

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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MAD PRIDE 2009

Mad Pride 2009
Come one! Come all!



MAD PRIDE WEEK

July 13 to July 19, 2009

City of Toronto

A week long festival of arts, education and heritage activities which recognize psychiatric survivors, consumers, mad folks and others for the purpose of community development, rights awareness and celebration. All events are free.

Mad Pride Week community partners are: Accent on Ability through A-Way Couriers; C/S Information Resource Centre of Toronto; The Gerstein Centre; Houselink Community Homes; PARC (Parkdale Activity Recreation Centre); PCIC (Parkdale Community Information Centre); PCLS (Parkdale Community Legal Services); Soundtimes Support Services; The Raging Spoon; Out Of This World Café; and The Friendly Spike Theatre Band. With support from The Toronto Arts Council Community Arts Program and Ministry of Heritage through BCAH (Building Culture through Arts and Heritage).

Monday, July 13th

CAMH, 1001 QUEEN STREET WEST (OSSINGTON ENTRANCE)

- **6 PM to 8:30 PM The Patient Built Wall Tour** guided by Geoffrey Reaume, Psychiatric Survivor Archives Toronto. The purpose of this tour is to remember the contributions of the men and women who lived, worked, and died in the Toronto Hospital for the Insane. This is represented by the nineteenth century patient built boundary walls, which stand as an enduring testament to their abilities and a monument to their memory. We hold up this past symbol of exclusion to challenge the discrimination that is experienced today by people who have a psychiatric history.
- **8:30 PM to 9 PM Memorial** Attendees are invited to a Patient Built Wall Tour memorial which will pay tribute to those who went before us. Organizers ask guests to bring words that lend meaning to the moment. Candles will be lit.

Tuesday, July 14th – Friday, July 17th

METRO HALL, ROTUNDA, 55 John Street (King and John Street)

A gallery of **original art, crafts, displays and information** and much more, from 11 am to 5 pm each day. Demonstrators include artists from Houselink Community Homes, Soundtimes Support Services, the PARC Art Group and others, along with the postings of individual artists Naomi Laufer, Sarah Griffin, Paul Draper and others and information from A-Way Couriers, IDPWD (International Day of People with a Disability), Metro Tenants Association, Simply People, Social Phobia Support Group of Toronto, Street Health, Street to Trail, and more!

Table of Contents

Mad Pride 2009
Pages 1 – 5

Newsbyte
Page 6

C/S Online
Page 6

Community
Announcements
Page 6 – 8

Job Postings
Page 8

Places to go...
Pages 8 – 10



Tuesday, July 14th

WORLD MAD PRIDE DAY OPENING CEREMONY

- **11 AM to Noon** Join Mad Pride organizers for the **Reading of the Mad Pride Week Proclamation** with MC Peggy Gail Dehal Ramson, PCLS and special guests: The Honourable David C. Onley, Lieutenant Governor of Ontario; Barbara Hall, Chief Commissioner of the Ontario Human Rights Commission; and Cheri Di Novo, MPP.
 - **Voices from the Street** is an organization comprised of individuals who have had direct experience with homelessness, poverty, and/or mental health issues. The organization works to put a human face on homelessness and involves people with direct experience as leaders in a public education process.
 - Caroline Kwok reads from her book *Free to Fly – A Story of Manic Depression* (Inclusion Press, 2006), “a moving, hopeful story that works on two distinct levels. First, it is the story of the author’s experience as a Chinese-born Canadian, dealing with multiple issues faced by new immigrants. More gripping though, is her harrowing account of her life with bipolar — despairing, coping and finally providing inspiration to others” (BP Canada).
 - Naomi Laufer, a published poet, artist and teacher reads two of her poems.
 - A song led by Frank Hall, Heinz Klein and The Friendly Spike Theatre Band.
- **Noon to 1 PM LUNCH** Light refreshments generously provided by Out of This World Café and The Raging Spoon. Please RSVP <madpridetoronto.yahoo.ca>.
- **1 PM to 2 PM Hugging Our History: Why Psychiatric Survivors need to ‘own’ our Mad past** presented by Geoffrey Reaume.
- **2 PM Living Archive Project** by PARC Living Archive Collective. Presentation includes a documentary film and Question and Answer Period.

