

# BULLETIN



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

**Bulletin 419 June 1 - 15, 2010**

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THE EMPOWERMENT COUNCIL  
A VOICE FOR THE CLIENTS OF CAMH

## OPSEU delivers on promise to release new ad for the psychiatric survivor, consumer community.

**May 18, 2010** - The Empowerment Council is an advocacy organization for people who are or have been in the mental health or addiction system.

In November of 2008 during an attempt to communicate with the Centre of Addiction and Mental Health (CAMH) management, OPSEU initiated a contentious campaign that resulted in the perpetuation of the commonly held stereotype that people who use mental health services are violent.

The ads were mounted in bus shelters in front of the Queen Street site of CAMH. They depicted a woman with a bruised eye and the accompanying incriminating text, “No more excuses - CAMH must protect its staff from violence”. The ads upset a number of clients, workers and families. As a result, numerous psychiatric survivor/consumer agencies, community allies, and some OPSEU members mobilized together, writing and expressing their outrage at the implication behind this discriminatory ad campaign.

Although there was never a formal apology from OPSEU, we accept the reissuing of this counter ad as a demonstration of apology.

The ad can be found in the bus shelter on the southwest corner of Queen at Shaw Street.

We look forward to collaborating further with OPSEU and other community members in addressing complex issues as they arise in the future. The Empowerment Council commends OPSEU for taking responsibility and stepping up as a positive example of how we can address the issues and move beyond ambiguous discussions of stigma towards zero tolerance for any discrimination.

— Lucy Costa

For more information call Lucy Costa at 416 535-8501 x 3013 or e-mail [lucy\\_costa@camh.net](mailto:lucy_costa@camh.net).



counter ad.pdf  
(304 KB)

The counter ad reads: “One in five people in Canada will experience a mental health issue. We are more likely to be victims of violence than the cause of it. We are you – your family, friends, co-workers, neighbours. End discrimination. Challenge Stereotypes.” The image is of several people walking along a field with a mountain range backdrop.



**OPSEU Ad**   **Newsbytes**   **Gift-WRAP**   **Community Announcements**   **Employment Matters**   **Places To Go...**  
1   2 - 3   3 - 5   5 - 6   6 - 8   8 - 10

## Newsbytes

**Fallout from PsychOUT Conference.** A letter by Joe Brean published in the National Post on May 11 criticizes the anti-psychiatry movement and the recent PsychOUT conference held at OISE. Read responses by various supporters of the conference, including PhD candidate Mark Federman, historian Geoffrey Reaume, anti-psychiatry activist Don Weitz of CAPA, and Mind Freedom International Director David Oaks at <http://www.mindfreedom.org/>.

**Acclaimed children's writer reveals mental health challenges.** Robert Munsch, author of best-selling children's books including *Love You Forever* and *The Paper Bag Princess* recently disclosed that he struggles with cocaine and alcohol addiction and has been diagnosed with bipolar disorder and obsessive compulsive disorder. Munsch is a Member of the Order of Canada.

<http://www.theglobeandmail.com/news/national/munsch-admits-to-cocaine-alcohol-addiction/article1570942/?cmpid=rss1>

**Health Canada Warning for Exelon.** Health Canada has issued a warning about rivastigmine (Exelon), a transdermal patch used in the treatment of dementia. When used incorrectly and perhaps also when used correctly it can lead to an overdose, causing symptoms such as nausea, hypertension, slowed heart rate or death. Rivastigmine was dispensed to 65,000 people in 2009. <http://www.theglobeandmail.com/life/health/health-canada-issues-warning-over-exelon-patch-for-dementia/article1558804/>

**CBT for Internalized Stigma.** Professors from the City University of New York and Indiana University School of Medicine have created a therapeutic intervention to counteract the stigma and internalized stigma ("self-stigma") experienced by people with mental illness. It is called Narrative Enhancement Cognitive Behaviour Therapy. The pilot course of the intervention showed reduced internalized stigma and increased self-esteem in participants. <http://psychcentral.com/news/2010/05/14/tools-to-reduce-stigma-of-mental-illness/13823.html>

