

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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Doing It For Ourselves: Sound Times Marketplace

Sound Times, a consumer/survivor initiative that offers social, recreational, mental health and justice and harm reduction programs to its members, has implemented an excellent food program. It started in February 2009 and has grown in popularity to the point that they offer it weekly rather than every two weeks. It is tremendously successful. During my morning visit there was a stream of shoppers and Nadine explained that it only gets busier as the day progresses. The Marketplace has been running smoothly since its inception.

The program is made possible by a food delivery service run by the Christian Resource Centre that provides fresh produce at low cost to local agencies. The Christian Resource Centre updates Nadine weekly about what produce is currently available. Nadine informs members and takes their orders on Tuesday morning. The price of the produce is dependent on the deal that the Christian Resource Centre is able to negotiate and the quantity ordered by participating agencies. Larger orders equal cheaper prices. The produce is delivered and inspected for quality control on Wednesday. Sound Time members purchase the food on Thursday.

The Marketplace is coordinated by Nadine as part of the Harm Reduction and Wellness Program, which takes a holistic approach to coping with mental health and substance abuse problems.

The goal of the food program is to improve health through affordable, fresh, high quality fruit, vegetables and grains. This is in keeping with the Harm Reduction philosophy of strengthening all aspects of members' lives in order that an addiction is no longer the centre around which life revolves.

Sound Times recognized the value of this program because of the experiences of staff and members with difficulty accessing good quality food on a low-income.

The ongoing herb garden program complements the Marketplace. Members grow and harvest herbs that are used for cooking at home and cooking workshops at the centre. The cooking group started in April and runs every second week. The focus is on assembly cooking (meals based on an assemblage of ingredients) and preparation of hot meals. Nadine researches recipes that are suitable for a single person or a single person plus friend, to satisfy the needs of clientele. It is designed for novice cooks and incorporates produce and grains from the Marketplace and herbs from the herb garden.

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The prices are very good. On the day of my visit there were mushrooms for a dollar a pound, strawberries for 1.25 a pound, grapes for 1.15 a pound, large cucumbers at 50 cents each, tomatoes for 1.50 for one and a half pounds, and potatoes at 90 cents for 3 pounds. These prices go a long way to making good nutrition a real choice rather than an unreachable desire.

Agencies interested in setting up a food program may contact Bianca Martins Pham, Community Manager, at the Christian Resource Centre. Please note that Christian Resource Centre can only accept agencies in the East Downtown core. Call 416-363-4234 ext 223 or visit www.tcrc.ca for further information.



(left to right) Andrew Garner (Member), Nadine Reid (Marketplace Coordinator/Harm Reduction Worker), Marge Panamick and Miriam Alexander (Members)



Fresh produce ready for purchase along with free recipes.

The *Scarborough Mirror* ran a story on July 17 about a new Sharing Backyards program launched in Toronto this June. The program brings together people who are willing to share space in their backyards with people who want to grow produce but don't have a backyard of their own. Participants connect with each other on the Sharing Backyards website and sort out their own rules and guidelines for sharing space and produce. The program was initiated in Toronto by Susan Poizner, founder of *Growing for Green*. It was created by the Lifecycles Project Society in Victoria, B.C and it has been embraced by many cities across North America. Email sharingbackyardstoronto@gmail.com for more information or visit www.sharingbackyardstoronto.ca to get involved.

Faces of Mad Pride 2009



Highlights of the week included *Mind Storm*, a collaborative production by playwright Mortimer Christie (right) and Henrik Kartna (left), featuring a fine performance by Kartna. *Mind Storm* is a play about Michael, a person with mental health issues around schizophrenia. Michael spends a 24-hour period of time every month in the local park experiencing audio and visual hallucinations. The performance was dedicated to FARRAH FAWCET (February 2, 1947 - June 25, 2009) - BEAUTIFUL FARRAH.



Actor Henrik Kartna



Another highlight was the Community Theatre play by The Friendly Spike Theatre Band - *Moving To My Own Beat* - about a group of students participating in an interactive lecture and coming up with their own answers to questions concerning the existence of God, how the caramel gets into the caramilk bar, how much is too much, and many more. (Heinz Klein as narrator (left) and Myrna Schacherl as professor (right)).



