

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)*

September 15, 2009 Bulletin 402

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OF ALL THINGS, HOPE IS THE MOST DANGEROUS
AN ANTHOLOGY OF COURAGE, RESILIENCE, AND THE EVERYDAY
FROM THE PERSPECTIVE OF PSYCHIATRIC SURVIVORS



OFFICIAL LAUNCH
ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES
ANNUAL GENERAL MEETING
ALL WELCOME

<small>Date</small> FRIDAY, SEPTEMBER 25, 2009	<small>Time</small> 2:00PM	<small>Address</small> The Raging Spoon 761 Queen Street West
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A Reader says it best about the Wish List:

Hi Out There!

I keep up with the C/S Info Bulletin and have for a couple years now. I received some very nice things. Thank you very much! I see many items that I'd like, but, like many consumer survivors, I do not have access to a car.

I, myself would really appreciate a way of transporting furniture and big items to my address. I didn't want to write this letter because I'm lucky enough to have what I've gotten. However, I just wanted to let you know how much it would be appreciated!

Thank you!
B. Perry

Wish List

Requests: a bundle buggy for carrying groceries; a 5 shelf bookcase; a deep fryer.

Items available: a piano in good shape except for needing tuning and the foot pedals - the person must arrange transport from Danforth and Coxwell area.

COMMUNITY ANNOUNCEMENTS

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

Dear Readers,

Please let us know about upcoming or ongoing mental health and/or addictions-related support groups and workshops. You are our best resource for accessing this information. A big thanks to those who have responded to our request so far.



Mental Health & Addiction Services in East Toronto Info Fair

East York Civic Centre
Wednesday, October 7
12:00 - 4:30 pm

Quality
of Life

This year's fair (the twelfth) will be held on Wednesday, October 7, and is co-sponsored by Mental Health Services at Toronto East General Hospital and St. Michael's Hospital, COTA Health, VHA Home HealthCare, the St. Clair O'Connor Community Centre, and the Centre for Addiction and Mental Health.

The Fair will provide:

- information about a wide range of mental health, addiction, and related services available in East Toronto and a number of services helpful for improving quality of life
- an excellent opportunity to increase awareness of resources among service providers, consumers, families, teachers, and the public
- approximately 65 attended displays with information on more than 100 programs
- free admission and light refreshments
- an opportunity to highlight new initiatives and services

Note: The C/S Info Centre will be there.

The Secret Handshake Schizophrenia Peer Support Group/Network has closed its clubhouse doors on August 31, 2009 due to a lack of funding.

Stand Up For Mental Health! Learn to be a Stand Up Comedian.

The fall program will start September 30, 2009. There will be 15 sessions on Wednesday evenings from 7:00 to 9:45 pm at the Mood Disorders Association of Ontario's office at 36 Eglinton Avenue West, Suite 602. The course is limited to 15 people and candidates must participate in a short telephone interview in order to be assessed for suitability and commitment. People must commit to attending the entire 15-week program. More than 70 people have graduated from the program. Graduates report that it has had powerful positive affects on their lives. Join them and enroll now.

Call MDAO for an application form at 416-486-8046 or fax a request to 416-486-8127. You can also pick one up at the C/S Info Centre. The deadline for applications to be returned to Michael Cole at Mood Disorders is September 21, 2009.

The Friendly Spike Theatre Band is Celebrating a Birthday!

The Friendly Spike Theatre Band, a grass roots Toronto organization dedicated to encouraging creative expression from the marginalized in society, turns TWENTY on October 1st 2009. It was this day in 1989 when the "little company with a big heart" (Toronto Star November 1989), opened as a Canadian Corporation and a registered charity.

This is an amazing story of survival. Although maintaining a grass roots organization in this fractured world can seem an impossible task, the FSTB continues to grow. So please join us in celebration:

The Friendly Spike Theatre Band
Friday October 2nd, 2009 from 6 pm to 9 pm
May Robinson Auditorium, 20 West Lodge Avenue

See old friends and make new ones. There will be a pot luck supper and a performance of *Moving To My Own Beat*, FSTB's latest play. Also, we are hoping cast members from many of FSTB's great works attend and share impromptu performances.