**Major Depression following traumatic brain injury often goes untreated.** A study published in the *Journal of the American Medical Association (JAMA)* reports that during the first year after the injury is acquired, people with a traumatic brain injury experience 8 times higher rates of major depression than the general population. 44 percent of the patients affected received treatment for their depression. <http://www.nationalpost.com/life/health/story.html?id=e2896218-fad8-4195-ba18-ae25d2694f32>

**Fathers and post-partum depression.** Research published in the *Journal of the American Medical Association (JAMA)* reports that 10 percent of new dads experience depression and fathers are at increased risk if the mother experiences post-partum depression. Researchers say that the parent's depression places infants at risk of developing mental health challenges down the road. The <http://www.healthday.com/Article.asp?AID=639201>

**Effectiveness of changing thoughts versus changing behaviours for depression.** A study from Ohio State University reports that cognitive therapy focussed on changing thought patterns rather than behaviours (getting up earlier, etc.) is more effective for treating moderate to severe depression, especially in the early treatment sessions. <http://www.medicalnewstoday.com/articles/188566.php>

**Reduced dopamine receptor density as marker for creativity and schizophrenia.** Scientists have discovered a similarity in the dopamine systems of highly creative people and people diagnosed with schizophrenia. The researchers speculate that the established correlation between being highly creative and belonging to a family with mental illness may relate to dopamine's role in the capacity for divergent thinking. Both people who scored high on divergent thinking tests and people diagnosed with schizophrenia have lower densities of a dopamine receptor in the thalamus. This lowered density could mean that less information is filtered out by people diagnosed with schizophrenia and highly creative people. <http://www.sciencedaily.com/releases/2010/05/100518064610.htm>

**Childhood abuse and binge eating.** A study published in the *Journal of Eating Disorders* shows that severity of binge eating may be linked to a history of childhood sexual or emotional abuse. Researchers report that the abuse leads to self-criticism and body dissatisfaction, which contribute to the development of an eating disorder. <http://psychcentral.com/news/2010/05/13/magnitude-of-binge-eating-disorder-tied-to-childhood/13785.html>

**Antipsychotics ineffective for treating children diagnosed with schizophrenia.** A NIMH (National Institute of Mental Health) study published in the *Journal of the American Academy of Child and Adolescent Psychiatry* reports that youth between 8 and 19 years of age who are diagnosed with early onset schizophrenia spectrum disorder (EOSS) do not benefit from treatment with antipsychotics. Most of the youth stop taking the antipsychotics due to lack of effectiveness and intolerable side-effects, which include weight gain, anxiety and metabolic changes. <http://www.nimh.nih.gov/science-news/2010/effectiveness-of-long-term-use-of-antipsychotic-medication-to-treat-childhood-schizophrenia-is-limited.shtml>

**Behavioural therapy effective for managing tics.** Research published in the *Journal of the American Medical Association (JAMA)* reports that a form of behaviour therapy (comprehensive behavioral intervention for tics or CIBT) helps children with Tourette syndrome to ease tics while avoiding the side-effects of medications such as risperidone (Risperdal) and haloperidol (Haldol). During eight sessions the children were taught to perform an alternative and voluntary movement such as rhythmic breathing or tensing certain muscles when they felt the urge to tic. The therapy also teaches children to recognize and manage triggers. <http://www.nationalpost.com/life/health/story.html?id=9e0a89fc-0efc-4ebd-9bb0-280c6640690f>

**Role of amyloid plaques in Alzheimer's questioned.** U.S. researchers are questioning the received theory that amyloid plaques are responsible for destroying brain cells in Alzheimer's disease. The suspicion is that these plaques are actually the body's attempt to protect the brain from a toxic protein that destroys brain cells. Researchers point to the failure of drugs (like bapineuzumab) that target the amyloid plaques to improve cognitive function. <http://www.healthzone.ca/health/mindmood/brainhealth/article/808854--new-theory-of-alzheimer-s-explains-drug-failures>

