

BULLETIN



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

Bulletin 424 August 16 - 31, 2010

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NEWSBYTES

Experts worry new DSM will pathologize wider range of human experience. Mental health experts from Kings' Institute of Psychiatry and Cardiff University have expressed concern that the upcoming revised edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM), due for publication in 2013, is expanding diagnostic categories to the point that almost everyone will be considered to have a mental illness. They say that the new edition may contain categories like "psychosis risk syndrome", "mild anxiety depression" and "temper dysregulation disorder" which pathologize behaviour such as toddler temper tantrums. They worry that this expansion of diagnostic categories may lead to more people being treated with psychotropic medications. They observe that the inclusion of expanded categories for attention deficit hyperactivity disorder, autism and childhood bipolar disorder in the DSM 4 contributed to false epidemics of these conditions in the United States. Sales for ADHD drugs in 2008 were \$4.8 billion (U.S.). The experts' concerns are published in *The Journal of Mental Health* which has published 10 other papers by scientists with similar concerns.

<http://www.theglobeandmail.com/life/health/mental-health-experts-ask-will-anyone-be-normal/article1653548/?cmpid=rss1>

Health Canada Advisory. Health Canada is advising Canadians that the online prescription drug company www.globalpharmacycanada.com is not a licensed pharmacy in Canada and their products are not authorized for sale here. The website has removed Canadian access and Canada is working to stop shipments but some Canadians may have purchased products in the past. Health Canada reminds Canadians that on-line pharmaceutical suppliers may falsely claim to be licensed for Canada. http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2010/2010_127-eng.php

PFCs linked to ADHD. Industrial compounds called polyfluoroalkyl chemicals (PFCs) used in many consumer products, including food packaging, have been linked to attention deficit hyperactivity disorder in children. Researchers from Boston University School of Public Health and the Harvard School of Public Health found that children with higher blood levels of PFCs had a higher chance of a diagnosis of ADHD. Researchers don't know if there is a causal relationship between PFCs and ADHD.

<http://www.medicalnewstoday.com/articles/195450.php>

Newsbytes
1 - 2

Community Announcements
2 - 7

Employment Matters
7

Places to Go...
7 - 10

European Union mandates health warning for food colourings. Europe has imposed a mandatory health warning on food or beverages that contain certain colorings. The warnings are instituted in response to a possible link between Tartrazine (E102), Quinoline Yellow (E104), Sunset Yellow (E110), Carmoisine (E122), Ponceau 4R (E124), Allura Red (E129) and childhood hyperactivity. The warning states that the colour contained in the products “may have effects on activity and attention in children”.

<http://www.medicalnewstoday.com/articles/195759.php>

Some epilepsy medications increase risk for self-harm. The Food and Drug Administration (FDA) requires that all epilepsy drugs come with a warning that taking them increases a person’s suicide risk. New research suggests that among the newer epilepsy drugs, those with a higher risk of causing depression, including Keppra, Topamax and Sabril, increase the risk of self-harm and suicide attempts. Those with a lower risk of causing depression, including Lamictal, Neurontin, Tegretal, Depakote and Dilantin, do not bring an increased risk of self-harm or suicide attempts. The researchers say that additional studies are needed to confirm their findings. The study is published by the American Academy of Neurology’s journal *Neurology*.

<http://psychcentral.com/news/2010/07/27/only-some-epilepsy-drugs-increase-risk-of-suicide/16068.html>

Zeldox added to Ontario Drug Benefit Program. Zeldox (Geodon,) developed by Pfizer, was approved by Canada in 2008 for treating schizophrenia and psychotic disorders and in 2009 for treating acute manic or mixed episodes in bipolar disorder. Ontario has recently added it to the list of medications covered by the Ontario Drug Benefit Program. [Ontario government adds new bipolar drug to benefits program](#)

Inaugural walk in honour of Linda Houston. Linda’s Walk was held on Saturday August 14 to honour the life of Linda Houston, a 48-year old woman with mental health challenges who died in a gas station in 1997. She had been living on a park bench at Lawrence Ave. and Leslie St. and the city removed the park bench after complaints from local residents. Funds raised by the walk are to support St. Clare Inn, an East York home opened in 2007 in response to her death. Friar Tim Purcell of the Franciscan Friars who run the Inn says that “In our society, women have a tendency to find a home. That was what Linda was doing in the park, creating her home.” <http://www.insidetoronto.com/news/local/article/853151--linda-s-walk-remembers-homeless-woman-who-died-in-gas-station>

COMMUNITY ANNOUNCEMENTS

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

Mayoral Debate on Disability Issues

Want to hear from candidates running for Mayor what they will do to improve services for Torontonians living with disabilities?

