

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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October 15, 2009    Bulletin 404

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## **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 19<sup>th</sup>  
Parkdale Activity-Recreation Centre (PARC)  
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 back page and return it to us by mail, email or in person. Membership is free.

Non-members are welcome to attend.

## Newsbytes

**ACTO concerned about Bill 106.** The Advocacy Centre for Tenants Ontario (ACTO), a community legal clinic funded by Legal Aid that provides services across Ontario to low-income tenants, reports that Bill 106 (The Safer Communities and Neighborhoods Act), a Private Members Bill introduced last October, has recently received support from the Liberal Caucus. Bill 106 allows for anonymous tips about the activities and state of people's homes and the power to evict tenants on very short notice through a Community Safety Order. ACTO states that Bill 106 may lead to human rights violations and would be especially damaging to psychiatric survivors and racialized communities. For more information on the Bill email [dirksy@lao.on.ca](mailto:dirksy@lao.on.ca) or call 416-597-5855 / 1-866-245-4182. (ACTO fact sheet).

**Cholesterol and Alzheimer Risk.** Recent research published in major medical journals shows that high cholesterol increases the risk of Alzheimers by 86% while following the Mediterranean diet and being physically active reduces risk significantly. Visit <http://www.alzheimer.ca/english/newsevents/adinthenews.htm> for the full report.

**Eating Disorders more common among gay, lesbian, bisexual teens.** New research reveals that the risk of binge-eating and purging (by vomiting or abusing laxatives), is higher, starting as early as age 12, for teens who identify as gay, lesbian, bisexual or mostly heterosexual in contrast to identifying as heterosexual. The Harvard study surveyed nearly 14,000 12 – 23 year olds and was published in the *Journal of Adolescent Health*.) "Gay, bisexual teens at risk for eating disorders," SOURCE: *Journal of Adolescent Health*, September 2009, NEW YORK, By Amy Norton, Reuters). Visit <http://www.canada.com/health/bisexual+teens+risk+eating+disorders/2004986/story.html> to read article.

**Study suggests quitting smoking does not cause worsening of symptoms.** According to Health Psychologist Brian Hitsman, an assistant professor of preventive medicine at Northwestern University Feinberg School of Medicine and a member of the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, 40 to 80 percent of people with mental health issues are smokers, compared to less than 20 percent of the general population. The result is a high rate of smoking related disease among people with mental health problems. Physicians avoid discussing smoking with patients who have mental health problems because of a prevalent myth that quitting smoking makes mental health problems worse and that smoking is "their only source of pleasure". He studied 13 clinical trials measuring psychiatric symptoms during smoking cessation treatment, 6 of which showed no change and 7 of which showed improvement in symptoms. Hitsman states that smoking should be treated as a serious chronic disease. ("Doctors Fear Asking Mentally Ill To Quit Smoking", Article Date: 11 Sep 2009 - 0:00 PDT. Source: Marla Paul Northwestern University). Visit <http://www.medicalnewstoday.com/articles/163569.php> to read article.

**Best practices statement on how to treat children with psychiatric drugs published.** The September 2009, Volume 48 - Issue 9, pages 961 – 973 *Journal of the American Academy of Child & Adolescent Psychiatry*, features a best practices report. John Walkup, M.D., the principle author, states that the purpose of the document is not to reduce prescribing of medications to youth but rather to provide best practices principles and to create a systematic and comprehensive approach to using medications in children safely and effectively. ("AACAP Introduces New Practice Parameter on the Use of Psychotropic Medication in Children and Adolescents", Article Date: 18 Sep 2009 - 3:00 PDT Source: American Academy of Child and Adolescent Psychiatry). Visit <http://www.medicalnewstoday.com/articles/164387.php> to read article.

