

*The Old Farmer's Almanac says:*

February 2011: Temperature -6 °C (2 °C above avg);  
Precipitation 45mm (avg.); Feb 1-5: Sunny, then rainy, mild;  
Feb 6-10: Snow showers, cold;  
Feb 11-21: Flurries, very cold, then mild;  
Feb 22-25: Snow, then sunny, mild;  
Feb 26-28: Snowstorm, turning cold.



# BULLETIN

*Meeting the information needs of Consumer/Survivors in the Toronto Area*

February 1 – 15, 2011

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto  
Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4  
Tel: 416-595-2882 Fax: 416-595-0291 csinfo@camh.net <http://www.csinfo.ca/>

## The Ontario Human Rights Commission (OHRC) wants to hear from you!

As part of our consultation on human rights and mental health, we are holding round-table sessions in four locations across Ontario.

A session is scheduled for Toronto on **February 3, 2011**

Ryerson University – Oakham House

55 Gould Street, Toronto

**General session:** 9 a.m. – 12 pm

**Private session:** 1 p.m. – 4 pm

These sessions will help us to do research and develop a policy on discrimination against people with mental health disabilities and addictions. The goals of the consultation are to:

- Collect individual stories of discrimination
- Hear the views of consumer survivors, people with addictions, rental housing providers, service providers, employers, advocates and others
- Identify key areas and themes of discrimination experienced by people with mental health and addiction disabilities on an individual and systemic level
- Identify how to help communicate everyone's rights and responsibilities under the Ontario *Human Rights Code*
- Identify solutions and best practices to deal with discrimination.

In these sessions, you will be able to discuss various questions about the rights of people with mental health disabilities and addictions to be free from discrimination in employment, housing and services. Some of the discussion questions are included in a [consultation paper](#) we have prepared for the session.

Round-table sessions are open to anyone, including people who identify as having mental health and addiction disabilities, employers, service providers, housing providers, advocates and supporters.

To take part in a session, fill out the registration form and e-mail it to [consultations@ohrc.on.ca](mailto:consultations@ohrc.on.ca). Space is

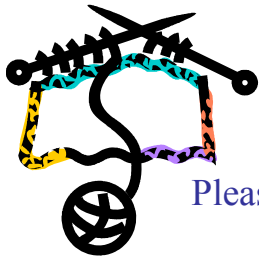
Community Announcements 1 – 2    The Tucson Shootings 3 – 6    Newsbytes 6 – 7    Employment Matters 7    Places to go... 7 - 10

limited, so please register early. Registration will close one week before the session. Because of space limitations, we may ask you to limit your participation to one person in your organization.

### Private group sessions are also available

A separate, private group session is available just for people who have mental health and/or addiction issues. The private session will be led by Sound Times staff who are consumer/survivors. If you identify as having a mental health and/or addiction issue and would like to take part in the private session, fill out the attached registration form, **private session registration**, and e-mail it to [consultations@ohrc.on.ca](mailto:consultations@ohrc.on.ca).

If you have difficulties using this form, or would like to register by phone, contact Vicky Masellis at 416-314-4526. TTY: 416-326-0603 TTY Toll free: 1-800-308-5561



A subscriber is trying to find out if the group:

## Knitting Like Crazy

is still going and how she can get in touch with them.

Please call us at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net) if you can help. Thanks!

## The National Pregnancy Registry for Atypical Antipsychotics

If you are a pregnant woman between the ages of 18 and 45 and are currently treated with one of more of the following antipsychotics:



Abilify (aripiprazole) • Clozaril (clozapine) • Geodon (ziprasidone) • Invega (paliperidone)  
• Risperdal (risperidone) • Seroquel (quetiapine) • Zyprexa (olanzapine) • Saphris (asenapine)

Register now and get more information by calling 1-866-961-2388 and help make the future better for many other women just like you...

This study will involve 3 brief phone interviews over an 8-month period.

The National Pregnancy Registry for Atypical Antipsychotics is dedicated to evaluating the safety of atypical antipsychotic medications that may be taken by women during pregnancy to treat a wide range of mood, anxiety, or psychiatric disorders. The primary goal of this Registry is to determine the frequency of major malformations, such as heart defects, cleft lip, neural tube defects, in infants exposed to atypical antipsychotics during pregnancy.