Wednesday, July 15th

KNOW YOUR RIGHTS DAY

- **11 AM to Noon The Dream Team** is a group of consumer/survivors who advocate for more safe, secure and affordable supportive housing for people living with mental health and addiction issues. They do this by telling their personal stories about the life-altering benefits of supportive housing, by tackling discrimination and stigma, and by working to eliminate barriers to the creation of more supportive housing through public education, research and advocacy. Over the last year the Dream Team has worked with various groups and communities across Ontario to explore the issue of discriminatory zoning. In this presentation members of the Dream Team will explain the concept of discriminatory zoning and the impact on people with mental health and addiction issues.
- **Noon to 12:15 PM PARC Ambassadors Program** is a community consultation by the Parkdale Activity Recreation Centre with the Parkdale Community. The purpose and goal of the program is to engage, inform and consult with residents and stakeholders in the community in relation to our building development – Edmond Place. The program consists of 9 Ambassadors, PARC Members who receive remuneration for the work they do. It is peer and member driven, incorporating and building on the principles and values of the recovery model and PARC’s Mission: PARC – A Place Where People Rebuild Their Lives. When the Parkdale Activity Recreation Centre acquired the building from the City of Toronto to develop affordable, social housing for marginalized persons in our community there was extreme opposition by residents and stakeholders in Parkdale. Since the PARC Ambassadors Program’s inception in September 2007 we have progressed from a state of NIMBY (Not In My Back Yard) to one of YIMBY (Yes In My Back Yard). The PARC Ambassadors Program has been successful in their community consultation and public relations work. It has proven that marginalized people have a commitment to their community, the necessary attributes and

capability to be productive, to contribute to their neighbourhood and to society, and to live healthy, meaningful and fulfilling lives. PARC Ambassadors will discuss their work at this presentation.



- **12:15 to 1 PM Lunch** Light refreshments generously provided by Out of this World Café and The Raging Spoon. Please RSVP to madpridetoronto@yahoo.ca.
- **1 PM to 2 PM Legal Jeopardy** presented by Parkdale Community Legal Services.
- **2 PM to 3 PM** David Carmichael presents **QUESTIONS, QUESTIONS, QUESTIONS**. When it comes to treating our own mental illness, we often assume that doctors and other mental health professionals know what's best. During this presentation, David will raise issues about scientific drug research and help you understand, based on his own experience recovering from major depression, how important it is to take responsibility for our own recovery and rehabilitation by asking our doctors and mental health workers questions, questions and more questions, and by becoming regularly physically active. David holds a masters degree in physical education and is the former Director of National Projects at ParticipACTION. After his first major depression in 2003 at the age of 45 and a relapse in 2004, he learned the importance of good mental health and that doctors do not always know what's best..
- **3 PM to 4 PM Beth Pelton** is a registered nurse currently working with Street Health Community Nursing. Most of her nursing work has been in the community, and with people living with cancer. Her experiences have included working in medical, geriatric and psychiatric nursing. In practicing from a Harm Reduction philosophy she is learning deeper meanings about Client-Directed Care and Client-Centered Care.

Thursday, July 16th

MADLY THEATRICAL

- **11 AM to Noon** *Mind Storm*, by Mortimer Christie, a play about Michael, a person with mental health issues around schizophrenia. Michael spends a 24-hour period of time every month in a local park experiencing audio and visual hallucinations. Featuring Henrik Kartna.
- **Noon to 12:45 PM** **Two Films by Helen Posno.** *IMPEDIMENTA* – which deals with the homelessness of mankind in the universe and *MY SILENT LIVES* – which deals with both the lightness and darkness of the human spirit.
- **12:45 PM to 1:30 PM Lunch** Light refreshments generously provided by Out of this World Café and The Raging Spoon. Please RSVP to madpridetoronto@yahoo.ca.
- **1:30 PM to 2:30 PM** A play by The Friendly Spike Theatre Band – *Moving To My Own Beat* – A diverse group of students attend a lecture they won't ever forget.
- **2:30 PM to 2:45 PM** Clay and Paper Theatre
- **2:45 PM to 4 PM** Open Stage

Friday, July 17th

- **1 PM to 2 PM** Panel discussion on a topic to be announced with Erick Fabris, Onar Usar, Joel Zablosky, and others.
- **2 PM to 2:45 PM** Essya Nabballi presents "Mad Pride: toward a democratic utopia".