When: September 22nd, 2010 at 1 – 3 pm

Where: Scadding Court Community Centre Gymnasium
707 Dundas Street West, Toronto ON M5T 2W6

(please enter through doors on the east side of the parking lot on Bathurst St.)

For more information, please contact Alina Chatterjee at alina@scaddingcourt.org or at 416.392.0335 ext.230
Event Sponsors: Scadding Court Community Centre, The Canadian Hearing Society, ARCH Disability Law Centre and CILT.



C/S Info Centre Call for Board Members

The Consumer/Survivor Information Resource Centre of Toronto is looking for board members.

C/S Info Centre exists to meet the information needs of consumer/survivors in the Toronto area. As a board member you will work with other consumer/survivors to protect and promote the Centre's mission. Board members work together in a supportive and non-judgemental environment.

If you identify as a Survivor, Consumer/Survivor, MAD or CRAZY, then we want to hear from you.

We are looking especially for youth, people from LGBT communities, and people of colour to apply.

If you have experience with boards or committees, a positive outlook, and a sense of humour, we want to hear from you. Please send an e-mail with the following information to csinfo@camh.net:

- your name
- your e-mail address
- your telephone number
- a brief statement about why you want to be on the C/S Information Resource Centre of Toronto's board.

Please type BOARD MEMBER RECRUITMENT in the Subject line of your e-mail message.

We must receive your e-mail by August 30th and we will be contacting people the first week of September.

C/S INFO is an inclusive resource centre that fully respects diversity.

We Hope to hear from you!

The C/S Info Centre would like to express our warm gratitude to Arlene Kearn for 3 years of reliable and proficient service. Your dedication and flexibility allows us to get the Bulletin into the post on time, twice a month, every month. We appreciate your warmth and good humour and it is our privilege to work with you. Here's to many more years of working together!

Reinstate the Special Diet Allowance in Ontario Canada

PeacockPoverty has started a petition, "asking the Ontario Government to reinstate the Special Diet Allowance and to increase the social assistance monthly rates to reflect the true cost of living".

PeacockPoverty is a collective of individuals with an experience of poverty who join together to share knowledge, strength, talent and wisdom with each other and friends. For more information visit: <http://www.peacockpoverty.org/>



Being Scene - 10th Annual Juried Art Exhibition

August 5 - September 19, 2010
 Gladstone Hotel, 1214 Queen Street West
 Noon – 5 pm, Daily
 Free Admission

Public Reception: August 5 from 6 - 9 pm. All welcome!

Join us for the 10th annual juried art exhibition, Being Scene, produced by Workman Arts for the Centre for Addiction and Mental Health.

Following a seven-week stint at Hart House, the show is now moving to the second in a series of downtown Toronto venues. The public reception and seven-week installation will be held at the Gladstone Hotel, a venue renowned for hosting signature art events, the Queen West Art Crawl, and numerous exhibitions throughout the year. <http://www.workmanarts.com/VisualArts/beingScene.cfm>



The Mood Disorders Association of Ontario is excited to announce that we are now accepting submissions for the **2010 Touched By Fire art show and sale.**

Touched By Fire is a program to stimulate and celebrate the work of artists with mood disorders. The show has two components:

- 1) a live show to be held this year on November 25th at the Royal Ontario Museum, and
- 2) an ongoing online gallery.

The submission deadline is September 17th, 2010. To find out more about how to submit artwork, please visit the Touched By Fire [website](#).

The first three years of Touched By Fire were incredibly successful, with over 400 works of art submitted last year and over 700 people attending the live show and sale at the Royal Ontario Museum.

If you'd like to join the success story, submit your art. We'll display it, and celebrate it, and we might even sell it! All proceeds from the sale of the art go directly to the artists.

