

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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January 1, 2009    Bulletin 385

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## Harvard Research Reveals: Happiness is Contagious

New research from Harvard University and the University of California reveals that happiness spreads through social networks. The study, published December 5th in the British Medical Journal, followed 4,739 people over 20 years, and involved 50,00 family and social relationships. They found “that when an individual becomes happy, a friend who lives nearby experiences a 25-per-cent increased chance of becoming happy. And the more centrally located you are in your social cluster of happy people, the more likely you are to become happy.” Happy next-door neighbours increase your happiness by 34 percent. Your friends’ friends also benefit by a possible 10 percent increase in happiness. A friend of a friend of a friend of your happy friend gets a 5.6 percent increase. Fortunately, unhappiness does not appear to spread as intensely as happiness. (Source: TRALEE PEARCE - From The Globe and Mail. December 5, 2008 at 2:13 AM EST). (For full article visit [http://www.theglobeandmail.com/servlet/story/RTGAM.20081205.wlhappy05/BNSStory/lifeFamily/home?cid=al\\_gam\\_mostemail](http://www.theglobeandmail.com/servlet/story/RTGAM.20081205.wlhappy05/BNSStory/lifeFamily/home?cid=al_gam_mostemail)).

So Here's Wishing All of Us

# A Happy New Year!

## Centre News

Hello to Bulletin readers. We're doing some work on our mailing lists and we'd like your help. As you may have seen, we now send the B out in both Word (.doc) and Adobe Acrobat (.pdf). If that helps anyone to be able to convert to email, that would be great. Just give us a call, or send us an email and we would be happy to do that. We are currently sending out 502 Bulletins by mail and more than 830 by email. While the Community Support and Research Unit (CSRU) of the Centre for Addiction and Mental Health (CAMH), generously pays for the postage, we still have to fold and stuff 500 envelopes and pay for the copying, paper and envelopes. So if you are able to convert to email, we'd be glad.

Next in the clean-up requests, the Ministry of Health, who is our funder, would like us to be collecting people's ages and where they live. Now, obviously, if we are mailing you the Bulletin, we know where you live, but we'd appreciate getting your age or even age range, and if we are emailing you the Bulletin, we like to get your postal code and age. The address part is a result of the new (ish) division of the province into 14 areas called LHIN's (Local Health Integration Networks). They want every agency that gets funding from them to be able to say whether they are serving lots of people from outside of their LHIN and what percentages, etc.

So, if you can spare a few minutes over the next month or so, we would appreciate a call or an email telling us your name and reminding us how you get the Bulletin and your age and/or postal code. You don't have to tell us both, you can say only one or the other, and of course, giving us any of this information is entirely voluntary. If you are leaving us a voice mail, please remember to speak slowly and clearly.

Thanks a bunch for helping with this.  
Helen and Colleen

## Newsbyte

**Swiss voters overwhelmingly support pilot project giving heroin to long-term addicts.** Projections based on actual voting returns indicate 69 percent voter approval of the program. Reduction in crime and health improvement in addict's lives have been attributed to the program, which has been running for 14 years. The projections from state-owned television based on actual voting returns indicate that 69 per cent of voters approve making the program permanent. (Updated Sun. Nov. 30 2008 9:07 AM ET The Associated Press)

[http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20081130/swiss\\_heroin\\_081130/20081130?hub=Health](http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20081130/swiss_heroin_081130/20081130?hub=Health).

## Wish List

We have received requests for a musical instrument, many requests for a sewing machine, pots and pans and a photocopier with a cartridge. One of our readers would like a microwave stand and a TV stand. We have received a call from 550 Kingston Road for winter hats, mitts and scarves. (550 Kingston Road just happens to be the C/S Info Centre's first home). Over the last couple of weeks we have been able to match up the following requests with donations: a sewing machine, a computer, pots and pans and miscellaneous kitchen items, a toaster, a coffee maker and a nice set of cookbooks. Currently, we have a donation of a small fridge (18" x 18") that hasn't been claimed yet. If you can fulfill either 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).