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**SSRIs in early pregnancy increase occurrence of heart defects in children.** New research reveals a small increased risk of heart defects in the babies of women taking selective serotonin reuptake inhibitors (SSRIs) during pregnancy. Researchers studied the relationship between taking SSRIs during the first trimester and the occurrence of major heart defects in 400,000 children between 1996 and 2003. The increase in heart defects was found with the anti-depressants sertraline and citalopram. Using more than one type of SSRI was also found to increase risk. Heart defects occurred in 2.1% of children exposed to more than one SSRI, .9% of children exposed to a single SSRI, and .5% of children not exposed to an SSRI. ("Taking Antidepressants In Early Pregnancy Linked To Child Heart Defects", Article Date: 30 Sep 2009 - 12:00 PDT, Source British Medical Journal). Visit <http://www.medicalnewstoday.com/articles/165698.php> to read article.

## C/S Online

<http://www.mentalhealth.org.uk/information/wellbeing-podcasts/>

We first told you about this site in May, for its daily digest of current mental health related news. We've since discovered their great podcasts. Visit this excellent site for free Wellbeing podcasts from the UK-based Mental Health Foundation. The podcasts range from 7 - 15 minutes and include ways to overcome fear and anxiety, exercises to ease pressure, quick relaxation and breathing exercises, meditation technique, exercise, diet and mental health, and relaxation podcasts to help you sleep.

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## COMMUNITY ANNOUNCEMENTS

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

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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 who have already responded. The list is growing thanks to you!

### The VanDuzer Art Studio is looking for artists!

Self-expression through art can play an important role in life and contribute significantly to the process of recovery from mental illness. The VanDuzer Art Studio located behind Eden Community Homes at 196 Beverly St.

Fees are low -- or are waived completely, if your group is a Non-Profit Organization mandated to serve adults with mental health issues. To book time for a group, apply to join a workshop, or volunteer, please call:

Tamara Wilen  
Art Studio Coordinator  
416-977-3655  
647-280-4931  
[tamarawilen@rogers.com](mailto:tamarawilen@rogers.com)

Note: Individuals & groups not affiliated with an agency may use the space too. We ask individuals who wish to use the space to join in with any of the groups already happening for the first little while. After that, they may come on their own.

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### The WoodGreen Foundation is seeking a Board Director

Everyone should have access to the essentials of life whether that means a roof over their head, a stable job or child care they can trust. Every year, we support more than 37,000 individuals and families to become more self-sufficient and to help them live independently within their own communities. Visit <http://www.woodgreen.org/index.html> for more information about WoodGreen Foundation. Application Deadline: November 6, 2009. For details about this Board Director position please visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=201999&eng=True&fs=True>.

## All CAMH Clients are invited to an Information Session on Change in Location of Main Entrance to 1001 Queen St. West.

Paul Christie Community Centre / The Mall

October 26

1:30 - 2:30 PM

The Front Administration Building at 1001 Queen St. West, including the front lobby, will be closing in November. All CAMH clients please join us in the Queen Street mall for information about what will happen next and how it will affect you. Hosted by The Empowerment Council.

### REFRESHMENTS

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## 'Remembering Our Past, Building Our Future'

October 29

4 pm

1001 Queen St. West

The Administration Building is coming down ... Join us as we reflect on its history and look ahead to the next chapter for the Queen St. site.

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Historically there were no benches at the Clarke site until now when they have put benches in that give people a choice other than the Square on College Street. Don Baron was instrumental in helping out with this. He deserves a thank you from everyone. – Leo Anter

## 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.

### Fresh Start is currently seeking Consumer/Survivors for specialized cleaning services

Applicants must be consumer/survivors (individuals dealing with mental health issues) in good physical and mental health in order to perform manual labour in areas of general cleaning, be capable of working in extremely dirty environments, including bugs and needles\*, and is someone seeking part-time work involving flexible hours.

If interested, please call Karen Schwartz at 416-504-4262 x 227 or email [karen@freshstartclean.com](mailto:karen@freshstartclean.com).

\*Note: Fresh Start is committed to Health and Safety standards and as a result, follows stringent practices with respect to hazardous conditions.

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### Fresh Start seeks Consumer/Survivors for Snow Removal Services

Applicants must be available 7 days a week including holidays for On Call work and be easily reached by phone. Depending on the weather it can be tough work, therefore, we are looking for survivors who are capable of working long hours if necessary and who have the physical ability for heavy lifting and bending.

