would like to make a request for something, please call us at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

## C/S Online

Mr. Robert Carson called us last week with a suggestion: ask our readers for good websites that other consumer/survivors would be interested in. Post them in the Bulletin so subscribers can compile their own online resource list. Great idea, so if you know any good sites please give us a call at 416-595-2882 or send us an email at [csinfo@camh.net](mailto:csinfo@camh.net). Mr. Carson is an original founder of On Our Own, which published the very successful, *Phoenix Rising*, for many years.

In this edition, I would like to recommend the Canadian Mindscape Monitor website, which describes itself as “non-lapdog news commentaries about the psychology, psychiatry and pharmaceutical industries of mental illness and mental health...” (A good place to read all about the recent OPSEU ad debacle).

<http://mycanadianshield.ca/mindscape/>

## Yak & Snack

Please join us December 3<sup>rd</sup> at the CRCT Boardroom where we will snack on holiday-inspired treats while finding out about free and low cost things to do in Toronto, with an emphasis on the holidays. Glen Dewar, founder of the C/S Info Centre, will 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

## Job Posting

### Family Service Ontario Receptionist/Administrative Assistant

- Full Time with full benefits
- Near Toronto Airport
- Application Deadline: 12/05/2008
- Salary: \$30,000

Family Service Ontario (FSO) is a provincial umbrella association for 42 member agencies across the province. FSO accredits member agencies, represents the interests of family service agencies to government and provides a variety of services to its members. Programs are funded primarily through membership and accreditation fees.

**Qualifications:** Minimum community college diploma and minimum of 3 years of recent experience in an office environment, including reception. Excellent written and spoken English. Excellent computer skills, particularly with MS Word and Excel.

Contact by mail only: John Ellis, Executive Director, Family Service Ontario, 190 Attwell Dr. Suite 630, Toronto, Ontario M9W 6H8

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# ANNOUNCEMENTS

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

Community Resource Connections of Toronto (CRCT)  
presents its popular

### Wellness and Recovery Newsletter

The *Wellness and Recovery Newsletter*, a joint project of the Consumer/Survivor Information Resource Centre of Toronto and the Health Promotion Program of Community Resource Connections of Toronto (CRCT), is running a survey to gather people's thoughts about wellness and recovery.

Here's your chance to have your say: just go to CRCT's home page at <http://www.crct.org/> and look for the link labeled "Share your views about wellness and recovery". Responses to the survey will be printed in the Wellness and Recovery Newsletter, and on CRCT's web site. We hope to hear from you.

## DIABETES SELF-MANAGEMENT PROGRAM FOR MENTAL HEALTH CONSUMER/SURVIVORS

South Riverdale Community Health Centre  
955 Queen Street East (at Carlaw)  
Every Tuesday from January 6<sup>th</sup> to January 27<sup>th</sup>, 2009  
2:00 pm to 4:00 pm

DECNET is pleased to offer a program to the East Toronto community especially tailored to meet the needs of individuals experiencing mental illness and diabetes.

- Small group classes are offered in 4 meetings of 2-hour duration in a community setting led by a Nurse and Dietician
- Family members, case managers, and caregivers are invited to accompany participants
- Programs are offered at no cost to participants; TTC tickets will be provided to participants
- Program includes an initial program visit with a nurse or a dietitian so we can get to know each other.

Individuals can also meet one-on-one with a registered nurse or dietitian at any time without attending the class.

Call Christine at 416-461-9042 X 341 for more information.

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### STAND UP FOR MENTAL HEALTH Winter 2009 Program

#### Participants Will 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:

- empower participants
- break down isolation and anxiety
- help participants convert their experiences into a stand-up comedy routine
- build self-esteem

The program concludes with a Comedy Showcase featuring performances by STAND UP FOR MENTAL HEALTH Winter 2009 Program graduates. Participants perform short comedy routines for friends, family and other supportive guests (in early April 2009).

**When:** Monday Evenings from 7:00 pm - 9:45 pm for 15 weeks

**Starts:** Monday, January 12<sup>th</sup>, 2009

**Where:** Mood Disorders Association of Ontario

36 Eglinton Avenue West, Suite 602 (Yonge and Eglinton)

- Applications must be received by Monday, January 5<sup>th</sup> 2009.
- The course is limited to 15 people.
- Selected applicants will participate in a short interview to assess suitability and commitment.
- This is a FREE program.

For Terms of Agreement and Application Form please contact:

Emma Ardal, Project Facilitator  
Stand Up for Mental Health Program  
c/o Mood Disorders Association of Ontario  
36 Eglinton Ave. West, Suite 602 Toronto, Ontario M4R 1A1  
Fax: 416-486-8127 Phone: 416-486-8046

Empowerment Council Presents  
Patient Rounds  
**Mental Health Advocacy - Learning How To Get More Involved**  
Thursday, December 4<sup>th</sup>  
2:00 pm – 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 doing community development and trying to make advocacy changes for the client/consumer/psychiatric survivor community.

We will also be discussing upcoming Empowerment Council client elections, site meetings and the Empowerment Council AGM. For more information please call Lucy Costa at 416-535-8501 x3013.

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### **2009 Front Line Workers' Series**

Based on the documentary film BEVEL UP: Drugs, Users and Outreach Nursing

Each segment in this series will focus on a different aspect of working with people who use drugs; will include screening of the relevant part(s) of the Documentary; and will be followed by an interactive discussion facilitated by people with expertise in that area, including service users.

All segments in this series will run on the second Wednesday of the month. 1:00 - 4:00 pm. Metro Hall, Room 308

January 14: Pregnancy & Parenting. Facilitators: Tammy Mackenzie & Chantal Desgranges, Pathways to Healthy Families, Jean Tweed Centre

February 11: Street-Involved Youth. Facilitators: Alan Simpson, Youthlink Maria Moutsatsous, YMCA Youth Substance Abuse Program

March 11: Concurrent Disorders. Facilitators: Paula Tookey & Wangari Muriuki Street Health Community Nursing Foundation

April 8: Aboriginal Issues. Facilitators: TBA

There is NO FEE to attend these sessions but REGISTRATION is REQUIRED. Register for one session or all! Email [torentoharmreduction@yahoo.ca](mailto:torentoharmreduction@yahoo.ca) or call 647.222.4420.

*NOTE: A screening of the full documentary film will take place on Monday, December 8, 2008 at 2:30 pm in Committee Room 1 at Toronto City Hall.*

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### **THE FRIENDLY SPIKE THEATRE BAND**

invites you

### **to a CHRISTMAS DAY POT LUCK PARTY**

Bring your own plate and cutlery. Food contributions welcome!  
May Robinson Auditorium. 20 WESTLODGE. Wheelchair Accessible.  
RSVP to RuthRuth at 416-516-4740. December 25. 3 pm – 8 pm.

ALL ARE WELCOME.

# The Toronto Harm Reduction Task Force invites you to participate in Three Outstanding Public Events

## **Annual General Meeting**

Thursday, December 4th at 2:00 pm.

410 Sherbourne Street, 3rd floor

Featuring Guest Speaker Raffi Balian of COUNTERfit "User Driven Harm Reduction Programs"

*"Not your average AGM" - Great food, conviviality and solid information.*

No need to RSVP. EVERYONE is WELCOME!

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## **A public forum to discuss the concerns and needs of marginalised crack cocaine users in Toronto**

Friday, December 12th

9:00 am to 11:00 am

Toronto City Hall, Committee Room #2

The findings of a community-based survey of homeless adults in Toronto about crack use, health and access to health care will be released at this forum. The study, conducted by Street Health, revealed that nearly half of homeless adults in Toronto report regular crack use. The study presents a detailed picture of the difficult lives of homeless people who use crack cocaine, including findings on health problems, social isolation and poor access to health care and shelter.

Please RSVP to Holly Kramer at [torontoharmreduction@yahoo.ca](mailto:torontoharmreduction@yahoo.ca).