Saturday, July 18th

CAMH (Centre for Addiction and Mental Health), 1001 Queen Street West

THIRD ANNUAL BED PUSH PARADE DAY

Noon to 1 PM Mad Tea Party presented by the Empowerment Council and CAMH Peer Staff

1 PM to 2:30 PM **Bed Push Pride Parade** led by PARC Drummers and featuring Crazy Talk: Share your rant, dance, emotion, expression, comment, in support of Mad Pride. This "speaker's corner" style video will be shared on Youtube.com. Enacted by the Mad People's Video Project. This unique pride procession of individuals, agencies and organizations pushes a gurney dressed like a bed, with sheets that shout words that reclaim what was once lost: *Hope, Education, Friends*, and more. The event is in celebration of ourselves and serves to strengthen our community.

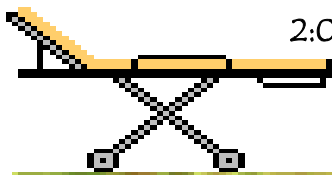
1 PM Gather at CAMH front Patio (Ossington Entrance) for special guests. **Mad Pride Honours** and the **Bobbi Nahwegahbow Memorial Award** will be presented to outstanding artists and activists DD Spideria and Heinz Klein.

1:30 PM Push off

2:00 PM Rest station

2:30 PM Arrive at PARC

2:30 PM – 5:00 PM Party! Hosted by PARC @ PARC



MAD PRIDE 2009

Newsbyte

Health Canada Product Warning. Health Canada has released an advisory against using the weight-loss product Slim Magic Herbal. It contains a pharmaceutical ingredient similar to sibutramine which can cause serious side-effects and is not to be taken by people who are depressed or experience other mental health problems. It also contains a soluble fiber that poses a serious health risk due to its capacity to absorb water, expand and obstruct the esophagus. (Warning, 2009-88, June 4, 2009, For immediate release. OTTAWA - Health Canada). Call Health Canada's public enquiries line at 613-957-2991 or toll free at 1-866-225-0709 for more information. Visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_88-eng.php for complete advisory.

Wish List

One of our readers is wishing for an art teacher to teach him how to draw (2 hours/week). Subscribers have offered the following items to consumer/survivors who would like them: microwave, 12" colour tv, 42" green arborite round pedestal table, kitchen hutch (34" high x 40" wide x 8" deep), 2 CD stands (pine with plastic shelves), a mirror with brass finish, and several sheets of cork. We are happy to tell you that the wish for a breadmaker was fulfilled very quickly. It is nice when a wish comes true. If you can grant a wish, would like to make a wish, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882.

C/S Online

<http://www.ohrdp.ca/>

Understanding Addiction - A primer on drugs, drug use and drug dependence is a recently published book (2007) written by Ron Shore, Director of the Street Health Centre and OHRDP (Ontario Harm Reduction Distribution Program). I skimmed the book and found it accessible and informative. It covers drug use in its social context, drug interactions with the body, the impact of trauma, and a harm reduction approach to treatment. Click here to download the pdf of the book for free.

Computer Help Available

Free over the phone or online technical support for survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

COMMUNITY ANNOUNCEMENTS

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

Dear Subscribers,

We often receive requests for information concerning support groups in and around Toronto. People are typically looking for support groups around very specific mental health and addiction issues. It is often quite difficult to locate these kinds of groups. We want to try to create an ongoing list of current and upcoming groups for consumer/survivors and you, our readers, are our best resource for accessing this information. If you are aware of or participate in any good support groups please let us know so we can pass this on to other consumer/survivors. Thank you!

Winner of the Jake Edelson Award in Community Organizing 2009

On July 8th 2009, local Mad Pride Organizer and Friendly Spike Theatre Band Director, Ruth Ruth, will receive the Jake Edelson Award in Community Organizing 2009 from The Ryerson School of Disability Studies. The award is in recognition of her work in helping to organize Mad Pride Week.

This endowed scholarship was set up by Jake Edelson's family to recognize a Disability Studies student who is committed to collective work through community organizing and who has demonstrated academic excellence.

