

BULLETIN



C/S Info Centre exists to meet the information needs of
Consumer/Survivors in the Toronto Area

Bulletin 417 May 1 - 15, 2010

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Examining and Stopping Stigmatization

By David Rowan

When is an ill person no longer considered ill? When the illness (in whatever form it is manifested) is no longer affecting the person and any residual side-effects have disappeared. For example, if a person has a common cold with resultant runny nose, sneezing, sore throat, perhaps a fever and a feeling of weakness, when can we say that he no longer has a cold?

The obvious answer is: When the symptoms disappear and he is back to the state of health experienced before the onset of that cold. Afterwards we never say: "He's got a cold. Keep your distance. You might catch something." We don't tell (or force) him to quit his job or remain at home because he previously had a cold.

Yet that is what we say and believe of a person who has a chemical imbalance manifesting itself at times. We talk and feel as if that person, once having an episode, is always "mentally ill" or similar euphemisms for crazy, not to be trusted, to be wary of, incapable of responsibility, to be treated with kid gloves - surely not someone you would want your sister, daughter or friend to marry. This is stigmatization, character assassination and slander, as ugly and unwarranted as can be.

According to all that is said there can be no true recovery from this illness. The person is marginalized from the community at best and sometimes will "fall through the cracks" even committing suicide.

Yet it is a fact that an outsider cannot distinguish any symptoms of chemical imbalance, "mental illness" or (for the uneducated) "craziness", when that person is between episodes. This state can last for months or even many years. (As a personal example I was in the Chaplaincy Department of a major psychiatric hospital, given access (via a general access key known as a GA key) to all the locked wards in that facility - not something you would do if I was "crazy" and that was for a period of seven years (1993 - 2000). Therefore one who has experienced "mental illness" shouldn't look upon himself as recovering from something any more than a person who says he's recovered from a cold. (One important caveat: he must take the proper medication prescribed for him). Once it's gone (the episode is over), get on with life. You're just as valid as the next guy. Don't allow ignorance to triumph. So how should we regard the chemically imbalanced person in the midst of an episode? As someone deserving the proper care and attention as a diabetic, or the like. One who becomes well-informed of his situation and knows his limitations (every person has limitations) doesn't deserve the labeling and patronization that keeps him from leading a full life and achieving his purpose on earth.

David Rowan

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Newsbytes

Mental Health system fails Nunavut man. The lawyer for the family of Julian Tologanak, a 20 year old Nunavut man who jumped to his death from a plane on April 15, 2009 in Yellowknife, says that the mental health system failed him. Lawyer and family charge that the failure of the mental health system to take into account the impressions of family members and RCMP officers concerning Tologanak's mental state resulted in Tologanak's premature release from hospital just prior to the suicide. The suicide rate of young Inuit men is 28 times higher than their southern peers.

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20100416/fatality_inquiry_100416/20100416?hub=Health

Superiority of second-generation anti-psychotics challenged. A review of two large trials on the efficacy of antipsychotics, published in *The Canadian Journal of Psychiatry*, reports that first generation and second generation antipsychotics are equally effective in the treatment of schizophrenia. Exceptions are clozapine for treatment-resistant schizophrenia and a mild increased effectiveness of olanzapine, tempered by its metabolic adverse effects. <http://publications.cpa-apc.org/media.php?mid=930>

Psychiatrists underreport anti-depressant side-effects. A study published in the *Journal of Clinical Psychiatry* reveals that patients report anti-depressant side-effects 20 times more than their psychiatrists record in the medical charts. 300 people receiving treatment for depression completed a self-administered Toronto Side Effect Scale that rates frequency and severity of anti-depressant side-effects. Researchers discovered that clinicians charts recorded significantly less side-effects than the self-administered tests revealed. <http://psychcentral.com/news/2010/04/20/side-effects-from-depression-meds-go-undocumented/12956.html>

