

# BULLETIN



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

Bulletin 425 September 1 – 15, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON  
Mailing Address: c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4  
Open Monday – Friday. Phone Hours: 9 – 5 Drop-in Hours: 9 – 4  
Tel: 416-595-2882 Fax: 416-595-0291 csinfo@camh.net <http://www.csinfo.ca/>

## NEWSBYTES

**ADHD diagnosis linked to fast food.** Researchers have found that a diet heavy in fast food, processed meat, red meat, high fat dairy and candy doubles a teenager's risk of being diagnosed with ADHD. Researchers speculate that this pattern of eating may be too low in omega-3 fatty acids, fail to provide sufficient micronutrients, or contain more possibly harmful additives than a diet high in fruit, vegetables, whole grains and fish. The study is published online in *Journal of Attention Disorders*.

<http://www.medicalnewstoday.com/articles/196255.php>

**Social anxiety affects immune system.** UCLA researchers have discovered that people with a higher degree of sensitivity to perceived social rejection experience a higher degree of inflammatory activity in response to acute social stress. This is significant because chronic inflammation is linked to increased risks for a variety of illnesses, including asthma, rheumatoid arthritis, cardiovascular disease, some cancers and depression.

Published in *Proceedings of the National Academy of Sciences*.

<http://www.medicalnewstoday.com/articles/197357.php>

## C/S INFO CENTRE AGM

Our Annual General Meeting is a time for us to connect with the people who care about the Consumer/Survivor Information Resource Centre, and report to the community on our activities of the previous year. We also report on our finances and how we've spent the money that you, the taxpayers, have given us to operate on. We also have some entertainment or a thoughtful presentation and some food to enjoy. Everyone is allowed and welcome to attend our Annual General Meeting: members, associate members and non-members. There is no cost and no hat is passed for donations. If you wish to become a member of the Centre, you simply fill out the form on the back of this page. This allows you to vote at the Annual General Meeting and to stand for election to the board. The form should get to us no later than 48 hours before the AGM.

Please note, you do not have to be a member to continue to receive the *Bulletin*. As we said when you became a subscriber – it is free and we will keep sending the *Bulletin* until you tell us to stop.

**Please join us**

**Everyone is welcome!**

Newsbytes 1	C/S Info AGM 1 - 2	Community Announcements 3 - 7	Employment Matters 7	Places to Go... 8-10
----------------	-----------------------	----------------------------------	-------------------------	-------------------------

# The C/S Information Resource Centre of Toronto Annual General Meeting

Parkdale Activity-Recreation Centre (PARC)  
1499 Queen Street West (one stop west of Lansdowne)  
Monday, October 18, 2010  
6 pm – 8 pm



**The business meeting will begin at 6 pm. Afterwards let's make music.  
Join in as a player or audience member.**

---

## General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre. Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West in The Mall. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member - You must be a consumer/survivor from the Greater Toronto Area.

Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (optional) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote at the meeting. Your membership is good for 2 years. If you did a form last year, you're still an up-to-date member. If you're not sure, call us and we'll check.

You do not need to be a member or to do anything at all to continue to receive *The Bulletin*.

---

---

# COMMUNITY ANNOUNCEMENTS

---

---

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

---

---

did you take:

# OLANZAPINE

(also called)

# ZYPREXA???

(on or before June 6, 2007)



You may be owed money from a  
class action lawsuit.

If you developed any of the following conditions during  
or after taking olanzapine for at least 90 days:

1. Diabetes or hyperglycemia (while taking olanzapine or within one year afterwards)
2. Worsening of your existing diabetes
3. Diabetic ketoacidosis or pancreatitis (while taking olanzapine or within one year after taking it)

If you had any secondary problems that came from getting diabetes (stroke,  
heart attack, blindness, amputation, kidney failure, coma) that is also important.

We can help you find out if you are eligible for this money. We can help you start your  
claim.

This free event is sponsored by Sound Times Support Services and CLASP, Osgoode  
Hall Legal Clinic.