PATIENT BUILT WALL TOUR MONDAY, JULY 13, 6 – 8:00 PM

You and anyone you wish to bring along are welcome to attend a historical tour of the 19th century patient built asylum boundary walls located at the present-day Centre for Addiction and Mental Health (CAMH), 1001 Queen Street West, Toronto. The purpose of this tour is to remember the contributions of the women and men who lived, worked, and died in the Toronto Insane Asylum, as is represented by the boundary walls that they built which stand as an enduring testament to their abilities, and to use the past to challenge discrimination experienced today by people who have a psychiatric history. This tour is wheelchair accessible.

Meet at 6 PM just outside the FRONT DOORS of CAMH, 1001 Queen Street West, which faces onto the corner of Queen and Ossington. If you arrive late and the tour has already started, go along the length of the wall (east-south-west) and look for the tour as it proceeds along the boundary wall.

Please note: since the tour is on the grounds of a mental health facility, in order to respect people's privacy, we will not be going into the buildings. The wall tour is entirely outside so please dress appropriately.

The wall tour is part of Mad Pride week events in Toronto and will conclude with a brief memorial at 8:30 PM to remember patients past.

A sneak preview of the wall tour can be seen in the below two minute film made by York University students in a project organized by the York Institute of Health Research:

<http://www.yorku.ca/yihr/Publications/miniDocs/geoffrey/index.html>. You can also read more about the history of the patient built wall on the Psychiatric Survivor Archives web site:
<http://www.psychiatricsurvivorarchives.com/wall.html>.

Law, Psychiatry and the Mad People's Movement

Following on the success of the "Mad About Rights" series, the Empowerment Council is re-offering a 10-week educational workshop for clients, psychiatric survivors, and consumers entitled Law, Psychiatry and the Mad People's Movement.

Students will learn about such topics as:

- § Mental health law
- § The Charter of Rights and Freedoms
- § Important people in the Mad people's movement
- § Cultural, legal and media prejudices against consumer/psychiatric survivors
- § The CAMH Bill of Client Rights
- § And much more!

The sessions will run for 10 weeks beginning in August 2009. There are spots for ten students.

Potential students should be available for all classes, be comfortable participating in a small group and be prepared to do homework between classes.

Priority will be given to individuals currently in the psychiatric system.

For more information contact: Lucy Costa at 416-535-8501 x 3013 .

MDAO Call for Submissions

The Mood Disorders Association of Ontario is excited to announce that we are now accepting submissions for the **2009 Touched By Fire** art show and sale.

The submission deadline is September 18th, 2009.

To find out more about how to submit artwork, please go to: <http://www.touchedbyfire.ca/submit.html>.

Touched By Fire is a program to stimulate and celebrate the work of artists with mood disorders. The show has two components.

1. live show to be held this year on November 26th at the Royal Ontario Museum, and
2. an ongoing online gallery.

The first two years of Touched By Fire were incredibly successful, with over 350 works of art submitted in 2008 and 45 of those works of art chosen for the live show. We are expecting this year's show to be just as great.

If you'd like to join the success story, submit your art. We'll display it, and celebrate it, and we might even sell it! All proceeds from the sale of the art go directly to the artists.

For more information, please call 416-486-8046 or visit the Touched By Fire website.

Job Postings

Please note that we have a bulletin board at the Centre where we post jobs that we don't receive in time to publish in the Bulletin. It may be worthwhile for jobseekers to drop by periodically and check the board.

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

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

Exhibits

June 27 – August 23 from 11 am - 6 pm. **Pulp Fiction**. Presented by the Museum of Contemporary Canadian Art (MOCCA). New generation of artists whose work is informed by comic book references. Museum of Contemporary Canadian Art. 952 Queen Street West. Call 416-395-0067 or visit <http://www.mocca.ca/>. PWYC

July 10 – 11 from 10:30 am – 7:30 pm, July 12 at 10:30 am – 6:30 pm. **Toronto Outdoor Art Exhibit**. 48th year. A juried showcase featuring contemporary fine art and craft. 100 Queen Street West. Call 416-408-2754 or email toae@torontooutdoorart.org or visit www.torontooutdoorart.org. FREE