This forum is being hosted by the Safer Crack Use Coalition of Toronto, Street Health and the Toronto Harm Reduction Task Force. The Homelessness & Crack Use Research Bulletin #3 will be available at the event and at [www.streethhealth.ca](http://www.streethhealth.ca) after December 12th.

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## **2009 Front Line Workers' Series**

**Based on the documentary film BEVEL UP: Drugs, Users and Outreach Nursing**

All segments in this series will run on the  
second Wednesday of the month

1:00 - 4:00 pm.

Metro Hall

Room 308

Each segment in this series will focus on a different aspect of working with people who use drugs; will include screening of the relevant part(s) of the Documentary; and will be followed by an interactive discussion facilitated by people with expertise in that area, including service users.

**There is NO FEE to attend these sessions but REGISTRATION is REQUIRED.**

[torontoharmreduction@yahoo.ca](mailto:torontoharmreduction@yahoo.ca) or call 647-222-4420

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## **❖ Christmas Bake and Craft Sale**

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.

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

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Free and Low-Cost Events for December 1 - December 15

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## Art/Exhibits

**CALL FOR SUBMISSIONS.** Gallery X is a not for profit, artist run gallery that promotes Queer art. We provide space free of charge and take no commission on sold work. A sex-positive space. For further information email [gallerix@xtra.ca](mailto:gallerix@xtra.ca). Gallery X. 491 Church Street. Suite 200. FREE

**CORRECTION: THE ARTISTS OF SOUND TIMES' EXHIBITION FALL/WINTER 2008** Art Show took place November 6 to November 9. It is **not** scheduled for Thursday, November 29 – Sunday, December 2 as advertised in the November 15 Bulletin. I apologize for any inconvenience.



September 16 – December 6. Tuesdays through Saturday at noon – 5 pm. Saturdays at noon – 4 pm. **BEAVER TALES.** Presented by University of Toronto Art Centre. Illustrates how Canadian countryside and wildlife have been celebrated and interpreted over the past two centuries. Guest curators: Rachel Gotlieb and Martha Kelleher. University of Toronto Art Centre. 15 King's College Circle. Call Maureen Smith at 416-946-7089 [maureensmith@utoronto.ca](mailto:maureensmith@utoronto.ca). FREE

October 25, 2008 - January 11, 2009. **LOCAL FLAVOUR: EATING IN TORONTO, 1830-1955.** TD Gallery, Main Floor. Toronto Public Library presents an exhibition of cookbooks, advertisements and photographs that trace 125 years of culinary history in Toronto from the publication of early cookbooks to the development of household appliances; the rise of manufactured and convenience foods; grocery stores; victory gardens and rationing during the war years; dining out and the growing sophistication of an urban palate. Visit [Toronto Reference Library](#) [Virtual Exhibit](#). FREE

## Comedy

October 9 to December 31. Every night of the week. Monday at 9:15, Tuesday – Friday at 9:45 pm, Saturdays at 12:15 am, Sundays at 8:45 pm. **FREE IMPROV EVERY NIGHT AT THE SECOND CITY.** Hotshot. 181 Augusta Avenue. Call Jackie Mersereau at 416-343-0033 or email [jmersereau@secondcity.com](mailto:jmersereau@secondcity.com) or visit [www.secondcity.com](http://www.secondcity.com). FREE

## Dance

Thursday, December 18 at 7:30 pm. Friday, December 19 at 7:30 pm Saturday, December 20 at 1:30 pm and 7:30 pm. Sunday, December 21 at 1:30 pm. **THE NUTCRACKER.** Lismer Hall, HumberSide Collegiate Institute. 280 Quebec Avenue. Pia Bouman School for Ballet and Creative Movement invites Toronto to be a part of its 23rd annual performance of Nutcracker. With over 100 dancers, a massive effort from performers and volunteers is undertaken to mount this unique production, where dancers often share the stage with siblings, parents and grandparents – and your entrance actually becomes part of the opening scene. Using over 1,000 props and costumes, this staging of Nutcracker takes community theatre to a must-see level of complexity and professionalism. Call Pia Bouman at 416-532-8705 or email [info@piaboumanschool.org](mailto:info@piaboumanschool.org) or visit [www.piaboumanschool.org](http://www.piaboumanschool.org). FREE