Join us on Thursday September 23, 2010 at 1:00 pm  
at the Native Canadian Centre of Toronto  
16 Spadina Rd. Toronto

\*Don't delay. The deadline for claims is October 28, 2010

### 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 spyware scans and clean-ups. Contact Martha at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

## Request for Applications for Membership on an Advisory Committee for a New Research Project: Pathways to effective mental health services for LGBT people in Ontario

A research collaboration between Centre for Addiction and Mental Health, York University and Rainbow Health Ontario, funded by the Canadian Institutes for Health Research (CIHR). The long-term goals: to identify and describe and use the knowledge gained of the specific barriers encountered by LGBT people in their attempts to access effective mental health services in Ontario,

In this stage of our research, we will be focused on understanding the experiences of lesbian and bisexual women, and/or trans people from across Ontario. In order to do this, we are building an advisory committee that will be jointly composed of service providers to the LGBT communities and 5 lesbians, bisexual women, and/or trans people (of any sexual orientation) who have lived experience of the mental health system.

Participation in the Advisory Committee will involve attending 2-3 meetings per year. Community members on the advisory committee will be given an honorarium for their participation.

We are looking for lesbians, bisexual and queer women, and/or trans-identified people (of any sexual orientation) who have lived experience with the mental health system. Only people who are not current or former clients of the service providers on the committee are eligible to apply. We especially encourage applications from people of colour & people from racialized communities; immigrants and refugees; Aboriginal and Two Spirit people; people whose first language is not English; people living with (dis)abilities; people living outside of the GTA – particularly people from rural and northern areas of the province.

For information: Scott Anderson, Research Coordinator, Social Equity and Health Research Section, Centre for Addiction & Mental Health. [scott\\_anderson@camh.net](mailto:scott_anderson@camh.net) T: 416-535-8501 x7380 F: 416-205-9522

**Application deadline: 5 pm on September 10.**

---

### Ontario's Select Committee on Mental Health and Addictions Releases Final Report

The Select Committee on Mental Health and Addictions of the Legislative Assembly of Ontario released its final report, "Navigating the Journey to Wellness: The Comprehensive Mental Health and Addictions Action Plan for Ontarians".

The Committee was struck on February 24, 2009 with a mandate to consider and report "its observations and recommendations concerning a comprehensive provincial mental health and addictions strategy".

The main recommendation of the Committee is the creation of an umbrella agency, Mental Health and Addictions Ontario, to design, manage, and coordinate the mental health and addictions system, and to ensure the consistent delivery of programs and services across Ontario.

The Committee's other recommendations include:

- The consolidation of all mental health and addictions programs and services in the Ministry of Health and Long-Term Care
- The availability of a core basket of services in all regions of Ontario
- Access to system "navigators" who can connect people with the appropriate treatment and community support services
- The provision of additional affordable and safe housing units
- Increased respite care to provide more support for families and caregivers
- The creation of a task force to examine Ontario's mental health legislation

Copies of the report are posted on the web site of the Legislative Assembly of Ontario at [www.ontla.on.ca](http://www.ontla.on.ca) under "Committees" – "Committee Reports".

For further information: Office of Kevin Daniel Flynn, MPP, Chair of the Committee, at 416-325-1856 or [kflynn.mpp@liberal.ola.org](mailto:kflynn.mpp@liberal.ola.org)

# Building a Culture of Recovery

## A comprehensive education strategy

### Peer Recovery Education for Employment

With support of the Ontario Trillium Foundation, a new collaborative we have formed made up of the Krasman Centre, Gerstein Centre and Houselink Community Homes has been funded with a four-year grant to develop and coordinate a team of peer recovery educators to develop a series of wellness recovery education programs to their peers in order to support and advance employment and skills development. The project will cover South Simcoe County, York Region and the Greater Toronto Area.