The **Cultural Access Pass is available to new Canadian citizens over 17 years of age**. It allows a citizen and up to 4 of their children to attend a variety of cultural institutions including: Art Gallery of Ontario; Gardiner Museum; McMichael Canadian Art Collection; Ontario Science Centre; Royal Ontario Museum; The Textile Museum of Canada; Colborne Lodge; Fort York National Historic Site; Gibson House Museum; Mackenzie House; Montgomery's Inn; Scarborough Historical Museum; and many more. The pass is valid for one year from the time you are sworn in as a Canadian citizen. Call 416-593-6998 or email cap@icc-icc.ca or visit http://www.culturalaccesspass.ca/How_The_Program_Works.html. FREE

Festivals

July 1 from 8 pm – 10:30 pm. **Canada Day 2009**. Featuring The Abram Brothers' homegrown bluegrass folk music and Juno-nominated NQ Arbuckle, heroes of alt-country band, who have toured with Blue Rodeo, Chantal Kreviazuk and Ashley MacIsaac, among others. Spectacular fireworks display at 10:15 pm. Mel Lastman Square. 5100 Yonge Street (2 blocks north of Sheppard Avenue). Visit http://www.toronto.ca/special_events/canada/index.htm. FREE

July 1 - September 7. **World Routes Summer Festivals 2009** presented by Harbourfront Centre from Canada Day through Labour Day. From Nigeria to Mexico and Taiwan to the Caribbean and South Asia, these weekend festivals present top Canadian and International artists in music, food, dance, visual arts and film. Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit www.harbourfrontcentre.com. FREE (Thanks for the heads up Diane.)

July 1. Harbourfront Centre. **World Routes Canada Day Celebration**. Harbourfront Centre. 235 Queens Quay West. Lower Simcoe Street & Queens Quay West. Call 416-973-4000 or email info@harbourfrontcentre.com or visit <http://www.harbourfrontcentre.com/worldroutes/canadaday.cfm>. The events are all FREE:

- 7 pm. **Faduma Nkrumah**. Nkrumah dazzles audiences with Somali-infused jazz. Harbourfront Centre. Redpath Stage.
- 9:30 pm. **The Constantines**. Hailed as "the best live band in North America" they perform their authentic classic rock songs. Harbourfront Centre. Sirius Stage.
- All Day. **Amnesty International's Global Refugee Village**. Featuring 12 refugee community groups. Music, dance, games, arts, and more. Harbourfront Centre. Brigantine Room and Tent.

July 1, 4 and 5. **43rd Annual CHIN International Picnic**. Largest free picnic in Canada attracts 250,000 people annually. Exhibition Place. 200 Princes' Blvd. Princes' Gates (Lake Shore Boulevard just west of Strachan Avenue). Visit <http://www.chinradio.com/chin-picnic>. FREE admission to Exhibition Place and the events are FREE. Highlights include:

- July 1 from 12:30 – 10:30 pm. **Folklore and Polish Dance. Chinese Festival. South Asian Festival. Fireworks at 10:30 pm.**
- July 4 from noon – 10:30 pm. **World Music. International Bikini Pageant. Portuguese Festival. Italian Festival. Fireworks at 10:30 pm.**
- July 5 from 12:30 – 8 pm. **Bandshell: Folklore Dance Competition. Italian Festival. Spaghetti Eating Contest. Karaoke Singing Contest.**

July 5 from 11 am - 8:00 pm. **Venezuelan Independence Day Picnic**. Presented by Fundacion Cultural Alma Lianera. Features live entertainment, food and fun. Mel Lastman Square. 5100 Yonge Street (Yonge and Sheppard). Email info@founacionalmallanera.org. FREE

July 11 from noon – 11 pm and July 12 from noon – 8 pm. **Salsa on St. Clair Street Festival** is a family street party celebrating Toronto's Latin cultures with pulsating music, passionate dancing, fiery foods, a Latin market, a children's area and much more. St. Clair Ave. West (St. Clair and Bathurst). Call 416-744-8200 x 204 or email info@tlntv.com or visit <http://www.tlntv.com/salsa>. FREE

July 9 - July 12 from 7 pm - 9 pm. **15th season Dusk Dances Earlscourt Park**. Outdoor dance festival brings contemporary and traditional dance to public parks. Theatrical host leads audience to five eclectic dance pieces. Rain or shine. Earlscourt Park. 1200 Lansdowne Avenue (Lansdowne and St. Clair Avenue West). Call 416-504-6429 x 41 or email info@duskdances.ca or visit www.duskdances.ca. FREE

Film

Every Wednesday from July 8 – August 12 at 9 pm. **Free Flicks. Retro Reels**. Free outdoor movies by the lake. Harbourfront Centre. Sirius Stage. 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit www.harbourfrontcentre.com. FREE

Theatre

June 26 – September 6. Performances run Tuesdays through Sundays at 8 pm. The gate opens at 6 pm. The 27th Canadian Stage TD Dream in High Park presents its annual Shakespeare in the Park with *The Tempest*. High Park (in Toronto's west end stretching from Bloor West to The Queensway and Parkside Drive to Ellis Avenue. CanStage (just east of the Grenadier Restaurant in the centre of the park). PWYC at the gate and free for children 14 and under.

Note: There will be a special FREE performance of *The Tempest* on July 1 for Canada Day at 8 pm. High Park. Call 416-368-3110 or visit <http://www.canstage.com/home>. FREE

July 11 from 2 - July 12 at 9:30 pm. The **First Annual Toronto Shakesperience Festival** presented by The Driftwood Theatre Group. Features Symposiums, Presentations, Shakespeare's Shorts Workshops for Kids, Receptions, and Opening Night performances: *King Lear* and *The Comedy of Errors*. Todmorden Mills. 67 Pottery Road. Broadview Avenue and Pottery Road. Call 905-576-2396 or email mail@driftwoodtheatre.com or visit www.driftwoodtheatre.com. FREE

Workshops/Presentations

July 13 at 3 pm. **MAKIN' SOMETHIN' OUT OF NOTHIN' – A KITCHEN ODYSSEY**. Eating healthily can be a challenge during your working years, not to mention when you are retired. A guest dietician will be on hand to address the barriers seniors face when trying to prepare good-quality food and some solutions that can be made to address this. We will try to make this presentation as hands-on as possible so you don't have to be afraid of food that's not in a can! Older LGBTT Program. The 519. Church Street Community Centre. 519 Church Street. Call 416-355-6787. Light Refreshments will be served. FREE

Writers/Books

Ongoing. **Open Minds Quarterly – Your psychosocial literary journal. Call for Submissions.** Northern Initiative for Social Action is a member-driven not-for-profit organization created and run by consumer/survivors. One of its projects is a Writer's Circle which publishes a quarterly literary magazine for mental health consumers. They are currently calling for open letters, photos, paintings, collages, illustrations and articles for an upcoming special issue on stigma. Email openminds@nisa.on.ca or visit <http://www.nisa.on.ca/>. FREE

Ongoing from July 1. **PeacockPoverty - Where Poor People and friends Strut their stuff!! Call for Submissions.** *PeacockPoverty* is a website that will launch July 1st of '09 and will be a safe place for our community to showcase its talents, strengths, skills, ideas, projects, hopes, dreams and challenges. We are looking for fiction, editorial, reviews, poetry, art, music, crafts, inspirational messages, struggles, successes, community building projects, any and all ideas will be happily considered. What comes to mind when you hear the word poverty? How have you gained and lost from your experience with it. What keeps you going? What are your ten most wanted items (eg. training, decent wages, a garden...?) This is an Opportunity to have our Voices heard, to brag of our accomplishments and hard work, to express our pride as a people, and to build strength in our Community. Please forward submissions and inquiries to peacockpoverty@yahoo.ca or 416-657-3260. Keep FAITH. Build STRENGTH. Find COMMUNITY.

Every third Thursday of the month at 7:30 pm. **Hot-Sauced Words Poetry and Spoken Word Performances.** A minimum of 2 featured readers every month, one male, one female. Interactive responses between audience and poets. Best open mic in town (come early to sign up). Poetry Themed Writing Challenge each show. Win a beverage of your choice. Winners for best poem and performance as selected by the audience.

Come out for the pre-game show too if you like. Spread some ink. Spill your guts. Free monthly writing-on-the-spot event over dinner hour prior to Hot-Sauced Words show. Workshop with other poets and create a new poem to share at the open mic. Note: Bring your own dinner with you or order food from local restaurants. Organized and Hosted by James Dewar. Black Swan Tavern. 154 Danforth Ave. 2nd floor (just east of Broadview). Visit www.hotsaucedwords.ca. PWYC

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