\$300 for undergoing sterilization. Project Prevention is a North Carolina charity that pays people addicted to drugs \$300 to undergo sterilization or surgically implanted birth control. Since the program's inception in 1997, 1,253 people have been paid for undergoing tubal ligations or vasectomies while others agree to IUD or surgical implant birth control. The project's organizer drives a motor home with pictures of a dead infant, a razor blade, a line of crack and a pacifier on its exterior panels. The project is severely criticized by addiction treatment professionals and women's advocacy groups. <http://www.time.com/time/health/article/0,8599,1981916,00.html>

Vital Reality treatment for psychological pain. A 1.5 million dollar virtual reality simulator is scheduled to begin treating soldiers and civilians early in the new year at Edmonton's Glenrose Rehabilitation Hospital and by next fall in Ottawa. One intended use of the simulator is to support recovery from trauma by exposing people to simulations of the environment where the trauma was originally experienced. <http://www.cbc.ca/cp/health/100418/x041802A.html>

Children overdosed in Pfizer drug trial. Pfizer Inc. overdosed 13 children in a clinical trial on the antipsychotic Geodon for treating children diagnosed with bipolar disorder. Several of the children experienced tremors, restless legs and other complications due to the overdosing. Pfizer received a warning from U.S. health regulators for failing to monitor the trials properly. <http://www.reuters.com/article/idUSTRE63J4XQ20100420>

Advances in autism research. Researchers from George Washington University Medical Centre have identified a way to detect autism earlier using blood samples. They have also discovered that a drug used in cancer treatments holds promise for reversing the effects of autism. http://www.officialwire.com/main.php?action=posted_news&rid=130393&catid=847

Cellular link between anxiety and depression discovered. University of Western Ontario researchers have discovered a cellular link between anxiety and depression. Although scientists have known the two are linked they have not known the physical mechanism of the connection. They report that two receptor systems in the brain communicate with each other and that activating one system sensitizes the other. Researchers hope that a molecular inhibitor that blocks the link between the two systems may improve the efficacy of anti-depressant medication and reduce anxiety. <http://www.kidsmentalhealth.ca/>

Client Rights Up in Smoke?

The issue of smoking has been a controversial one for many years in psychiatric facilities. Opinions about the role of cigarettes have changed over time depending on views about what is healthy or unhealthy behaviour. You might remember seeing vintage 1946 ads that stated “More Doctors Smoke Camels Than Any Other Cigarette”, for example, or perhaps you remember a time when people were allowed to smoke everywhere – restaurants, airports, offices and mental health facilities, including right on the wards. In fact, access to cigarettes used to be used as punishment or reward for modifying a person’s behaviour on many psych units. No one can deny that there are health risks with smoking. The link between lung cancer and tobacco has been written about for years. The Lung Association of Ontario estimates that about one in ten heavy smokers will get lung cancer (<http://www.on.lung.ca/Lung-Health/Lung-Cancer.php>). People in psych facilities smoke a lot and people hang out together while they smoke. It’s important to understand the risks associated with smoking, but how can a “smoke free” CAMH be driven by a client-centred perspective on this issue?

Here are a couple of concerns and unanswered questions:

- What services and programming will be offered to help manage nicotine withdrawal?
- Will clients who continue to smoke be punished, have privileges taken away or be criminally charged?
- How will the hospital address the different privilege/liberty levels and abilities of staff/voluntary patients/involuntary patients/forensic patients to access city property to smoke while others cannot?
- How will a client’s right to property be analysed and respected?
- Should the hospital be putting its resources into other more important policy or rights issues?

CAMH has promised to help clients “withdraw comfortably” with supports and various types of nicotine replacement methods. Do you believe this will work? There will be public forums to discuss concerns; however, the plan for a policy is already in the works and is expected in early July. How can the hospital incorporate discussions from a public forum when a policy is due to launch in three months?

Please consider leaving a confidential voicemail or sending an email or letter to us with your thoughts so we can take them to senior management. Contact Lucy Costa, Systemic Advocate at 416-535-8501 x 3013 or EC_Volunteer@camh.net. 1001 Queen Street West, Room 160, Toronto Ontario

The Empowerment Council is holding a discussion on this issue for clients on May 27 at Queen Street in Training Room A and B at 4 – 5 pm.