For more information contact 416-516-4740 or friendlyspike@primus.ca. To register food contributions contact Shirley.Gillett@utoronto.ca.

The Central LHIN Consumer/Survivor Network Recovery in Action presents Recovery Education Workshops

October 7 – 9. **Pathways to Recovery Facilitator Training:** Learn the skills to become a facilitator in delivery with *Pathways to Recovery*, a strengths-based, self-help workbook.

October 23. **Recovery Education for Allies - Building & Supporting Recovery Orientation for Clinical Services Workshop:** Mainstream service providers are invited to join us for this one-day workshop on becoming agents of change to create a culture of recovery systemically in their organizations and personal practice.

October 27 – 30. **WRAP Facilitator Certification:** For anyone who has taken a WRAP course. Learn to become a recovery educator as a WRAP facilitator.

Contact Theresa Claxton, Coordinator, Central LHIN Consumer/Survivor Network at 647-203-3726 or by email at clhincsnetwork@gmail.com for further information.

Toronto Western Hospital presents a Free Health Talk: Stress, Emotion and Self-care

Toronto Western Hospital
Auditorium, 2nd floor, West Wing
399 Bathurst Street (just north of Dundas)

Call 416-603-5800 x 6475 or email Evangeline.roldan@uhn.on.ca to register.

Note: The presentation will be video-conferenced and webcasted. Your consent is assumed when you attend.

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*. We also regularly post many upcoming employment workshops and training opportunities on the bulletin board.

Out of This World Café and Espresso Bar seeks a Manager

The Ontario Council of Alternative Businesses is seeking a Manager to lead the operations of **Out of This World Café and Espresso Bar**, a psychiatric consumer/survivor run business located within the Centre for Addiction and Mental Health (CAMH). The Café operates a canteen, espresso bar and catering service.

Qualifications

- Minimum two years experience managing a food service/café
- Superior skills in human resource management
- Experience in marketing and product development
- Financial management experience
- Formal culinary training/post-secondary education
- Excellent communication skills
- Experience cooking in a fast paced kitchen environment
- Ability to manage a diverse staff team
- Time-management, organizational, administrative skills and problem-solving skills
- Lived experience and applied understanding of the psychiatric consumer/survivor community, its challenges and opportunities.
- Computer literacy

Individuals from diverse communities are encouraged to apply. The Ontario Council of Alternative Businesses is a unionized workplace. CUPE Local 4557.

Salary: \$42,421 plus generous benefits.

Please mail, fax, or email resumes no later than September 17, 2009 to:

The Ontario Council of Alternative Businesses
1499 Queen Street West, Suite 203
Toronto, M6R 1A3
Fax: 416-504-8063
Email: ocab@on.aibn.com



Houselink Community Homes seeks a Full-time Maintenance Worker

Houselink Community Homes, a non-profit organization providing housing and support to people who live with serious mental illness or otherwise marginalized, is currently seeking to fill the following full-time position. Houselink owns and operates 22 properties throughout Toronto.

The Maintenance Worker is responsible for:

- Performing a variety of maintenance repairs and tasks in residential buildings
- Communicating with members of the maintenance department, other staff and tenants

Salary starts at \$37,596 per annum, with a generous benefit package.

**For more information about this position, see the complete job description at:
www.houselink.on.ca/careers**

Application Deadline: September 25, 2009.

Houselink Community Homes seeks Full-time, Permanent Support Supervisor

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace.

The Support Supervisor is responsible for the delivery of support and program services within the Supportive Housing program. This includes: providing leadership to a team; liaising with community agencies, hospitals, landlords and other project partners; supervising and scheduling front-line staff; ensuring residents are receiving the appropriate services from a variety of sources both within and outside the agency; and related administrative tasks. You will be required to work flexible hours.