We see our employment focus as educating/preparing the potential workforce of consumer/survivors or people with mental health labels/lived experience; strengthening the recovery-supporting abilities of the workforce; and supporting a culture shift for employers/organizations that is grounded in honouring and working from lived experience perspectives and disciplines such as peer support. **All training will be free to participants.**

Although we are not offering jobs, this program will offer the skills-training and knowledge that helps get jobs in a new and emerging field of service delivery, as well as transform the current helping system based on lived experience and the knowledge of service users.

If you are interested in participating in this exciting project, please take a look at our brochure and our online application form for details. Some spots are available for participants who may have already completed some of the trainings. If transportation is a barrier to participation, we may be able to accommodate. Keep up-to-date by visiting our website at: [www.cultureofrecovery.org](http://www.cultureofrecovery.org).

Information sessions will be held in Toronto and in York Region on the following dates:

Wednesday, September 1 from 6:30-7:30pm at Houselink (805 Bloor St. West, Toronto) **FULL!**

Wednesday, September 8 from 6:00-7:00pm at Krasman Centre (10121 Yonge St., Richmond Hill)

**NEW!** Wednesday, September 1 from 5:00-6:00pm at Houselink (805 Bloor St. West, Toronto)

**NEW!** Wednesday, September 8 from noon-1:00pm at North York General Hospital — Branson Site, Auditorium (555 Finch Ave. West, Toronto)

Please let us know as soon as possible if you want to attend so that we can guarantee your space and send you up-dated information. Register for one of the upcoming information sessions by emailing your name, contact information, and any accommodations you require to [e.carvalho@krasmancentre.com](mailto:e.carvalho@krasmancentre.com) or by leaving a message at: 905-780-0491, ext. 125 or calling toll-free 1-888-780-0724.

**The application deadline is September 13th, 2010.**

For any questions about the project, please contact the co-coordinators at 905-780-0491 ext: 125.

A partnership between Krasman Centre, Gerstein Centre and Houselink. Project funded with support from Ontario Trillium Foundation.

---

## Gerstein Centre WRAP Group

Do you want to dedicate some time and effort to developing your personal wellness tools to help you cope with stress, manage crises and enjoy life more fully?

Please join us for a special 10-week Wellness Recovery Action Plan (WRAP) group at Gerstein on Bloor! It will include dedicated sessions on how to build a strong physical fitness component into your wellness plan, as well as a session on Gaining Autonomy with Medication.

The group will run Wednesday evenings from 7- 9 pm beginning September 22 at Gerstein on Bloor (Dufferin/Bloor area).

Information Session to be held on September 15 between 7 pm and 9 pm. Contact Nicki at 416-929-0149 to sign up.

## The Mood Disorders Association of Ontario Presents: LAUGHING LIKE CRAZY (formerly known as “Stand Up for Mental Health”)

Over 80 people have graduated from this comedy program and it has had very positive effects on their lives.

When: Wednesday Evenings from 7:00 pm- 9:45 pm (starting September 29th)

Where: Mood Disorders Association of Ontario, 36 Eglinton Avenue W Suite 602 (Yonge and Eglinton)

The course is limited to 15 people. Selected applicants will participate in a short telephone interview to assess suitability and commitment.

The program will conclude with a “Comedy Showcase” in late January 2011 featuring a comedy routine by each participant. The program will • empower participants • break down isolation and anxiety • convert their experiences into a short stand-up comedy routine • build self-esteem

Applications MUST be received by **Monday September 20th, 2010.**

---

I am looking for interested people who wish to help increase the resources, stability and growth of the Peer Support Workforces into any and all provinces of Canada. Since last fall I have been developing ideas and networking with people to set a foundation for campaigns to achieve this.

I would like to find out if we need a Canadian Foundation for the Peer Support Workforce, and if so, what would it do to support the great work that is being done in pockets in Ontario and across Canada. If there are people interested in taking a broad perspective and organizing to do Canada-wide initiatives, including perhaps a conference as early as next Summer or Fall, would you please get in touch with me by email so that we could look at this further? I am expecting to do one or more Open House/Focus group sessions starting in September in downtown Toronto and the GTA.