If interested, please call Karen Schwartz at 416-504-4262 x 227 or email [karen@freshstartclean.com](mailto:karen@freshstartclean.com).

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## Houselink is now hiring an Enterprise Manager for The Silver Brush

We are looking for an experienced painter or contractor with a small business background who is passionate about realizing social change.

Houselink & PARC have teamed up to launch The Silver Brush; an interior painting enterprise with a social purpose. By providing competitive, quality painting services to the commercial residential market, the Silver Brush trains and employs people who are survivors of mental health challenges, long term poverty, and/or homelessness. Real jobs, real pay, real change.

We value life experience: applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, LGBTTQ.

Salary Range: \$48,000 - \$52,000 with performance incentives and benefits

**Application Deadline: Oct 26, 2009**

Visit <http://www.shscorp.ca/content/Home/jobs/SilverBrushEnterpriseManagerAug09.pdf> to view complete job posting.

## Employment Matters

### George Brown College Augmented Education Programs invite you to Information Sessions

#### **Assistant Cook Extended Training (ACET)**

Tuesday, October 27 at 3:30 pm

St James Campus, Room 481C

200 King St. East

Note: Application Deadline to register for the course is October 30, 2009.

#### **Construction Craft Worker Extended Training (CCWET)**

Wednesday, October 28, 2009 at 3:30 pm

Casa Loma Campus, Room E322

146 Kendal Ave.

Application Deadline to register for course is February 12, 2009.

Please RSVP at [auged@georgebrown.ca](mailto:auged@georgebrown.ca) <<mailto:auged@georgebrown.ca>> or call 416-415-5000 x 6790.

Please give us your name, phone number, indicate which info session you'll be attending and number of people attending.

Attendance to the information session is NOT mandatory to register for the course.

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## Banks are Hiring

Many banks are hiring for a variety of Part Time and Full Time positions including: Customer Service Representatives, Service Desk Specialists, Financial Advisors, Personal-Banking-Office-Trainees, Retail Banking Officers, Client Relationship Consultants, Sales Assistants, Easyline Specialists, Credit Analysts, and more.

Visit these sites to learn more about available positions and required qualifications.

- **CIBC:** Visit <http://www.cibc.com/ca/inside-cibc/careers.html>.
- **SCOTIA BANK:** Visit <http://jobs.scotiabank.com/>.
- **BMO:** Visit <http://www4.bmo.com/careers>.
- **TD:** Visit [www.td.com/hr](http://www.td.com/hr).

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

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

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## Art

October 3 – October 17. 9 am – 6 pm. **Willowdale Group of Artists Show.** Annual show with many artists. Annual show of watercolours, acrylics, oils and mixed media. North York Civic Centre. 5100 Yonge Street. Call Val Lennard at 416-223-3352 or email vlennard@hotmail.com or visit [www.willowdaleartists.com](http://www.willowdaleartists.com). FREE admission.



September 23, 2009 - March 21, 2010. Daily: 11 am - 5:00 pm. Wednesdays: 11 am – 8 pm. **Kaleidoscope: Antique Quilts** from the collection of Carole and Howard Tanenbaum. 45 dazzling quilts collected, over a 4-year period, by Carole and Howard Tanenbaum. Carole Tanenbaum offers a personal note: "My father was a great collector of art and antiques. He taught us that in order to be truly beautiful, a person or piece has to be a little imperfect. There is no area of collecting that makes this 'credo' more apparent than collecting quilts."

Textile Museum. 55 Centre Avenue. Call (416) 599-5321 or visit <http://www.textilemuseum.ca>. With a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for you and your family or just you to get in free. The pass is FREE. Call the library info line at 416-393-7131 or visit [http://www.torontopubliclibrary.ca/spe\\_ser\\_museum\\_arts\\_pass.jsp](http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp) or visit Sun Life Financial Museum and Arts Pass (MAP) or visit your local library for details.

Monday to Thursday: 10 am - 5:30 pm / Friday: 10 am - 9:30 pm / Saturday & Sunday: 10 am - 5:30 pm. **Royal Ontario Museum.** 100 Queen's Park. Call 416-586-8000 or visit <http://www.rom.on.ca>. \$11 discount tickets available Fridays from 4:30 – 9:30 pm. **Note:** With a valid adult Toronto Public Library card, you can borrow a free Sun Life Financial Museum and Arts Pass (MAP) for you and your family or by yourself to get in free. Call the library info line at 416-393-7131 or visit [http://www.torontopubliclibrary.ca/spe\\_ser\\_museum\\_arts\\_pass.jsp](http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp) or visit your local library for details.

- Until August 29, 2010. **Wedgwood: Artistry and Innovation.** Classic design and changing styles are featured in this beautiful exhibition of nearly 100 of the finest Wedgwood wares in Canada.
- September 19, 2009 - March 21, 2010. **Light & Stone: Gems from the Collection of Michael Scott.** An astounding array of gems from the private collection of Michael Scott, first CEO of Apple. Royal Ontario Museum. 100 Queen's Park.
- September 19, 2009 - March 21, 2010. **Canadian Content: Portraits by Nigel Dickson.** Nigel Dickson is an international award-winning photographer whose work has been published over the past thirty years in numerous magazines, from *Saturday Night* to *Esquire*, *Fortune*, *Newsweek* and *Rolling Stone*. A remarkable selection of arresting, insightful and witty photographs of famous Canadians. Including Margaret Atwood, Jean Chretien, Doug Gilmour and Oscar Peterson.

Now until January 10, 2010. **Bigger, Better, More: The Art of Viola Frey. An Exhibition of Epic Proportions.** The playful work of California artist Viola Frey (1933-2004) is an exciting combination of ceramics, painting and sculpture. This retrospective features work from the Artists' Legacy Foundation, the Nancy Hoffman Gallery, the Fine Arts Museum of San Francisco, and the Metropolitan Museum of Art. Gardiner Museum. 111 Queen's Park. Call 416-586-8080 or email [mail@gardinermuseum.com](mailto:mail@gardinermuseum.com) or visit [www.gardinermuseum.com](http://www.gardinermuseum.com). Half price on Fridays from 4 pm – 9 pm. Adults: \$6 / Seniors: \$4

## Festival

Evening of October 31. **Halloween on Church Street.** One of the biggest Halloween celebrations in the city. Church Street closes off the street to traffic and turns into a costume runway for Toronto's gay community. Church Street between Gloucester Street and Alexander Street. FREE

October 17 at 10 am. All day. **International Chef's Day.** To celebrate International Chefs Day, the chefs from the Escoffier Society of Toronto will be selling food for \$2 - \$3 in support of a local charity. Sample

great food, meet local chefs and have a great time! Yonge-Dundas Square. Call 416-979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca) or visit [www.ydsquare.ca](http://www.ydsquare.ca).



October 24. Parade assembles at 4 pm and departs at 6 pm. Dress Code: Black & White. **10th Annual Night of Dread.** Clay & Paper Theatre (where public space and puppets meet) invite you to parade our private and collective fears through the darkened streets of Toronto. Come dance in the streets with our city's finest musicians, puppeteers, dancers and stilt walkers; together we'll laugh at our fears, waltz with death, eat the bread of the dead, and remember those who have gone from our midst. We are devoting a section of this year's *Night of Dread* parade to those on wheels: bicycles, wheelchairs, unicycles and skateboards. Costumes and puppets available to the public to wear in the parade. Come early to avoid disappointment! Or join us in the preceding weeks to help build imagery. Dufferin Grove Park, 875 Dufferin Street (south of Bloor and across from the Dufferin Mall). Call 416-316-4461 or email [krista\\_dalby@hotmail.com](mailto:krista_dalby@hotmail.com) or visit [www.clayandpapertheatre.org](http://www.clayandpapertheatre.org). PWYC

## Film



October 15, 17, and 18. Various times. **4th Annual Macedonian Film Festival.** Presented by the Macedonian Historical Society. Featured films include *A Name is a Name*, directed by Norwegian- Icelandic filmmaker Sigurjon Einarsson; *Big Boys Blue*, *Cash & Marry*, *Charged*, *Does It Hurt?* *The First Balkan Dogma*, *Gipsy Magic*, *Just Arrived*, *Look at the Life Through my Eyes*, *Solace*, *Soul Mates*, *The Red Horse*, and *Tonight*. Innis College. Town Hall Theatre. 2 Sussex Avenue. Call Charysse Robinson at 647-262-4622 or email [charysse.robinson@gmail.com](mailto:charysse.robinson@gmail.com) or visit [www.macedonianfilmfestival.com](http://www.macedonianfilmfestival.com). General Admission is \$10. The organizer told me that low-income folks who show up 5 minutes before a film that still has seats left can view the film for FREE and there are usually seats left.

October 29 at 7 pm and 9 pm. **Sommet/Mandingue/Summit - Film Screening** presented by Baobab Afrikan Arts. To provide a visual representation of traditional Mandinka culture, two classic African films have been selected. The 7 pm film is *Keita: Heritage of the Griot*. The 9 pm film is *Guimba (The Tyrant)*. The screenings are part of the West African Dance and Drum Festival (October 29 - November 1). Call 416-760-2720 or visit [www.baobabafrikanarts.org](http://www.baobabafrikanarts.org). University of Toronto. Innis Hall. 2 Sussex Avenue (Bloor and St. George). Adults: \$3.00 Children and Youth: FREE

## Lectures/Presentations

October 15 at 6:45 pm. **President's Speaker Series: Dr. Diana Taylor. "The Digital as Anti-Archive?"** Dr. Taylor is a Professor of Performance Studies and Spanish at New York University. "Rather than assume that expansive digital capabilities usher in the 'era of archive' in which everyone can be his or her own archivist, perhaps we need to consider that the shift to the digital might actually prove profoundly anti-archival." Auditorium. 100 McCaul St. Call 416-977-6000 or email [general@ocad.ca](mailto:general@ocad.ca) or visit [www.ocad.ca](http://www.ocad.ca) or visit [http://apache.ocad.ca/events\\_calendar/eventdetail.php?id=1646](http://apache.ocad.ca/events_calendar/eventdetail.php?id=1646). FREE

October 21 from 1 - 3 pm. The Metcalf Foundation invites you to the launch of a new report by Metcalf Innovation Fellow John Stapleton. **"Why don't we want the poor to own anything? Our relentless social policy journey toward destitution for the 900,000 poorest people in Ontario"**. This new report explores the issue of the very low levels of savings and assets allowed for people on welfare and some other social security programs. St. Christopher House – Community Hall. 248 Ossington Avenue (Dundas at Ossington). Please call Rick Eagan at St. Christopher House at 416-532-4828 x 238 for details. Please RSVP to Heather Dunford at [dunford@metcalffoundation.com](mailto:dunford@metcalffoundation.com) or 416-926-0366 x 33 before October 16. FREE (registration required)

October 16 at 7 pm. October 17 at 5 pm. The **Olive Branch of Hope Annual Health Symposium: A Life Empowering Symposium.** The Olive Branch of Hope is a non profit organization where the objective is to educate and empower women of various ethnic communities on the effects of breast cancer. North York Civic Centre. Council Chambers. 5100 Yonge Street (Yonge & Empress Avenue – North York Centre subway station). Refreshments will be provided. Call 416-256-3155. FREE

## Peer Support

**Obsessive Compulsive Disorder Network (OCD)**. Call 416-410-4772 or email [info@ocdontario.org](mailto:info@ocdontario.org) or visit [ocdontario.org](http://ocdontario.org) for more information.

- 1<sup>st</sup> Tuesday of every month from 7 – 9 pm. Toronto-Eglinton Self Help Group (OCD). 160 Eglinton Ave. East. No registration required. FREE
- 3<sup>rd</sup> Wednesday of every month from 7 – 9 pm. Toronto West Self Help Group (OCD). The Centre (Romero House). 1558 Bloor St. West (1 block west of Bloor & Dundas on north side). FREE

Every Thursday from 7 – 9 pm. **Obsessive Compulsive Anonymous (OCA)**. Based on 12-steps. CAMH. 250 College St. Room #CS 634. Call 416-925-3011 or email [ocatoronto@gmail.com](mailto:ocatoronto@gmail.com) or visit [www.obsessivecompulsiveanonymous.org](http://www.obsessivecompulsiveanonymous.org) for more information. No registration required. FREE

## Theatre

October 1 - November 1. **True Love Lies**. A searing comedy exposing a modern family and their long-held secrets. Fraser's explosive mastery leaves audiences gasping for more. Factory Theatre. 125 Bathurst Street. Call 416-504-9971 or visit <http://www.factorytheatre.ca>. Sundays at 2 pm are PWYC.

October 15 – November 7. **The Turn of the Screw**. Christine Horne and Clinton Walker star in this stage adaptation of the creepy Henry James story. DVxt Theatre Company. 160 Queen St. West. Call 416-504-3898 or email [info@dvxt.com](mailto:info@dvxt.com) or visit <http://dvxt.com/news.htm>. Monday nights are Pay What You Can. The DVxT Theatre Company extends a warm invitation to Bulletin subscribers to a PWYC performance on October 19. Purchase your PWYC ticket in person at the Campbell House Museum starting at 7:30 pm.

## Walks

October 24 at 3 pm. The **7th Annual 2009 Toronto Zombie Walk**. A parade of people who like to dress like horror film zombies. It is free to participate and free to watch the parade. The starting point this year is Trinity Bellwoods Park and the ending point is the Bloor Cinema. Email [info@torontozombiewalk.ca](mailto:info@torontozombiewalk.ca) or visit [http://www.torontozombiewalk.ca/where\\_when.html](http://www.torontozombiewalk.ca/where_when.html). FREE

October 18. The **15th Annual Toronto Marathon and Half Marathon**. Join the sidelines to cheer the runners on. Starts at 9 am behind Mel Lastman Square on Beecroft Avenue and finishes North on University to the finish line at Queen's Park. Call 416-972-1062 or email [info@torontomarathon.com](mailto:info@torontomarathon.com) or visit <http://www.torontomarathon.com/coursemarathon.shtml>. FREE

Ongoing. Various times and locations. **PhACS (Physical Activities for Consumer Survivors)**. A running and walking group for consumer/survivors, their friends, and people with diabetes. You may walk, walk/run or run. Regular walks are held at various locations. Call 416-604-6973 or visit [www.accentonabilities.org/phacs.htm](http://www.accentonabilities.org/phacs.htm) for up to date schedule. No registration required. Just show up. Rain or shine. FREE

## Workshops

Various dates and times. **Scarborough Women's Centre Workshops**. 2100 Ellesmere Road, Suite 245. Call 416-439-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or visit <http://www.scarboroughwomenscentre.ca/> to register.

- October 20 from 6:30 to 8:30 pm. **Relationships & Self-Esteem**. Facilitator: Vivienne Kendry. This workshop will focus on how our relationship with ourselves will help us build positive relationships that do us good. \$5.00
- October 27 from 6:30 to 8:30 pm. **Who's holding the strings in your life?** Facilitator: Niroma DeZoysa. Do you feel like a puppet dancing to someone else's tune? See who is holding the strings of your life. Learn to take ownership of your own self. Regain control of your life. \$5.00

Various dates and times. **DODEM KANONHSA' Elder's Cultural Facility** is a learning and sharing facility which fosters greater acceptance, understanding and harmony between members of First Nations and Non-Aboriginal People. Dodem Kanonhsa is open to both Aboriginal and Non-Aboriginal people with the hope that it will benefit intercultural relations, cross cultural communication and understanding. Dodem

Kanonhsa'. 55 St. Clair Avenue East. 6th floor (just east of Yonge). Call 416-952-9272 or email [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca).