This year, in an attempt to keep the fire burning and raise much needed funds to allow us to continue Touched By Fire, we are inviting all artists, whether you are chosen for the show or not, to donate a small work of art, 10" x 10" or less, that we can display and sell at the show on November 25th with the proceeds going to MDAO. Please drop off or mail your donated works to MDAO's office at 36 Eglinton Ave West, Suite 602, by October 29th. Thank you for your support!

Contact Information: Eric Jonasson (416) 486-8046, ext 224

Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Toronto ABI Network Conference 2010: Challenging the Challenges

The Toronto Acquired Brain Injury Network is pleased to announce that our next bi-annual conference will take place on November 8-9, 2010 at the Hilton, Toronto.

The target audience includes rehabilitation professionals, service providers, insurers, legal representatives and others working with individuals with an ABI, as well as individuals and families who are living with the effects of acquired brain injury.

Our last conference in 2008 attracted over 400 delegates, high profile keynote speakers, expert podium presenters, Invited speaker workshops, networking reception hosted by the Toronto ABI Network, survivors and over 40 sponsors and exhibitors..

\$365 / \$150 for SBI survivors and family members / A limited number of subsidized fees available to survivors and family members: \$50

Visit <http://www.abinetwork.ca/conference2010/> for details and to register online.

New City Of Toronto Harmonized Zoning By-Law Limits Group Homes and Excludes Rooming Houses – Last Chance for Change

The statutory public meeting will be held on August 19, 2010, at 10:00 a.m. or as soon as possible thereafter, in the Council Chamber, City Hall, 100 Queen St. West, Toronto. At the Statutory Public meeting the City of Toronto Planning and Growth Management Committee will receive the final proposed Harmonized Zoning By-law, consolidating the zoning by-laws of the pre-amalgamation cities and boroughs. It is the last opportunity for public input before the by-law is passed by Council.

Many community organizations and concerned citizens have been making submissions, both written and oral, throughout the process, which has been underway for several years. The key issues addressed are: the absence of rooming houses as a permitted use in many parts of the City and restrictions on the location of housing intended to be occupied by certain types of people.

These aspects of the zoning by-law are of concern because they have the effect of restricting access to forms of housing that are affordable to people with low income and people living with disabilities. The Human Rights Commission has said that these forms of restrictions can be seen to be discriminatory.

This is your last chance to voice any concerns you may have about the zoning by-law. You can do so by writing to the Planning & Growth Management Committee at pgmc@toronto.ca and by writing to your local councillor and the mayor. Councillors e-mails are Councillor_lastname@toronto.ca (Councillor underscore councillor's last name @ toronto.ca) and the mayor is Mayor_miller@toronto.ca.

You can also attend the public meeting to make your views known. If you wish to address the Planning and Growth Management Committee, notify the City Clerk, Planning and Growth Management Committee, by calling 416-397-7768 or 416-392-1032 or e-mail pgmc@toronto.ca by no later than 12:00 p.m. on August 18, 2010.

Paul Dowling, Project Manager, HomeComing Community Choice Coalition. 416-698-8425 fax: 416 698 8306 homecoming@rogers.com www.homecomingcoalition.com

Mad Thanks!



Changing the World for the Better.

It was a lot of work
done
by people
caring that we celebrate
Mad Pride 2010.

They met and organized
a week of celebrations
that reminded us,
together,
we are the people
that survived
all that society did to us
when vacationing
out of our minds.



Joy and happiness was the result
of such dedicated work
and on Saturday
we sang and danced
expressing
our thanks to all
who put their minds, money
and time.

Thank you Mad Pride Committee 2010.

Love,
Gian

The Mad Pride Organizing Committee 2010 would like to extend its warm gratitude to everyone who played a role in making this year's MAD Pride Week such a resounding success. We thank all the guest speakers, volunteers, community agencies, artists, students, and donors for their unique and generous contributions.



See you next year!



Sincerely,
Mad Pride Organizing Committee

Stand Up For Mental Health and Workman Arts Bring the Laughter to Workman Arts

Stand Up For Mental Health is proud to collaborate with Workman Arts in teaching budding Toronto comedians how to create and perform their own original material about their mental health journeys.

Vancouver's David Granirer, stand-up comic, author of "The Happy Neurotic..." counselor, and founder of SMH, teaches this highly successful laughter-therapy program across Canada.

The New SMH Toronto Program featuring Our Fabulous SMH Toronto Class of 2010, debuts August 20.

