

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! by Ruth Ruth

July 14th is not only Bastille Day, the French national holiday which commemorates citizenship rights, but is now the day marked for Mad Pride, a time to recognize the citizenship rights of psychiatric survivors, consumers and mad folks, a burgeoning counter culture group in urban centres around the world.

The success of the great civil rights movements of the 1950's and 60's empowered marginalized people everywhere to want to bring the same advance to their community. On a global scale since the 70's marginalized psychiatric survivors, treatment consumers and all mad people have been organizing to gain respect. The current recovery and user-led philosophy which runs through modern community mental health services is a significant achievement of this movement. So are survivor/consumer run businesses and a considerable chunk of urban community arts. In the year 2000, a collection of these groups formed a support coalition and designated July 14th as Mad Pride Day. The City of Toronto has officially proclaimed Mad Pride Day since 2003.

But the concept of madness goes back as far as civilization itself. The biblical Babylonian King Nebuchadnezzar was referred to as mad. Centuries later so was Margery Kemp, a mother of fourteen children who in 1496, because she could not write, dictated her experience with madness to a scribe (ancient note taker).

American Tirzah Shedd was also known to be mad and in 1865 she challenged her committal to Jacksonville Insane Asylum with written testimony. Also called mad was Elizabeth Packard, a minister's wife, who in the late 1800's after unjustly being committed to an asylum by her husband, formed a support group with like-minded others called The Anti-Insane Asylum Society.

But through these centuries, there has often been a gap between stereotypes about madness and the reality of mental and emotional trauma people have endured. One historical work that does record the real and experienced lives of mad people is Geoffrey Reaume's Remembrance of Patients Past, Patient Life at the Toronto Hospital for the Insane 1870 -1940 (Oxford Press, 2000).

So then, it is a fitting irony that Mad Pride Week, an annual festival of arts, education and heritage, that recognizes the everyday lives of mad people, begin at the site of the Patient Built Wall, some of which is still standing on the grounds of CAMH (Centre for Addiction and Mental Health), formerly the Toronto Hospital for the Insane, in Toronto, Canada. The public is invited to attend this event, called The Patient Built Wall Tour, on July 13, and all of Mad Pride Week 2009 events. For a complete listing of Mad Pride Week see www.madpridetoronto.blogspot.com.

Mad Pride: A Movement for Social Change

By Lilith Finkler

This month, psychiatric consumer / survivors around the world celebrate Mad Pride. What began in downtown Toronto in 1993, is now an international phenomenon. I am proud to belong to the original group of psychiatric survivor organizers.

Mad Pride is certainly a public celebration. It is a time to share our talents, inspire creativity and co-operation. Mad Pride is also a time to link psychiatric survivor activism to other movements for social justice. For example, Mad Pride Day originated in Parkdale, partly as a response to the lack of affordable housing and crowded, hazardous living conditions in many boarding homes. The keynote speaker that first year was Ron Wilson, a boarding home tenant who testified against his operator at a public hearing. Ultimately, the boarding home was closed and Ron moved to a better place. Psychiatric survivors certainly have good reasons to consider affordable housing.

People living in poverty also demand improved living conditions. Affordable and accessible housing is a key social determinant of health. Some psychiatric survivors may need medication to stay healthy. BUT medication is not enough. We need quality housing too. When psychiatric survivors march along Queen Street and demand clean places to live, we can invite poor people's groups and tenants' associations to march with us.

Mad Pride has helped psychiatric survivors to feel strong and united. Working together in groups means we can accomplish things we might not be able to do alone. Many of us used to rely on psychiatrists or social workers. Now, we know we can also rely on one another. Experiences of solidarity reinforce the idea that psychiatric survivors constitute a community, a group with a common identity and set of values. As we become more solid in who we are, we can reach out to members of other communities so we can be stronger still.

For example, we can work with Black organizations to address community policing, since both our communities have suffered in the criminal justice system. We can reach out to members of the blind community since some psychiatric survivors have blurred vision and need an alternative to print communication. We can build alliances with immigrant advocates. Some applicants are declared medically inadmissible to Canada. Similarly, if our psychiatric history is known, we may be refused entry into other countries we wish to visit.

The women's movement has long demanded that women have the right to control our own bodies. Psychiatric survivors can mention this feminist demand when we oppose forced medical treatment. Members of First Nations and physically disabled persons share a history of institutionalization in residential schools. These groups are likely to be sympathetic to the psychiatric survivor demand for control over our own living spaces. The psychiatric survivor movement, in turn, can support First Nations demands for cultural and political

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sovereignty. We can be allies to gays and lesbians as their Pride Day offered a model upon which we could build when organizing the first Psychiatric Survivor Pride Day.