### Contents

Happy New Year!  
Page 1

Centre News  
Page 2

Newsbyte  
Page 2

Wish List  
Page 2

Opinion  
Pages 3 - 4

Job Postings  
Pages 4 - 6

Announcements  
Pages 7 - 9

Places To Go...  
Pages 9 - 10

### Jeffrey James – Death by “Restraint”

by Don Weitz

For two or three days, I attended the recent inquest in the tragic death of Jeffrey James, it ended in Toronto on October 10, 2008. Although there were some good and detailed recommendations from the Empowerment Council and Coroner's Jury, the Jury did not demand the end of physical restraints (e.g. 2-point & 4-point restraints) and "seclusion" (solitary confinement, but the Council did. The Jury should have at least recommended phasing out all physical restraints and seclusion because they're forms of cruel and unusual punishment or torture.

The fact is that physical restraints triggered the "pulmonary thromboembolism" (blood clot in lungs that traveled from James' leg) that killed Jeffrey James. A young 34-year old black man, Jeffrey died a horrible death in the Centre for Addiction and Mental Health (CAMH), Toronto's notorious psychoprison, on July 13, 2005. Approximately one month before he died, James had been transferred from Oak Ridge/Penetanguishene Mental Health Centre, another Ontario psychoprison notorious for its brutality; he ended up CAMH's "medium-security" Unit (3-2) - but not for long. For 5 1/2 consecutive days, Jeffrey was severely restrained - tied down with 4-point restraints wrapped around his ankles and wrists, forced to lie on his back so he couldn't move his arms and legs, forbidden to get up and exercise, "chemically restrained" (forcibly drugged) with the powerful neuroleptic Loxepine and 'minor tranquilizer' Lorazepam - while languishing in solitary confinement ("seclusion")! CAMH psychiatrists and doctors repeatedly ordered physical restraints and seclusion; in fact, they didn't even examine Jeffrey before writing restraint orders - facts confirmed during the cross-examination of Drs. Siu and Darby by lawyer Anita Szigeti. Psychiatrist Siu was the last doctor to see Jeffrey, he wrote restraint orders one and two days before Jeffrey died. According to Szigeti, who represented the Empowerment Council at the inquest, Dr. Siu also failed to request an "external consult" (a second opinion) after 72 hours of continuous physical restraint. This sounds unethical to me — a violation of hospital or provincial government restraint guidelines, medical neglect, or a breach of medical ethics.

It's bizarre as to how James ended up in physical restraints and "seclusion" in the first place. The psychiatrists threw James into "seclusion" after some nurses complained to a psychiatrist that James was "masturbating" in front of the nursing station - horrors at such "inappropriate sexual behaviour"! Although he was previously accused of "sexual assault", James had not assaulted or harmed any CAMH staff or patient. It's also important to point out that no nurse and no psychiatrist or doctor bothered to communicate with and understand James as a person before he died. Apparently, dialogue (not to mention empathy or compassion) is a 'privilege' at CAMH and other Ontario psychoprisons.

2-point and 4-point physical restraints and "seclusion" in psychiatric facilities constitute cruel and unusual punishment or torture sanitized as "restraint". I may report these psychiatric tortures to Amnesty International and the United Nations Committee Against Torture. However, I'm not hopeful of action since neither human rights body has officially condemned physical restraints, forced drugging or electroshock ("ECT") as forms of torture. So far, no doctor or psychiatrist is being held accountable for Jeffrey James' death – unfortunately the Coroner's Act of Ontario forbids the coroner or coroner's jury from blaming or charging anybody with unethical conduct or a crime. Let's get real here. Like coroners, most judges uncritically accept or believe that psychiatry's fraudulent medical model is "medical science"; coroners and judges rarely challenge psychiatric "expertise", they rarely question bogus psychiatric procedures including forced drugging, electroshock, physical restraints or "seclusion" (solitary confinement).

