

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)*

October 1, 2009 Bulletin 403

LOCATION: 1001 Queen St. West, Toronto, ON
MAILING ADDRESS: c/o CAMH, 1001 Queen St. West, Toronto, ON M6J 1H4
DROP-IN HOURS: Monday to Friday, 9-4 pm PHONE HOURS: Monday to Friday, 9-5 pm
TEL: 416-595-2882 FAX: 416-595-0291 E-MAIL: csinfo@camh.net WEBSITE: <http://www.csinfo.ca/>

What I Learned at the Intentional Peer Support Conference

By Phil Hozer

“Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful”

Shery Mead, March 2003



I was given an opportunity to participate in a 5-day workshop on “*Intentional Peer Support*” with Shery Mead the week of September 4th to the 9th. This event was hosted by The Krasman Centre in Richmond Hill and funded, in part, by the Toronto Central LHIN.

I went to this workshop with my own conceptions of what peer support was based on, in part, by my own experiences with 12 step programs and what few supports I saw in the community for people with mental health issues. My beliefs and ideas were challenged and though I found my conceptions were not altogether wrong, they were a bit outdated.

Peer support is about the connection made between two (or more) people with lived experience using their shared experience to support one another and move forward. It is about a connection between the peers and a peer worker connecting with and becoming a valued part of a recovery team. It is about moving forward, about being a part of and connected to something.

This relationship, if worked well, can help the peers involved to learn from each other. I understand this concept, because I learn from the people I work with all the time and I find that when I am asked for advice, I am often the one that benefits. Also, in terms of working at an agency or institution, staff that are not peers can often benefit by learning from peers and have a better understanding of what the needs are of someone in a difficult situation. I find that a peer worker can often act as a bridge between staff and peers. Everyone can benefit from this relationship.

This training also pointed out some potential pitfalls that need to be avoided including power imbalances and the problem of “I am an expert”. These needs are human traits shared by everyone and need to be avoided.

I recommend this training for everyone involved with mental health peers whether the setting is a drop-in, a hospital, a clinic, or an outreach position. This is not only for peers and would help our distinguished service providers to further their understanding of peer support.

For further information on Intentional Peer Support and Shery Mead, please see her website at <http://www.mentalhealthpeers.com>.

Newsbytes

Update on Addiction and ODSP Eligibility. This is an update to our August 15, 2009 (Bulletin 400) Newsbyte: “Denial of ODSP for “addiction only” applications ruled discriminatory.” The provincial government has appealed the recent court decision that allows a person with addiction and no other disability to apply for ODSP. In the meantime, you still may apply for ODSP on the basis of addiction under the recent court decision. (“Applying for ODSP for Individuals Self-Identifying with Addiction Issues”, OPDI NewsToGo, Issue #230, September 11, 2009). Visit <http://opdi.org/>.

15 minute test predicts efficacy of medication for major depression. Researchers measured brain wave patterns using quantitative electroencephalography to detect changes in brain wave activity. These changes signal improvement in mood several weeks before it actually happens. The test is described as non-invasive and involves the placement of six electrodes around the forehead and on the earlobes. Changes in brain wave activity detected by the test may allow clinicians to predict whether or not a medication will improve the person’s mood. If the test indicates that the medication will not be effective it makes it possible to try a different medication sooner. Researchers consider the discovery “a milestone” for predicting treatment response in major depressive disorder. (“Researchers Develop Biomarker for Rapid Relief of Major Depression”, Article Date: 14 Sep 2009 - 4:00 PDT, Source: University of California, Los Angeles (UCLA)). Visit <http://www.medicalnewstoday.com/articles/163847.php>.

Corrections Canada implements change too slowly. In a recent interview with CTV News, Correctional Investigator of Canada Howard Sapers criticized the prison system for failing to make progress on key issues of accountability, particularly concerning the isolation and segregation of inmates with mental illnesses. The changes have been ordered in response to the preventable death of 19 year old Ashley Smith at the Grand Valley Institution for Women in 2007. Inmates with mental health problems in the federal prison system are at an unacceptably high risk of death due to the way they are treated in the system. Between 2001 and 2005 the homicide and suicide rate in custody was 8 times higher than in the general population. (“Risk of prison deaths 'unacceptably high': watchdog”, Updated Fri. Sep. 11 2009, 12:24 PM ET, CTV.ca News Staff, With files from The Canadian Press). Visit http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090911/prison_deaths_090911/20090911/.