Workman Arts, 651 Dufferin Street
Friday, August 20, 2010 at 7 pm

Tickets available at the door: \$10, Consumers: PWYC (Box office opens at 6 pm.)

For details contact Alison Dengate 416-583-4339 Alison_Dengate@workmanarts.com or

Pat Bayes 604-707-0483 pat@standupformentalhealth.com.

www.workmanarts.com www.standupformentalhealth.com

Wish List: 3 keyboards and a 17" monitor in good working order are available.

EMPLOYMENT MATTERS

The Raging Spoon is hiring a part-time cook on the catering side.

Experience in cooking in a professional kitchen is necessary, but we provide extensive training and support for all.

If you've been out of work for a while, want to re-enter, are a consumer survivor and love to cook, then come and meet the challenges in the catering field.

Please phone: 416-504-6128 or e-mail: ragingspoon@bellnet.ca to inquire about this position. Ask for Michael.

Starting pay is \$11.00 per hour.

The Raging Spoon Catering - Great food for a good cause, 761 Queen St. West www.ragingspoon.ca

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

Free and Low-Cost Events for August 16 - August 31

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

ADVOCACY

Tues 17 anytime between 5:30 and 8:30 pm. Wellesley Institute's *SJT Initiative* has partnered with *UforChange* to explore the social, economic, and physical factors that affect health in this community and to effectively use all the space in the area. A group of St. James Town youth residents use photography and storytelling to voice how the attributes of their neighbourhood are affecting their health. Free Food & Refreshments! Take home if fasting! Wellesley Community Centre (Rooms A & B), 495 Sherbourne St. (corner of Wellesley & Sherbourne). <http://sjtinitiative.com/archives/595> FREE

Tues 31 from 10 am - 2 pm. 2nd Annual Day of the Homeless presented by The Good Neighbours Club. The event will raise awareness of issues facing the homeless, especially the elderly. Join us for a

brief presentation, a barbecue and our photography exhibit: Expressions of Hope and Despair, including portraits by well-known photojournalist Rita Leistner. The Good Neighbours Club, 170 Jarvis Street (at Shuter). 416-366-5377 x 221 www.goodneighboursclub.org/ FREE

ART

Wed 11 – Sun 22. Faithful and Faithless Messengers. Artists Mark Adair, Catherine Daigle, Patrick Jenkins, Alistair Magee, Mary Catherine Newcomb and Rochelle Rubinstein address the dual nature of the artist as both messenger and art historian in sculpture, printmaking, painting and animation. loop Gallery, 1273 Dundas Street West (Dundas West & Dovercourt). 416-516-2581 loopgallery@primus.ca FREE

Thurs 16 from 6:30 – 9 pm. Artspin. Led by a tour guide, cycle the west-end to visit galleries and performances featuring emerging and established artists. Meet at Trinity Bellwoods Park (corner of Queen Street West and Strachan Avenue). 416-532-5274 www.artspin.ca FREE

Wed 18 to Sat 28 from 12 – 5 pm. Kunstkammer/Wunderkammer. A survey of whimsical works by emerging electronic and new-media artists. Interaccess Electronic Media Arts Centre, 9 Ossington Avenue. 416-532-0597 www.interaccess.org FREE

DANCE & DRAMA

Thurs 19 to Sun 22 at 7 pm. Dusk Dances. Premier dance troupes perform original pieces throughout the park. EarlsCourt Park, 1200 Lansdowne Avenue (at St. Clair Avenue West). 416-504-6429 x 41 www.duskdances.ca PAY WHAT YOU CAN

Thurs 26 from 5:30 – 8 pm. DuffleBag Theatre. See an original play and enjoy pre-show activities. Earl Bales Park, 4169 Bathurst Street. 1-866-363-5437 www.Kidsummer.com FREE

EXHIBIT

Wed 18 and 25 from 3 – 5:30 pm. The **Royal Ontario Museum** offers free admission to its six million artifacts, highlighting [world cultures](#) and [natural history](#). 100 Queen's Park. Reservations required. 416-585-8000 www.rom.on.ca FREE

FESTIVAL/CELEBRATION

Fri 20 to Sun 22. Fortune Cooking Food Festival. Explore the delicious diversity of Pan Asian cuisine through demos, music, and dance. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