Robert MacKay [Email--RobertMacKayToronto@live.com](mailto:Email--RobertMacKayToronto@live.com) (PeerSupportWorkforce.CA website under construction)

---

**Ontario’s Social Assistance Review Advisory Council** has released a confidential report containing 13 recommended short-term rule changes designed to make ODSP and OW less punitive pending a full review of the welfare system expected to begin this fall. Community and Social Services Minister Madeleine Meilleur accepted 4 of the changes in the February report back in March, but the remaining 9 have not been implemented.

The implemented changes are:

- Let friends and family give casual gifts to people on welfare as is currently allowed for disabled people on benefits.
- Allow those who receive windfalls to remain eligible for welfare.
- Don't reduce welfare for those sharing accommodation
- Change welfare suspension rules for not participating in job search and other requirements.

The 9 changes yet to be implemented are:

- Ensure people on welfare with earnings don't face unreasonable hikes in subsidized rent.
- Increase asset limits.
- Extend asset exemptions to RRSPs and tax-free savings accounts.
- Treat Employment Insurance benefits as earnings for people receiving Ontario Disability Support Program payments.
- Allow those who have been disqualified from Ontario's student loan program to receive welfare while attending college or university.
- Do not treat loans as income.
- Do not stop welfare payments for dependent children leaving school.
- Allow single parents to keep partial child support.
- Increase medical transportation rates.

Read the story at <http://www.thestar.com/news/ontario/article/848215--fix-welfare-rules-panel-urges-province?bn=1>

## On October 25<sup>th</sup> – Vote !! Before that – Get Informed !! Mayoral Debate on Disability Issues

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

Where: Scadding Court Community Centre Gymnasium (707 Dundas Street West)

Contact Alina Chatterjee at [alina@scaddingcourt.org](mailto:alina@scaddingcourt.org) or 416-392-0335 x230.

Event Sponsors: Scadding Court Community Centre, The Canadian Hearing Society, ARCH Disability Law Centre and CILT.

---

## Diabetes Self-Management Education & WRAP Program for Mental Health Consumer/Survivors

A program designed for mental health consumer/survivors living with diabetes or pre-diabetes. The program includes:

- Diabetes education
- Wellness Recovery Action Plan (WRAP) education
- Peer Support
- A walking group

### TWO LOCATIONS:

For all consumer/survivors:

- South Riverdale Community Health Centre, 955 Queen Street East  
Dates: Once a week from Tuesday, September 7 – Tuesday, February 2 (20 weeks in total)  
Time: 1 – 3 pm \*Optional walking group from 3 – 4 pm\*  
Please call Denise at 416-461-9043 x 345 or Sandra at 416-461-9043 x 339.

For women only:

- PARC office, Healing Centre on 2<sup>nd</sup> floor, 1499 Queen St. West,  
Starts Tuesday, September 21<sup>st</sup>, 12:00 to 2:30  
Call Leslie Morris at 416 482-4103 x 227 to register
- 

**Wish List** – Available: a computer keyboard that can be used with either a USB or PS/2 (the round kind) connection. Useful for older systems or if you have a limited number of USB ports. Requested: mason jars in pint and half-pint sizes.

---

---

# EMPLOYMENT MATTERS

---

---

## Gerstein Crisis Centre is hiring a Community Crisis Worker

### Application Deadline: 09/17/2010

Successful applicants will have: At least 5 years experience in community mental health and crisis intervention or experience in a related field - An extensive knowledge of community supports available in the City of Toronto - Experience with the mental health, criminal justice and shelter systems - Experience running groups and programs - Demonstrated capability to be flexible and to work under pressure - Good written and verbal communication skills (a second language would be an asset).

Consumer/survivors from the psychiatric system, members of ethno-racial communities and Native Canadians are encouraged to apply.

To view the complete job posting visit

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=218210&eng=True&fs=True&fa=False>.