There are many links between the psychiatric survivor liberation movement and other movements for social change. When we march for justice for ourselves, we can link our experiences to those of others who are also oppressed, put down by society. As we become effective allies, we can build a stronger, more cohesive community committed to the liberation of all people.

Newsbytes

60 mg Phenobarbital tablets recalled. Some of the 60 mg tablets may contain considerably more of the drug than the label states and for this reason may put patients at risk of accidental overdose. An overdose may be life threatening. Phenobarbital is used to treat seizure disorders, anxiety and sleep-related disorders. ("Pms - Phenobarbital (60 mg) being recalled in Canada due to risk of accidental overdose". **Warning** - 2009-105, June 26, 2009 - For immediate release). Consumers can contact Health Canada's public enquiries line toll free at 1-866-225-0709. Visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_105-eng.php for details.

\$628,149 to youth drug-awareness program. The Youth Engagement Project targets youth in grades 6, 7 and 8 in high risk areas of the city. The project will train health professionals to teach skills and behaviors that will discourage illicit drug use. The initiative is part of Canada's National Anti-Drug Strategy, announced by Prime Minister Stephen Harper in October 2007. ("Government of Canada works with Ontario to help prevent young people from taking illicit drugs". News Release, 2009-104, June 25, 2009. For immediate release.) Visit http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/_2009/2009_104-eng.php for details.

Sexually transmitted HCV (Hepatitis C virus) more common now. Researchers examined information about 226 HIV positive men from Australia, France, Germany, Netherlands and the United Kingdom. They found that starting in 1996 there was an increase in the rate of transmission of HCV into the sexual networks of gay and bisexual men. In the past HCV infection was spread chiefly through sharing needles or receiving contaminated blood. Researchers speculate that the increase is linked to changes in behavior, especially the increase in unprotected anal sex that has resulted from the introduction of HAART (highly active antiretroviral therapy) and from the practice of unprotected sex among HIV positive men, rather than a change in the HCV virus itself. Women engaging in high risk practices are also at risk. ("Study confirms international outbreak of sexually transmitted hep C". CATIE-News: Bite-sized HIV/AIDS news bulletins. Visit <http://www.catie.ca/catieneews.nsf/00a48c8905294f0b8525717f00661eb8/44b2fbfe8100795c852575cc0066c235!OpenDocument> for details.

Home HIV Test Kits unreliable. Health Canada has issued an advisory against using HIV home test kits, including the Clean Testing HIV Home Test Kit because they are unlicensed, have not been evaluated by Health Canada, and may provide false test results. ("Health Canada is Warning Canadians Not to Use Clean Testing HIV Home Test Kit, or Any Home HIV Test Kit" - Warning - 2009-97, June 22, 2009, For immediate release). Visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_97-eng.php.

Oxycodone causes 941 deaths in Florida. The Florida Medical Examiners Commission reports that the drug oxycodone caused the most deaths, followed by benzodiazepines, methadone, cocaine, ethyl alcohol, morphine and hydrocodone. 2008 saw an increase in oxycodone and heroin deaths while methadone and cocaine deaths decreased from 2007's rate. ("Painkiller tops drug deaths" By Stephen Thompson, spthompson@tampatrib.com, The Tampa Tribune, Published: July 1, 2009.) Visit <http://www2.tbo.com/content/2009/jul/01/na-painkiller-tops-drug-deaths/>.

U.S. FDA mental health warning for Chantix and Zyban. On July 1 the FDA announced that Chantix (varenicline) and Zyban (bupropion), both prescribed as smoking cessation drugs, must contain a warning that they pose a risk of behavioral change, depression, hostility and suicidal thoughts. ("FDA: Boxed Warning on Serious Mental Health Events to be required for Chantix and Zyban", FDA NEWS RELEASE - For Immediate Release: July 1, 2009, Consumer Inquiries: 888-INFO-FDA.) Visit <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm170100.htm> for details.

1 in 25 deaths worldwide related to alcohol consumption. The UK Press Association reports that one tenth of European deaths and one in 25 deaths worldwide can be attributed to alcohol. Europeans drink twice the world average and eastern Mediterraneans drink the least. 6.3 % of men's compared to 1.8 % of women's deaths are alcohol-related. Alcohol also accounts for 5% of years lived with disabilities around the world. The study, published in *The Lancet* medical journal, is authored by researchers from CAMH (The Centre for Addiction and Mental Health). ("Alcohol causes tenth of deaths", Jun 25, 2009, Copyright © 2009 The Press Association. All rights reserved.) View complete article at http://www.google.com/hostednews/ukpress/article/ALeqM5iJXwi5eb91I1wO43hzWkVm__eYZQ.