WISH LIST: Donations includes a canon pixma MX310 MFC colour inkjet printer, Santevia 15 L 8-stage water filter, Fellowes paper shredder, large metal cabinet with shelves and a lock. We have a request for a TV and printer.

COMMUNITY ANNOUNCEMENTS

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

PSYCHOUT A Conference For Organizing Resistance Against Psychiatry

A University of Toronto Conference Initiated by the Coalition Against Psychiatric Assault
May 7 & 8, 2010
OISE at 252 Bloor St. West

This conference is focused on theory and practice that is directly related to developing strategic actions aimed at challenging the power of institutional psychiatry.

Conference Website: <http://ocs.library.utoronto.ca/index.php/psychout/> Email: psychout@utoronto.ca



TTYL & FOR Present ★

Meeting of the Minds SUNDAY, MAY 2ND
2:00-4:00 PM
AT *Second City*

**A Cirque Style
Fundraiser to support
youth mental balancing
acts!**

51 Mercer St, Toronto
Tickets available at
Second City box office
Or from FOR staff

\$20 adults
\$10 students
(416) 535-8501 x 1927

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CRCT Youth & Mental Health Forum (Scarborough)

Scarborough Civic Centre
Thursday May 13 from 1 – 4 pm.

Community Resource Connections of Toronto in partnership with Family Outreach & Response Program, Rouge Valley Health System, Second Base Youth Shelter Scarborough, & Children's Aid Society of Toronto, is holding a half day forum on Early Intervention in Psychosis for Scarborough's youth, mental health and non-mental health providers, family members and educators.

The overall goal of the forum is:

- ✚ to increase awareness of early intervention services and supports for Scarborough's youth, their families and those who interact with them
- ✚ to promote early detection and increase understanding of psychosis
- ✚ to outreach to isolated youth and families.

Topics of the forum include: What is psychosis? What to do when someone you know is having a mental health crisis? Resources and information about mental health services in Scarborough for youth, families, community workers, and educators.

The forum will be in English, Hindi, and Tamil, and it is scheduled for Thursday, May 13, 2010 from 1 pm to 4 pm at the Scarborough Civic Centre.

To register, please contact Eric at eng@crct.org or 416-482-4103 x 392 or eng@crct.org.

Talk to Youth Lately? TTYL is a program of the youth engagement project of Family Outreach and Response that seeks to include young people in the design of Early Intervention services. <http://familymentalhealthrecovery.org/>

Inspirations STUDIO

May Studio Sale
761 Queen St. W. Suite 201 (at Bay St)
May 7-9 2010 12-5pm
Gifts that give back to the Community!

Inspirations Studio would love to see you at our May Studio Sale!

Inspirations Studio, Sistering - A Woman's Place
416-367-2728

inspirations@sistering.org www.inspirationsstudio.ca www.sistering.org

May 7 – 9 from noon – 5 pm
761 Queen St. West, Suite 201



Street to Trail Association presents our third Hike-a-thon for the Homeless

Taylor Creek Park (Dawes Road entrance)
Saturday, May 29
Registration: 9 am – 10 am

Participants will walk up to 5 kilometres through beautiful Taylor Creek Park. On returning to the starting point, Paul Mackle will direct demonstrations of outdoor skills, including pitching tent and portaging a canoe. Light refreshments will be served. The money raised from this Walkathon will go toward helping individuals living on Toronto's streets to enjoy the healing experience of hikes and canoe trips.

We are also looking for volunteers to help out with the hike-a-thon.

For further information call Paul Mackle, Executive Director of Street to Trail at 416-532-0983 or email paulmackle@yahoo.com www.street-to-trail.org

EMPLOYMENT MATTERS

ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES Job Posting

Caucus Co-ordinator Contract Position (May 2010-March 2013)

Hours of Work: 37.5 (Monday - Friday with some evening and weekend work required)

Reports to: Co-directors, OCAB

Affiliation: CUPE Local 4557

Salary: \$42,421.79 plus benefits

Overall Responsibility: This position is responsible to provide overall leadership and support and to ensure the meaningful participation of people with lived experience involved in the Mental Health Commission of Canada Toronto Site Demonstration Project.