New study assesses global costs of alcohol harm. A New Zealand study published in a 3-part series in *The Lancet* assesses the global mortality, disease and social cost of alcohol at 3.8 percent of deaths and 4.6 percent of disability-adjusted years of life. The researchers identify increasing price, decreasing availability and banning advertising as the most cost-effective means to reduce harm. They found educational and informational programs to be ineffective. They call for an international health policy in the form of a Framework Convention on Alcohol Control. (“A Global Look at Alcohol Burden and Policies”, Marin Institute Alcohol Industry Watchdog. Last Updated Thursday, 03 September 2009 22:16). Visit <http://www.marininstitute.org/site/campaigns/charge-for-harm/299-global-look-at-alcohol-burden-and-policies.html> to read article.

Contents

Peer Recovery
Training
Pages 1 - 2

Newsbytes
Pages 2 - 3

C/S Online
Page 3

Wish List
Page 3

Community
Announcements
Page 4

Job Postings
Pages 4 - 5

Places To Go ...
Pages 6 - 8

C/S Info AGM
Page 9

Membership
Application
Page 10

Belonging to a group beneficial for health. There is evidence that being part of a social group reduces various mental and physical health risks and may be more important to well-being than diet and exercise. (“Social Networks Benefit Our Health”, By RICK NAUERT PHD, *Senior News Editor*, Reviewed by John M. Grohol, Psy.D. on September 11, 2009, Psych Central News.). Visit <http://psychcentral.com/news/2009/09/11/social-networks-benefit-our-health/8315.html> to read article.

Caffeine as treatment for Alzheimer’s disease? A recent Florida study has discovered that mice with Alzheimer-like symptoms who received the equivalent of 5 cups of coffee daily experienced a dramatic decrease of the beta-amyloid protein responsible for causing memory and thinking impairment in Alzheimer’s disease. Human trials are needed before it can be determined whether the results have treatment implications for humans. Researchers advise patients not to increase their coffee consumption on the basis of the study and to consult with their family doctor. (“Dr. Jack Diamond's response to Florida Alzheimer's Disease Research Centre study on caffeine as a viable treatment for Alzheimer's disease”). Visit http://www.alzheimer.ca/english/research/caffeine_study.htm to read article.

More evidence that spanking damages children. Researchers from the Center for Child and Family Policy at Duke University studied more than 2,500 infants and toddlers to determine whether spanking is detrimental to their well-being. The study is based on self-reports by mothers of how frequently they spank their children. The study found that one-third of 1 year olds and about one half of 2 and 3 year olds had been spanked in the previous week. The infants and toddlers of African-American parents were spanked and verbally punished more than other toddlers. The study found that 1 year olds who are spanked are more aggressive at age 2 and have poorer thinking skills at age 3. They also report that spanking reinforces negative rather than positive memories for children. The study targeted low-income families on the basis of previous research showing spanking to be more common in this group. Experts recommend alternative disciplinary methods. (“Spanking detrimental to children, study says”, updated 12:25 p.m. EDT, Wed September 16, 2009. By Elizabeth Landau, CNN, CNN Health.com.) Visit <http://www.cnn.com/2009/HEALTH/09/16/spanking.children.parenting/index.html> to read article.

New treatment direction in eating disorders. UK researchers have found that working outdoors with women who suffer from eating disorders resulted in improvements in the women’s self-confidence and a rejection of negative patterns of thought and behaviour related to eating. They advocate adventure therapy as a valuable treatment tool. (“Adventure Therapy Key In Battle Against Disordered Eating”, Article Date: 10 Sep 2009 - 0:00 PDT, Source British Association for Counselling and Psychotherapy). Visit <http://www.medicalnewstoday.com/articles/163392.php> to read article.