Nevertheless, some of the jury's 66 recommendations were constructive and helpful - if acted on. For many years, the Ontario government has been notoriously and routinely negligent in refusing to enforce jury recommendations, especially those concerning psychiatric survivors and homeless people. One recommendation in the James inquest states that the Chief Coroner of Ontario must call an inquest when anybody dies while in physical restraints, but why limit the call to only physical restraints? Many more psychiatric prisoners (involuntary psychiatric patients) also die from chemical restraints (forced drugging), some from electroshock ("ECT"). Obviously, this recommendation doesn't go far enough. When a person dies in an Ontario jail or prison (by whatever means), the Coroner must call an inquest, but the Coroner doesn't have to call an inquest if a person dies in a psychiatric facility or "mental health centre". According to the Coroner's Act, that decision is "discretionary". In a recent human rights case, the Ontario Human Rights Tribunal justly and wisely ruled that inquests into deaths in psychiatric facilities should be mandatory - just as they are for prisons, but an Ontario Superior Court judge recently overruled this important Tribunal decision. (1)

In the meantime, physical restraints, seclusion, trauma, deaths and cover-ups continue at CAMH and every other psychoprison in Ontario and other provinces. Unfortunately, psychiatric torture is not and never was an election issue - it should be. Another national and international shame!

In case you forgot, December 10 is International Human Rights Day and the 60th anniversary of the UN General Assembly's adoption of the Universal Declaration of Human Rights signed by many member nations including Canada. Unfortunately, section 5 prohibiting "cruel and unusual treatment, degrading punishment or torture" didn't protect Jeffrey James and many other psychiatric survivors.

1. See Human Rights Tribunal decision: Braithwaite v. Ontario (Attorney General), 2006, HRTO 15 (CANII)  
<http://www.canlii.org/en/on/onhrt/doc/2006/2006hrt015/2006hrt015.html>

Biographical information: Don Weitz is an antipsychiatry activist, Executive member of the Coalition Against Psychiatric Assault (CAPA), and Co-editor of *Shrink Resistant: The Struggle Against Psychiatry in Canada*

## Job Postings

### Family Service Toronto seeks a Community Resource Facilitator

**Application Deadline: 1/8/2009**

Due to a staff secondment, we have 2.5 days (17.5 hours) per week available for a Community Resource Facilitator in our Options program. We are looking for an experienced, resourceful and creative person who can see past labels to join our Team for a 15-month period. We work in partnership with individuals with intellectual disabilities, their families, friends and communities. Through person-centered planning, we enable individuals to define their goals.

You may have a post secondary degree in social work or have an equivalent combination of education and experience. You have clinical experience working with individuals and families. You have at least three years' experience in social services. A second language is an asset.

Location: 700 Lawrence Avenue West

Schedule: 2.5 days per week

Duration of Contract: 15 months (January 2009 to March 2010)

TRAVEL: Significant travel within Toronto is required. A valid Ontario A driver's licence and access to a vehicle are essential.

Application Deadline: 1/8/2009

Email: [hrdep@familyservicetoronto.org](mailto:hrdep@familyservicetoronto.org) <mailto:hrdep@familyservicetoronto.org>

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

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### Canadian Mental Health Association seeks a Writer/Editor

**Application Deadline: 1/5/2009**

The Canadian Mental Health Association, Ontario is seeking a Writer/Editor for a full-time, three-month contract (January-March 2009). Reporting to the Director, Knowledge Transfer, the Writer/Editor will be responsible for researching, writing, editing, and publishing content for the CMHA Ontario website and various publications, including a magazine and bi-weekly e-mail newsletter.

Please submit resumes and salary expectations no later than 5 pm on January 5, 2009, to

Scott Mitchell, Director, Knowledge Transfer

Canadian Mental Health Association, Ontario

180 Dundas Street West, Suite 2301, Toronto, Ontario M5G 1Z8

Fax #: 416-977-2813

Email: [smitchell@ontario.cmha.ca](mailto:smitchell@ontario.cmha.ca).

For more information visit: <http://www.ontario.cmha.ca>.

## Canadian Mental Health Association seeks an Information and Referral Specialist

**Application Deadline: 1/5/2009**

The Canadian Mental Health Association, Ontario is seeking an Information and Referral Specialist for a part-time, three-month contract (January-March 2009). Reporting to the Director, Knowledge Transfer, the Information and Referral Specialist responds to public requests for information and referral, works on interagency coordination and community outreach, contributes to the development of content for consumers and family members on the CMHA Ontario website, maintains administrative records, and reports on information and referral activity.