Key Areas of Responsibility:

- Demonstrates understanding and role modeling of the OCAB philosophy, values and approaches to learning.
- Promotes a collaborative, learning and team-based culture by role modeling and encouraging others who are part of the PWLE Caucus.
- Participates in relevant community development activities related to PWLE Caucus.
- Manages conflict constructively and creatively.
- Responsible for supporting individual Caucus members that includes goal setting, training and development and providing constructive feedback.
- Develops and implements a training plan for the Caucus as a whole.
- Gives and receives information in ways that contribute to the learning and growth of others.
- Identifies and demonstrates openness to own learning and development needs.
- Providing administrative support to the project, including ensuring that all honorariums and expenses are paid out in a timely fashion.
- Handles media inquiries as required.
- Monitoring budgets to ensure project meets financial objectives.

Key Areas of Expertise

- Must identify as someone who has used mental health and addictions services and who has had personal experience with homelessness.
- Excellent listening skills, with demonstrated experience providing peer support within a community setting.
- An understanding of the importance and relevance of diversity.
- Excellent facilitation skills and an understanding of the different ways in which people learn.
- Strong knowledge of the social service sector, including the mental health and addictions system and social housing organizations.
- Strong communication skills, both written and verbal.
- A commitment to consensus building.
- Creative and flexible.
- An ability to see the big picture while supporting individuals on the day to day.
- Computer skills (word processing, e-mail and internet).
- Experience working with the media.

If you are interested in this position, please send a resumé and a covering letter before noon on Monday, May 3. Resumes can be delivered to 203 – 1499 Queen St West, emailed to becky@on.aibn.com or faxed to 416-504-8063.

May 14 from 11 am – 2 pm. Mazemaster / Youth@bilities is proud to present an exclusive networking and employment event for people with disabilities: Celebrating Diversity. For ages 16-39. Visit www.buildingbridgescanada.com and submit an application to attend! Space is limited. The Royal Ontario Museum, 100 Queens Park Toronto Ashima Suri, Employment Specialist, Diversity & Inclusion, 416-222-8282 x 2264 ashima.suri@tcdsb.org www.youthabilities.com

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

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

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

ACTIVISM

Sat 1 from 1 – 4 pm. **No one is illegal: March for Status for All.** The Migrant Justice movement forefronts struggles of people of colour, women, disAbled and queer migrants, particularly those without full status. St. Jamestown (Wellesley St. and Ontario St.) <http://toronto.nooneisillegal.org/MayDay> FREE

May 6 from 6:30 – 9 pm. **Old Struggles, New Strategies: Building a Radical Disability Movement.** JOIN DAMN 2025, a cross disability direct action coalition, for a PUBLIC MEETING to brainstorm new campaigns to combat ableism in Toronto. Share a meal, share your ideas, let's build a movement together. Friends' House, 60 Lowther Avenue (1 block from St. George Subway Station). Meal Provided, Wheelchair Accessible, ASL provided. 416-889-3037 damn2025@gmail.com FREE

Fri 7 from 1 – 4 pm. **Tools for Change Workshop Series: Spring 2010.** U of T Campus, 27 King's College Circle. tools.change@gmail.com Please email to register. FREE

- Fri 7 from 1 - 4 pm. **Facilitation 101 and 201.** Facilitating meetings for movement building for experienced and non-experienced facilitators.
- Sun 30 from 11 am - 5 pm. **Direct Action gets the goods.**

ART

Sat 1 and Sun 2 from 11 am - 5 pm. **North Toronto Group of Artists Studio Tour.** northtorontogroupofartists@gmail.com FREE