In a related story, NEWS1130 reports that Canadian consumption of alcohol exceeds the global average by a couple of drinks a week per person. ("Canadians consume more alcohol than the global average - That means nine drinks a week", Andrea Macpherson VANCOUVER (NEWS1130) | Friday, June 26th, 2009 12:00 pm.) Visit http://www.news1130.com/news/local/more.jsp?content=20090626_145609_2628.

Increased number of children prescribed antipsychotics in BC. A University of British Columbia study reveals a tenfold increase in children 14 and under taking atypical antipsychotics including risperidone (Risperdal), quetiapine (Seroquel) and olanzapine (Zyprexa) over the past decade. These antipsychotics have not been approved by Health Canada for children. Colin Dormuth, the epidemiologist who reviewed the decade's prescriptions stated "It's definitely weighted towards 11-, 12-, 13-, 14-year-olds, but we do see instances as young as one year of age." ("Antipsychotic drug use spiraling in kids, research says" *Last Updated: Thursday, July 2, 2009 / 6:53 PM ET* CBC News) Visit <http://www.cbc.ca/health/story/2009/07/02/health-drugs.html> for full story.

10 percent of children bullied by other children. A recent US study published in the *Journal of Adolescent Health*, reveals that 10 percent of youth are bullied through text messaging and related electronic media. Girls are more often the targets of the bullying than boys. In-person bullying such as spreading rumours, social ostracization and verbal and physical intimidation are still much more common forms of bullying. The study surveyed 7,182 youth (grades 6 - 10). Ronald Iannotti, an author of the study, commented that parental care and support can help to prevent youth from becoming bullies. ("Study: One in 10 kids bullied Online - Study found bullying remains much more common in person",

Published on June 29, 2009 by OfficialWire NewsDesk (OfficialWire) TUCSON, AZ.) Visit http://www.officialwire.com/main.php?action=posted_news&rid=6698&catid=851.

Wish List

Requested items are: a karaoke machine, a laptop computer, a dresser, a crockpot, and a card table.

C/S Online

<http://www.schizophrenia.com/>

Here is how they describe themselves: "Schizophrenia.com is a leading schizophrenia-focused, non-profit web community. We have a specific focus on providing information, support and education to people who suffer from schizophrenia, as well as to family members and caregivers of people with schizophrenia (including mental health professionals). We currently have over 400,000 visitors per month. Visitors to the site generate over 1,000,000 page views, and 3,000,000 hits per month on the main web site, and a further 900,000+ page views per month in the discussion areas." For computer savvy people with schizophrenia this could be a really good peer support resource. With that much traffic you're bound to find peer support you can relate to.

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 want to create a list of support groups for consumer/survivors and our readers are our best resource for accessing this information. If you know about a group please let us know so we can pass it on. Thank you for your help.

Call for Participants

The Central LHIN (Local Health Integration Network) Consumer/Survivor Network and the Krasman Centre invite you to an important meeting. Changes are happening within the health care system. We have an opportunity to contribute to and influence the Ministry of Health's 10 year Strategy on Mental Health & Addictions.

Krasman Centre
10121 Yonge Street
Richmond Hill
Friday, July 31 at 2 pm – 4 pm

Call Alex at 905-780-0491 to let us know you are attending. Light refreshments will be served. Free

NOTHING ABOUT US, WITHOUT US!

Call for Participants

The Central LHIN (Local Health Integration Network) Consumer/Survivor Network and the What Next! Peer Support Drop-in Centre invite you to an important meeting. Changes are happening within the health care system. We have an opportunity to contribute to and influence the Ministry of Health's 10 year Strategy on Mental Health & Addictions.

What Next! Peer Support Drop-in Centre
1859 Leslie Street
(at Coldwater Road, 1 block north of York Mills, inside the Red Cross Building)
Monday, July 27 at 3:30 pm – 5:30 pm

Call Kelly at 416-449-4555 or Theresa at 647-203-3726 for further information and to let us know you are attending. Light refreshments will be served. FREE

NOTHING ABOUT US, WITHOUT US!

The Reva Gerstein Legacy Fund

The Reva Gerstein Legacy Fund is seeking submissions for this year. This is the third year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community.