**New evidence for benefits of caffeine in Alzheimer's disease.** The *Journal of Alzheimer's Disease* has published findings by a group of international experts on the possible benefits of caffeine in the treatment of Alzheimer's disease. They found that caffeine has beneficial effects, including preventing brain function degeneration and a positive effect on cognition and memory. <http://www.sciencedaily.com/releases/2010/05/100517111937.htm>

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## GIFT-WRAP

### Mary Ellen Copeland's Wellness & Recovery Resources

We will publish Mary Ellen Copeland's booklet *Building Self-Esteem – A Self-Help Guide* in installments over the next several *Bulletins*. It is located in the public domain and may be reproduced or copied without permission. Here is Chapter One: "Things You Can Do Right Away". You can download the complete document yourself at [http://download.ncadi.samhsa.gov/ken/pdf/SMA-3715/SMA-3715\\_Building\\_Self\\_11p.pdf](http://download.ncadi.samhsa.gov/ken/pdf/SMA-3715/SMA-3715_Building_Self_11p.pdf).

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From *Building Self-Esteem – A Self-Help Guide* by Mary Ellen Copeland.

### Things You Can Do Right Away—Every Day—to Raise Your Self-esteem

**Pay attention to your own needs and wants.** Listen to what your body, your mind, and your heart are telling you. For instance, if your body is telling you that you have been sitting down too long, stand up and stretch. If your heart is longing to spend more time with a special friend, do it. If your mind is telling you to clean up your

basement, listen to your favorite music, or stop thinking bad thoughts about yourself, take those thoughts seriously.

**Take very good care of yourself.** As you were growing up you may not have learned how to take good care of yourself. In fact, much of your attention may have been on taking care of others, on just getting by, or on "behaving well." Begin today to take good care of yourself. Treat yourself as a wonderful parent would treat a small child or as one very best friend might treat another. If you work at taking good care of yourself, you will find that you feel better about yourself. Here are some ways to take good care of yourself—

- **Eat healthy foods and avoid junk foods** (foods containing a lot of sugar, salt, or fat). A healthy daily diet is usually: five or six servings of vegetables and fruit six servings of whole grain foods like bread, pasta, cereal, and rice two servings of protein foods like beef, chicken, fish, cheese, cottage cheese, or yogurt
- **Exercise.** Moving your body helps you to feel better and improves your self-esteem. Arrange a time every day or as often as possible when you can get some exercise, preferably outdoors. You can do many different things. Taking a walk is the most common. You could run, ride a bicycle, play a sport, climb up and down stairs several times, put on a tape, or play the radio and dance to the music—anything that feels good to you. If you have a health problem that may restrict your ability to exercise, check with your doctor before beginning or changing your exercise habits.
  - Do personal hygiene tasks that make you feel better about yourself—things like taking a regular shower or bath, washing and styling your hair, trimming your nails, brushing and flossing your teeth.
  - Have a physical examination every year to make sure you are in good health.
  - Plan fun activities for yourself. Learn new things every day.
- **Take time to do things you enjoy.** You may be so busy, or feel so badly about yourself, that you spend little or no time doing things you enjoy—things like playing a musical instrument, doing a craft project, flying a kite, or going fishing. Make a list of things you enjoy doing. Then do something from that list every day. Add to the list anything new that you discover you enjoy doing.
- **Get something done that you have been putting off.** Clean out that drawer. Wash that window. Write that letter. Pay that bill.
- **Do things that make use of your own special talents and abilities.** For instance, if you are good with your hands, then make things for yourself, family, and friends. If you like animals, consider having a pet or at least playing with friends' pets.
- **Dress in clothes that make you feel good about yourself.** If you have little money to spend on new clothes, check out thrift stores in your area.
- **Give yourself rewards**—you are a great person. Listen to a CD or tape.
- **Spend time with people** who make you feel good about yourself—people who treat you well. Avoid people who treat you badly.
- **Make your living space a place that honors the person you are.** Whether you live in a single room, a small apartment, or a large home, make that space comfortable and attractive for you. If you share your living space with others, have some space that is just for you—a place where you can keep your things and know that they will not be disturbed and that you can decorate any way you choose.
- **Display items that you find attractive** or that remind you of your achievements or of special times or people in your life. If cost is a factor, use your creativity to think of inexpensive or free ways that you can add to the comfort and enjoyment of your space.
- **Make your meals a special time.** Turn off the television, radio, and stereo. Set the table, even if you are eating alone. Light a candle or put some flowers or an attractive object in the center of the table. Arrange