Sat 1 from 10 am - 6pm. Sun 2 from 11 am – 6 pm. **Beach Studio Tour.** Toronto Beaches neighbourhood, 343 Waverley Road. 416-690-9295 www.beachstudiotour.ca FREE

Sat 1 – Fri 14 from 9 am – 6 pm. **Willowdale Group of Artists Spring Juried Art Show** North York Civic Centre, 5100 Yonge Street. 416-223-3353 www.willowdaleartists.com FREE

May 6 – June 16. Opening Reception: May 6 at 6 pm. **Through the Eyes of the Artist. Lakeshore Arts Annual Juried Art Show.** Assembly Hall, 1 Colonel Samuel Smith Park Drive. 416-201-7093 FREE

Sat 8 from 10 am – 5 pm. **The 14th Annual Fantastic Pulp Show and Sale.** Exotic cover art of sci-fi and fantasy, crime, sports and romance pulp magazines from the 1920's – 1950's. Displays and an afternoon lecture. **Toronto Public Library**, Lillian H. Smith Branch, 239 College St. 416-393-7746 FREE

Ends Sun 9. Tues – Sun from 11 am – 6 pm. **Petits Géants.** Montreal artist Dominique Fortin utilizes portraits of her daughters in her mixed media works. Thompson Landry Gallery, 55 Mill Street, Building 5, # 102. 416-364-4955 www.thompsonlandry.com FREE

Fri 14 from 5 – 8 pm. Sat 15 from 11 am – 6 pm. Sun 16 from noon – 5 pm. Various Locations. **Bathurst Annex Art Tour.** 416-536-7180 <http://sites.google.com/site/bathurstannextour/> FREE

Ends Sun 16. 2 – 4 pm daily. The Japanese Canadian Cultural Centre (JCCC) presents **Off the Boards and off the Walls of Moriyama and Teshima** – work by world renowned Japanese Canadian architect, Raymond Moriyama and Teshima Architects from its 1958 founding to the present. JCCC Gallery, Japanese Canadian Cultural Centre, 6 Garamond Court. 416-441-2345 <http://www.jccc.on.ca> FREE

DANCE

Ongoing. Saturdays from 3:30 – 5:30 pm and 5:30 – 8:30 pm. **Toronto Salsa Practice.** Weekly gathering of hundreds of salsa dancers of all levels. Diverse, friendly, well-lit, alcohol-free — and cheap! No formal instruction; instead, we help each other or we just dance for fun. Trinity-St. Paul's Centre, 427 Bloor Street West. 416-536-7663 www.TorontoSalsaPractice.com \$4



Sun 2 from 1 – 5 pm. **International Dance Day 2010.** Featuring a variety of dance forms and Toronto-based performers. On stage and off the stage the square will be alive with performances, interactive dance presentations, open classes and information on an array of dance styles and traditions. Yonge-Dundas Square. danceumbrella.net FREE

DRAMA

Ends May 8. Whetstone Productions presents **Winged**, a series of dramatic monologues about three mythical beings, Icarus, Lucifer and Phoenix. Written and performed by David Tomlinson. Performed amidst a thematically related art exhibit. The DeLeon White Gallery, 1139 College Street. 416-669-9285 www.whetstoneproductions.com Sun May 2 at 8 pm is Pay-What-You-Can.

FESTIVAL



May 1 from noon – 8 pm. **4th Annual Toronto Freedom Festival.** The city's largest one-day outdoor spring festival attracting well over 30,000 people to Queen's Park in the heart of downtown. By coming together in large numbers, positive attention has been drawn to individuals and groups seeking to preserve their constitutional rights and freedoms. Featuring over 100 musicians, DJ's, comedians, visual artists, political activists and speakers. Queen's Park North (Museum Subway Station). 647-346-4101 www.torontofreedomfestival.com FREE

Sat 1 – Sun 30. **Asian Heritage Month.** Various Toronto Library Branches. [Toronto Public Library](http://TorontoPublicLibrary) FREE