Last year we were able to fund the Psychiatric Survivors Archives, Toronto (PSAT), Stand up for Mental Health (Coping with mental illness through the vehicle of stand up comedy), web design for pet care information, PhACS – a running group for Survivors, advocacy courses to enhance one survivor's advocacy skills and a small grant to help with the MAD Pride festivities this summer. A little over \$10,000.00 was given to these wonderful projects.

We are looking to receive proposals by September 1, 2009 so that we can meet with the groups in early September and distribute the money early in the Fall. Proposals should have a budget of no more than \$4,000.

Applications will be considered that are from any agency or group that is run by and for Psychiatric Survivors or from any individual Psychiatric Survivors.

An initial application should consist of a one-page outline of the project, which should include who will benefit from the project and an expected budget and timeline. It could also include how the project will be monitored.

Applications should be mailed to: The Reva Gerstein Legacy Fund
100 Charles Street East
Toronto ON M4Y 1V3

or emailed to legacy@gersteincentre.org.

Application Deadline: September 1, 2009.

Lung Health and Smoking Cessation

Friday, July 31, 2009
1 pm - 3 pm
Toronto Western Hospital - Auditorium - 2nd Floor - West Wing
399 Bathurst Street (just north of Dundas)

FREE Health Talk. To register, please contact evangeline.rolan@uhn.on.ca or 416-603-5800 x 6475.

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

Special One Day Workshop “COPING THROUGH HUMOUR”

Learn how to utilize humour to promote mental health.

Workshop Leader: Michael D. Cole (For five years Michael has been the Toronto Director of the Stand Up For Mental Health Comedy Program).

At this special one day workshop, you will find out how to use the therapeutic benefits of humour to help you deal with mental health issues and difficult life situations.

Wednesday, July 22

10 am - 5 pm

CMHA (Canadian Mental Health Association/Red Cross Building in the Training Room)

1859 Leslie St. (entrance is on Coldwater St. one block north of York Mills)

Take York Mills bus east from Yonge St.

NO REGISTRATION REQUIRED – Just Show Up

FREE

Special thanks to Gerstein Legacy Fund, CMHA Toronto, What Next! Peer Support/Drop-in Centre and Mood Disorders Association of Ontario.

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.

Employment Matters

George Brown College is hosting an ASSISTANT COOK EXTENDED TRAINING (ACET) Information Session

Wednesday, July 22

St James Campus, 200 King St East

Room 560E

1:00 PM

Please call 416-415-5000 x 6790 or email <mailto:auged@georgebrown.ca> to confirm your attendance.

Attendance to the information session is NOT mandatory.

Augmented Education Programs

ST James Campus, 200 King St. East, Room 534E

416-415-5000 x 6790

Email: auged@georgebrown.ca

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

Free and Low-Cost Events for July 15 - July 31

Please note that anything at a city-run building, like City Hall, Metro Hall, etc. will not happen if the strike is still on. The same goes for getting to Centre Island as the ferries are also run by the same union. If in doubt, call first.

Art



Monday through Friday from May 29 – August 31 at 9 am – 5 pm. **Mindscales**. Presented by Society for the Arts in Dementia Care. Travelling art exhibit featuring works by people with dementia. Exhibit of 32 works from Canada, Australia, Israel and the US. Alzheimer Society. 20 Eglinton Ave West. 16th floor (northwest corner of Yonge and Eglinton). Call 416-322-6560 or email mcameron@alzheimerstoronto.org or visit http://www.dementiatoronto.org/news/2009AS_ArtExhibit.pdf. FREE



Wednesday through Sunday from June 24 – August 2 at 1 – 6 pm. **White**. Presented by *New* Gallery. Artists' interpretations invoked by the simple but loaded word, *white*. Artists include Adams, Alber, Ayre, Barros, Carr, Edmondson, Jean, Kim, Li, Mayhall, Mack, Rostek, Shapiro, Shingler, Stanley, Wakefield, and Yung. New Gallery. 906 Queen St. West (1 block west of Trinity-Bellwoods Park). Call 416-588-1200 or email info@new-gallery.ca or visit www.new-gallery.ca. FREE

Festivals

July 17 – 19. Various times and locations at Harbourfront Centre. **Mexico – Beyond Your Expectations**. 3 days of theatre, music (lots of music), film, dance, food, workshops, clown show and comedy celebrates the 200th Anniversary of Mexican Independence. Part of Harbourfront's World Routes – Summer Festival 2009. 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. Visit http://www.harbourfrontcentre.com/worldroutes/festivals.cfm?festival_id=34 for complete schedule of events. FREE

July 17 – 26. Various times. **21st Annual Beaches International Jazz Festival**. Features free concerts and workshops. To view or download the program for these events visit <http://www.beachesjazz.com/index.html>.