## THIS IS MADNESS! 2011

A Student Art Show at the Oakham Café – 63 Gould St.  
February 1 – 28, 2011 Mon – Fri 8 am – 8 pm  
Free Admission

*This Is Madness!* would like to thank its sponsors: the Faculty of Community Services at Ryerson, the Ryerson Student Union, the School of Disability Studies, and A-WAY Express Courier, a survivor-run business. Presented by Students of a History of Madness.

# “What creative responses can prevent future tragedies like the Tucson, Arizona shooting?”

17 January 2011 - Martin Luther King Day

by David W. Oaks, Director, MindFreedom International

## What Can Colleges, Families and Society Do in the Future?

There is a need for a large-scale initiative of, by and for mental health consumers and psychiatric survivors in colleges throughout the USA, and internationally. Our campuses need to hear our movement's voice, now.

There have been a few under-funded excellent efforts, such as by Icarus Project. There ought to be resources for a significant, united effort for college students either in or at risk of receiving mental health care.

While it's still early in this crisis, there's an apparent parallel to the Virginia Tech killings on 16 April 2007.

In both situations, there was a window of opportunity that may have been missed for a troubled college student. Their families apparently did not have many humane resources to turn to. The colleges both referred the student to the conventional mental health system, that we know is inherently and deeply flawed.

The individual charged with the recent shootings - 22-year-old Jared Loughner - was a student at Pima Community College. The Associated Press reports that he repeatedly disrupted the campus in ways that violated campus guidelines that apply to everyone.

Seung-Hui Cho was a 23-year-old college student at Virginia Tech who also violated campus guidelines that apply to everyone, related to his severe mental and emotional problems.

I emphasize that the campus guidelines they violated applied to everyone, because these students raised a red flag not just because they were peculiar, but also because they appear to also have broken reasonable written rules.

Since each student violated at least some campus guidelines, the campus had an opportunity to respond in some way, including with the families themselves. Eventually, campus authorities in both cases referred the troubled students to the traditional mental health system. ...

## Were there creative opportunities that were missed?

Mental health systems can vary, and, yes, sometimes help offered can be effective, creative, humane and respectful.

But those of us who have walked through the doors of the conventional mental health services know there's a very high likelihood one will receive a psychiatric diagnosis and prescriptions for multiple psychiatric drugs without adequate information and alternatives. ...

## Ask Those With Lived Experience

No one has the ultimate certain answer. But mental health consumers and psychiatric survivors who are leaders in our 40-year-old movement have plenty of suggestions about creating more humane and welcoming approaches for mental and emotional support, that lessen the trauma of asking for help, including for families.

It's time to include leaders in the mental health consumer and psychiatric survivor movement in the discussion. ...

Because of a lack of creativity in mental health care, our society is typically caught flat footed when it comes to truly offering a nimble and compassionate creative response during a window of opportunity with a troubled young person.

What apparently did happen in both Virginia and Arizona, is that the campuses simply referred the individual to traditional mental health care. And that's it.

So the system has its hands tied by its own lack of creativity, as much as any limits of coerced psychiatry. In Loughner's case, educational leaders become aware a young person is in trouble. Classmates and a teacher are even afraid, noting characteristics similar to people who have done violent things. He's disruptive, violating rules that apply to everyone.

And what happens?

With Loughner, apparently campus representatives visited the family to say, essentially, "Get him a mental health check-up or he can't come back."

But what kind of help would have been offered if he had gone through that mental health clinic door, voluntarily or involuntarily?

What kind of creative approaches could have instead been offered?

What opportunities were there for prevention?

For just one small example, was the entire family offered extensive counseling and support?

We need more than "more of the same." We need a paradigm shift.

### **Let's Have Major Empowerment Initiatives on Our Campuses! ...**

Even when a family somehow gets a loved one in crisis to an emergency room... The environment is often cold, clinical, the family may wait hours, and what do they often get in the end? A pile of pills, and if the subject resists in an aggressive way maybe restraints, lock-ups, and possibly entry onto a conveyor belt that can mean a lifetime of mental health care.