your food in an attractive way on your plate. If you eat with others, encourage discussion of pleasant topics. Avoid discussing difficult issues at meals.

- Take advantage of opportunities to **learn something new or improve your skills**. Take a class or go to a seminar. Many adult education programs are free or very inexpensive. For those that are more costly, ask about a possible scholarship or fee reduction.
- **Begin doing those things that you know will make you feel better about yourself**—like going on a diet, beginning an exercise program or keeping your living space clean.
- **Do something nice for another person**. Smile at someone who looks sad. Say a few kind words to the check-out cashier. Help your spouse with an unpleasant chore. Take a meal to a friend who is sick. Send a card to an acquaintance. Volunteer for a worthy organization.
- **Make it a point to treat yourself well every day**. Before you go to bed each night, write about how you treated yourself well during the day.

You may be doing some of these things now. There will be others you need to work on. You will find that you will continue to learn new and better ways to take care of yourself. As you incorporate these changes into your life, your self-esteem will continue to improve.

From *Building Self-Esteem – a Self-Help Guide* by Mary Ellen Copeland

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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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### IMPORTANT Information for Individuals who have used Zyprexa CLASS ACTION LAWSUIT Have you used Zyprexa?

#### **A Settlement Agreement has been reached.**

A copy of the full legal notice can be viewed at [www.classaction.ca](http://www.classaction.ca) (English & French), [www.classproceedings.ca](http://www.classproceedings.ca), and [www.poynerbaxter.com](http://www.poynerbaxter.com)

Note: BC and Quebec have separate but related class actions.

If you took zyprexa (olanzapine) prior to June 6, 2007 then you may be eligible for compensation. A settlement approval hearing is scheduled for June 8, 2010 at 10 am in the city of Toronto. The purpose of the hearing is to determine whether the Settlement Agreement is fair, reasonable, and in the best interests of Class Members. Information about how to make a claim will be made available once the settlement has been approved by the courts.

## It Doesn't Take Rocket Science: Finding Solutions to TTC Barriers

Transportation is the axis of our everyday lives. Without it we can't get to work, school, volunteer commitments, health care facilities, places of worship, recreation, or to shop for basic staples like food and clothing. But many people face barriers to using the TTC and therefore have a very hard time meeting these basic needs. Barriers exist around affordability, physical accessibility, and attitude.

Ethno-racial People with Disabilities Coalition of Ontario (ERDCO) and partners invite people with disabilities and those affected by mental health issues, allies and fellow advocates to join us in: Discussing barriers that limit people's access to the TTC; Strategizing Solutions and Learning from Fellow Advocates.

Date and Time: Thursday, June 17th 2010 from 6 pm - 9 pm

Place: 341 Bloor Street West (apartment building, major intersection St. George & Bloor)

\*\*A light meal will be provided. ASL interpreters and/or note-takers for on-site transcription provided. Attendant services provided. \*\* To register please e-mail [erdco@erdco.ca](mailto:erdco@erdco.ca) or call 416-657-2211 to leave a message. If you have any extra accommodation needs please let us know at least five days in advance.

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## "It's Your Metabolism! Or is it??"