C/S Online

<http://gwlcenreformentalhealth.com/wti/>

Working Through It - Stories of reclaiming well-being at work, off work, and returning to work is a new site funded by Great-West Life Assurance Company and presented by Mental Health Works and Mood Disorders Association of Ontario. It offers educational materials, practical suggestions and links to community and professional resources for coping at work when you are experiencing mental health-related problems. What makes the site particularly interesting is that much of the material is presented in the form of brief interviews with consumer/survivors. An excellent resource.

Wish List

Items available: a 26 " television in great condition without the remote control.

COMMUNITY ANNOUNCEMENTS

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

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 all of you who have been responding to our request.

ARCH Disability Law Centre

ANNUAL GENERAL MEETING

Metro Hall
55 John Street (King and John), Room 308
Thursday, October 8
Refreshments at 5:30 pm / Meeting begins at 6 pm

Sign language interpreters, real-time captioning and attendant services will be provided. If you require accommodations other than these, or have specific dietary needs, please email Theresa Sciberras:

Phone: 416-482-8255 or 1-866-482-2724 / **TTY:** 416-482-1254 or 1-866-482-2723 / **Fax:** 416-482-2981 or 1-866-482-2728 / **Email:** scibert@lao.on.ca.

ALL ARCH ACTIVITIES ARE SCENT FREE



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 with approximately 65 attended displays with information on more than 100 programs
- free admission and light refreshments
- an opportunity to highlight new initiatives and services

Job Postings

Please note that we have a bulletin board at the Centre where you can view the complete postings as well as many upcoming employment workshops and training opportunities. The jobs listed below are abridged versions with contact info to access the complete posting.

Fife House seeks Relief and Full Time Support Workers

An innovative, client-focused provider of secure and supportive affordable housing and services to people living with HIV/AIDS in the Greater Toronto Area.

Visit <http://www.fifehouse.org/index.cfm?pagepath=Careers&id=919> for complete job description.

Application Deadline for Full Time position: Friday, October 9. (No deadline specified for Relief Worker position.)

Sistering seeks Executive Director

Sistering has been serving women affected by poverty, homelessness, violence and trauma in Toronto, since 1981.

- You will foster learning, innovation, research, and philanthropy across the organization while promoting collaboration throughout Sistering and within the wider community.

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=202599&eng=True&fs=True> to view complete job description.

Application Deadline: November 20, 2009

East Scarborough Storefront seeks Community Resource Specialist-Youth

East Scarborough Storefront is a unique consortium of partner agencies bringing a wide variety of services to the East Scarborough community. Storefront staff act as a bridge between community members, services and resources.

- The Community Resource Specialist will work with the partner agencies to provide information, referral and access to services for East Scarborough community members, focusing primarily on youth.

This is a part time position - 24 hours per week

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=202555&eng=True&fs=True> to view job posting.

Application Deadline: October 5, 2009

Muki Baum Association seeks Administrative Assistant

A community-based social service agency providing quality treatment to children and adults with developmental disabilities and emotional disorders.

- You will answer and respond to initial telephone enquiries, record and distribute telephone messages and manage the voice-mail system
- Greet visitors, including contractors, trades personnel, family members, Board of Education staff

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=202148&eng=True&fs=True> to view job posting.

Application Deadline: October 25, 2009

Addus seeks Relief Facilitator

A charitable organization that enables people with developmental disabilities to actively participate in their community

- Provide support to individuals with developmental disabilities in a day program, social club, a Saturday events program, individualized support programs or in employment settings as needed.

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=201165&eng=True&fs=True> to view job posting.

Application Deadline: October 27, 2009

Momiji Health Care Society seeks Client Intervention Worker

A non-profit organization providing services to senior citizens of primarily Japanese-Canadian descent, in an effort to maximize their independence, health, and quality of life.

- We are currently seeking a Client Intervention Worker to serve the tenants within the building and seniors within the community.

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=201878&eng=True&fs=True> to view job posting.