---

---

---

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

---

---

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

---

---

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

## ART

**Tues 7 to Nov 28 Tues – Fri from 12 – 5 pm & Sat from 12 – 4 pm. Traffic: Conceptual Art in Canada circa 1965 to 1980.** One of the most important and long-lasting art movements of the 20th Century. University of Toronto Art Centre, University College, 15 King's College Circle. 416-978-1838 [www.utac.utoronto.ca](http://www.utac.utoronto.ca) FREE

## COMEDY

**Thursdays at 8 pm. Next Big Thing.** A weekly showcase of improvisational comedy with new talent, veteran performers and special guests. Bad Dog Theatre, 138 Danforth Avenue. 416-491-3115 [www.baddogtheatre.com](http://www.baddogtheatre.com) \$5

**Fridays 8:30 pm. That Friday Show.** 35 minutes of theatre games and short scenes, followed by a 35 minute one-act play. All original and all improvised. Bad Dog Theatre, 138 Danforth Avenue. 416-491-3115 [www.baddogtheatre.com](http://www.baddogtheatre.com) Pay what you can as you exit.

## FESTIVAL/CELEBRATION



**Until September 6.** Grounds are open 10 am – midnight. Buildings are open 10 am – 10 pm. **2010 Canadian National Exhibition.** Call 416-393-6300 (Fun Line) or visit [www.theex.com](http://www.theex.com). Tickets are \$5 every Monday, Tuesday, Wednesday and Thursday after 5 pm. The \$5 admission includes entry to Ontario Place. A wide variety of shows, exhibits, and Bandshell Performances are free with admission.

**Sat 4 – Sun 5 from 2 – 10 pm both days. EiD-Mela.** The Gerrard India Bazaar celebrates Ramadan, the ninth month of the Muslim calendar, with DJ music, traditional Qawwali, Ghazals, and Bollywood. 1426 Gerrard Street East (Gerrard & Ashdale). 416-465-8513 [www.gerrardindiafestivals.com](http://www.gerrardindiafestivals.com) FREE

**Sat 4 to Mon 6. Ashkenaz Festival.** Celebrate Yiddish and Jewish culture through contemporary music and art. Harbourfront Centre, 235 Queen's Quay West. 416-973-4000 [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) FREE

- **Sat 4 at 9:30 pm. Yiddish and Roma musicians.** The Other Europeans play the Sirius Stage.
- **Sun 5 at 7 pm. Paint What You Remember.** A film about a Jewish-Polish-Canadian's journey back to his homeland and the art he created all his life.
- **Sun 5 at 9:30 pm. Balkan Beat Box.** This band combines the musical traditions of Europe and the Mediterranean rim with rock, reggae and electronic music.
- **Mon 6 at 4 pm. Ashkenaz Parade** starts at the Redpath Stage.

**Thurs 9 from 5 – 9 pm. Corn Roast, Market and Heritage Fair.** Enjoy roasted corn, a bake sale, local produce, and live music. Montgomery's Inn, 4709 Dundas Street West, Etobicoke. 416-394-8113 [www.montgomerysinn.com](http://www.montgomerysinn.com) FREE

**Fri 10 – Thurs 16. 2010 Allende Arts Festival.** Celebrate Latin American Arts in Canada with music performances, visual arts, theatre, dance and performance art, poetry and spoken word, as well as a vast array of activities for children and youth. This year's theme: Revolution. [lacap@bellnet.ca](mailto:lacap@bellnet.ca) <http://www.allendefestival.com/> FREE

- **Fri 10 from 7 – 10 pm. Opening Reception** at George Brown College (230 Richmond St. East)

- **Sat 11 from noon – 4 pm. Familia Saturday@theBarns.** Artscape Wychwood Barns, 601 Christie Street
- **Tues 14 from 7 – 9 pm. Body of Knowledge.** Artscape Wychwood Barns, 601 Christie Street
- **Thurs 16 from 7 – 9 pm. Full Circle: A Night of Dance.** Artscape Wychwood Barns, 601 Christie Street

**Sat 11 from noon – 6 pm. 11th Annual Jesus in the City Parade** presented by Festival of Praise International. A live musical street pageant of costumed characters opening the Bible with floats, live bands and choirs. Thousands enthusiastically celebrate and worship on the streets: singing, dancing, spreading hope, love, peace and joy. Queen's Park Circle North to Bloor Street, to Yonge Street, to College Street and back to Queen's Park North. 416-497-1768 [www.jesusinthecity.com](http://www.jesusinthecity.com) FREE

**Sat 11 and Sun 12 from 9:30 am – 3:30 pm. Fall Harvest Festival.** Enjoy the park, its heritage building and barnyard animals. Arrive early on Sunday for a pancake breakfast! Riverdale Farm, 201 Winchester Street. 416-961-8787 <http://friendsofriverdalefarm.com> FREE

**Sat 11 – Sun 12 from 11 am – 4 pm. The Subtext Multi-Arts Festival.** A celebration of art and the community, above and below the Lawrence Avenue East bridge. Celebrating The Bridging Project with two days of FREE arts and community activities including Youth Music and Dance Performances, Mural Art, Graffiti Art, Interactive Planting, Community BBQ and Local Vendors, Artist demonstrations, and more Kingston Galloway/Orton Park Bridge, 4040 Lawrence Avenue East. 416-698-7322 [thebridgingproject.blogspot.com](http://thebridgingproject.blogspot.com) FREE

## HISTORY

**Tues 14 at 2 pm. Making the Scene in 1960s Yorkville -- Toronto:** For almost ten years in the 1960s, Yorkville was a stomping grounds for Toronto's youthful counterculture and the electric dynamism of youthful rebellion. Everyone "made the scene" as Yorkville became a living theatre where hippies, artists, bikers, drug addicts, politicians and shop owners played out a cultural pageant. This is the first in a series of public lectures on the history of Toronto presented by the Toronto Public Library: "History Matters: discover the surprising ways history matters to everyone in our city". The series runs from Sept. 4 to Nov. 4 at various neighbourhood libraries. Yorkville Branch, 22 Yorkville Ave. 393-7660 [http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM54821&R=54821\\_](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM54821&R=54821_) FREE

## MUSIC

**Fri 3 from 8 – 9 pm. Masia One.** This Singapore-Canadian hip-hop artist raps over dancehall, electro and dance rhythms. She's soon to be a household name in the urban music scene. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9660 [www.ydsquare.ca](http://www.ydsquare.ca) FREE

**Fri 3 to Mon 6. Hispanic Fiesta.** Local and international performers entertain with Tango, Flamenco, Salsa and Andean music. Plus food and fun for the whole family. Mel Lastman Square, 5100 Yonge Street. 416-240-9338 [www.hispanicfiesta.com](http://www.hispanicfiesta.com) FREE

**Fri 3 from 1 – 4 pm and Sat 4 from 9 am – 1 pm. Listening Gallery.** A sound art installation curated by Darren Copeland. New Adventures in Sound Art (NAISA), Artscape Wychwood Barns, 601 Christie Street, Studio #252. 416-652-5115 [www.naisa.ca](http://www.naisa.ca) PAY WHAT YOU CAN

**Sun 5 at 2 pm. Music at Mount Pleasant.** Guitar quintet performs music for guitar and strings. Conservatory Garden, 375 Mount Pleasant Road. 416-485-9129 FREE

**Mon 6 at 12:30 pm. Music Mondays.** Vocal Trio of David Celia, Joan Besen and Mia Sheard perform. Church of the Holy Trinity, 10 Trinity Square. 416-598-4521 x 222 PAY WHAT YOU CAN