- Tues 4 at 6:30 pm. **Legend of the Lion.** See the colourful Asian Lion Dance, a tradition that dates back dynasties. Agincourt District Branch, 155 Bonis Avenue. 416-396-8943
- Fri 7 at 2 pm. **Traditional Korean Dance** performance. Palmerston Branch, 560 Palmerston Ave. 416-393-7680
- Mon 10 from 2 – 3 pm. **Tai Chi Demonstration.** Learn the art of moving meditation. Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890
- Tues 11 at 6:30 pm. **Gurpreet Chana: The Tabla Guy.** A world of exploring sound in everything we experience through all our senses. Armour Heights Branch, 2140 Avenue Rd. 416-395-5430

- **Thurs 13 at 7 pm. Launch of *The Dragon and the Stars***, an international collection of writings by ethnic Chinese writers. Lillian H. Smith Branch, 239 College St. 416-393-7746
- **Thurs 13 from 7 – 8 pm. Origami Workshop.** Spadina Road Branch, 10 Spadina Rd. 416-393-7666

Sat 8 from 9 am – 5 pm. Sun 9 from 11 am – 5 pm. 2010 Toronto Comic Arts Festival. Hundreds of cartoonists from around the world. 200+ Exhibitors. Readings, Workshops, Art Installations, Signings. Toronto Reference Library, 789 Yonge St. 416-533-9168 <http://torontocomics.com/> FREE

FILM

Sat 1 from 7 – 9 pm. Short Film Festival. A Monthly Toronto Film Festival! Be a part of the only festival in the world where the AUDIENCE is the main character of the night. A full Q and A session after the films with the filmmaker is the highlight of the evening. RSVP to guarantee a seat. National Film Board of Canada Cinema, 150 John Street (John and Richmond). 416-925-8991 www.wildsound.ca FREE

GARDENS

Sun 2 at 2 pm. Mustard Seed Community Garden Compost Garden Party. Featuring concert with Jane's Party (voted one of Ontario's Top 10 bands by CBC Radio 1). Learn about composting on the 15th anniversary of compost awareness week. Mustard Seed Community Garden, 791 Queen St. East. <http://www.tcgn.ca/wiki/wiki.php?n=TCGN.FrontPage> FREE



Ends Friday 14. Toronto Community Garden Network's Great Garden Search Contest. Whoever locates the most **community** (3 or more households and not located in a residential backyard) gardens in Toronto wins \$150. Runners up receive gardening books and other goodies. 416-363-6441 x 279 <http://www.tcgn.ca/wiki/wiki.php> FREE

MUSIC

Canadian Opera Company Free Concert Series. Unless otherwise stated all opera performances take place at the Four Seasons Centre for the Performing Arts, 145 Queen St. West. 416-363-8231 www.coc.ca FREE

Vocal Series

- **Tues 4 from noon – 1 pm.** The COC Ensemble Studio performs *Spring Schubertiade*. An afternoon of German song.
- **Thurs 13 from noon – 1 pm.** Artists of the COC Ensemble Studio. Highlights from Mozart's *Idomeneo*.

Jazz Series

- **Wed 5 from 5:30 pm – 6:30 pm. Cuevas con Cuerdas.** Canada's emerging Latin music queen and her band.

Piano Virtuosos Series

- **Thurs 6 from noon – 1 pm.** Benjamin Cruchley, piano. *Explorations*
- **Tues 11 from noon – 1 pm.** Li Wang, piano. *Revised Program: Iberia III*

Tues 4 – 18 from 1:30 – 3 pm. Life Long Learning – Community Singing. A small and welcoming singing group. Learn fundamentals. No experience necessary. Toronto Public Library. Wychwood Branch, 1431 Bathurst St. 416-393-7683 FREE

Wed 5 from 2 – 3 pm. International folks songs with John P. Christopher and friends. Toronto Public Library, Bloor/Gladsone Branch, 1101 Bloor St. West. 416-393-7674 FREE

PHOTOGRAPHY

May 1 – 30. Various venues and times. **Scotiabank CONTACT Photography Festival.** *Pervasive Influence.* This annual festival features more than 1,000 local, national and international artists across the GTA. 416-539-9595 <http://scotiabankcontactphoto.com/> FREE