Skills, Knowledge and Experience Required

- Demonstrated leadership and supervision skills.
- Experience & knowledge of the mental health, homelessness, housing, poverty and relevant community resources
- Experience in program development and coordination
- Degree or Diploma and/or experience in related field

Starting Salary is \$51,676.00 per annum with a benefit package

**For more information about this position, see the complete job description at:
www.houselink.on.ca/careers**

What Next! Program seeks Permanent, Full-time Team Leader

What Next! Peer Support Drop-in Centre is seeking a team leader for its program. What Next! is a meeting place where people recovering from mental health issues can share with peers and gain social and emotional support. This is a full-time position (35 hours per week) based in North York. We are seeking a dynamic individual who enjoys working directly with a group of diverse staff and members in the development and operation of the programs. The ability to develop and foster effective external partnerships, supervise and support staff and demonstrate strong organizational and administrative skills is key. What Next! works in partnership with the Canadian Mental Health Association, Toronto Branch.

Responsibilities Include:

- Supervise a team of direct service workers and volunteers
- Program development, implementation, coordination and evaluation
- Program promotion and outreach through community liaison and advocacy
- Track program statistical information
- Manage program budget and tracking of program expenditures
- Represent WHAT NEXT with funder and external committees
- Provide peer support
- Provide practical assistance, mentoring, advocacy, coordination
- Participate on the CMHA Management team

Qualifications:

- Life experience as a consumer/survivor of the mental health system
- Degree or Diploma in Social Services/health related field
- Experience supervising employees
- Knowledge of community resources available to people with mental illness
- Excellent interpersonal and communication skills
- Demonstrated ability to manage multiple demands
- Ability to facilitate groups
- Knowledge of recovery principles
- Demonstrated ability to work in a diverse work environment
- Demonstrated ability to manage multiple administrative requirements

Salary Range: \$54,591- \$65,737

Please **submit resumes by September 18, 2009** to the Director of Specialized Services, What Next! Canadian Mental Health Association-Toronto Branch, 700 Lawrence Avenue West, Suite 480, Toronto, Ontario, M6A 3B4; Email: work@cmha-toronto.net or Fax 416-789-9079. CMHA is an equal opportunity employer.

Community Resource Connections of Toronto seeks a Program Manager - CSS West Team and Health Promotion

The person in this position assumes responsibility for the CSS West and HPP programs and employees. Key responsibilities include supervision, support and leadership to the employees in the CSS West Team and HPP with the outcome of relevant and recovery oriented services for clients of CRCT. Working as part of the management team at CRCT, the incumbent will strive for quality administrative and human resource practices and represent CRCT externally. The position reports to the Executive Director.

Qualifications include:

A degree/diploma or training in health or social services

Program management and supervisory experience, preferably in a unionized environment

Significant work experience with people with serious mental health problems, including working with traditional and nontraditional mental health services preferred

Key Responsibilities include: administration, leadership, human resources, external representation, evaluation and research.

Job Dimensions: Manage a budget of \$800,000, supervise 13 employees and manage two programs.

Application Deadline: September 21, 2009

Visit <http://www.crct.org/> to view the complete job posting.

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

Free and Low-Cost Events for September 15 - September 30

Animal Lovers

September 19 from 11 am to 6 pm. September 20 from 11 am to 3 pm. **The Toy Breeds.** Come and meet all the tiny dogs that are becoming more and more popular in these times and in this city. PawsWay. 245 Queens Quay West. Call 416-360-7297 or visit www.pawsWay.ca. FREE

September 26 from 11 am to 6 pm. September 27 from 11 am to 3 pm. **Cats, Cats, Cats – A Cat Extravaganza.** Meet all kinds of cats, different breeds from all over the world. Everything you need to know about all aspects of owning a cat. Learn from the experts. PawsWay. 245 Queens Quay West. Call 416-360-7297 or visit www.pawsWay.ca. FREE

ART

September 18 – September 20. **Queen West Art Crawl. 'Art on the Spot'.** From Spadina to Roncesvalles, the street comes alive with creativity. Call 416-820-2727 or visit <http://westqueenwest.ca/event/queen-west-art-crawl>. FREE

- September 19 – 20 from 11 am – 6 pm. **Outdoor Artshow & Sale.** Trinity Bellwoods Park.
- September 19 – 20 from noon – 5 pm. **Art Fusion.** Trinity Bellwoods Park.
- September 20 from noon – 6 pm. **QEAC-fiti.** Graffiti artists perform. Parkdale Town Square (Queen & Cowan).
- **Store front installations** along Queen West throughout the weekend.
- September 19 from 10 am to 4 pm. **Creative on Queen** presented by CAMH. Music by Heinz Klein and the Deloraines, the Parkdale Drummers and the St. Christopher Music School. BBQ, food and crafts provided by Out of This World Café, the Sunshine garden, Foodshare, Houselink's Community Kitchen, Sistering's Inspirations Studio, CMHA's What Next!, and the Native Arts Program at St Christopher House. 1001 Queen West. FREE