**Sun 5 and 12 at 9 pm. Jazz Sundays.** Live Jazz bands. The Cobourg, 533 Parliament Street. 416-913-7538 FREE

**Thurs 9 at noon. Fraser Jackson and Monique de Margerie** perform works for bassoon and piano. University of Toronto, Walter Hall, 80 Queen's Park. 416-978-3744 [www.music.utoronto.ca/events](http://www.music.utoronto.ca/events) FREE

**Sun 12 from 4 - 5 pm. Mozart Un-locked.** The Rosetta Trio performs music by Matthew Locke and Mozart on period instruments. Toronto Music Garden, 475 Queens Quay West. 416-973-4000 [www.harbourfrontcentre.com/torontomusicgarden](http://www.harbourfrontcentre.com/torontomusicgarden) FREE

**Tues 14 at noon. The Singing Year.** University singing students perform in a Voice Studies Showcase. U of T Faculty of Music, Walter Hall, 80 Queen's Park. 416-978-3744 [www.music.utoronto.ca/events](http://www.music.utoronto.ca/events) FREE

## PEER SUPPORT

**Wednesday, September 15 from 6:30 - 9 pm.** Light Buffet. **Community Health Forum: HIV and the Social Determinants of Health.** Guest Speakers: Michael Bailey, CATIE Educator (Quebec), Coordinator of Capacity-Building, Canadian AIDS Treatment Information Exchange and Michael Blair, Project Coordinator, Service Coordination Project for Homeless People Living with HIV/AIDS. Open discussion for people living with HIV/AIDS. Ramada Plaza Toronto, Essex Room, 300 Jarvis Street (south of Carlton). Call Robin Rhodes at [rrhodes@actoronto.org](mailto:rrhodes@actoronto.org) or 416-340-8484 x 219. FREE

**Fall 2010.** The **Mood Disorders Association of Ontario** (MDAO) has excellent programming coming up this fall. Call them at 416-486-8046 x 238 or email [ingridm@mooddisorders.on.ca](mailto:ingridm@mooddisorders.on.ca) for details and an application form. FREE

Registration and filling out an application are required. All groups will be held at the MDAO offices at 36 Eglinton Avenue West.

- **Thursdays at 6 - 8 pm, Sept. 9 – Oct. 28.** **Drumming to Our Own Beat**
- **Mondays at 6 - 8:30 pm, Sept. 20 – Nov. 8.** **Art Group**
- **Wednesdays at 1:30 - 4 pm, Sept. 22 – Nov. 24.** **WRAP**
- **Tuesdays at 4 - 5 pm, Oct. 5 – Nov. 2.** **Mindfulness in Everyday Life**
- **Wednesdays at 1:30 - 3:30 pm, Oct. 12 – Nov. 30.** **Managing Your Depression & Anxiety**

## WRITERS & BOOKS

**Fri 3 at 1 pm. Cantonese Book Club.** Join us to discuss great Chinese books. Goldhawk Park Branch. Toronto Public Library, Goldhawk Park, 295 Alton Towers Circle. 416-396-8964 FREE

**Sept. 13, Oct. 18, Nov. 8, Dec. 13 at 6:30 pm. Mandarin Book Club.** Share the joy of reading Chinese books. Albert Campbell Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 FREE

**Sept. 13, Oct. 12, Nov. 9, Dec. 7 at 1:30 pm. Chinese Book Discussion Group.** A trained leader conducts discussions on books in the Cantonese language about a variety of subjects in literature. Fairview, Room C. Toronto Public Library, Fairview Branch, 35 Fairview Mall Dr. 416-395-5750 FREE

**Sept. 13, Oct. 4, Nov. 1, Dec. 6 at 7 pm. Spanish Reading Circle.** Palmerston Toronto Public Library, Palmerston Branch, 560 Palmerston Ave. 416-393-7680 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](mailto: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](http://www.csinfo.ca)

The *Wellness & Recovery Newsletter* is published quarterly by Community Resource Connections of Toronto (CRCT) and circulated by C/S Info Centre. It is free. You may receive it by post if you don't have email. Editor: Glen Dewar. [www.crct.org](http://www.crct.org)

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.