Can't we do better? ...

When an individual or family - or their campus or employer - reaches out for help in crisis, we ought to have a huge humane range of voluntary alternatives.

This starts by including mental health consumers and psychiatric survivors in the conversation, and public education. Typical public education campaigns today on mental health typically push a narrow ideology that our problems are largely medical and biological. The public needs to hear a more accurate message. Our mental health system needs a [truth injection](#). ...

Why not turn to those who already run such effective peer services, to ask how youth and young adult leadership can be supported as never before on campuses? Some college students might even choose this field.

Those of us with psychiatric diagnoses are not the only marginalized constituency in our culture. We can learn from other social change movements. ...

Similarly, now, we ought to hear from leaders of the mental health consumer and psychiatric survivor movement about peaceful, creative approaches that can be offered to individuals, families, campuses and businesses when a similar "window of opportunity" for involvement presents itself.

It is a sign of how disempowered those with psychiatric diagnoses are in our society, that more than a week after this terrible catastrophe in Tucson, there is still a missing perspective in mainstream media. ...

*(Excerpts from David W. Oaks' recent blog post concerning the Tucson shooting. Omitted material is indicated by ellipsis (...). Read the entire blog post at <http://mindfreedom.org/>).*

## **We're too quick to use "mental illness" as an explanation for violence.**

By Vaughan Bell

Posted Sunday, Jan. 9, 2011, at 12:52 AM ET

Shortly after Jared Lee Loughner had been identified as the alleged shooter of Arizona Rep. Gabrielle Giffords, online sleuths turned up pages of rambling text and videos he had created. A wave of amateur diagnoses soon followed, most of which concluded that Loughner was not so much a political extremist as a man suffering from "paranoid schizophrenia."

For many, the investigation will stop there. No need to explore personal motives, out-of-control grievances or distorted political anger. The mere mention of mental illness is explanation enough. This presumed link between psychiatric disorders and violence has become so entrenched in the public consciousness that the entire weight of the medical evidence is unable to shift it. Severe mental illness, on its own, is not an explanation for violence, but don't expect to hear that from the media in the coming weeks.

Seena Fazel is an Oxford University psychiatrist who has led the most extensive scientific studies to date of the links between violence and two of the most serious psychiatric diagnoses—schizophrenia and bipolar disorder, either of which can lead to delusions, hallucinations, or some other loss of contact with reality. Rather than looking at individual cases, or even single studies, Fazel's team analyzed all the scientific findings they could find. As a result, they can say with confidence that psychiatric diagnoses tell us next to nothing about someone's propensity or motive for violence.

A 2009 analysis of nearly 20,000 individuals concluded that increased risk of violence was associated with drug and alcohol problems, regardless of whether the person had schizophrenia. Two similar analyses on bipolar patients showed, along similar lines, that the risk of violent crime is fractionally increased by the illness, while it goes up substantially among those who are dependent on intoxicating substances. In other words, it's likely that some of the people in your local bar are at greater risk of committing murder than your average person with mental illness.

Of course, like the rest of the population, some people with mental illness do become violent, and some may be riskier when they're experiencing delusions and hallucinations. But these infrequent cases do not make "schizophrenia" or "bipolar" a helpful general-purpose explanation for criminal behavior. If that doesn't make sense to you, here's an analogy: Soccer hooligans are much more likely to be violent when they attend a match, but if you tell me that your friend has gone to a soccer match, I'll know nothing about how violent a person he is. Similarly, if you tell me your friend punched someone, the fact that he goes to soccer matches tells me nothing about what caused the confrontation. This puts recent speculation about the Arizona suspect in a distinctly different light: If you found evidence on the Web that Jared Lee Loughner or some other suspected killer was obsessed with soccer or football or hockey and suggested it might be an explanation for his crime, you'd be laughed at. But do the same with "schizophrenia" and people nod in solemn agreement. This is despite the fact that your chance of being murdered by a stranger with schizophrenia is so vanishingly small that a recent study of four Western countries put the figure at one in 14.3 million.

To put it in perspective, statistics show you are about three times more likely to be killed by a lightning strike.

The fact that mental illness is so often used to explain violent acts despite the evidence to the contrary almost certainly flows from how such cases are handled in the media. Numerous studies show that crimes by people with psychiatric problems are over-reported, usually with gross inaccuracies that give a false impression of risk. With this constant misrepresentation, it's not surprising that the public sees mental illness as an easy explanation for heartbreaking events. We haven't yet learned all the details of the tragic shooting in Arizona, but I suspect mental illness will be falsely accused many times over.

*Vaughan Bell is a clinical and neuropsychologist at the Universidad de Antioquia, Colombia, and King's College London. Reprint. Article URL: <http://www.slate.com/id/2280619/>*

## NEWSBYTES

**Mindfulness-based treatment vs. antidepressants.** A new Canadian study reports that mindfulness-based cognitive therapy is as effective as antidepressants in preventing people who have recovered from major depression from experiencing another depression. The therapy teaches people mindfulness meditation and self-managing mood. The study looked at relapse rates after 18 months of being free from depression.

[http://www.womenshealthmatters.ca/news/news\\_show.cfm?number=990461210&theyear=2010](http://www.womenshealthmatters.ca/news/news_show.cfm?number=990461210&theyear=2010)

**Pregnancy and Zolpidem (Ambien).** An article published online by Massachusetts General Hospital Centre for Women's Mental Health - Reproductive Psychiatry and Information Resource Center, discusses the very limited research available on the risks of ambient (a sedative-hypnotic drug) for insomnia during pregnancy. One study showed an increased risk of preterm delivery and low birth weight.

<http://www.womensmentalhealth.org/posts/zolpidem-ambien-in-pregnancy-is-it-safe/>

**Major Study of Seroquel and Lithium's efficacy.** The U.S. has launched a nationwide study to compare the "real-world" advantages and disadvantages of Seroquel (quetiapine) compared to lithium in the treatment of bipolar disorder. While Seroquel produces drowsiness, weight gain, and increases the risk of cardiovascular disease, lithium is associated with the risk of thyroid and kidney problems. The study is called CHOICE



(Clinical Health Outcomes Initiative in Comparative Effectiveness).

<http://psychcentral.com/news/2011/01/18/new-study-compares-bipolar-medications/22735.html>

**BPI, BPII, MDD and Temperament.** A Finnish study of differences in temperament among people with diagnoses of Bipolar I, Bipolar II, and Major Depressive Disorder reported no significant differences between Bipolar I and Bipolar II. People with diagnoses of bipolar disorder or major depressive disorder scored higher on harm avoidance and lower on persistence, self-directedness and cooperativeness than people without these diagnoses. Bipolar disorder scored higher on novelty seeking and lower on reward dependence than MDD.

<http://www.inpsychiatry.com/news/article.aspx?id=90795>

**First Nation Communities and Suicide Prevention.** An editorial in the *Globe* argues that the key to reducing the very high suicide rate (28 times higher than the national rate) in Canada's First Nations communities is to provide access to medical treatment to people at risk. The editorial says that communities like Nunavut don't have mental-health centres. They quote a suicide researcher at the University of Greenland who says that hunting programs and suicide-awareness walks don't help. The editorial says a recent initiative to train Canadian Rangers in suicide prevention is not enough.

<http://www.theglobeandmail.com/news/opinions/editorials/medical-access-still-the-key-to-stopping-suicide/article1863305/>

**Gender and Schizophrenia Risk.** Researchers report that before the age of 17 years females and males share the same risk for schizophrenia. This contradicts previous research that says men are more likely than women to develop schizophrenia. After the age of 17 men have about double the risk of women. The researchers studied data on 46,388 men and 43,680 women born between 1964 – 1976 who were followed up until 2004. <http://www.inpsychiatry.com/news/default.aspx>

**Smoking and Schizophrenia.** High rates of smoking and heavy smoking among people with a schizophrenia diagnoses has led to speculation that nicotine may help with symptoms. Two research papers published in *Biological Psychiatry* suggest that drugs that stimulate a certain kind of nicotine receptor in the brain may enhance cortical function in schizophrenia. <http://www.medicalnewstoday.com/articles/213420.php>

**Mood and Family Income.** German researchers report a clear association between mood and family income for people diagnosed with bipolar disorder. They found that the lower income group experienced less days of good mood and more hypomanic/manic days than the middle to high income groups. Researchers found no association between family income and depressed mood. <http://www.ncbi.nlm.nih.gov/pubmed/21220061>

## EMPLOYMENT MATTERS

Houselink Community Homes is hiring a Permanent, Full Time Supportive Housing Worker. Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians. **Application deadline: February 2, 2011** [www.houselink.on.ca/careers](http://www.houselink.on.ca/careers)

Woodgreen Community Services is hiring a Community Mental Health Counsellor (**application deadline: 2/9/2011**) and P/T Staff for the Crisis Outreach Services for Seniors (**application deadline: 2/4/2011**) <http://charityvillage.com/>

COTA Health is hiring an Individual Support Worker-Peer Support Specialist. **Application Deadline: February 7, 2011** <http://charityvillage.com/>

CMHA is hiring a Program Worker. We encourage consumers, women, aboriginal people, people with disabilities, and members of the LGBT, visible minority and immigrant communities to apply. **Application Deadline: February 1, 2011** <http://charityvillage.com/>

Alternatives, The East York Mental Health Counselling Services Agency is hiring a Community Support Counsellor – 5 month part-time. We encourage applications from people of all races, colours, ethnic origins, religions, abilities and sexual orientations. Survivors and/or consumers of the psychiatric system are strongly encouraged to apply. **Application Deadline: February 11, 2011.** <http://charityvillage.com/>

## Places to go... People to see...

*Free and Low-Cost Events for February 1 – February 15, 2011*

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

### BLACK HISTORY MONTH

The Toronto Public Library is hosting a plethora of events for Black History Month. Visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) or call the Library ANSWERLINE: 416-393-7131 for details. All events are FREE. A sampling:

- Tues 1 at 2 pm. **Pyramids of Kush.** The Royal Ontario Museum's Egyptologist discusses the art and architecture of Nubia's ancient Black African culture. Toronto Reference Library, 789 Yonge Street 416-395-5577
- Wed 2 at 6:45 pm. **Haiti: One Year Later.** A panel discussion on the aftermath of the earthquake, focusing on humanitarian efforts and how Canadians can help. North York Central Library, 5120 Yonge Street. Call to register 416-395-5535
- Thurs 3 from 1:30 – 3 pm. **African History with Rosemary Sadlier,** historian and President of the Ontario Black History Society (OBHS), provides an overview of African history, the Underground Railroad, black loyalists, Mary Ann Shadd, Harriet Tubman, and other historical personalities. Q & A to follow. Yorkwoods Library, 1785 Finch Ave. West Register in person or call 416-395-5980.
- Sat 5 at 2 pm. **Caribbean Carnival in Winter.** A performance of Socca and Calypso music for the whole family. Sanderson Branch, 327 Bathurst Street. 416-393-7653
- Mon 7 at 7 pm. **Phil Akin, artistic director of Obsidian Theatre Company** discusses the Black Canadian experience with literary critic Donna Bailey Nurse. Parkdale Branch, 1303 Queen Street West. 416-393-7686
- Wed 9 at 6 pm. **Fruit and Vegetable Carving.** Bring apple, orange, plantain, carrot, green pepper, pineapple or banana and learn how to carve a table centerpiece. York Woods Branch, 1785 Finch Ave. West 416-395-5980
- Tues 15 at 2 pm. **Art historian Suzanne Tevlin** discusses history of paintings of African women. Deer Park Branch, 40 St. Clair Ave. East. 416-393-7657
- Various dates and branches at 7 pm during the month of February. **In Conversation with Donna Bailey Nurse** – a series of readings and conversation about the Black Canadian experience, including Adebe D.A., Christian Campbell, Phil Akin, Nalo Hopkinson, Djanet Sears, Walter Borden, Lorna Goodison, Esi Edugyan, Rachel Manley, Olive Senior, and Pamela Mordecai.

Sat 5, Sun 6, Sat 12 & Sun 13. **Kuumba Festival.** Two weekends commemorating black history, arts and culture. Find dance classes, film screenings, music, comedy nights, a gospel fest, a dance competition, and more. Harbourfront Centre, 235 Queen's Quay West. 416-973-4000 [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) Most events are FREE

### CHINESE NEW YEAR

Sun 6 from 2 – 4 pm. **Chinese New Year Celebration.** By Chi-Ping Dance Group and CPDG Cultural Arts Association. Includes Lion Dance, Chinese dance, singing, music, and games. The God of Fortune will give a blessing and present a Lucky pocket to everyone. It is free and all are welcome. Scarborough Civic Centre Rotunda, 150 Borough Drive. 416-624-0440 [www.chipingdance.com](http://www.chipingdance.com) [chipingdancers@hotmail.com](mailto:chipingdancers@hotmail.com) FREE

## DANCE

Wed 2 from 7:30 – 9 pm. **February Dance Fever Party** and Open House. Free dance show, lessons, refreshments, games, raffle, and more. Ballroom on Bayview Dance Studio, 1578 Bayview Avenue, Unit 3 416-486-6174 [www.ballroomonbayview.com](http://www.ballroomonbayview.com) FREE

## EXHIBITS

On-going. Mon – Sat from 10 am – 4:30 pm. **A New Lease on Life: Rental Housing in 20th Century Toronto.** City of Toronto Archives, 255 Spadina Road. 416-397-0778 [www.toronto.ca/archives](http://www.toronto.ca/archives) FREE

Jan 18 – March 19. **North Korean Images at Utopia's Edge.** 3 decades of wood block prints from the Nicholas Bonner Collections depict Korean daily life and “Fatherland”. University of Toronto Art Centre, south side of Hoskin Ave. between Queen's Park and St. George St. 416-946-8687 <http://www.utac.utoronto.ca/> FREE

Tues 1 to Sat 12 from 12 – 5 pm. **Face in the House: Photos and Video by Yu-Hang Huang.** A Space Gallery, 401 Richmond Street West, #110. (Closed Sundays) 416-979-9633 [aspacegallery.org](http://aspacegallery.org) FREE

Tues 1 to Fri 11 from 9 am – 9 pm. **Honest Edwardianism: Hand-Painted Signs in the 21st Century.** See the work of Doug Kerr and Wayne Reuben who create hand-painted signs for the thousands of products that go on sale at Honest Ed's every week. Dominion Modern, 230 Richmond Street East. (Closed weekends) 416-825-6489 [dominionmodern.com](http://dominionmodern.com) FREE

## FAMILY FUN

Sat 5 at 2 pm. **Chinese New Year.** Bring the whole family to celebrate the Year of the Rabbit. For kids & family. [Toronto Public Library, Riverdale Branch](http://torontopubliclibrary.ca), 370 Broadview Ave. 416-393-7720 FREE

Sat 12 at 5 pm. **A Light in Mid-Winter.** Arts Etobicoke leads a neighbourhood lantern parade through the heart of Etobicoke. Mabelle Park, 37 Mabelle Avenue. 416-239-4900 [www.midwinter.mabellearts.ca](http://www.midwinter.mabellearts.ca) FREE

## FILM

Wednesdays at 4 pm. Watch a National Film Board film. NFB Mediatheque, 150 John Street 416-973-3012 [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque) FREE

- Wed 2. **Nollywood Babylon.** Nigeria's film industry is the third largest in the world. This film shows how Nollywood is growing and will soon reach audiences beyond Africa.
- Wed 9. **RiP: A Remix Manifesto.** Brett Gaylor, 2008, 86 min. A documentary exploring the complexities of copyright in the era of peer-to-peer file sharing.

Wed 2 at 7 pm. **Refugees of the Blue Planet.** This film sheds light on the plight of the millions of people all over the globe who are forced to leave their rural homes due to environmental degradation. Followed by a discussion. NFB Mediatheque, 150 John Street. 416-973-3012 [nfb.ca/mediatheque](http://nfb.ca/mediatheque) FREE

Tues 15 & 22 at 2 pm. **Canadian Film: An Appreciation with Risa Shuman,** CBC Sunday Edition film commentator. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. Register: 416-395-5440 FREE

## LEARNING

Tues 8 at 7:30 pm. **Garden Ideas for People Without Gardens.** A talk by the Scarborough Garden and Horticultural Society. Scarborough Village Community Centre, 3600 Kingston Road 705-645-3552 [www.gardenontario.org](http://www.gardenontario.org) FREE

Wed 9 from 7 – 8:30 pm. Distinguished Speaker Series: **Medication - Your Best Friend! Your Worst Enemy!** Speaker: Dr. Anthony Levitt, Psychiatrist-In-Chief, Sunnybrook Health Sciences Centre. North Toronto Memorial Community Centre, 200 Eglinton Avenue West. To save your seat, please RSVP to [ingridm@mooddorders.on.ca](mailto:ingridm@mooddorders.on.ca) or 416-486-8046 x 238 by Friday, February 4.



Wed 9 at 7 pm. **Gluten, Dairy and Sugar-Free Living Made Easy.** Learn ways to adapt your diet to dietary restrictions including wheat, gluten, dairy and refined sugar. How to avoid cross-contamination and make successful substitutions in recipes. Toronto Public Library, Don Mills Branch, 888 Lawrence Ave. East 416-395-5710 FREE

Wed 16 from 6:30 - 9 pm. ACT Community Health Forum: **HIV and Drug Toxicities.** This forum will address the side effects of HIV Drugs and Bone Health. Ramada Plaza Hotel, 300 Jarvis Street 416-340-8484 x219 [rrhodes@actoronto.org](mailto:rrhodes@actoronto.org)  
[Http://www.actoronto.org](http://www.actoronto.org) <http://www.facebook.com/ACToronto> FREE

Thurs 17 at 6:30 pm. Linda Tu, scientist and instructor at U of T presents **Cosmos: From tiny particles to the stars.**  
Toronto Public Library Agincourt District Branch, 155 Bonis Avenue. 416-396-8943 FREE

## MUSIC

Weekdays from noon – 1 pm. **Canadian Opera Company Free Concert Series.** Four Season's Centre for the Performing Arts, 145 Queen Street West 416-363-8231 [www.coc.ca](http://www.coc.ca) FREE

- Tues 1. Franck and Poulenc **Cello Sonatas**
- Wed 2. **Songs with Strings.** With artists from the COC Ensemble Studio
- Thurs 3. **Masks of Astarte.** Claudia Chan, piano
- Tues 8. **Songs from the Heart.** Tracy Dahl, soprano, Liz Upchurch, piano
- Thurs 10. **Post-Bop Modernity.** Humber Mainstream Jazz Ensemble

Thurs 3 at 12:10 pm. **Music & Poetry.** Baritone Brett Polegato performs George Butterworth's *Six Songs from a Shropshire Lad*, with Che Anne Loewen on piano and enlightening commentary by Eric Domville. Walter Hall, 80 Queen's Park 416-978-3744 FREE

Tues 15 from 8 – midnight. **Colorblind Brian's Blues Campfire.** It's a (mostly) acoustic song circle/guitar pull. No sign-up list, just pull up a chair. I'll have my old Precision Bass and we pass that around. The Gladstone, Melody Bar, 1214 Queen Street West 416-531-4635 <http://www.twitter.com/brianblain> FREE cover

## VANDUZER ART STUDIO WORKSHOPS

Eden Community Homes, 196 Beverley Street. 647-280-4931 All of these groups are FREE.