Sat 21 from 10 am - 3 pm. Butterfly Festival. Families and nature lovers learn about the monarch butterfly migration, plant wildflowers, hike and tag butterflies. Tommy Thompson Park (at Leslie Street and Unwin Avenue). 416-661-6600 x 5770 www.butterflyfest.ca FREE

Sat 21 from 10:30 am – 12:30 pm. The 89th Warriors' Day Parade. The longest-running annual veterans and military parade. More than 2,500 veterans and military are expected to march through the Princes' Gates into the CNE grounds. Exhibition Place, Strachan & Princes' Boulevard. 416-263-3800 www.thewarriorsdayparade.ca FREE

Wed 25 at 9 pm. (Ongoing Wednesdays). Carnegie Hall Show. Improv comedy and a live radio drama to vaudeville-style piano accompaniment. Real old-time entertainment and lots of belly laughs. Bread and Circus, 299 Augusta Ave. 416-388-4154 www.breadandcircus.ca PAY WHAT YOU CAN

Thurs 26 – Sun 29. Buskerfest. Magicians, circus acts, daredevils, slapstick comedy, clowns, puppets—it's all here at this colourful festival of street performers. St. Lawrence Market (Front Street at Jarvis Street). 416-964-9095 www.torontobuskerfest.com Festival admission is by donation to Epilepsy Toronto and each performer collects their pay by passing a hat after their performance.

Fri 27 to Sun 29. TaiwanFest. Theatre, music, dance, visual arts, food to introduce you to Taiwan culture. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

Sat 28 from 11 am – 8 pm & Sun 29 from 11 am – 4 pm. Live Green Toronto. An annual celebration of all things green with more than 100 exhibitors of products, local food, live music, and more. Yonge Dundas Square, 1 Dundas Street East. 416-392-1848 www.toronto.ca/greentorontofestival FREE

Sun 29 from noon – 8 pm. Toronto Chinatown Festival. Spadina and Dundas area. Multicultural entertainment, food and more. www.chinatownbia.com FREE

FILM

Tues 17 at 8:30 pm. Movie: Inside Man. "It looked like the perfect bank robbery. But you can't judge a crime by its cover." With Denzel Washington, Clive Owen and Jodie Foster. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 www.ydsquare.ca FREE

September 1 from 7 – 10 pm. Green Screens presents **Worst Case Scenario.** Residents along the Clearwater River in Alberta, opposed to a proposed sour gas well, fear the impact a deadly hydrogen sulphide leak could have on their lives. Preceded by CITIZEN Z: A flourishing neighbourhood group is threatened with evacuation from a Toronto Park on Christmas Eve. NFB Mediatheque, 150 John Street (Richmond & John Street). 416-973-3012 www.nfb.ca/mediatheque FREE

HEALTH & FITNESS

Until October 10. Atma Shakti Yoga presents **FREE PARK YOGA.** Just bring a mat (or towel) and your smile to practice! Classes are weather permitting. Call Trixie Montanile at 416-466-8152. www.atmashaktiyoga.com/ParkYoga atmashaktiyoga@gmail.com FREE

- **Saturdays 10-11 am:** Riverdale Park (south end off Broadview Ave. by statue of Dr. Sun Yat Sen)
- **Sundays 10:30-11:30 am:** Greenwood Park (north end by the skating arena)
- **Sunday Evenings 6-7 pm:** Withrow Park (south end of soccer field off Carlaw Ave.)
- **Wednesday Sunset Yoga: 7-8 pm:** Riverdale Park (same location as above)

Heritage Toronto Walks. Walking tours covering all areas of the city. Learn the stories behind many of Toronto's many colourful neighbourhoods. For meeting places contact: 416-338-0684 www.heritagetoronto.org

Upcoming tours:

- **Sat 21 at 11 am. The Royal Alexandra Theatre and its Neighbourhood** FREE
- **Sun 22 at 1:30 pm. Faces on Places: Toronto's Architectural Sculpture** FREE
- **Sat 28 at 1:30 pm. The Natural Heritage of the Scarborough Bluffs** FREE
- **Sun 29 at 11 am. The Danforth** FREE

Fri 27 from 6 – 8 pm. Critical Mass. It's a fun, unorganized ride through the streets of Toronto. It always starts at the corner of Spadina and Bloor. FREE