Application Deadline: November 6, 2009

Workplace Communications Skills for Business

A new work-oriented language course offered for FREE to newcomers

This course will help you understand business workplaces in Ontario and develop strong interviewing, networking and career-building communication skills. This course is for you if you have training or experience in accounting, hospitality or running your own business; your English is at an intermediate level (Canadian Language Benchmarks 6 to 8); and you are a permanent resident or protected person.

The course is offered at the following locations: October 5 – March 26, 2010 at George Brown College and October 27 - February 27, 2010 at Sheridan College.

For more information call 416-675-6622 x 5125 or email oslt_business@yahoo.ca or visit <http://co-oslt.org/> (Occupation Specific Language Training).

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

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

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

Art

October 3 from 6:55 pm to sunrise. **Nuit Blanche** – a free all-night contemporary thing. Experience the city transformed by 500 artists. Discover 130 free and accessible art projects within three zones that reach as far west as Lansdowne, north as Dupont, south as Lakeshore Boulevard and east as the Don Valley Parkway. Email scotiabanknuitblanche@toronto.ca or visit <http://www.scotiabanknuitblanche.ca/>. FREE

October 15 and 22 from 6 – 7:30 pm. **Memory Collage**. Combine fabrics with digital images to create a fiber collage. Toronto Public Library. Spadina Road Branch. 10 Spadina Rd. Call 416-393-7666 or visit <http://www.torontopubliclibrary.ca/>. FREE

September 8 to December 5 from noon – 5 pm. **Gord Peteran: Furniture Meets its Maker**. A retrospective of contemporary Canadian artist Gord Peteran. This exhibition of twenty-two works will come to Toronto, its final venue, from the Museum of Arts and Design in New York City. University of Toronto Art Centre. St. George Campus. 15 King St. Call Maureen Smith at 416-946-7089 or visit <https://www.events.utoronto.ca/index.php?action=categoryView&cat=7>. FREE

Dance

Every Tuesday from October 13 to November 3 at 7 – 8 pm. **Belly Dancing**. Learn basic moves and rhythms. No experience necessary. Everyone welcome. Toronto Public Library. Agincourt District Branch. 155 Bonis Avenue. Call 416-396-8943 or visit <http://www.torontopubliclibrary.ca/>. FREE

October 3 from 7 pm – 7 am. **Dance, Dance Evolution**. Part of Nuit Blanche. An all night and all ages dance party at the library with a different decade of dance every hour (Twist, Charleston, Disco, Hip Hop, Country & Western, Bollywood, Capoeira, Salsa, Mambo, Swing, Jive, and Fox Trot). Dance instructors show the moves then you get to try them. Toronto Reference Library. 789 Yonge St. Call 416-395-5577 or visit <http://www.torontopubliclibrary.ca/>. FREE

Thursdays from October 8 – 29 from 7 – 8 pm. Just Dance! Join Sarah from SarahDance.com for a four-week workshop on Salsa dancing in a fun, relaxed atmosphere. Call 416-393-7712 to register. Toronto Public Library. Dufferin/St. Clair Branch. 1625 Dufferin St. Visit <http://www.torontopubliclibrary.ca/>. FREE

Festival

October 5 from 4 to 7 pm. **SIMPLY PEOPLE - Celebrating Our Lives & Identities. The 6th Annual Disability Pride Celebration** in Toronto. Comedians, singers, dancers, guest speakers, including comedian Andre Arruda; Limitless Productions (inclusive dance performance); Humorist Libby Thaw; Writer Carol Krause; Folkloric Belly Dancer Lluvia; Poetry recital by Sol Express, the Honourable David C. Onley, Lieutenant Governor of Ontario; and Mr. David Lepofsky, Chair of the Accessibility for Ontarians with Disabilities Act Alliance. ASL interpretation, attendant care and transcription services available onsite. Nathan Phillips Square. 100 Queen St. West. Visit www.disabilitypride.ca. FREE

October 4 from noon to 4:30 pm. **High Park Harvest Festival**. Enjoy the harvest in High Park with food, crafts, music, horse and wagon rides, warm apple cider and more. High Park (in Toronto's west end stretching from Bloor West to The Queensway and Parkside Drive to Ellis Avenue). Colborne Lodge (south end of the park, just north of the Children's Garden). Call 416-392-6907. Free admission to grounds, activity and merchandise fees apply. PWYC to tour Colborne Lodge.