Panel discussion with personal trainer Pam Miller, registered dietician Karen Trainoff, and Dr. Roger McIntyre (Mood Disorders Psychopharmacology Unit at University Health Network)

North Toronto Community Centre, 200 Eglinton Ave. West  
Wednesday, June 9 from 7 – 8:30 pm

RSVP to [carlinb@mooddisorders.on.ca](mailto:carlinb@mooddisorders.on.ca) or 416-486-8046 x 222.

This one of a kind panel discussion will explore issues of the metabolic impacts of depression, anxiety and bipolar disorder as well as the medications used to treat them. You will hear straight talk about whether it is your metabolism, and what you can do about it. Free Admission (donations gratefully accepted)

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## EMPLOYMENT MATTERS

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### Job Posting: Peer Recovery Educator Coordinator

The Krasman Centre, on behalf of a collaborative of agencies including Gerstein Centre and Houselink, is hiring a part-time contract PRE Coordinator. 20 hours per week. One-year contract, with the possibility of renewal over the four-year funding grant. Travel around South Simcoe/York Region and the GTA is required (some areas not easily accessible by public transit).

The PRE 4 Employment Coordinator will coordinate, support and operate a modular recovery education program that develops knowledge and skill for people who identify with personal lived experience with mental health challenges or substance abuse in order to support entry to employment or advancement in current employment.

**Deadline for application is Thursday June 3<sup>rd</sup> by 4 pm.**

In order to be considered for the position you must identify as a person with direct lived experience and also have completed an Introduction to Wellness Recovery Action Planning (WRAP).

No telephone calls will be returned about this position. Visit [www.cultureofrecovery.org](http://www.cultureofrecovery.org) for details.

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### COTA Health is hiring 2 Individual Support Worker – Peer Support Specialists

Temporary full-time (6 month contracts with possibility of renewal)

The Boarding Home Individual Support Worker – Peer Support Specialist (ISW-PSS) works collaboratively with a team of Housing Support Workers (Site Support) and Case Managers to provide services to tenants in Boarding Homes. The ISW-PSS will assist tenants in maintaining and/or achieving self-determined wellness and recovery goals. The ISW-PSS will bring a lived experience of mental health challenges, the mental-health system, and the consumer-survivor movement to individual and group tenant support.

**Application Deadline: June 11, 2010.** Visit [www.cotahealth.ca](http://www.cotahealth.ca) for details.

## York Community Services seeks a Street to Home Follow Up Worker

(One year contract with the possibility for extension)

The Street to Homes Follow Up Worker is responsible for providing intensive case management, housing search, supportive counseling to Streets to Homes clients. The Worker requires maintaining an average active caseload of 20 and will support other programs geared towards the needs of the Streets to Homes clients. The worker is also expected to coordinate the community kitchen program for Streets to Homes clients.

Salary: \$41,993 per year with 4% vacation pay. Start Date: Negotiable

**Please apply by June 4, 2010.**

We encourage applications from people who are reflective of the diverse communities we serve. Only those applicants selected for interviews will be contacted.

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=213591&eng=True&fs=True&fa=False> for details.

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## The Silver Brush is hiring an Administrative Assistant

Houselink & PARC have launched **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.

### General Responsibilities:

The Administrative Assistant is responsible for: completing a range of administrative tasks and responding to enquiries for the the The Silver Brush (TSB) enterprise; maintaining data & schedules; and supporting manager and other staff.

### Required Skills & Abilities:

- Proven office administrative skills
- Proven computer and data base skills
- Ability to work in an organized manner
- Skilled at customer relations and problem solving
- Good verbal, listening and written communication skills
- Ability to work as a team member

The funding for these positions is from the City of Toronto TESS program. Successful applicants must be in receipt of OW or ODSP. This is a one year contract with no possibility of renewal.

Starting Salary is \$18.00 per hour for a 21 hour week for 52 weeks. Receipt of OW and or ODSP benefits (i.e. drug card, dental and vision benefits) through the City of Toronto may be negotiated.