Paul and Diana Mackle of Street to Trail in front of their information table.



Alice presented several video shorts documenting her experiences of community with PARC.



Geoffrey Reaume speaks at awards ceremony.



Marchers in hospital gowns represent moving out of hospitals and into communities.



Michelle MacAulay of A-Way Express Courier



Pushing the Bed down Queen St.



PARC Drummers



Naomi (artist) and friend carry her banner along Queen St.



Linda Chamberlain, David Reville, Helen Hook (left to right)

Newsbytes

ECT used to treat youth internet addiction. The Health Ministry of China ordered Linyi Mental Health Hospital in the eastern Shandong province to stop using electric shock therapy on youth who spend a lot of time on the internet. The four-month ECT program has treated 3,000 youths for spending more than 6 hours a day playing games or looking at pornography on the internet. ("China stops shock therapy for Internet addicts" cbc.ca (CP), Tuesday, July 14 | 9:22 AM ET - Canadian Press HENRY SANDERSON, THE ASSOCIATED PRESS - BEIJING). Visit <http://www.cbc.ca/cp/health/090714/x071404A.html> for story.

Finnish Study finds clozapine reduces suicide risk in schizophrenia. Clozapine (clozaril, leponex, denzapine, fazaclo) was introduced and then banned in the seventies because it causes a deadly side-effect in 2 percent of people who take it (loss of white blood cells). It was reintroduced in the eighties and is prescribed as a drug of last resort when two other drugs have failed to help. A Finnish study published online in the Lancet found that people with schizophrenia taking clozapine had a much lower risk of death than those who do not. The study concludes that newer drugs (quetiapine, haloperidol and risperidone) increase the death risk compared to older drugs. In Finland, people with schizophrenia die about 20 years earlier than the general population. ("Study: Clozapine could have saved schizophrenics" Updated Mon. Jul. 13 2009 8:48 AM ET, The Associated Press, LONDON). Visit

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090713/Clozapine_090713/20090713?hub=Health for complete story.

The Key Update - a free monthly e-newsletter of the National Mental Health Consumers' Self-Help Clearinghouse reported the following news items in their Volume 5, No. 12, June 2009 edition. Visit them at <http://www.mhselfhelp.org>:

- **Likelihood of depression diagnosis in the US related to ethnicity.** A US Consumer Health Sciences report states that 76 percent of white people who go to doctors with symptoms of depression receive a depression diagnosis in contrast to 47.4 percent of Asians, 62.7 percent of Hispanics, and 58.7 percent of African Americans with similar symptoms. Visit <http://www.medicalnewstoday.com/articles/150861.php> to view article.
- **Objectivity of the Diagnostic and Statistical Manual of Mental Disorders" (DSM-V) Questioned.** A USA Today article reports that 68 percent of the 160 people updating the manual have economic ties to drug companies. The drug industry pays for two-thirds of the research and many of the researchers serve as advisors to drug companies, hold stock in the companies or serve on their boards. Visit http://www.usatoday.com/news/health/2009-06-02-psychiatry-drugs-conflicts_N.htm to view article.
- **Paxil, Prozac and Zoloft may interfere with Tamoxifen.** A study by Medco Health Solutions suggests that certain antidepressants may lower the amount of tamoxifen available in the bloodstream. This is a particularly important result for women taking tamoxifen to prevent a recurrence of breast cancer because while 7 percent of the women who took tamoxifen but not antidepressants had a cancer relapse, 14 percent of the women who took tamoxifen and Paxil, Prozac or Zoloft, experienced a cancer relapse. Visit http://news.yahoo.com/s/ap/20090531/ap_on_he_me/us_med_breast_cancer to view article.

Wish List

One of our readers sends out a wish for an acoustic guitar. Donations this issue include a woman's bike in excellent condition; 2 men's bikes (one needs a tune-up before it is roadworthy); an artificial Christmas tree still in the box; and a variety of small kitchen and household items (ab/crunch roller, 2 canvas magazine racks, Brita water jug, hand-held shower head, chopper, T-Fal frying pan, a Scooby Doo alarm clock, and an IKEA storage bench).