Festivals

September 19 from 11 am to 5 pm. **Life Is Good Festival.** Fundraiser for The Children's Wish Foundation of Canada which works with the community to provide children living with high-risk, life threatening illnesses the opportunity to realize their most heartfelt wish. Features the Joy Zone, soccer, football, sack races, watermelon seed spitting, arts & crafts, face painting; music performances by Mr. Steve, Carly Rae Jepsen (Canadian Idol), Julian Marley and a fundraiser walk. They also sell Life is Good merchandise and the proceeds go to fund children's hospitals. Coronation Park (Lake Shore Boulevard and Strachan Avenue). Call 1-888-339-2987 or visit <http://www.lifeisgood.com/festivals/music-events/>. FREE

September 22. **Car Free Day.** The Sierra Club and the City of Toronto present an event featuring high profile entertainers and speakers and the participation of community groups and the Toronto public. Yonge Street from Queen to Dundas will be closed to all traffic. Yonge-Dundas Square. Visit www.ydsquare.ca. FREE

September 19 from 11 am to September 20 at 8:00 pm. **Roncesvalles BIA Polish Festival.** North America's largest Polish celebration with food, dancing and music. Roncesvalles Street. Call 416-537-2701 or email info@polishfestival.ca or visit www.polishfestival.ca. FREE

Music and Dance Performances

September 23 from 12:30 to 1:30 pm. Serenades in the Square. **The Sunparlour Players.** Toronto-based band tours coast-to-coast performing their bluesy rock. Andrew Penner, hailing from an Ontarian Mennonite community sings with gospel conviction and plays kick-drum, banjo, guitar and electric base. Dennis Van Dine and Michael "Rosie" Rosenthal, provide back up with drums, glockenspiel, percussion, and clarinet. Yonge-Dundas Square. Visit www.ydsquare.ca. FREE

September 20 at 4 pm. **The Sanssouci Quartet.** Boston-Toronto quartet performs Boccherini's *Quartet in D Major* and Mozart's *Quartet in D Minor, K. 421* on period instruments. Anita McAlister and the composer perform Barbara Croall's *Calling from Different Directions*. Toronto Music Garden. Harbourfront. 475 Queens Quay West. Call 416-973-4000 or email info@harbourfrontcentre.com or visit <http://www.harbourfrontcentre.com>. FREE

September 30 from 12:30 to 1:30 pm. **Serenades in the Square. The Good Lovelies.** Caroline Brooks, Kerri Ough and Sue Passmore perform their "flirty-bluegrass" music consisting of three-part vocal harmonies and share their humorous perspectives. Yonge-Dundas Square. Visit www.ydsquare.ca. FREE

Peer Support

Every Thursday from 7 to 8:30 pm. **Obsessive Compulsive Anonymous Toronto Group.** Twelve Step Recovery For Obsessive Compulsive Disorder. Meetings are attended only by those with O.C.D. There are no dues or fees; we are self-supporting through our own contributions. There is no registration procedure at our meeting. Attend as you wish. You no longer have to be alone! CAMH (Centre for Addiction and Mental Health). 250 College Street (just east of Spadina Avenue). Room #CS 634. Note: Meeting is held at but not affiliated with CAMH). For more information call 416-925-3011 or email ocatoronto@gmail.com. FREE

Recreation and Fitness

August 26 to February 24, 2010. **Free Yoga and Tai Chi Classes.** Yoga Wednesdays from 5:45 to 6:45 pm. Tai Chi Tuesdays from 9:45 – 11:45 am. There are many more free workshops presented by the Ben Navaee Gallery and it is well worthwhile to contact them to learn more. Ben Navaee Gallery. 1111 Queen Street East (between Pape and Jones). Call 416-999-1030. Register at www.bennavaeegallery.com/FreeYoga.aspx. FREE