- July 17 from 6 pm – 9 pm. Multiple outdoor stages (Bandshell, New Generation Stage and Youth Stage) featuring free concerts. **Woodbine Park** (at Lake Shore Blvd. East and Coxwell Avenue). FREE
- July 18 from 11:30 am – 8:30 pm. **Woodbine Park** - Northern Dancer Boulevard (at Lake Shore Blvd. East and Coxwell Avenue). FREE
- July 19 from 11:30 am – 5 pm. **Woodbine Park** (Lakeshore Blvd. East and Coxwell Avenue). FREE
- July 20 – 25 from 7 pm – 9 pm. A series of free and interactive jazz workshops and lectures on jazz dance. Mennonite NEW LIFE CENTRE of Toronto. 1774 Queen Street East. FREE
- July 23 – 25 from 7 – 11 pm. **StreetFest Queen St. East**. The finest in Big Band, Swing, Dixieland, Smooth, Post-Bop, Afro-Cuban, Fusion, Funk, R&B and Soul sounds that Canada has to offer. Upwards of 50 bands. Close to a million people come out to groove to the music and soak in the ambience. Queen St. East from Woodbine to Beech. FREE
- July 25 – 26 from 11:30 am – 6:30 pm. **Main Stage at Kew Gardens**. More free concerts. Kew Gardens (4 blocks east of Woodbine on Queen St. East at Lee Avenue). FREE

July 18 – July 19 at 11 pm. **37th Annual Festival of India**. Presented by Hare Krishna Centre. A feast for body, mind and soul. 40,000 people participate every year. Email yashoda@feedyoursoul.to or visit www.feedyoursoul.to. The organizers are currently trying to establish an alternative venue for the Centre Island events due to the city workers strike so please check their website for updates. FREE

- July 18 from 11 am – 2 pm. **Rocking Mantra Meditation Down Yonge Parade!** Three 35-foot tall floats are hand-pulled by the participants amidst energetic singing, drumming and dancing. The parade begins at Yonge and Bloor and makes its way down to Queens Quay.
- July 18 from noon – 9 pm. **Celebrations at Centre Island**. A stunning arts & culture showcase, dramas, a South Asian Bazaar, exhibits, a children's area, and much more! Toronto Islands. Centre Island.
- July 19 from noon – 5 pm. The **Second Annual Yoga Meltdown**. A free outdoor yoga festival featuring yoga classes, cooking demos, meditation circles and stage performances. Toronto Islands. Centre Island.

July 24 at 11 pm. July 25 from noon - 11 pm. July 26 from noon - 8 pm. **MASALA! MEHNDI! MASTI!** (Spice! Henna! Fun!). Presented by SATYA. Annual celebration of South Asian culture brings together music, fashion, dance, theatre, film, visual arts and crafts, literary works, yoga, social issues, and more. It brings together professionals and performers from across Canada and all over the world including Australia, Bangladesh, India, Japan, Nepal, Pakistan, Sri Lanka, Trinidad, the UK and the US. Jai HO! Bandshell Park. CNE grounds. 210 Princes' Boulevard. Call 416-666-9494 or email syma@masalamehndimasti.com or visit www.masalamehndimasti.com. FREE

July 25 and 26. **Live Green Toronto Festival**. Hundreds of green products and services with live music and local foods. Visit <http://www.toronto.ca/greentorontofestival/index.htm>. FREE

- July 25 from 11 am – 8 pm. Over 100 exhibitors, local food, live music, and more. Yonge Street from Dundas to Queen. Yonge St. will be closed from Dundas to Queen for the festival. FREE
- July 26 from 11 am – 4 pm. Family day at the festival with kid-friendly activities and hands-on fun. Yonge-Dundas Square. Call 416-979-9960 or email info@ydsquare.ca or visit www.ydsquare.ca. FREE

August 1 from 10 am – 6 pm. **Caribana Parade**. This showcase event features an incredible display of colour and pageantry, commencing at Exhibition Place and proceeding west along Lake Shore Boulevard. Exhibition Place and Lake Shore Boulevard will come alive with the sights and sounds of Carnival! Exhibition Place (Lake Shore Blvd.) Exhibition Place charges an admission fee but most of the parade takes place along Lake Shore Blvd. Visit <http://www.caribana.com/schedule.html> for complete schedule of events. FREE