<http://www.eatrightontario.ca/en/default.aspx>

The EatRight Ontario website has a lot of useful information about nutrition, disease prevention and everyday food choices. You may call them toll-free Monday - Friday from 9 am - 5 pm and Tuesday and Thursday from 9 am - 9 pm at 1-877-510-510-2 to speak with a registered dietitian 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,

Could you please let us know about any upcoming or ongoing mental health and/or addictions-related support groups or workshops that you come across? We would like to compile a list of groups and you are our best resource. Thank you!

From the Income Security Advocacy Centre

There are new changes to the monthly **Ontario Child Benefit** program. The OCB goes to **all eligible low-income families** with children between the ages of 0 - 18, whether you are working or receiving Ontario Works (OW) or the Ontario Disability Support Program (ODSP). If a family leaves social assistance, they will not lose their Ontario Child Benefit. To be eligible, families must:

- have immigration status in Canada,
- file their taxes each year, and
- register for the Canada Child Tax Benefit.

Call 1-866-245-4072 toll free or email isac@lao.on.ca for more information or visit <http://www.incomesecurity.org/campaigns/OntarioChildBenefit2008.html> to view ISAC's Answers to Common Questions about the Ontario Child Benefit or File your Income Taxes Alert for more information about eligibility.

Mental Health Court 102

Do you use mental health services?
Do you worry about getting arrested?
Are you currently facing charges?
Do you know your rights?



Free Information Session

August 19th 2009

2:00PM - 3:00PM

Empowerment Council Office

Guest Speakers: Laura Horsman -
Mental Health & Justice Worker and
Michael Leitold - Lawyer

For more
information
call
416-535-8501
x 3013

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.

Please submit application to:

The Reva Gerstein Legacy Fund
100 Charles Street East
Toronto ON M4Y 1V3
legacy@gersteincentre.org.

Application Deadline: September 1, 2009

PhACs is back!

PhACS (Physical Activities for Consumer Survivors) works in partnership with Accent on Ability, a non-profit organization, to promote wellness through physical fitness and social activities. PhACS serves consumers, survivors, their friends and people with diabetes. It is your choice to walk, walk and run or run. We hold Adventure Walks the first Saturday of the month. Rain or shine. Join us and bring motivation and support to our group. The walks are free. Call 416-604-6973 or visit www.accentonabilities.org/phacs.htm. No registration required.

East End: Wednesdays at 7 pm. Meet at the Tim Hortons at 481 Danforth Avenue (Danforth and Logan).
Sundays at 10 am. Meet at The Riverdale Perk at 633 Logan Avenue (Logan and Withrow).

West End: Wednesdays at 1:45 pm (mid-April to mid-October). Meet at the Coach House/PhACS Walk (sponsored by C.O.T.A.) behind 1330 King St. West (west of Cowan).
Saturdays at 1 pm. Meet at Brown Sugar Bakery & Deli at 1374 Queen St. West (west of Brock).

Ethno Racial People with Disabilities Coalition of Ontario

Are you an ethno-cultural or racialized person with a disability? Looking to expand and share skills for empowering the disability community? Then, apply to Participate in ERDCO'S Capacity Building and Advocacy Project (CAP). Our project aims to advance the voices, issues, talents and giftedness of ethno-cultural and racialized people with disabilities and offer a series of workshops, including interesting guest speakers, opportunities to enhance communication skills and organize public meetings and advocacy initiatives, from this summer to spring, 2010.

JOIN THE CIRCLE

Participation in this project will expand the capacity to do public education and advocacy on such issues as human and disability rights, anti-oppression practice, cultural sensitivity and anti-ableism. It will be led by inspirational speakers, facilitators and engaged advocates with disabilities. ERDCO is currently taking names of people interested in applying to participate in this project.

Apply soon! Contact ERDCO at 416-657-2211 or write to us at erdco_ca@yahoo.ca.

An Honorarium will be provided to participants

Note: Attendant services and refreshments are provided, and ASL for some events.

Funded by the Access, Equity and Human Rights grants program, City of Toronto

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 include in the *Bulletin*. It may be worthwhile for jobseekers to drop by periodically and check the board. Please note also that the job postings in the *Bulletin* are usually abridged versions that include a website address or contact number for accessing the complete job posting.

Ontario Trillium Foundation seeks a Bilingual Office Assistant

Bilingual Office Assistant, Province-Wide / Champlain (AS-02)

Temporary Full Time - 6 to 8 Months

Performs administrative support services.

• Grade 12 education or equivalent experience • Experience in working with a variety of software programs.

Date Ad Posted: 7/21/2009

Application Deadline: 8/15/2009

Please submit a resume and covering letter August 15 2009 to:

Human Resources
Ontario Trillium Foundation
45 Charles St. East, 5th Floor
Toronto, ON M4Y 1S2

Email: hr@trilliumfoundation.org

Visit www.trilliumfoundation.org to view complete posting.



Association of Ontario Health Centres seeks a Performance Measurement Manager

The Association of Ontario Health Centres (AOHC) is the policy and advocacy organization for non-profit, community-governed, interdisciplinary primary health care organizations. Our members are Ontario's Community Health Centres, Aboriginal Health Access Centres and Community Family Health Teams.

The successful candidate will provide expertise and support to the leadership within CHC sector through the Ontario CHCs' Performance Measurement Committee (PMC) in meeting its mandate of guiding at a policy level, sector-wide performance measurement, reporting and quality improvement initiatives.

Key Responsibilities: Coordinate and manage the work of PMC. Facilitate, support and provide strategic insight into the work of PMC Standing Committees addressing Complexity of Care, Data Quality, Indicator Development and Quality Improvement.

Qualifications and Experience: Master's degree or equivalent in health research, administration and/or planning, epidemiology, public health. 3-5 years experience in a health or social services environment, specifically working in research, planning and/or evaluation.

Knowledge and Skills: Highly skilled in the area of research and evaluation, performance measurement and indicator development for health care organizations. Project management skills, particularly project coordination, program planning, proposal and report development. Excellent communication, facilitation and problem-solving skills.

Application Deadline: 5 pm Eastern Standard Time on August 14, 2009

Forward in confidence a cover letter and resume to:

PMC Hiring Committee c/o Corinne Christie (corinne@aohc.org)
Association of Ontario Health Centres
970 Lawrence Ave W, Suite 500, Toronto ON M6A 3B6
Fax: 416-236-0431

| [To view the](http://www.aohc.org/) complete posting visit <http://www.aohc.org/>.

Employment Matters



The Empowerment Council presents: JOB SEARCH SKILLS 101

An information Session for Mental Health and Addiction Clients

We will discuss:

- Disclosure during interviews
- How to prepare a resume
- Cover letter tips
- What NOT to wear to an interview



August 13th, 2009

2:00 – 3:00 pm

Empowerment Council Office

1001 Queen Street West, Room 160 (near the cafeteria)

Guest Speaker: Carolyn Howell - Employment Works! Intern,
George Brown Career and Work Placement Student

For more info call: 416-535-8501 x 3013.

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

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

Art

July 4 - August 23. A new exhibit at the Art Gallery of Ontario illustrates the impact on one family of Dr. Ewen Cameron's 1950s mind control experiments at the Allan Memorial Institute, Montreal. Artist Sarah Anne Johnson, whose maternal grandmother Velma Orlikow was the unknowing subject of CIA mind control experiments at the Institute, has created an exhibit in which she illustrates the possible effects the experience had on her family. The exhibit, entitled "**Sarah Anne Johnson: House on Fire**", uses various art media including sculpture to communicate her thoughts on the subject. The symbolism of the artwork is quite remarkable. (- from www.crct.org. Glen Dewar, Health Promoter and Web Site Content Manager. Community Resource Connections of Toronto). AGO. 317 Dundas St. West (near University Ave). Visit www.ago.net for further information about the Gallery and its exhibitions. Admission to the AGO is free every Wednesday evening 6 pm to 8:30 pm. Also, with a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for your family to get in free during regular hours. For more information call the library info line at 416-393-7131 or visit your local library or visit http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp or Sun Life Financial Museum and Arts Pass (MAP). FREE