October 3 and 4 from noon to 5 pm. **Scarborough Museum Harvest Festival**. Guests enjoy traditional fare while sipping hot mulled cider. Learn about early food preparation techniques as costumed interpreters make a variety of traditional dishes and preserves. Kids can help make a scarecrow. Try some fresh apple cider and soup cooked over the hearth. Scarborough Museum. 1007 Brimley Road (just north of Lawrence in Thomson Memorial Park). Call 416-338-8807. PWYC

Film

October 8 at 7 pm. The Japanese Canadian Cultural Centre, a gathering point for the Japanese Canadian community and for those of non-Japanese ancestry who have an interest in things Japanese in the Greater Toronto Area, presents ***nikkeiFLIX: Minoru: Memory of Exile*** (1992), directed by Michael Fukushima, about a Japanese Canadian World War II internment experience. Japanese Canadian Cultural Centre. 6 Garamond Court (off Wynford Drive). Call 416-441-2345 x 222 or email jccc@jccc.on.ca or visit <http://www.jccc.on.ca/>. FREE

Lectures and Presentations

October 26 from 2:30 to 4 pm. **"Future Threats to, and Possibilities for, Disability Studies"**. This presentation will characterize the context for Disability Studies: including new, envisioned and emerging sciences and technologies; as well as social concepts such as transhumanism (the idea that it is essential to move the abilities of the human body beyond the 'normal', the species-typical). York University. Vari Hall. Room 1156. 4700 Keele Street. To register call 416-736-2100 x 44494 or email cds_grad@yorku.ca by October 12. FREE

October 5 at 3 pm. **Staying Healthy, Staying Strong!** Personal Trainer Chris Moffett, specializing in health matters in older adults, will be on hand to talk about exercise and how to keep healthy and strong. The Older LGBTTO Resource Centre. The 519 Church Street Community Centre. 519 Church Street. Call 416-355-6787. Light refreshments served. FREE

October 8 at 2 pm. **Galileo's Legacy**. An International Year of Astronomy 2009 event. Discover the trail Galileo blazed and see how far we've come. Toronto Public Library. Northern District Branch. 40 Orchard View Boulevard. Call 416-393-7610 or visit <http://www.torontopubliclibrary.ca/>. FREE

October 7 at 8:30 am – 4:30 pm. **Trauma and Homelessness Workshop**. Keynote Address: Dr. Gabor Mate, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, former medical columnist for the *Globe and Mail*, physician, worker with addicted men and women in Downtown Eastside of Vancouver. YMCA - Downtown. 20 Grosvenor Street, 2nd Floor, Auditorium. Designed for front-line workers. To register, please email Nicole Baptiste at hpi@toronto.ca. FREE

Music

Most Tuesdays and Thursdays at noon and the first Wednesday of each month at 5:30 pm. The **2009/2010 season of free concerts by Canadian Opera Company** has begun. A 10-month celebration of creativity and diversity. The line-up includes a Vocal Series, a Jazz Series, and a Piano Virtuoso Series. Four Seasons Centre for the Performing Arts. Richard Bradshaw Amphitheatre. 145 Queen St. West. Call 416-363-8231 or visit <http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries.aspx>. FREE

Musical Theatre

September 28 to October 24 at 8 pm. **ROCK 'N' ROLL** in co-production with Edmonton's Citadel Theatre. Written by Tom Stoppard, Directed by Donna Feore. Follow the passions and politics of a Marxist professor in Cambridge, England, and his music-obsessed protégé fighting for freedom in Soviet-dominated Prague. The Canadian Stage Company. The BLUMA. 27 Front St. East (Front and Yonge). Call 416-368-3110 or email jreynolds@canstage.com or visit <http://www.canstage.com/home>. PWYC tickets for Monday night performances. Purchase in person at the box office on Monday after 10 am. Call first to check availability. (Note: You can attend a free talk on **Rock 'N' Roll** on October 21 from 7 – 8 pm. Toronto Reference Library. 789 Yonge St. Call 416-395-5577.)