Science

September 26 from 10 am to 5 pm. **Ontario Science Centre's 40th Birthday.** Fun-filled activities and birthday-themed events throughout the day. 770 Don Mills Road. Call 416-696-1000 or visit www.ontariosciencecentre.ca. FREE

Workshops

September 18 from 1 to 3 pm. Monthly Talk at Toronto Western Hospital. This month's topic is **Stress, Emotion and Self-Care**. The speaker will be Dr. Alicia B. Arujo de Sorkin and she will be discussing stress and its causes; the relationship between stress and emotion; the body's reaction to stress; how stress affects our physical and mental health; how to cope effectively; practical tips to manage stress; and where and when to seek help. You'll see a demonstration of a relaxation exercise. Toronto Western Hospital. Auditorium. 2nd Floor. West Wing. 399 Bathurst Street (just north of Dundas). Call 416-603-5800 x6475 or email evangeline.roldan@uhn.on.ca to register. A light lunch is provided. Pre-registration is required. FREE

Wednesdays from September 23 to October 28 at 7 to 9 pm. **Building Self-Esteem**. This is a supportive group for women wanting to explore issues of self-esteem. By looking at what impacts our self-esteem we will work together towards accepting ourselves. North York Women's Centre. 201 Caribou Rd. 2nd Floor. Call to register as this class fills up fast. The NYWC also holds **Assertiveness** on Thursdays and has a **New Directions** series for women experiencing separation and divorce. There are workshops on Women in Society and Healthy Relationships on Saturdays from 12:30 to 2:30 pm. Call 416-781-0479 or visit www.nywc.org. FREE



September 21 from 9:30 am – noon. **How to Start a Food Business Seminar.** Michael Donahue (Toronto Business Development Centre) and Michael Wolfson (City of Toronto Economic Development's Food & Beverage Sector Specialist) discuss how to start a business, brand your identity, and develop your products.

The Toronto Food Business Incubator (TFBI) is a newly formed, not for profit organization that supports small entrepreneurs interested in starting new food companies. North York Civic Centre. Council Chambers. 5100 Yonge Street. Please complete the registration form and email it to mwolfso@toronto.ca or fax it to 416-395-7573. For more information call 416-392-3830. Pre-registration is required. FREE

Writers/Spoken Word

September 25 at 2 pm. Official launch: **Of All Things, Hope is The Most Dangerous**. See complete listing on page 1.

September 27 from 11:00 am to 6:00 pm. **Word On The Street**. A national celebration of literacy and the written word. It is Canada's largest book and magazine festival and takes place in four cities now, Toronto, Kitchener, Halifax and Vancouver. Over 200,000 attendees in Toronto. 270 exhibitors and 250 authors and presenters including Diaspora Dialogues Tent, Great Books Marquee, Proud Voices Tent, Canadian Magazine Tent, City of Toronto Tent, Comics and Graphic Novels Tent, Cooks 'n' Books Stage, World Music Stage and three tents and a stage for children. Queen's Park (University Avenue south of College). Call 416-504-7241 email toronto@thewordonthestreet.ca or visit www.thewordonthestreet.ca/toronto. 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.

The C/S Info Centre's Annual General Meeting

Please join us as we celebrate
17 years of service to consumer/survivors
(and 400 Bulletins!)

Monday October 19th

PARC

Parkdale Activity-Recreation Centre

1499 Queen Street West

6 pm - 8 pm

The Business meeting starts at 6:00 pm and is followed immediately by Stand Up for Mental Health! Comedy Troupe Performance and refreshments.

If you would like to be able to vote at the AGM, you must be a member. Please complete the membership form on the next page and return it to us by mail, email or in person. Membership is free.

Non-members are welcome to attend.

The C/S Information Resource Centre of Toronto
Annual General Meeting

Our AGM will be held on October 19, 2009. The business meeting will begin at 6 pm and our special guests, the Stand Up for Mental Health Comedy Troupe, will perform immediately afterwards.

Please join us. Everyone is welcome.

General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre. Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

- Regular Member - You must be a consumer/survivor from the Greater Toronto Area.
 Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature _____

Date _____

Name (please print) _____

Organization (optional) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Fax _____ Email _____

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin.