

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)

November 15, 2009 Bulletin 406

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Newsbytes

Antipsychotics and childhood obesity. A recent study published in the *Journal of the American Medical Association* found that children on psychiatric drugs can become obese within 11 weeks. The study suggests that youth may be more vulnerable to weight gain from the drugs than adults. Researchers worry that Abilify, Risperdal, Seroquel and Zyprexa are linked to increased cholesterol and may make youth more prone to heart disease in adulthood. The Star reports that none of the drugs have been approved by Health Canada for youth under 18 years of age. (thestar.com, Healthzone.ca, HEALTH, “‘Alarming’ weight gain for kids on psych drugs”, October 29, 2009, Lindsey Tanner, ASSOCIATED PRESS). Visit <http://www.healthzone.ca/health/parentcentral/familyhealth/children'shealth/article/717453---alarming-weight-gain-for-kids-on-psych-drugs> to read article.

CAMH rejects Bill C-15. The Deputy Clinical Director of the Addictions Program at the Centre for Addiction and Mental Health (CAMH) told the House of Commons and Senate Committee on Bill C-15 on November 5 that substance abuse is a health problem that should be treated in a public health framework. He pointed out that mandatory minimum sentences for small scale drug dealers in the U.S. have proven unsuccessful and costly. (“Mandatory minimum sentences for drug-related offences, an ineffective approach”, November 2009 02:25). Visit <http://www.news-medical.net/news/20091105/Mandatory-minimum-sentences-for-drug-related-offences-an-ineffective-approach.aspx> to read article.

CHAMPIX promising for quitting smoking. In a new study, almost half of smokers with chronic obstructive pulmonary disorder (COPD) who took CHANTIX/CHAMPIX (varenicline), compared to only 8.8 percent of those given a placebo, succeeded in quitting and staying off cigarettes for the last 4 weeks of a 9 – 12 week treatment. 80 – 90 % of people with COPD are smokers and many smokers may have it without knowing. The trial was sponsored by Pfizer. (“CHANTIX/CHAMPIX raises hope for quitting smoking”, November 2009 01:50). Visit <http://www.news-medical.net/news/20091105/CHANTIXCHAMPIX-raises-hope-for-quitting-smoking.aspx> to read article.

Link between second-hand and active smoking and breast cancer now conclusive. An international panels of experts brought together by The Ontario Tobacco Research Unit has concluded the link between breast cancer and both second-hand and active smoking is scientifically established. This development has led the Physicians for a Smoke-Free Canada to advocate that Health Canada include smoking and second-hand smoke as risk factors in health warning labels. (“Scientific evidence found linking second-hand smoke exposure to pre-

menopausal breast cancer - Graphic Warnings Needed to Deter Women From Tobacco Use and Exposure”, November 2009 23:01). Visit <http://www.news-medical.net/news/20091104/Scientific-evidence-found-linking-second-hand-smoke-exposure-to-pre-menopausal-breast-cancer.aspx> to read article.

Fear

by Leo Anter

People at the Clark were at odds over the problem. They feared walking down Spadina Avenue to China Town on College St. They would take the back roads to get to Bloor or get a cab or run for a streetcar. It was very real to the ones that were targeted because they were in the Clark. That all changed when a few head ward nurses, the Client Support Services and the Empowerment Council got involved. The problem was occurring at the 252 College St. site as well. Through people like Moe White in Security and Paul Garfinkle, who listened to people, they worked with the police and community members. The changes came more so last year with police security going in to Spadina Avenue and College St. They solved a lot of problems. Change came after fear for 5 years of what was going on. Now I go as a person to this group and security is part of our mandate. The people at these community meetings do not talk about being afraid to go anywhere on Spadina Avenue or College St. now. This year saw the introduction of two park benches to sit on between the Clark and Arf. This would have been impossible 5 years ago, even though clients and staff wanted it, because there were too many safety issues. We have come a long way since those dark days of a lot of things called Fear. Thank you to one and all for making it possible.

Leo Anter

C/S Online

<http://www.health.gov.on.ca/en/>

This site provides information about the Health Care Connect site. Health Care Connect refers people who don't have a regular family doctor to doctors and nurse practitioners who are accepting new patients. Call 1-800-445-1822 to use the service or visit the website to register online. When you register they assign you a nurse practitioner to try to locate a doctor or nurse practitioner in your area. The service is for people who don't have a doctor and not for people who are looking to switch doctors.

Also of interest may be the Telehealth line. You can call to speak to a Registered Nurse about your health concerns. The line is open 24 Hours a day, 7 days a week and you don't need a health card to use to use it.

Telehealth: 1-866-797-0000 TTY: 1-866-797-0007

Wish List

We have requests for a microwave oven (900 or 1000 watts if possible); someone to help in transferring a subscriber's personal collection of homo erotica from VHS to DVD and from DVD to DVD; and an Underwood manual typewriter. If you can fulfill any of these wishes please call the Centre.

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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 who have already responded.

The Empowerment Council – A Voice for the Clients of the
Centre for Addiction and Mental Health presents
Advocacy for People with Addiction: Addiction Round Table

November 26
6 - 8 pm
CAMH
33 Russell St. Room 2029

Join us for ● A buffet style dinner ● A celebration of the power of people with addiction ● Hot Topics: Bill C15 (Mandatory minimum sentences for drug offenses) ● Discussion: "Basic Rights for People with Addiction(s)".

It is about freedom from prejudice and discrimination. This is a fundamental need for recovery.

All people with addictions are welcome.

RSVP at 416-535-8501 x 7007 or email david_wong@camh.net for your free tickets (2 per person).

Ethno-Racial People with Disabilities Coalition of Ontario Invite you to our Annual General Meeting

Theme of 2009 UN International Day of People with Disabilities:
"Empowerment of Persons with Disabilities and their Communities around the World"

Saturday, November 21
5 pm - 6:30 pm, followed by dinner until 8 pm
McGregor Community Centre
2231 Lawrence Avenue East

Program highlights include ● Keynote Speaker: Chris Lytle, Disability Rights Promotion International ● Presentation by ERDCO Capacity-Building and Advocacy Project ● Meet ERDCO's new programme coordinator

Please RSVP with any accommodation request or escort support by November 16th, to erdco_ca@yahoo.ca or call 416-657-2211.



The third annual evening of **Touched By Fire**, celebrating the remarkable work of artists across Ontario with mood disorders.

This extraordinary art show and sale will be held at the prestigious Royal Ontario Museum and admission is free.

Please send an RSVP to carlinb@mooddisorders.on.ca or call 416-486-8046 x 222.

The Royal Ontario Museum. 100 Queen's Park.
Thursday, November 26 from 7 – 10 pm

November 19 - 25 is National Addictions Awareness Week -
a time to celebrate the joy of an addictions free lifestyle.

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.

Project Coordinator – Colour of Poverty Campaign Job Posting

The Colour of Poverty Campaign seeks to hire an individual committed to racial justice to help coordinate a province-wide project to increase awareness and promote efforts to mitigate the impact of racialized poverty and racial inequities. The project aims at building community capacity through various activities in six communities across Ontario, namely, Hamilton, London, Peel, Ottawa, Toronto, and Windsor.

Responsibilities Include:

- Overall coordination of the project, meeting timelines and deliverables
- Liaison with and support the six lead partners at the 6 project sites
- Research, writing and development of new tools

1 year contract - Full Time - 35 hours per week - \$45,000 pa (including statutory benefits)

Deadline for application: November 20, 2009

Visit <http://www.wellesleyinstitute.com/files/Job%20Posting%20for%20second%20coordinator.pdf> to view complete job posting.

Houselink Community Homes seeks Executive Director

Houselink Community Homes is a leader in the field of supportive housing and recovery, making it possible for people living with mental illness to build meaningful lives on their own terms. We have the following progressive opportunity based in Toronto... Executive Director.

With the goal to ensure that our values are reflected in day-to-day operations, you will provide effective leadership while maintaining positive relationships with strategic partners, funders, and the community. Open and empathetic to the principles and values of 'Recovery' in a mental health setting, you have experience with building an inclusive organizational culture, a degree in a relevant discipline, and at least seven years of senior management experience in the community health, social services or mental health sectors.

We offer a competitive compensation and benefits package. Interviews will commence in January, 2010.

Visit http://jobboard.tapestudies.com//index.php?page=view_job&post_id=56 to view complete posting.

CANADIAN MENTAL HEALTH ASSOCIATION TORONTO BRANCH

Peer Support and Logistics Project Co-Coordinator

“Opening Doors: Strengthening Participation for Immigrants and Refugees with Mental Health Issues”

(12 month Contract)

The Canadian Mental Health Association, Toronto Branch, in partnership with Access Alliance Multicultural Health and Community Services and Across Boundaries: An Ethno-Racial Mental Health Centre, will develop an anti-racism/anti-discrimination peer training curriculum and train peers to deliver workshops at places frequented by newcomers and mental health consumer/survivors to promote the strengthened participation of new immigrants and refugees with mental health issues, and to foster more inclusive and welcoming environments for new immigrants and refugees who face mental health challenges.

As the Peer Support and Logistics Project Co-Coordinator, you will work closely with the Curriculum and Training Project Co-Coordinator to provide support to peer workers, and coordinate the outreach and scheduling aspects of the project. You will report to the Manager, Access & Equity, and receive additional support from the Project Steering Committee.

Responsibilities Include:

- Develop job description for peer facilitators
- Develop and implement recruitment strategy for peer facilitators
- Assist with hiring of 10 newcomer peers who have lived experience with mental health issues
- Develop and implement outreach and promotion strategy to community organizations about the project
- Schedule all external workshops and make other logistical arrangements as necessary
- Provide ongoing support and supervision to peer workers
- Work closely with Project Co-Coordinator to ensure daily functioning of project is in keeping with stated goals, objectives and timelines
- Collaborate with Project Co-Coordinator to write progress and final reports
- Carry out administrative tasks related to the position as required

- Main location of work will be close to Downsview Subway Station, with travel throughout the GTA and infrequent short trips outside Toronto (a car is not required)

Requirements:

- Experience conducting hiring processes
- Knowledge and understanding of the mental health needs of newcomers who are experiencing mental health problems
- Post-secondary education in a related field or demonstrated experience and practical knowledge
- Knowledge of immigrant service and community mental health sectors
- Experience conducting outreach in immigrant communities
- Ability to apply anti-racism/ anti-oppression theory and practice
- Understanding of the interconnection and intersection of different oppressions
- Ability to develop a work plan and ensure goals and timelines are met
- Experience writing project reports
- Experience supervising staff and leading teams
- Ability to motivate people
- Ability to use Microsoft Office, email and the internet
- Lived experience with the mental health system and/or with immigrating to Canada

Annual Salary: \$61,390 for 12 months plus benefits package

Please submit a cover letter and resume by **Tuesday, November 24th, 2009** to The Opening Doors Peer Support and Logistics Co-Coordinator Hiring Panel, Canadian Mental Health Association, Toronto Branch, 700 Lawrence Avenue West, Suite 480, Toronto, ON, M6A 3B4, Fax: (416) 789-9079, Email: work@cmha-toronto.net We thank all applicants however only those candidates selected for an interview will be contacted. No telephone inquiries please.

The Canadian Mental Health Association is an equal opportunity employer and encourages applications from equity seeking groups including qualified individuals with personal experience of the mental health system.

Funded by the Government of Canada through Citizenship and Immigration Canada.

CANADIAN MENTAL HEALTH ASSOCIATION TORONTO BRANCH
Curriculum and Training Project Co-Coordinator

“Opening Doors: Strengthening Participation for Immigrants and Refugees with Mental Health Issues”

(12 month Contract)

The Canadian Mental Health Association – Toronto Branch, in partnership with Access Alliance Multicultural Health and Community Services and Across Boundaries: An Ethno-Racial Mental Health Centre, will develop an anti-racism/ anti-discrimination peer training curriculum and train peers to deliver workshops at places frequented by newcomers and mental health consumer/ survivors to promote the strengthened participation of new immigrants and refugees with mental health issues, and to foster more inclusive and welcoming environments for new immigrants and refugees who face mental health challenges.

As the Curriculum and Training Project Co-Coordinator, you will work closely with the Peer Support and Logistics Project Co-Coordinator to develop curriculum, train newcomer peers, and deliver workshops with peers in the GTA and other selected locations in Ontario. You will report to the Manager, Access & Equity, and receive additional support from the Project Steering Committee.

Responsibilities Include:

- Develop a train-the-trainer curriculum with modules on: anti-racism/ anti-discrimination, group presentation and facilitation, mental health system and resources, resettlement stress
- Assist with hiring of 10 newcomer peers who have lived experience with mental health issues
- Train 10 newcomer peers to be able to deliver workshops
- Co-deliver workshops with peers
- Evaluate workshops and revise curriculum as required
- Provide ongoing support and supervision to peers
- Work closely with Project Co-Coordinator to ensure daily functioning of project is in keeping with stated goals, objectives and timelines
- Collaborate with Project Co-Coordinator to write progress and final reports
- Carry out administrative tasks related to the position as required
- Main location of work will be close to Downsview Subway Station, with travel throughout the GTA and infrequent short trips outside Toronto (a car is not required)

Requirements:

- Experience developing training curriculum and training trainers
- Experience facilitating and evaluating workshops
- Post-secondary education in a related field or demonstrated experience and practical knowledge
- Ability to incorporate feedback
- Knowledge and understanding of the mental health needs of newcomers who are experiencing mental health problems

- o Knowledge and skills in anti-racism/ anti-oppression theory and practice
- o Understanding of the interconnection and intersection of different oppressions
- o Ability to develop a work plan and ensure goals and timelines are met
- o Experience writing project reports
- o Experience supervising staff and leading teams
- o Ability to motivate people
- o Ability to use Microsoft Office, email and the internet
- o Lived experience with the mental health system and/or with immigrating to Canada.

Annual Salary: \$61,390 for 12 months plus benefits package

Please submit a cover letter and resume by **Tuesday, November 24th, 2009** to the Opening Doors Curriculum and Training Co-coordinator, Hiring Panel, Canadian Mental Health Association, Toronto Branch, 700 Lawrence Ave. West, Suite 480, Toronto, ON, M6A 3B4 or Fax (416) 789-9079 or email work@cmha-toronto.net. We thank all applicants however only those candidates selected for an interview will be contacted. No telephone inquiries please.

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

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

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

ART



October 31 to November 19. Tuesday to Saturday from 11 am to 6 pm. Sunday from noon – 5 pm. **Metal Arts Guild 2067 - Crafting the Future.** The Metal Arts Guild of Canada presents a juried metal and visual arts exhibition. What will Canada be like in 2067? Arta Gallery. Distillery District. 55 Mill St. Building #9. Suite 1. Call 416-364-2782 or email info@artagallery.ca or visit <http://artagallery.ca/page/about>. FREE

FESTIVAL



November 20 from 6 – 8 pm. **Cavalcade of Lights in St. Clair Garden's Neighbourhood.** St Clair Garden's Parkette. 3 Prescott Avenue (Prescott and St. Clair Avenue West). Call 416-656-1200 x 420 or visit www.stclairgardens-bia.com. FREE

November 21 at 8 pm. **Light Art Food Bloor Street Walk.** Watch Bloor St. from Lansdowne to Dufferin transform into a late-fall walking destination. LED lit sculptures and window displays. Free refreshments and dance at Dovercourt Baptist Church. Bloordale (Bloor from Lansdowne to Dufferin). Call 416-539-8129 or visit www.bloordale-bia.com. FREE

November 27 from 6 – 8 pm. **Cavalcade of Lights - Corso Italia.** Light display and student choirs performing Christmas Carols. Earls Court Park. 1200 Lansdowne Avenue. Call 416-406-9966 or email rebecca@c2e.ca. FREE



November 28 - December 31. **Toronto's 43rd Annual Cavalcade of Lights.** Nathan Phillips Square. 100 Queen St. West.

- November 28 from 2 – 10 pm. **Fair Trade Market** featuring crafts, clothing, accessories and Christmas decorations from around the world. FREE
 - November 28 from 7 – 10 pm. **Lighting of Toronto's official Christmas tree.** Musical performances by Steven Page, Matt Dusk, Keshia Chante, Fritz Helder & the Phantoms. Spectacular fireworks display and skating party on the iconic rink dj'd by Tony Sutherland. FREE
 - **Fireworks, concerts and skating parties** continue Saturday nights in December at 7 pm. FREE
- November 28 and November 29. **Kidzfest.** Rides, holiday crafts, face painting, Harry and his Bucketful of Dinosaurs, a Birds of Prey demonstration, Meet n' Greet with SpongeBob Square Pants and Max & Ruby.

Please note that only the first 200 children will be able to meet SpongeBob Square Pants due to long line-ups. Yonge-Dundas Square. Call 416-979-9960 or email info@ydsquare.ca or visit www.ydsquare.ca or visit <http://www.wintermagic.ca/kidzfest>. FREE

FILM

November 17 from 6 – 8 pm. **Trans Film Event: "Yapping Out Loud: Contagious Thoughts from an Unrepentant Whore"** (74 minutes). Video documentary of May 1, 2002 activist performances about anti-prostitution campaigns. The Centre for Women and Trans People. University of Toronto. 563 Spadina Ave. North Borden Building. Room 100. Call 416-978-8201 or email womenscentre.sa.utoronto.ca. FREE

Medical Anthropology Film Series. Introduced by Professor Richard B. Lee. Films are followed by a discussion/question period. University of Toronto. St. George Campus. New College. Wilson Hall. 40 Wilcocks Street. Room 1016. Call 416-946-3318 or visit anthropology.utoronto.ca/new...

- November 19 at 6 pm. *Making a Killing: The Untold Story of Psychotropic Drugging* (2008, 94 minutes; first 50 minutes to be shown). FREE
- November 26 at 6 pm. *Selling Sickness* (Allen Cassels and Ray Moynihan) (2006, 51 minutes). FREE

November 19 at 7 pm. **Climate justice now!** Presented by the Caribbean Studies Students Union. An engaging evening to talk about climate justice. *Islands on Edge*, a film about climate change and the Caribbean will be screened and speakers on climate justice and Indigenous communities will attend. Food will be provided. Please bring your own dishes. William Doo Auditorium. New College. University of Toronto. 45 Willcocks Street. Email climatejusticetoronto@gmail.com. FREE

November 17 - December 1 from 7:30 am - 11 pm. **Envisioning New Meanings of Disability and Difference.** Women with disabilities and physical differences use photography and digital stories to boldly present themselves in their own words and images. Reception and Launch is in Hart House East Common on November 18 from 4 – 6 pm. The exhibit is on display from November 18 – 21 in the Hart House Map Room. University of Toronto. Hart House. 7 Hart House Circle. Call 416-978-2452 or email erin.noble@utoronto.ca. FREE

MUSIC

University of Toronto Faculty of Music. University of Toronto. St. George Campus. Edward Johnson Building. Walter Hall. 80 Queens Park. Call 416-978-3744 or visit www.music.utoronto.ca.

- November 17, 18, 19 at 7:30 pm. **Small Jazz Ensembles.** FREE
- November 19 at noon. **THURSDAYS AT NOON.** A re-creation of the 1973 duet recital tour of Lois Marshall and Maureen Forrester, accompanied by Stuart Hamilton. Join us for this trip down memory lane! FREE
- November 24 at noon. Presentation and Master Class: **Chantal Lambert** (Opéra de Montréal) and **Jacques Marquis** (Jeunesses Musicales). FREE
- November 26 at 7:30 pm. **Guitar Orchestra.** Jeffrey McFadden, director. FREE
- November 29 at 7:30 pm. **Percussion Ensemble.** Beverley Johnston, director. FREE



November 17 – November 21 from 9 – midnight. **Toronto Creative Improvisers Festival** presented by the 416 Festival Group. A series of concerts that feature some of Toronto's finest improvising musicians. Performances often take the form of completely free-form spontaneous compositions. Instruments will include **bass clarinet, turntable, trumpet, bass, hurdy gurdy, percussion, drums, woodwinds, guzheng, strings, sax, clarinet, trombone, violin, electronic, laptop, cello,** and more. Tranzac Club. 292 Brunswick Street (Spadina and Bloor). Call 416-645-0295 or email dougal@dougalco.com or visit www.416festival.com. \$6

November 21 at 2 pm. The **416 Toronto Creative Improvisers** present a workshop on musical improvisation. Open to performers of all ages and abilities. Toronto Public Library. Palmerston Branch. 560 Palmerston Ave. Call 416-393-7680 or visit <http://www.torontopubliclibrary.ca/>. FREE

Canadian Opera Company Free Concert Series. Unless otherwise stated, all opera performances take place at the Four Seasons Centre for the Performing Arts at 145 Queen Street West. Call 416-363-8231 or visit <http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries/November2009.aspx>.

- November 24 from noon – 1 pm. **World Music Series - Creole Drummatix.** *Tambours de Soirée.* Creole Drummatix fuses popular and contemporary songs with traditional African and Caribbean drumming. With audience participation the drumming ensemble demonstrates and performs on djembes, bamba, congas and balafon. FREE
- November 26 from noon – 1 pm. **Piano Virtuoso Series. Todd Yaniw, piano.** *Iberia I.* Toronto-based virtuoso pianist and rising star Todd Yaniw kicks off the Albéniz anniversary celebration with a performance of the first book of his fabled *Iberia* suite. FREE
- November 18 from noon – 1 pm. **Piano Virtuoso Series. Sergei Saratovsky, piano.** Multi-award-winning Russian-Canadian pianist Sergei Saratovsky performs a dazzling program featuring two of the most evocative and fantastical works in the piano virtuoso repertoire: Debussy's *Estampes* and Schumann's *Carnaval*. FREE
- November 17 from noon – 1 pm. **Vocal Series. Adrienne Pieczonka, soprano, Elizabeth Upchurch, piano.** *Pure Puccini.* Internationally acclaimed Canadian soprano Adrienne Pieczonka comes home to the COC to launch her new all-Puccini CD in a recital of excerpts from the disc. FREE

November 21 from 3:30 – 6:30 pm. The Toronto Jazz Orchestra. **A Tribute to Buddy Rich.** The TJO launches its 11th season. The afternoon will feature three full sets of music as performed by the Buddy Rich band, including the Channel One and West Side Story suites. Rex Hotel. 194 Queen Street West (corner of Queen and St. Patrick). Call Josh Grossman at 416-899-5299 or visit <http://thetjo.com/index.html>. FREE Cover (donations accepted)

November 27 at 7 pm. **Creatures Great and Small.** Presented by Osvaldo Sales Gallery. A concert of music mostly about different types of animals. Featuring students from the studios of Meri Dolevski-Lewis and Derrick Lewis. There will be door prizes and refreshments. Oriole York Mills United Church. 2609 Bayview Avenue (about 1½ blocks north of Bayview and York Mills). Call Meri Dolevski-Lewis at 647-520-8802 or email mdolevskilewis@yahoo.ca. FREE (donations accepted)

PEER SUPPORT

6 St. Joseph Yellow Door Learning Centre Classes. 6 St. Joseph St. 2nd Floor (one block north of Wellesley St. on the west side of Yonge). Drop by the house or call 416-923-8836 or email 6stjoseph@rogers.com or visit www.6stjoseph.ca.

- Mondays from 8 – 10 pm. Ongoing. **SWIFT Self Help Support Group** – Michael Long. Provides support and encouraging feedback for people who are depressed, needing validation, seeking to improve their self image, engage in human interaction and restore good feelings about themselves. Visit <http://swiftselfhelpgroups.org>. FREE
- Tuesdays at 2:15 pm. Ongoing. **Double Recovery** – Kathryn Eve, Chris Crumb. Self-help meeting that supports the needs of individuals with chemical addictions and mental health concerns. Sponsored by Progress Place. FREE

SPEAKERS/EXHIBITS

November 17 from 9 am – 12:30 pm. **Community Voices: Photo Exposition & Unique Community Research Method Release.** The Wellesley Institute invites you to celebrate the release of our new community-based research from the St. James Town Initiative. Please join us for an overview of our innovative research methods, including visual representations from the community voices that form the fabric of the St James Town Initiative, community speakers, and a discussion session. Oakham Lounge. Ryerson University. 55 Gould St. Call 416-234-9245 or email Katherine@wellesleyinstitute.com to reserve your spot. Space is limited. FREE

November 19 from 6:30 pm – 9:30 pm. City-Building and Transit: Introduction by Mayor David Miller, City of Toronto and panel discussion moderated by Matt Galloway (CBC Radio). Day 1 of **Designing Transit**

Cities Symposium. Join international and local experts in discussions that will address the symbiotic relationship between city design and public transportation. City Hall, Council Chambers, 3rd floor - 100 Queen Street West. Space is limited. R.S.V.P to: protocol@toronto.ca. FREE

November 19 at 7 pm. The Bram and Bluma Appel Salon at the Toronto Reference Library. **STAR talks - Toronto Star writers in conversation with today's newsmakers.** Rick Hillier, former Chief of Defence Staff talks about the changing roles of the Canadian military. Doors open at 6 pm. Toronto Reference Library. 789 Yonge St. Call 416-395-5577 or visit <http://www.torontopubliclibrary.ca/>. FREE

November 25 at 7:30 pm. The International Schizophrenia Foundation presents Toronto Public Information Sessions: Orthomolecular Medicine & Mental Health. **Stress: How to Cope with It.** To register call 416-733-2117 or email centre@orthomed.org. Visit www.helpyourselfcommunity.org/event-calendar for details. Ontario Institute for Studies in Education (OISE). 252 Bloor Street West (St. George Subway). Room 5250. Registration suggested as space is limited. \$5 at the door

November 27 from 1 – 3 pm. Free monthly health talk. **Menopause and Depression.** Toronto Western Hospital. Auditorium – 2nd Floor – West Wing. 399 Bathurst Street (just north of Danforth). Call 416-603-5800 x 6475 or email evangeline.roland@uhn.on.ca. FREE

November 27 – 29. Friday: 4 – 9 pm. Saturday: 11 am – 8 pm. Sunday: 10 am – 6 pm. **Whole Life Expo 2009.** Natural Health, Alternative Medicine & Green Living. Lectures on wide range of alternative and naturopathic healing methods. Retail exhibits of alternative health products. Metro Toronto Convention Centre. 255 Front St. West (2 blocks west of Union Station). Weekend Exhibit Hall Pass is \$8. Weekend Lecture Pass is \$15 (includes all lectures, exhibits and stages).

THEATRE

November 22 at 7:30 pm. Theatre@York presents the world premiere of **Co.ED (or How to Become Your Gender, in 10 Easy Steps)**. This double bill by Deborah Pearson showcases *Tabletalk*, a play about 5 guys who play poker once a week until the dynamics of their relationships explode into murder, mayhem and drunkenness. It is followed by *A Play About the Other Play* which takes on the challenge of exploring femininity with surprising results. York University. Joseph G. Green Studio Theatre. Centre for Film and Theatre. 4700 Keele St. Call 416-650-8469 or email amy.stewart@yorku.ca or visit <http://www.yorku.ca/finearts/theatre/theatreyork/coed.htm> for more information. The November 22 preview is PWYC.

November 29 at 2:30 pm. **Fighting Words: Pugnacious Plays for Tough Times - #5.** *Harvest*. (Manjula Padmanabhan, India, 1990). Public reading of a play that wrestles with the individual's response to economic distress. Om Prakash has a new job that's a sweet deal, until... A vicious Sci-Fi comedy about globalization and the organ trade. Robert Gill Theatre. 214 College Street. Call 416-978-7986 or visit http://www.gradrama.utoronto.ca/newsEvents_1.html. FREE (donations to food bank accepted)

VIGIL

November 24 from 5:30 – 6 pm. **Child Poverty Vigil.** Campaign 2000 invites you to commemorate the 20th anniversary of the unanimous House of Commons' Resolution to end child poverty in Canada. Speakers from Voices from the Street and drummers from Morningstar River. Queen's Park. (University and Wellesley Ave). Front Lawn. Visit <http://www.campaign2000.ca/>. FREE

WORKSHOPS

November 18 from 6:30 – 8 pm. Parent Workshop Series 2009-10. **Brains, Bodies and Behaviours: Making Sense of Your Teen.** Overview of adolescent development from a bio-psycho-social perspective and information on resources for adolescent mental health. Turning Point Youth Services. 95 Wellesley St. East. 95 Wellesley St. East. Call 416-925-9250 or visit www.turningpoint.ca. FREE

6 St. Joseph Yellow Door Learning Centre Workshops. 6 St. Joseph Street. 2nd Floor (one block north of Wellesley St. on the west side of Yonge). Drop by the house or call 416-923-8836 or email 6stjoseph@rogers.com to register. Visit <http://www.6stjoseph.ca/> to view full roster of events.

Wednesdays from November 18 – December 23 at 6 – 9 pm. **Kundalini Yoga for Addictions** – Melanie Woolsey. An intensive program to help overcome addictive or compulsive habits by balancing body, mind and spirit. Commitment to 12 sessions required. FREE

- November 21 and November 28 from 10 am – 12:30 pm. **Intuitive Literacy. Heal Others – Heal Yourself** – Angelo Corriero. Discover simple ways to amplify your innate intuitive senses. Open to all skill levels. Advance registration is encouraged. Visit www.angelocorriero.com. PWYC
- Ongoing. Mondays from 4:30 – 5:45 pm. **Yoga Liberation through Movement** – Jeremy Taylor. Energize your body, refresh your mind and experience more pleasure in your life. PWYC
- Ongoing. Mondays from 6 – 7 pm. **Kundalini Yoga** – Jai Jot Lafayette. A physical and meditative discipline comprised of a set of simple movements that use the mind, the senses, and the body.
- Ongoing. Mondays from 10:30 am – 1 pm. **Watercolour with LAVEH** – Lindsay Veh. Learn watercolour tools and techniques. PWYC
- Ongoing (second Saturdays of the month). November 14. from 8 – 11 pm. **Yellow Door Café Open Mic Night**. Live performance of spoken word, music, storytelling, and more. Guests and performers are both welcome. PWYC

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

- November 17 - 19. **Elder/Traditional Resource Person - Clayton Shirt** is a member of the Three Fires Midewin Lodge – 1st degree, he is a pipe carrier, sweat lodge keeper, skilled in the Usui system of Reiki – 2nd degree. Clayton performs healing ceremonies and has been traditional for most of his life. Call the Facility to book an appointment with him. FREE
- November 24 from 1 – 3 pm. **Story-telling with Scott Debassige**. Scott Sittingbear Debassige, Bear Clan M'Chigeeng First Nation, Manitoulin Island. The stories which Sittingbear shares contain valuable traditional teachings and are fun for all ages. Scott currently works with youth at Aboriginal Legal Services Toronto and Native Child and Family Services Toronto. FREE

Ongoing to December 31, 2010. **York University Observatory**. York University. 128 Petrie Science and Engineering Building. 4th Floor. 4700 Keele Street. Call 416-736-2100 x 77773 or visit <http://www.physics.yorku.ca/observatory/>.

- Wednesday nights from 6:30 – 8:30 pm. **In Person Public Viewing**. On public viewing nights, visitors are able to observe selected celestial objects in the presence of friendly staff. Call 416-736-2100 x 77773 or email observe@yorku.ca to register. FREE
- Monday nights from 6:30 – 8:30 pm. Astronomy Public Viewing Online. Enjoy the telescopic delights of the night sky. The York University Observatory provides a real-time link to its telescopes to allow anyone a glimpse of what is new and exciting in the night sky. An online forum will be available to chat with the observing team. Visit <http://www.yorku.ca/observe/public.htm>. FREE

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