**Please email cover letter and resume by Friday, June 7, 2010** to Morgan Lowe. Email: [mlowe@parc.on.ca](mailto:mlowe@parc.on.ca)

No phone calls please. Only those selected for an interview will be contacted.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, and people from the LGBT community.

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## St. Stephen's Community House is hiring a Teller/Cashier - Part Time

Hours: 22 hrs/week

As a member of the Corner Drop-In, the Teller (Cashier) will manage the funds of the Trustee accounts and be responsible for the financial records, reporting and administration of cash float.

### Qualifications

- Minimum Secondary School Diploma with (Commercial) Accounting Training
- At least 2 to 3 years of cashier experience including adherence to financial controls and procedures
- Ability to accurately record and monitor expenditures, withdrawals, cash balances, client account statements, cheque requisitions, cash balances and account reconciliation
- Excellent attention to detail
- Ability to work effectively as a team member and independently
- Experience in a not for profit agency an asset
- Advanced computer skills in Excel, Word, AccPac and Outlook
- Current police record check

*St. Stephen's Community House is committed to a workforce that is reflective of the communities we serve.*

**Application deadline is 5 pm on June 4, 2010.**

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=213455&eng=True&fs=True&fa=False> for details.

## CRCT seeks Community Support Worker

Community Support Services assists adults (16 and over) who are having significant difficulties in day-to-day living as a result of severe and persistent mental health issues. Services are provided in English, Tamil, Somali and several other languages. CSS's catchment area is East North York, Scarborough and Central/West Toronto

In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-oppression work and a familiarity with issues affecting ethno-racial communities.

We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people, persons with disabilities and people who communicate in more than one language. Personal disclosures will be held in confidence.

**Application deadline: June 3, 2010**

Visit <http://www.workinginmentalhealth.ca/forms/frmShowJob.aspx?REC=JOB&ID=2327> for details.

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

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

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

## ART

**Wed 2 & 9 from 6 - 8 pm. Love Bites: Amorous Works on Paper.** View a selection of prints and photographs from the permanent collection that explore how artists over the centuries have visualized the universal feeling of love. Marvin Gelber Print and Drawing Study Centre, Art Gallery of Ontario, 317 Dundas Street West. 416-979-6648 FREE

**Thurs 3 to July 25. BEING SCENE 10th Year Annual Juried Art Exhibition.** Produced by Workman Arts in partnership with the Centre for Addiction and Mental Health, the exhibit introduces the work of artists who have lived experience with mental illness and addiction while showcasing the healing power of art. Justina M. Barnicke Gallery, Hart House, University of Toronto, 7 Hart House Circle. 416-978-8398 [www.workmanarts.com](http://www.workmanarts.com) FREE

## FESTIVAL

**Tues 1 from 10 am - 11 pm. National Aboriginal History Month Kickoff Event.** The day will showcase aboriginal culture and history through musical performances, dance and story telling. Yonge-Dundas Square, 1 Dundas Street East. 416-964-9087 [bonnie.matthews@ncct.on.ca](mailto:bonnie.matthews@ncct.on.ca) FREE

**Sat 5 from 2 - 11 pm and Sun 6 from 3 - 10 pm. ACAPO Portuguese Festival.** Annual parade begins on Dundas St. West at Dufferin Street and ends in Trinity Bellwoods Park, followed by a festival with music, carnival rides and amusements. 1053 Dundas Street West. 416-536-5961 [acapo@on.aibn.com](mailto:acapo@on.aibn.com) FREE

**Fri 11 to Sat 20. Luminato 2010: Toronto Festival of Arts & Creativity.** A cultural citywide festival featuring theatre, dance, classical and contemporary music, film, literature, visual arts, design and more. 416-872-1111 [www.luminato.com/2010](http://www.luminato.com/2010) Many events are FREE, including:

- **Fri 11 from 7 - 11 pm. Luminato First Night.** A live concert featuring some of our top "Canadian Divas" including Juno Award winning rocker Sass Jordan and Grammy nominated Toronto singer-songwriter Melanie Fiona. Yonge-Dundas Square, 1 Dundas Street East
- **Daily. All day. Ship O' Fools.** An interactive exhibit featuring a 30-foot salvaged Chinese sailboat, where the image of the ship of fools, an uncaptured vessel full of aimless, vain and frivolous passengers, comes to life. Trinity Bellwoods Park, 790 Queen Street West.
- **Sat 12 at 1 pm. Dance performance by Coleman Lemieux & Compagnie.** From their "Off the Beaten Track" series which transplants dance to urban and community settings, this



site-specific performance piece will commemorate Nelson Mandela Park Public School before it temporarily closes as part of the Regent Park housing redevelopment. Nelson Mandela Park Public School, 440 Shuter Street

**Sat 12 from 1 - 4 pm. Worldwide Knit in Public Day Extravaganza!** Come help break the **Guinness world record** for the most knitters knitting at the same time. One thousand people are needed to beat the current record. There will be bands, games, prizes and more. Knitting lessons at 1 pm. Record attempt at 3 pm. Bring your own knitting supplies or purchase some on-site. Junction Square, 2954 Dundas Street West (at Pacific Avenue). 416-761-1555 FREE

## FILM

**Tues 1 at 7 pm. Waterlife.** A film about the beauty of water and the danger of taking it for granted. Watch the stunning imagery as the Great Lakes' huge fresh water supply makes its way to the Atlantic Ocean. NFB Mediatheque, 150 John Street (at Richmond Street). 416-973-3012 FREE

**Thurs 3 from 4 - 6 pm. Eyes on the World – Silver Screens Arts Festival 2010** presents *In Your Backyard*. A video and photo exhibit documenting a Regent Park Neighbourhood initiative that brought older adults and youth together to work on a piece called Coming Together – An Intergenerational Community Arts Project. 246 Sackville (northwest corner Dundas Street East and Sackville). 416-979-5103 [silverscreens@ryerson.ca](mailto:silverscreens@ryerson.ca) FREE

**Mon 7 to Sat 26. Doc Now Media Arts Festival.** Features film, photography and new media works by Ryerson University's graduate documentary media students. Film screenings at NFB –John Spotten Theatre, 150 John Street. 416-973-0896 [www.docnow.ca](http://www.docnow.ca) FREE

## MARKET

**Ongoing until December 18. Saturdays from 8 am – noon. The Stop's Green Barn Farmers Market.** Great produce and great music in the historic Artscape Wychwood Car barns Park. 601 Christie Street (St. Clair & Christie). 416-651-7867 x 24 [www.thestop.org](http://www.thestop.org) FREE

**Friday all month from 6 – 7:30 pm. Friday Night Supper.** Warm, mostly organic meals cooked in outdoor wood-fire bake-ovens right in the park. Soup, vegetarian or vegan entrée, meat entrée, side dish and salad are served. Dufferin Grove Park, 875 Dufferin Street. 416 392-0913 \$6 Suggested Donation

**Sun 6 from 11 am – 7 pm. Compassion Marketplace.** A one-day festival presented by the Toronto Vegetarian Association with food, clothing, entertainment and ideas all compassionate to the role and plight of animals in our society. Artscape Wychwood Barns, 601 Christie Street (South of St. Clair Avenue). 416-544-9800 [dalexander@veg.ca](mailto:dalexander@veg.ca) FREE

**Sat 12 from 10 am – 2 pm. Trinity Park Yard Sale.** Trinity Bellwoods Park, 1053 Dundas Street West. 416-392-0743

## MUSIC

**Fri 4 from 6 - 10 pm. Sat 5 from 12:30 – 10 pm. Sun 6 from 1 – 6 pm. Waterfront Blues Festival.** Music, food, prizes all weekend. Woodbine Park (NE Corner of Lakeshore Blvd and Coxwell Avenue). 416-698-2152 [www.waterfrontblues.ca](http://www.waterfrontblues.ca) FREE