**Responsibilities:** The successful candidate will possess in-depth knowledge of mental health issues and the mental health system in Ontario; proven work experience in providing information and referral services within the health sector or other human service agency; a university degree or college diploma in social work or related discipline, or related work experience; excellent knowledge of Internet and database search technologies, database management, and MS Office software; an ability and desire to help and serve others, while maintaining professional limits; ability to conduct needs assessments; excellent oral and written communication skills; and strong time-management skills.

CMHA, Ontario encourages applications from all interested applicants with relevant experience, including consumers and family members. Please submit resumes and salary expectations no later than 5 pm on January 5, 2009, to

Scott Mitchell, Director, Knowledge Transfer  
Canadian Mental Health Association, Ontario  
180 Dundas Street West, Suite 2301  
Toronto Ontario M5G 1Z8  
Fax: 416-977-2813

For further information email: [smitchell@ontario.cmha.ca](mailto:smitchell@ontario.cmha.ca) or visit <http://www.ontario.cmha.ca>.

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## Habitat Services seeks a Housing Support Worker

**Application Deadline: 1/16/2009**

**Qualifications:** The position requires an individual who has: a collaborative approach to teamwork; excellent interpersonal skills; experience in housing settings for people living with mental health issues; experience in offering practical assistance and informal counseling; an understanding of homelessness, community development and recovery approaches to mental health; related post-secondary education and three years relevant experience; familiarity with community resources and crisis services; experience in crisis intervention, mediation, and advocacy; good verbal and written communication skills; strong organizational and time management skills; flexibility and the ability to respond to client needs and preferences; a second language, particularly Cantonese or Vietnamese, is an asset. Habitat Services is committed to employment equity and encourages applications from all equity seeking groups. The salary is \$38,740.16 per annum (pro-rated), with an increase to \$41,740.16 plus benefits after the six-month probationary period is completed.

Applications must be submitted by 4:30 pm on Friday, January 16, 2009.  
Thank you for your interest; only applicants selected for an interview will be contacted.

The Hiring Committee  
"Housing Support Worker"  
Habitat Services  
2238 Dundas Street West, Suite 301  
Toronto, ON M6R 3A9  
Fax: 416-537-2904

## Fred Victor Centre – Concurrent Disorders Support Services Seeks a Program Worker

### **Application Deadline: 1/12/2009**

Fred Victor Centre is a multi-service organization that has assisted people living on low incomes in downtown Toronto for over 100 years. The Centre has an environment which is racially and ethnically diverse and characterized by respect, choice and inclusion. Concurrent Disorders Support Services (CDSS) is the service centre of a partnership of 20 Toronto-based agencies. CDSS provides persons with a concurrent disorder (mental health and addictions) and other complex needs access to a range of specialized services offered by partners. CDSS also supports and develops the partnership and builds the knowledge of concurrent disorders through educational initiatives. The lead agency and location of CDSS is Fred Victor Centre at 145 Queen St. East in Toronto.

**Qualifications Include (but are not limited to):** A degree or diploma in health, social service, social work or a related area. Minimum of 4 years experience providing service in a social service/work setting with mental health and/or addictions issues. Experience with other complex issues (homelessness, disability, trauma, supportive housing, etc.). Excellent assessment and service planning skills. Very strong interpersonal, negotiation and creative problem-solving skills necessary for interaction with clients and community partners. Knowledge of community resources in the mental health and addiction fields. Strong administrative and writing skills and comfort with word processing, Excel and databases. English proficiency required. Second language or membership in an ethnically or culturally diverse group is a definite asset. Experience with group leadership and program development is an asset. Presentation skills or willingness to provide presentations expected. This is an approximately 14-month contract position with potential for renewal.  
Quote Job # Program Worker

Lynn Hillman  
Manager, Concurrent Disorders Support Services  
Fred Victor Centre  
145 Queen Street East  
Toronto, Ontario M5A 1S1  
Fax: 416-364-8526

Email: [lhillman@fredvictor.org](mailto:lhillman@fredvictor.org) <<mailto:lhillman@fredvictor.org>>

For more information visit: <http://www.working-with-concurrent-disorders.ca>

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## The Canadian Mental Health Association, Ontario seeks a Web Developer

### **Application Deadline: 1/5/2009**

Full-time, 3 month contract (January – March 2009).  
Salary – Amount to be determined.

The Canadian Mental Health Association, Ontario is a volunteer-led, professionally managed charitable organization with a community focus dealing with all aspects of mental health and mental illness. Working on behalf of, and with our branches, CMHA Ontario promotes mental health and advances excellence in the delivery of mental health services through knowledge transfer, policy development, advocacy and the inclusion of consumers and family members in decision-making. CMHA, Ontario encourages applications from all interested applicants with relevant experience, including consumers and family members. Reporting to the Director, Knowledge Transfer, the Website Developer will be responsible for all technical aspects of developing special project websites, including information architecture and graphic design, programming, quality assurance, usability testing and evaluation, publishing approved content, liaising with clients, and providing support and training to other staff members.

Please submit resumes and salary expectations no later than 5 pm on January 5, 2009, to  
Scott Mitchell, Director, Knowledge Transfer  
Canadian Mental Health Association, Ontario  
180 Dundas Street West, Suite 2301  
Toronto Ontario M5G 1Z8  
Fax: 416-977-2813

For further information email: [smitchell@ontario.cmha.ca](mailto:smitchell@ontario.cmha.ca) or visit <http://www.ontario.cmha.ca>.

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# ANNOUNCEMENTS

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

## **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

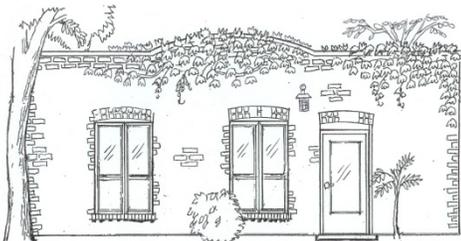
DECNET is pleased to offer a program to the East Toronto community especially tailored to meet the needs of individuals experiencing mental illness and diabetes.

- 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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### **The VanDuzer Art Studio is looking for artists!**

In association with Eden Community Homes, the VanDuzer Art Studio offers classes, workshops and rental space to artists, both professional and amateur.

Self-expression through art can play an important role in life and contribute significantly to the process of recovery from mental illness. The VanDuzer Art Studio is a newly renovated historical building centrally located behind Eden Community Homes at 196 Beverley St. (built circa 1886).

Fees are low -- or are waived completely, if your group is a Non-Profit Organization mandated to serve adults with mental health issues. Mondays & Weekends are still available.

To book time for a group, apply to join a workshop, or volunteer please call:

Tamara Wilen  
Art Studio Coordinator  
416-977-3655  
647-280-4931

[tamarawilen@rogers.com](mailto:tamarawilen@rogers.com)

## Empowerment Council Presents

The Empowerment Council is a voice for clients at the Centre for Addiction and Mental Health. Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with substance use issues.

We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer or survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to a meeting at the CAMH site you attended, and/or come to our Annual General Meeting. Give the Empowerment Council direction and elect a representative for the coming year, or run to be a rep yourself for your site or for the community.

### **Site meeting times and places:**

250 College Street – Monday, January 12, 2009 – 5:00 pm in Room 801

1001 Queen Street – Tuesday, January 20, 2009 – 3:00 pm in Room 2062

33 Russell Street – Tuesday, January 20, 2009 - 5:30 p.m. in Room 2062

60 White Squirrel Way – Thursday, January 22, 2009 - 5:30 pm in Room 115

### **The Annual General Meeting:**

1001 Queen Street West - Tuesday, January 27, 2009 – 5:30 pm in the Cafeteria

Refreshments and \$6.00 transportation fee will be provided.

For more information please contact Beth Jacob at 416-535-8501 x6837

[beth.jacob@camh.net](mailto:beth.jacob@camh.net)



**January 13th 2009**

**3:30 - 4:30 PM**

**Room 160 Empowerment Council Office  
1001 Queen Street West**

## **DISCRIMINATION: What is it and Why talk about it?**

**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 information please call Jenna at 416-535 -8501 x3520.

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## Book Launch: *Committed to the Sane Asylum*

Rosemary Barnes and Susan Schellenberg hope you will save January 21, 2009 to attend and celebrate the launch of their book, *Committed to the Sane Asylum: Narratives on Mental Wellness and Healing*, published by Wilfrid Laurier University Press, 2009. FREE

January 21, 2009

6:30 - 8:30 pm

Edward Day Gallery.