Photography

October 3 from 6:55 pm to sunrise. **Body Language** presented by Nuit Blanche as part of **The Abilities Arts Festival**, a disability art, not-for-profit organization that showcases artistic excellence by artists with disabilities. 2009 celebrates its 6th year. Outstanding exhibit artfully depicts themes of intimacy, sensuality, sexuality and disability. Urban Space Gallery. 401 Richmond St. West. Call 1-888-844-9991 or email info@abilitiesartsfestival.org or visit www.abilitiesartsfestival.org. FREE

October 3 – January 3, 2010. **Edward Steichen – In High Fashion, the Conde Nast Years, 1923-1937**. Chief photographer for Vogue and Vanity Fair, Steichen's influential work shaped the look of celebrity and fashion photography. More than 200 photographs. Art Gallery of Ontario. 317 Dundas Street West. Call 416-979-6648 or visit www.ago.net. Free admission every Wednesday from 6 – 8:30 pm.

Support Group

Thursdays from 2 – 3 pm. **Urban Angels Self-Help Peer Support Group**. Meets once a week. Started by and run by consumers. A place to talk about your concerns in an accepting environment. St. Michael's Hospital. Cardinal Wing. Room 17 – 008. 17th Floor. Anyone who has mental health issues is welcome. For information call Dan at 416-752-2870 or Margaret at 416-462-3124. New members are welcome. FREE

Walks

October 4 at 2 pm. **ROM and its Neighbours**. 2009 ROMwalks. Meet in front of the Royal Ontario Museum (ROM) at the Crystal Entrance. Highlights: Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. Look for the blue umbrella. Rain or shine. Call 416-586-8097 or visit www.rom.on.ca. FREE

7 Days a Week. Self-guided **Western Ravines & Beaches Discovery Walk**. Start and end this walk at the High Park subway station. After leaving the station, the route leads you into High Park, then you can wander along the Western Beaches Boardwalk, visit the Sunnyside Bathing Pavillion, and the Humber Bike/Pedestrian Bridge. Finally, you can explore Rennie Park Ravine and the Swansea neighbourhood, before returning to the subway station. Call Parks and Recreation Information at 416-392-1111 or visit <http://www.toronto.ca/parks/> to download brochure. FREE

Writers and Readers

The week of October 5 to 11 at a random location near you. **6th Annual Random Acts of Poetry**. A celebration of poetry and literacy. 31 acclaimed poets from Victoria to Newfoundland will commit Random Acts of Poetry in their cities and adjacent small towns. Poets will read their poems and give away their books in all kinds of unexpected places like bus stops and police stations and donut shops. Visit <http://national-random-acts-of-poetry.blogspot.com/>. FREE and absolutely random

October 13 at 7 pm. **The Writer's Room**. Tim Flannery, scientist, activist and author of *The Weather Makers* in conversation with CBC Radio's Anna Maria Tremonti. Toronto Reference Library. The Bram and Bluma Appel Salon. 789 Yonge St. Call 416-395-5577 or visit www.torontopubliclibrary.ca/appelsalon. FREE

October 3 from 2 – 4 pm. **Shakespeare Readers**. Have fun reading Shakespeare aloud. Bring a copy of the play and volunteer to read a part or just listen and enjoy. Toronto Public Library. Beaches Branch. 2161 Queen St. East. Call 416-393-7703 or visit <http://www.torontopubliclibrary.ca/>. 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 on the 1st and 15th of every month. The *Wellness and Recovery Newsletter* is published quarterly. It is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. Both publications are posted on the CRCT website at www.crct.org, and both publications are free. 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

PARC (Parkdale Activity-Recreation Centre)
1499 Queen Street West
October 19, 2009
6 pm – 8 pm

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.