## Festival/Celebration

Tuesday, December 4 at 1:00 pm. **TRADITIONAL CHRISTMAS CANDLELIGHT SERVICE.** Spiritual and Religious Care Services. Workman Theatre. Queen Street Site. Light Refreshments after the Service. ALL ARE WELCOME. FREE

December 5 to 7. **HARBOURKIDS SK8**. Harbourfront Centre hosts the city's coolest skating celebration for families—ice skating, skateboarding and roller skating—with performances, films, activities and loads of fun! All events are held at Harbourfront Centre. 235 Queens Quay West. Take Spadina Streetcar to Queens Quay. Call 416-973-4000 or email [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com) or visit [harbourfrontcentre.com](http://harbourfrontcentre.com) or visit [www.harbourfrontcentre.com/harbourkids](http://www.harbourfrontcentre.com/harbourkids). FREE

## Music

December 7. 2 pm-4 pm. **NORTHDAL CONCERT BAND** presents a matinee concert. Piano Soloist: Gifford Toole. Scarborough Civic Centre. 150 Borough Drive. Take Bloor Subway east to Kennedy and the LRT from Kennedy to Scarborough Centre. The Scarborough Civic Centre is a few steps south of the LRT station. Follow "Scarborough Civic Centre" signs. Call Laura Rosenfield at 416-486-3011 or email [Northdaleconcertband@hotmail.com](mailto:Northdaleconcertband@hotmail.com) or visit [www.northdalemusic.com/ncb](http://www.northdalemusic.com/ncb). FREE

Sunday, October 19 at 4:30 pm. **CHRISTMAS VESPERS**. The Dixie Demons: Dan Douglas – *trombone*; Ross Woodridge - *clarinet/ piano*; Steve Crowe – *trumpet*; Phil Disera – *banjo*; Doug Burrell – *tuba*; Chris Lamont – *drums*. Christ Church Deer Park. 1570 Yonge Street (NW corner of Yonge & Heath - 2 blocks north of St. Clair. Call 416-920-5211). Phone: 416-920-5211 or email <mailto:king@thereslifehere.org>. All are welcome. FREE

## Peer Support

Dates & Locations TBA. Ongoing. **MIND, BODY, AND SOUL SELF HELP SUPPORT**. Mind, Body & Soul is a self-help support group in Richmond Hill offering assistance to those with anxiety, depression, bi-polar and other mental health related issues. Many relaxation workshops. It offers a wide variety of programs including guest speakers, seminars and social events. Visit <http://www.mindbodyandsoul.ca/> or call 905-764-1247 to register. FREE

## Rally

December 7 at 1:00 pm – 3:00 pm. **GLOBAL RALLY TO STOP GLOBAL WARMING**. Yonge-Dundas Square. Contact Charlotte Ireland at [info@torontoclimatecampaign.org](mailto:info@torontoclimatecampaign.org). FREE

## Theatre

December 6 – December 21. Tuesday – Sunday at 8 pm. **A VERY POLITE GENOCIDE**. Presented by [Native Earth Performing Arts](http://www.nativeearth.ca). The first show in Native Earth's 2008/2009 season! A young woman's sense of identity is buried under the scar tissue of the residential school system. A chance encounter with a photograph exposes the legacy that binds Josie to her family and its ghosts. Buddies in Bad Times Theatre. 12 Alexander Street. Call Catherine Hernandez at 416-531-1402 or email [Catherine@nativeearth.ca](mailto:Catherine@nativeearth.ca) or visit <http://www.nativeearth.ca/>. Pay What You Can to \$25.00.

## C/S Words to the Wise

Send us *your* favourite quotation and we'll make sure that consumer/survivors have the last word.

"All shall be well."