952 Queen Street West, Suite 200.

## Free Influenza Vaccinations Still Available

January 5, 2009. 4 pm – 8 pm. East York Civic Centre. 850 Coxwell Avenue

January 6, 2009. 4 pm – 8 pm. North York Civic Centre. 5100 Yonge St.

January 8, 2009. 4 pm – 8 pm. Scarborough Civic Centre. 150 Borough Dr.

Call 1-877-844-1944 for more information.

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

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

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### Art/Exhibits

December 1, 2008 – January 30, 2009. Monday through Sunday. **The Moveable Feast: Experience the Modernist Salon.** Recreating the multisensuality of the original salons with collaborative art-making and provocative communication. Organized and curated by twelve graduate students from the Communication and Culture programs at Ryerson University and York University. Ryerson University. Modern Literature and Culture Research Centre. 111 Gerrard East, 3rd floor. Open to everyone. (Reception RSVP to salon08@mlc.ryerson.ca.) Call Richard Rosenbaum at 647-230-7177. FREE

### Festival/Celebration

Thursday, January 1, 2009 from 11 am - 12:30 pm. The annual Mayor's New Year's Levee. Ring in New Year's Day with Mayor David Miller and Members of Council. Young and old are encouraged to come to Toronto City Hall to enjoy local entertainment and to have some refreshments. For more information on the Mayor David Miller's New Year's Levee, please contact protocol@toronto.ca. FREE

### Film/Movies/Video

Monday, January 19 at 3 pm. **Better Than Chocolat.** 1999 winner of 2000 GLAAD media award, written by Peggy Thompson and directed by Anne Wheeler. Two attractive young lesbians, Maggie and Kim, meet in Vancouver, develop a passionate romance, and move in together. Meanwhile, Maggie's well-meaning but naive mother Lila gets divorced and decides to move to Vancouver and join the household. Soon after, Lila is befriended by Judy, a transsexual about to undergo a sex-change operation. Complications ensue as the conservative Lila learns the truth about Maggie, Judy, and their diverse group of friends. Written by Eric Sorensen. The 519. 519 Church Street. Light refreshments available. FREE

### Music

Tuesday, January 06.

- 12:10: **University of Toronto Faculty of Music.** *Voice Performance Class.* Student performers. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416-978-3744. FREE
- 12:30: **York University Department of Music.** *Music at Midday: New Music by Young Composers.* Original compositions by young composers from the studio of David Mott. Tribute Communities Recital Hall, Accolade East Building. York University. 4700 Keele St. Call 416-736-2100 x22926. FREE
- 1:00: **St. James Cathedral.** *Music at Midday Series.* Andrew Ager, organ. 65 Church St. Call 416-364-7865. FREE

## Peer Support

Monday, January 5, 2009. 3:00 pm. **The Older LGBTTO Resource Centre.** Audra Petrulis, coordinator of the counseling program at The 519, will be with us to talk about feelings of isolation and what we can do about coping with them, feeling good about ourselves and if we're ready, how to get out there and meet new people and build new networks. The 519. 519 Church Street. Light refreshments available. FREE

## Recreation

Saturday, January 10, 2009. **DJ SK8 Night.** Skate to Techno, House and Disco music. Harbourfront Centre. The Natrel Rink. 235 Queen's Quay West. Call 416-973-4000. FREE

## Writers

January 13, 2009 at 7 pm. **Canadian Writer's Series.** Peter Robinson reads from *Piece of My Heart* (an Inspector Banks novel). Peter Robinson is a crime novelist known for his series featuring Detective Chief Inspector Alan Banks. Since 1987 Robinson has written nineteen Inspector Banks novels, and has won the Arthur Ellis Award for Best Novel five times. In 1996, Robinson won France's Grand Prix de Littérature Policière and Sweden's Martin Beck Award for *In a Dry Season* (Avon, 1999), the tenth book in his series. His most recent work is *All the Colours of the Darkness* (McClelland & Stewart, 2008). York University – Atkinson College. 4700 Keele St. West Accolade Building. Room 109. Call Gail Vanstone at 416-736-2100 x33957 or email <mailto:gail@yorku.ca>.

## C/S Words to the Wise

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

Life's most persistent and urgent question is: what are you doing for others?

Martin Luther King Jr.

**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. 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.