- Mondays from 1:30 – 4 pm. **Life-drawing** with Josh
- Thursdays from 2 – 4 pm. **JamSpace Music Group** with Conor
- Thursdays from 4 – 6 pm. **Yoga/Dance for Women** with Dija
- Fridays from noon - 1:30 pm. **Express Yourself Writing Group** with Katharine
- Fridays from 1:30 - 4:30 pm. **Art Drop-in** with Brenda
- Saturdays to Wednesdays from 2:30 - 3:30 pm. **Open Art Forum** with Tamara
- Sundays: Feb 6, 20 & March 6, 20 from 1 - 3 pm. **Hot Rhythms!** Four rhythm and groove sessions. No experience necessary. Bring a percussion instrument if you have one or enjoy making noise with found objects. We will learn a Brazilian samba rhythm, African rhythm, a funk groove and a Hip Hop beat.
- Sundays: Feb 13, 27; March 13, 27 from 1 - to 3 pm. **Make and Shake:** Four workshops on making shakers, rattles, rainsticks, drums and mallets. Materials and tools provided. For absolute beginners.

## WORD UP!

Read a series of interviews with **Dr. Gabor Maté**, the Vancouver-based physician and bestselling author of *When the Body Says No: Understanding the Stress-Disease Connection*; *Scattered: How Attention Deficit Disorder Originates and What You Can Do about It*; and *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Maté believes that addiction and other mental health issues stem in large part from adverse childhood experiences.

[http://www.democracynow.org/2010/12/24/dr\\_gabor\\_mat\\_on\\_the\\_stress](http://www.democracynow.org/2010/12/24/dr_gabor_mat_on_the_stress)

“**Zero Dollar Linda**” by **John Stapleton**, Metcalf Foundation, November 2010. This essay provides a detailed account and analysis of Linda Chamberlain’s encounters with ODSP while she was working as a Peer Recovery Specialist at CAMH. It “explores the weaknesses in the design of North American social welfare institutions”.

<http://www.peacockpoverty.org/>

The Toronto Public Library has material in **more than 100 languages** available. Call 416-393-7131 or visit [www.torontopubliclibrary.ca/yourlanguage](http://www.torontopubliclibrary.ca/yourlanguage). FREE

Tuesdays from 5:30 – 7:30 pm. **Parkdale Street Writers**. An on-going writing group for youth 16 to 29 led by local authors, comics, filmmakers, hip-hop poets and artists. Parkdale Library, 1303 Queen West. 416-779-1448 [www.parkdalewriters.ca](http://www.parkdalewriters.ca) FREE

Tues 1 at 2 pm. Author Alison Pick reads from her critically-acclaimed novel, *Far to Go*. Locke Public Library, 3083 Yonge Street. 416-393-7730 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Thurs 3 at 7 pm. **The Shaw Festival turns 50**. Artistic director Jackie Maxwell and playwright Michael Healey discuss “New Approaches to George Bernard Shaw”. Toronto Reference Library, 789 Yonge Street. 416-395-5577 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Sun 6 from 3 – 6 pm. *Shameless Magazine* for teen girls and trans youth launches its latest issue. Live music and a DJ set. All ages. Toronto Women’s Bookstore, 73 Harbord Street. 416-922-8744 [www.shamelessmag.com](http://www.shamelessmag.com) FREE

Wed 9 at 7 pm. **Poetry of Love and Romance**. Join local poet and musician Mark Battenberg for intimate evening of poetry and music. Refreshments provided. **Toronto Public Library**, Main St. Branch, 137 Main St. 416-393-7700 FREE

Thurs 10 at 7 pm. **Donna Greenberg Sings at the Library**. Celebrate the love of music with local singer/songwriter. **Toronto Public Library, Spadina Road Branch**, 10 Spadina Rd. 416-393-7666 FREE

Sat 12 at 1:30 pm. Meet the Toronto Public Library’s new **Writer In Residence, Elizabeth Ruth**, author of *Ten Good Seconds of Silence*, *Smoke*, and *The Matador* (coming in 2012). **Toronto Public Library, North York Central Library**, 5120 Yonge St. 416-395-5535 FREE

Tues 15 at 7 pm. Lisa De Nikolits discusses her novel, *The Hungry Mirror*, a portrayal of women dealing with eating disorders. **Toronto Public Library**, Annette Street Branch, 145 Annette St. 416-393-7692 FREE

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**To subscribe** 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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