Ends May 8. Wed through Sat from 12 to 5 pm. In Her Presence: Selected Photographs by Women from the Mira Godard Research Centre, Ryerson University. Julia Margaret Cameron in the 1860's, through Dorothea Lange and Judy Dater, to more contemporary imagery by Wendy Snyder McNeil, Ruth Kaplan

and Clara Gutsche. Ryerson Gallery. 80 Spadina Ave., Suite 305. 416-703-2235
www.imagearts.ryerson.ca/inherpresence FREE

Thurs 6 – Wed 19. Daily from noon – 5 pm. *Hollow: A Self Portrait of Madness.* A photographic exploration into the depths of anorexia by Genevieve Blais who attempts to unravel the psychology of the disorder from the position of an anorectic. Gladstone Hotel, 1214 Queen Street West.
www.genevieveblais.com FREE

Opening reception Fri 7 from 6 – 9 pm. Runs until June 12. *Subjective.* The work of six photojournalists under the age of 30 who tell their stories in the hope they might make a difference. O'born Contemporary Gallery, 710 Yonge Street (upstairs). 416-413-9555 <http://www.oborncontemporary.com> FREE

THEATRE

Every Sunday from May 9 – June 6 at 2 pm. *Featuring Loretta.* Ever since her husband became a bear everyone wants something from Loretta. George F. Walker's comedic snapshot of four '20-somethings' and their complex interpersonal relationships. Factory Theatre, 125 Bathurst St. 416-504-9971
www.factorytheatre.ca Sunday Matinee is Pay What You Can

WELLNESS

Saturdays until June 26 from 10 am – noon. *Sahaja Yoga Meditation.* Drop-in. Toronto Public Library, New Toronto, 110 Eleventh St. 416-394-5350 FREE

WORKSHOPS/LECTURES

Out of the Shadows Series. Personal accounts and tips on coping from consumer/survivors. FREE

- **Tues 4 at 7 pm. *An Evening with James Bartleman.*** [Richview Branch](#), 1806 Islington Ave. 416-394-5120
- **Fri 7 at 2 pm. *When You or Your Loved One Has Bipolar Disorder.*** [Eatonville Branch](#), 430 Burnhamthorpe Rd. 416-394-5270
- **Wed 12 at 6 pm.** A Talk on Schizophrenia. [Eatonville Branch](#), 430 Burnhamthorpe Rd. 416-394-5270

Mon 3 at 7:30 pm. *Discover Authentic Kabbalah* – a free introductory lecture presented by Toronto Bnei Baruch Kabbalah Learning Center. Discover how to live a prosperous life. 20 Covington Road (Bathurst & Lawrence Avenue East). 800-540-3234 www.kabbalah.info/centers/toronto/ FREE

Wed 5 from 2 – 3 pm. *A New Look at Toronto's Railway History.* [Toronto Public Library, Spadina Road Branch](#), 10 Spadina Rd. 416-393-7666 FREE

Tues 11 from 2 – 4 pm. *Watercolours of John Singer Sargent.* Sargent discusses his painting technique. [Toronto Public Library, Deer Park Branch](#), 40 St. Clair Ave. East. 416-393-7657 FREE

Wed 12 from 2 – 4 pm. *Discover the Healing Powers of Reiki.* Learn about the history and healing effects of Reiki. [Toronto Public Library, Don Mills Branch](#), 888 Lawrence Ave. East. 416-395-5710 FREE

Thurs 13 at 7:30 pm. 4th Annual June Callwood Lecture. *A Canadian in the Making.* Ratna Omidvar, President of Maytree and settlement advocate. Appel Salon, [Toronto Reference Library](#), 789 Yonge St. 416-395-5577 FREE

To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

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🌱 *Save a tree. If you get the Bulletin by mail and you are able to convert to email, please contact the Centre and let us know your email address. 416-595-2882 csinfo@camh.net*