- Every Friday from 10 am – noon. **Sharing Circle**. FREE
- Every Monday from 11 am – 1 pm. **Hand Drum Circle**. FREE
- Every Thursday from 12:30 pm – 1:30 pm. **Kundalini Yoga**. Bring your own mat. FREE

October 19 from noon – 1 pm and 1 – 2 pm. **Busting that Clutter – Get control of your space**. Do you have piles of clutter in your closets, basement, attic or garage? Are papers stacked up? Have you kept clothes from the 80's? Then "Busting that Clutter" is for you. Judy Chamney will help to explain why we accumulate clutter & how we can get rid of it. She will be available to answer personal questions after the talk. Everyone is welcome. Toronto Public Library. City Hall Branch. 100 Queen St. West. Call 416-393-7650 or visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca). FREE

Mondays from October 19 – November 23 at 2 – 3:30 pm. **Health and Wellness Series**. A six-week series by community health care specialists on anxiety, dementia, healthy heart, incontinence, medication do's and don'ts and home care services information. Toronto Public Library. Eatonville Branch. 430 Burnhamthorpe Rd. Call 416-394-5270 to register or visit <http://www.torontopubliclibrary.ca/>. FREE

October 28 from 2 – 4 pm. **Watercolours for Beginners**. Learn the basics of watercolour painting. No experience necessary. Toronto Public Library. Lillian H. Smith Branch. 239 College St. Call 416-393-7746 to register or visit <http://www.torontopubliclibrary.ca/>. FREE

October 22 from 7 – 8 pm. **Understanding and Appreciating Wine**. The authors of *Clueless About Wine* share their knowledge about wine. Toronto Public Library. Morningside Branch. 4279 Lawrence Ave. East. Call 416-396-8881 to register or visit [www.torontopubliclibrary.ca/](http://www.torontopubliclibrary.ca/). FREE

## Writers and Readers

October 22 at 7 pm. **Book Launch: *Not Done Yet: Living Through Breast Cancer*** by Laurie Kingston. Laurie Kingston was diagnosed with breast cancer in 2005 and wrote a book based on her blog account of her experiences. Toronto Women's Bookstore. 73 Harbord Street. Call 416-922-8744 or email [info@womensbookstore.com](mailto:info@womensbookstore.com) or visit [www.womensbookstore.com](http://www.womensbookstore.com). FREE

October 17 from noon – 2 pm. **Space Time Continuum**. A science fiction discussion group. Toronto Public Library. Palmerston Branch. 560 Palmerston Ave. Call 416-393-7680 or visit <http://www.torontopubliclibrary.ca/>. FREE

Submission Deadline: October 30. The International Day of People with Disabilities Planning Group invites submissions for its third **Invitation to Poetry** event. Original, unpublished poems of up to 230 words (maximum 3 poems) are welcome from people of all ages. Visit <http://www.toronto.ca/diversity/idpwd/unsung-heroes.htm> for further details. FREE to submit entries

Every Tuesday night at 8 pm. **Art Bar Poetry Series**. From literary to slam, formal to experimental, read, spoken, and performed, the Art Bar is open to all forms of poetry. Anyone from the audience can sign up during the first break for a spot at the open mic. Participants are restricted to three minutes. Clinton's. 693 Bloor Street West. Visit <http://www.artbar.org>. FREE (Voluntary donations appreciated)

October 21 from 6:30 - 8 pm. **The eh List - Ken McGoogan** reads from his latest novel *Race to the Polar Sea: The Heroic Adventures of Elisha Kent Kane*. Toronto Public Library. Northern District Branch. 40 Orchard View Blvd. Call 416-393-7610 or visit <http://www.torontopubliclibrary.ca/>. FREE

October 28 from 7 - 8:30 pm. **The eh List - Rawi Hage** reads from 'Cockroach' a 2008 IMPAC Dublin Literary Award winner. Toronto Public Library. Runnymede Branch. 2178 Bloor West. Call 416-393-7697 or visit <http://www.torontopubliclibrary.ca/>. FREE

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**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](mailto:csinfo@camh.net). The *Bulletin* is published on the 1st and 15<sup>th</sup> 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](http://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 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.

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## 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.