Film and Photography

On display from June 27 – October 12. **RESPECT – A Photo Odyssey Celebrating Canada's Boreal Forest**. 80 Aerial Portraits. 9 Photographers. One incredible view. Part of Harbourfront Centre's FOCUS Shift program. Harbourfront asks you to shift perspectives on landscapes of the Far North this July with their site-wide multimedia exhibition. Harbourfront Centre. York Quay Centre. 235 Queens Quay West (Lower Simcoe Street and Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit <http://www.harbourfrontcentre.com/learn/focus/index.cfm>. FREE

July 20 at 3 pm. **MOVIE DAY!** Inspired by some remarkable elders, director Michael Jacoby embarked on a filmmaking project that is truly a labor of love. *Ten More Good Years* tells the compelling stories of four brave individuals who are advocates for the nearly forgotten community of lesbian, gay, bisexual, or transgendered (LGBT) elders. With stories of courage in the face of discrimination from their government, social services networks, and even their own communities, Jacoby documents many of the harsh realities of what it means to be old and gay in America. The 519 Church Street Community Centre. 519 Church Street. Call 416-355-6787. Light Refreshments will be served. FREE

Music

July 23 at noon. **Justine Hines and Band** at First Canadian Place Park. Newmarket singer-songwriter of hits like *April on the Ground* and *Wish You Well* performs from his new album *Chasing Silver*. Winner of Canada's Breakthrough Artist of the Year award. First Canadian Park. First Canadian Place. 100 King St. West (between Bay and York at street level). Call 416-862-6290 or email Events1.FCP@brookfieldproperties.com or visit www.justinhines.com. FREE

Recreation and Fitness

Every second and fourth Sunday throughout the year at 10:30 am. **High Park Nature Centre's naturalist led walks** (1.5 hours). Meet at 10:30 am at the benches across the road from the south side of the Grenadier Café and Teahouse in High Park. They are looking for volunteers too if you are interested. For more information, call 416-392-1748 or email walkingtours@highpark.org or visit <http://www.highpark.org/walking.htm>. Click <here> for the Walking Tour Brochure and schedule. FREE

Ongoing. Various times and locations. **Toronto Bicycling Network** has lots of weekly rides scheduled for the summer. Call the TBN Hotline (416-760-4191) or email touring@tbn.ca or visit <http://www.tbn.ca/>. TBN is run by volunteers. Helmet is mandatory. \$5

- **Tuesday Ravine Ride** - A series of 1 - 2 hour rides on Tuesdays at 10:30 am. Optional coffee stop after each ride.
- **Wednesday Night Ride** - Meet at 6:30 pm for this popular social ride. Starting points vary amongst the Boardwalk Barbeque Pub, Bridgepoint Health and E.T. Seton Park. BRING LIGHTS.
- **Saturday Morning Ride** - Meet at 9:30 am sharp for a brisk-paced 35 km ride suitable for Easy Rollers & Tourists, usually starting at the Boardwalk Pub (formerly BBQ Pub, formerly Café) at Lakeshore and Coxwell.

Workshops/Presentations

July 20 from 2 - 3:30 pm. **Jewelry Making**. Do you love jewelry? Learn to make a beaded bookmark, a stretch bracelet and a beautiful brooch. No experience is necessary. All materials are supplied. Toronto Public Library. Agincourt Branch. 155 Bonis Ave. Register in person or call 416-396-8950. FREE

July 31 at 1 pm – 3 pm. **Lung Health and Smoking Cessation Health Talk**. Toronto Western Hospital. Auditorium. 2nd Floor. West Wing. 399 Bathurst Street (just north of Dundas). To register, please call 416-603-5800 x 6475 or email evangeline.roland@uhn.on.ca or visit <http://www.uhnpatienteducation.ca>. FREE

Writers/Books

CALL FOR SUBMISSIONS. Our Voice/Notre Voix – Viewpoints of the Psychiatrized since 1987/Points de Vues des Psychiatisés depuis 1987 is calling for submissions for their 50th issue. The theme is "Dare to Imagine: From Lunatics to Citizens". They are accepting submissions of poems, opinions and articles and the call is open to all stakeholders. Honorariums provided to all who have their work published. Deadline is September 30 at 4 pm. For details email ovnvletters@nb.aibn.com. Visit www.ourvoice-notrevoix.com to learn more about the organization. FREE

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.