**Sat 5 from noon - 8 pm. Muhtadi International Drumming Festival.** A festival celebrating the drum and its omnipresence in the world's music. Queen's Park, University Avenue and Wellesley Avenue. 416-504-3786 [www.muhtadidrumfest.com](http://www.muhtadidrumfest.com). FREE

## PEER SUPPORT

**Every Wednesday from 7 – 8:30 pm.** Note: We will be breaking for the summer starting in July. **Social Phobia Support Group of Toronto.** CAMH, 33 Russell Street, Room 321, 3rd floor in tower. Contact Earla at [earladunbar@rogers.com](mailto:earladunbar@rogers.com) [www.socialphobia.ca](http://www.socialphobia.ca)

## WORKSHOPS/LECTURES

**Tues 8 from 2 - 3:30 pm. Aging with Purpose and Joy – If Not Now, Then When?** Learn from Irene Borins on how to make aging a positive experience. Toronto Reference Library, 789 Yonge St. 416-395-5577 FREE

**Wed 9 at 7 pm.** Out of the Shadows: Combatting the Stigma of Mental Illness presents: **Alcoholism: A Family Affair.** Hear a professional counsellor provide insight into this disorder and how it affects the consumer/survivor and his/her entire family. A question and answer period will follow. Refreshments served. Don Mills Public Library, 888 Lawrence Avenue East. 416-395-5710 FREE

## WRITING AND TELLING STORIES

**Ongoing. Lyved** (pronounced lived) began as a website on January 1, 2008. It quickly grew, reaching hundreds of thousands of people in just a few months. Since then Lyved has become a blogzine that focuses on various aspects of life; from business to news, to the environment and personal growth; and even some politics once and awhile. Lyved provides quality content that prides itself on having a fresh and positive perspective on life and living it. <http://www.lyved.com>

**Fridays ongoing from 8 – 10 pm. 1001 Friday Nights of Storytelling.** A night celebrating the human voice in storytelling. Come and listen and/or tell stories from memory at this weekly event held since 1978. Innis College Café, 2 Sussex Avenue (at St. George Street). 416-656-2445 [coordinators@1001fridays.org](mailto:coordinators@1001fridays.org) Suggested donation \$5

**Fri 4 from 7:30 – 10 pm. Doors open at 7:15 pm. Book Launch: Izzeldin Abuelaish: I Shall Not Hate.** Dr. Izzeldin Abuelaish is a doctor from Gaza whose three daughters were killed during the War on Gaza in January 2009. He brings a message of forgiveness and love while advocating passionately for dignity and justice. Beit Zatoun, 612 Markham Street (Bathurst subway). <http://www.rabble.ca/whatsup/book-launch-izzeldin-abuelaish-i-shall-not-hate> FREE

**Mon 14 from 2 - 4 pm. Memoir Workshop.** Lorraine Williams reads from her book *Memories of the Beach: Reflections on a Toronto Childhood*, followed by a hands-on memoir writing workshop. Toronto Reference Library, 789 Yonge St. 416-395-5577 FREE

**Thurs 3 from 7 - 8:30 pm.** John Doyle reads from his book *The World is a Ball: The Joy, Madness and Meaning of Soccer*. Toronto Reference Library, 789 Yonge St. 416-395-5577 FREE

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We would like to welcome three new volunteers to C/S Info Centre. Diane Lewis has been preparing tax returns for low-income consumer/survivors at our free tax clinic since April. John Brennan and Diana Scattolon are bringing fresh energy and new ideas to researching affordable recreational opportunities for each edition of the *Bulletin*. Enjoy the fruits of their research starting with this *Bulletin*. Welcome to all! We look forward to working together.

*Colleen and Helen*

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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](mailto:csinfo@camh.net).

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