MUSIC

Every Wednesday until September 1. 6 – 9 pm. Mosaic does... Jazz. A jazz concert series. Enjoy a night of great music. Onoscatopoeia and Samba Squad (August 18th), Jane Bunnett (August 25th), Alex Pangman (September 1st). Coxwell Parkette, 1544 Danforth Ave. (Danforth and Coxwell). 416-849-6688 www.danforthmosaicbia.com FREE

Global Grooves. Yonge-Dundas Square. 416-979-9960 info@ydsquare.ca www.ydsquare.ca FREE

- **Fri 20 from 8 – 10 pm. Roberto Lopez Project**
- **Fri 27 from 8 – 10 pm. The Souljazz Orchestra**
- **September 3 from 8 – 9 pm. Masia One**

Thursdays at 7 pm and Sundays at 4 – 5 pm. Music Garden Performances. Outstanding performances of classical and traditional music from around the world. Bench seating is limited, so feel free to bring a lawn chair. Concerts proceed weather permitting. Toronto Music Garden, 475 Queens Quay West. 416-973-4000 <http://www.harbourfrontcentre.com/torontomusicgarden/index.cfm> FREE

Sat 21 at 1 pm. Queen West Musicfest. A day of rock, indie, pop and hip-hop music featuring 5 live bands and Maestro Fresh Wes. Trinity Bellwoods Park, 155 Crawford Street.

http://queenwestmusicfest.com/fr_home.cfm FREE

Sun 22 from 11:30 am – noon. Soldiers' Tower Carillon Recital. The bells of the Soldiers' Tower will ring with a half-hour selection of songs played by Roy Lee. The Memorial Room museum is open to visitors during the recital. St. George Campus, Soldier's Tower, 7 Hart House Circle. 416-978-0544 FREE

PHOTOGRAPHY

Until September 4. A New Home by Stefanie Fiore. Beautiful coloured 24 x 30 inch textured photographs which draw the viewer in to view the home of a first-generation Italian-Canadian family home. Toronto Image Works, 80 Spadina Avenue, Suite 207 (King and Spadina). 416-703-1999

www.torontoimageworks.com FREE

WORKSHOPS/LEARNING

PawsWay, A Pet Discovery Centre, 245 Queen's Quay West (on the grounds of Harbourfront Centre). 416-360-PAWS (7297) PawsWay.ca FREE

- **Thurs 19 from 6 – 8 pm. Ask the Vet @ PawsWay.** In partnership with the Toronto Veterinary Emergency Hospital, PawsWay is pleased to announce monthly sessions with Dr. Krista Nelson. A fantastic opportunity to ask questions, receive health and safety tips for your pet and learn how to bring out the best in your cat or dog. FREE
- **Sat 21 from noon – 3 pm and Sun 22 from 11 am – 3 pm. Pets Arts and Culture.** Join us at PawsWay to celebrate the many ways our furry friends have been depicted. Meet authors, artists and musicians who will perform and portray pets in all their dimensions. FREE
- **Sat 28 from noon – 5 pm. Dandie Dinmont Terrier** Club of Canada Speciality Show. Meet the charming Dandie Dinmont Terrier, an ancient Scottish breed. Enter the cuddling parlour and cuddle a Dandie, learn why poet Robbie Burns wrote "A Dandie looks at you as if he's forgotten more than you ever knew". FREE

WRITERS

Recommended Reading from John Brennan. *The legend of Lao Tzu and the Tao te ching* (1st ed.). The Toronto Public Library has 42 copies of this book, so it will be easy to get. An excellent book for people in Recovery from anything. The book is really an owner's manual for living and has nothing to do with religion or spirituality. Toronto Public Library 416-393-7131 FREE to borrow from the Toronto Public Library with a library card.

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.

The *Bulletin* is published on the 1st and 15th of every month by C/S Info Centre, a consumer/survivor initiative funded by the Ministry of Health and Long-Term Care. We are governed and staffed by consumer/survivors of the mental health system. The *Bulletin* is free. Due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health we are able to send the *Bulletin* by post if you don't have email. Editors: Helen Hook and Colleen Burns. Affordable recreation researchers: John Brennan and Diana Scattolon. www.csinfo.ca

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Disclaimer: The views expressed in articles, opinions and community events published in the *Bulletin* do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.