Festivals

August 1 – 3 from noon – midnight. **Harbourfront Centre's ISLAND SOUL weekend** - part of Harbourfront Centre's World Routes Summer Festival 2009. A full roster of free theatre, dance, food and music events featuring Caribbean dance lessons, Rated "X" for Xcitement dance crew, Aya Dance Collective drum and dance performance, Emancipation Jubilee, Jamaican ska, Charles Town Maroons, Superheavy Reggae, Leroy Sibbles, Tony Rebel Live! Caribbean Tales presents Diasporic Documentaries, Steel Pan Workshop for Children, and lots more. 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/whatson/today.cfm?discipline_id=&mode=day&day=1&week=32&month=8&year=2009. FREE

August 14 – 23. Various times. **Planet Indigenus**. Harbourfront Centre's World Routes Summer Festival 2009 continues with this 10-day festival of multidisciplinary, contemporary, international Indigenous artistic work. Two incredible weekends of music, dance, visual arts, craft design, theatre, literary art, film, interactive performances, workshops, and hands-on artistic/community collaboration projects and performance art. Events include Natives on a Daily Basis workshops; International Marketplace; The Doonooch Dance Company; Polytoxic presents Teuila Postcards; Maestro John Kim Bell and the Planet IndigenUs Festival Orchestra; Failure to Comply: Shorts from the Underground; Birch Bark Canoe Demonstration; BC Indigenous Land Rights Panel; Jã; Me Transformei em Imagem (Iâ€™ve Already Become an Image); free canoe rides; James Cheechoo; Northern Cree Singers; and much more. 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/festivals.cfm?festival_id=39 for complete schedule of events. FREE

Note: August 9th is International Day of the World's Indigenous People as declared by the General Assembly of the United Nations.

August 6 – August 17. Various times and locations. **Summer Theatre Festival Works**. Local and national Theatre, Music, Performance Gallery and unique Summer Walks. Plays are held at a variety of venues including the Factory Theatre, Theatre Passe Muraille, The Theatre Centre, The Gladstone Hotel, and Cameron House. Music Series shows are all held at the The Theatre Centre (1087 Queen Street West (at Dovercourt)). Tickets for plays and concerts are \$10 and may be purchased the day of the performance. The Performance Gallery art exhibit is at the Gladstone Hotel (\$5 admission). The Summer Walks explore Queen West and are FREE. Visit <http://www.summerworks.ca/2009/about.php> for details about tickets and to download schedule of events.

Sunday August 16 from noon - 4:30 pm. The Ethno Racial People with Disabilities Coalition of Ontario (ERDCO) in partnership with Centre for Independent Living in Toronto (CILT), Canadian South Asians for Independent Living and Wholenet Technology warmly invite you to our annual **DisAbility Community Picnic**. (Volunteer Escorts available at Wynford and Garamond). Free vegetarian and Halal Food provided. Attendant and ASL Services and Child Care provided. (Please contact us regarding additional accommodations). Space generously provided by the Japanese Canadian Cultural Centre. Funded through the support of the Ontario Trillium Foundation. Japanese Canadian Cultural Centre. 6 Garamond Court (off Wynford Drive). RSVP at 416-657-2211 or erdco_ca@yahoo.ca. FREE

Music

August 7 from 8 pm – 10 pm. **Global Grooves. Contemporary World Music. Funkadesi**. "Funkadesi really knows how to get fired up... There's a lot of funk in that desi!" – U.S. President Barack Obama. Funkadesi proudly represent the diverse multi-ethnic communities of their hometown Chicago. Their one-world sound, roots watering vision and positive vibe make the band a unique and compelling musical force. Most Outstanding Band 2006, 2007–Chicago Music Awards, Best World Music Group 2008 – Chicago Reader. Yonge-Dundas Square. Call 416-979-9960 or email info@ydsquare.ca or visit www.ydsquare.ca. FREE

August 14 from 8 pm – 10 pm. **Pavlov's Dogs Orchestra**. A fascinating style of World-Rock music with a distinctive Eastern European quality and explosive energy! Winners of "Best World" at the 2008 Toronto Independent Music Awards and "Best World CD Album" at the 2008 Toronto Exclusive Magazine Awards, Pavlov's Dogs Orchestra have taken the local Indie music scene by storm. Yonge-Dundas Square. Call 416-979-9960 or email info@ydsquare.ca or visit www.ydsquare.ca. FREE

Recreation and Fitness

August 1, 2 and 3 from 10 am – 6 pm. **Island Soul. Kid's Guide to Harbourfront Centre.** Click here for an interactive discovery walk program for kids around the Harbourfront Centre site, and uncover all the wonderful things that Harbourfront Centre has to offer. Don't forget to go to the INFO Desk when you're finished the Discovery Walk. Show the staff your completed sheet, and get a prize! Harbourfront Centre. York Quay Centre, 235 Queens Quay West. Call 416-973-4000 or email info@harbourfrontcentre.com or visit <http://www.harbourfrontcentre.com/whatson/today.cfm?id=1510>. FREE

Saturdays in August starting August 8 from 9:15 to 10:15 am. **Free yoga classes.** Please bring your own mat and water to remain hydrated. The classes are for all levels but will be taught at an absolute beginner level. Youth and adults are welcome. The yoga is hatha style and is relaxing and will include some meditation. Taught by Aminta Vidi, Yoga instructor and teacher trainee at Esther Myers Yoga Studio. Come 10 minutes early to register the first time. Toronto Public Library. Downsview Branch. 2793 Keele Street. Call 416-395-5720. FREE

Ongoing. Various locations and times. Rain or shine. Walk or run in the east and west end with **PhACS (Physical Activities for Consumers Survivors)**. PhACS serves consumers, survivors, their friends and people with diabetes. Adventure Walks are held the first Saturday of the month. Call 416-604-6973 or visit www.accentonabilities.org/phacs.htm. FREE.

Support Groups/Workshops/Peer Support

Ongoing. **Women under Stress.** Support group offered by PTP Adult Learning & Employment Programs. Coping with stress, developing assertiveness, setting goals, making changes, information about community resources and programs. The groups are held 3 times a year and each group meets once a week for 9 – 12 weeks. The groups are open to any woman who can participate in the group. There are four locations: Martingrove and Finch (Thursday mornings), Lawrence Square (Wed. mornings), Jane and St. Clair (Monday mornings), Kipling and Dundas (Thursday mornings.) Groups are starting in September so it is a good idea to call now to register. Call Anne at 416-787-1481 x 225. Visit <http://www.ptp.ca/>. FREE and free transit fare is available.

Ongoing. Monday, Tuesday, Thursday, Friday at 1 – 7:30 pm. Closed on Wednesdays. **What Next! Peer Support/Drop-in Centre.** A non-profit organization run by and for people who have experienced mental health or mental health and addiction challenges. Some of the social and recreational activities scheduled for August include a Niagara Falls trip, a BBQ and Karaoke Party, Cooking with Mohammed, Bingo, euchre, guitar jam sessions, art groups, movies, walking groups, soccer, free computer use, and a WRAP group starting up in September. What Next: Peer Support/Drop-in Centre. The Red Cross Building. 1859 Leslie Street (east side of Leslie - 1 short block north of York Mills). To become a What Next! member please call 416-449-4555. For more information visit www.whatnextdropin.ca. Membership is free and most activities are free.

Monday, Tuesday, Friday from 11 am – 5 pm. Wednesday from 1 – 5 pm. Thursday from 11 am – 9 pm. Saturdays and Holidays from noon – 4 pm. Krasman Centre. Drop-in Centre for psychiatric consumer/survivors, their friends and family members. Internet, phone/fax/photocopier, free Newsletter, Creativity workshops, basic needs (shower, laundry, etc.), friendly cats on premises. Krasman Centre. 10121 Yonge St. Richmond Hill. Call 905-780-0491 or email postmaster@krasmancentre.com or visit www.krasmancentre.com. 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.