

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

BULLETIN

March 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/>



COMMUNITY ANNOUNCEMENTS

The latest issue of “Voices”, the Psychiatric Survivor Archives, Toronto newsletter is available. <http://www.psychiatricsurvivorarchives.com/voices.html>

Volume 2, Issue 1, February 2011, is available online. Contents of this issue:

- Dialogue between psychiatric survivor and ally activists;
- Notes from a psychiatric survivor activist.
- A history of deinstitutionalization in Parkdale;
- The indelible legacy of 999 Queen Street West;
- Declaration of Principles at the 1982 Tenth Annual International Conference on Human Rights and Psychiatric Oppression held in Toronto.



Have you ever been hospitalized as a psychiatric patient through involuntary admission?

Do you wish to share your personal experience to help others find their way through the system?

We are a grassroots writing collective that is seeking submissions for **The DisFORM Handbook** a guide for psychiatric survivors, made by psychiatric survivors. Giving our community a voice – a way to express ourselves.

We want to hear your stories!

- What was helpful for you during your first experience with the mental health system?
- What resources have had the biggest impact on your recovery?
- What advice or tips do you have for someone who has been Formed for the first time?
- How do you identify within the community?

Whether you identify as Mad, Consumer/Survivor, Psychiatric Survivor, Mental Patient, or just plain Crazy! Some of you may not identify with any of these terms. We welcome your submissions!

You can submit your writing, Poetry, photography or Art to: disform.handbook@gmail.com

Join the Canadian Homelessness Research Network Inclusion Working Group

Working in collaboration with a range of key stakeholders and institutions (in the non-profit sector and in government), this group is committed to enhancing the impact of research on the homelessness crisis. Housed at York University, Toronto, the CHRN supports the work of regional networks across Canada as well as clusters focused on topical issues. Our activities, focusing on education, networking and knowledge mobilization, provide a national forum for sharing and collaboration between researchers, service providers and policy and program developers, in order to explore the links between research and action and to move towards effective long-term solutions to homelessness.

The Inclusion Working Group assists the CHRN in its strategy to promote the voices of people with lived experience in CHRN initiatives. This group will achieve this goal by working to ensure that people with lived experience belong, are engaged, and are connected to the goals and objectives of the CHRN.

The Inclusion Working Group, which currently consists of 6 individuals, is seeking additional participation from people with lived experience. CHRN is seeking geographical representation, as well as a diversity of identities and experiences. While this group should ideally not exceed 10-12 people, depending on the task to be undertaken, others may be involved in ad hoc ways.

Compensation: The amount of compensation will be identified once this group is formed.

If you or someone you know may be interested in participating in the Inclusion Working Group, please contact Allyson Marsolais, CHRN Project Coordinator: 416 736-2100 x 30257 amarsolais@edu.yorku.ca www.homelesshub.ca www.homelessresearch.ca Twitter: @CHRNetwork Twitter: @homelesshub

Renewed Computer Technology Outreach: Cheap Computer for eligible low-income earners

If your income is under the low income cut-off and you are enrolled in a skills development, learning or academic program you may be eligible for a quality refurbished computer through Renewed Computer Technology Outreach program.

The computer package includes CPU: Pentium 3, 733 MHz*; Format: Desktop; Memory: 512 MB*; Disk: 20 GB*; OS: Windows XP; Software: Microsoft Office, Adobe Reader; Others: Keyboard, Mouse, Monitor, Sound Card, Network Adapter; Note: Speakers are not included. *Minimum amount specifications

All systems come with a Windows XP operating system as well as Microsoft Office Suite. RCT 'no hassle', 3 years parts and labour depot warranty. A Warranty Extension, to a 5 years period is available at the time of order.

Fee: \$50 + HST

Eligibility: You must be a resident of Ontario, meet current Low Income Cut-off (LICO) standards, and be enrolled in a skills development, learning or academic program (examples: elementary, secondary or post-secondary institutions; courses offered through a credible institution; night school courses; ESL)

For details visit http://www.rcto.ca/Program/RCTech_OUTREACH/default.aspx

The contact person is Maryam at 905-795-5241.

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 C/S Info at 416-595-2882.



Reintegrating Individuals from African and Caribbean Canadian Communities

Change Toronto together with the John Howard Society of Toronto and Redemption Reintegration Services are presenting a series of discussions about the challenges of homelessness and the criminal justice system.

In these sessions, panelists will discuss the challenges and potential solutions to reintegrating individuals from African and Caribbean Canadian communities following incarceration. Participants will have an opportunity to discuss new ways of addressing service gaps that currently create barriers to reintegration.

Please note that the format of these events has changed, and they will now both be free, half-day events. Space is limited, so please RSVP to one or both of these events with Mandy Ashton at mashton@fredvictor.org. There is a limit of 4 representatives per organization. A light breakfast will be served and TTC tokens will be available. Funding for these events provided by Correctional Service of Canada

Wednesday, March 16th from 9:30-12:30
The Learning Enrichment Foundation, 116 Industry Street

Confirmed speakers include:

Nation Cheong - Reintegration challenges and systemic barriers

Sophie McKenzie – Systemic barriers and recidivism

Kwasi Kafele - Cultural Competency when engaging African Canadian youth

Lekan Olawoye - Youth-led engagement models for reintegration

LaToya Rodney - Reintegrating African Canadian young women from correctional facilities

Wednesday, March 30th from 9:30-12:30
Scarborough Civic Centre, 150 Borough Drive, Committee Rooms 1 & 2

Confirmed speakers include:

Ken Jeffers - Historic challenges of the Black offender

Peter Amponsah – African Canadian Legal Clinic model and approach

Stephen Linton - Promising models of intervention and reintegration

Jabari Lindsay - Prevention Intervention Toronto (PIT) Project

Antoinette Davis – John Howard Toronto’s new services in Scarborough

RSVP to mashton@fredvictor.org

Support Vienna Declaration – “Drug Policy Should Be Based on Science, Not Ideology”

The Canadian Harm Reduction Network invites you to endorse the Vienna Declaration, a scientific statement calling for evidence-based, public health approaches to drug policies.

Through the application of evidence-based research, health policies are increasingly being driven by the best available scientific evidence; however, there remain critical areas in public health where the gap between evidence and policies persists, and few areas suffer from this more than illicit drug policy.

Add your name to the call for evidence-based drug policy - sign the Vienna Declaration today.

To read and sign your name in support of the Declaration, please visit: <http://www.viennadeclaration.com/the-declaration/> (From OFCMHAP eBulletin www.ofcmhap.on.ca)

Houselink is looking for Board Members

Houselink is a leader in the field of supportive housing and recovery for people living with mental illness. Houselink works to change social conditions and is committed to member involvement and principles of equity.

Houselink's Annual Meeting and election for the Board will be held on June 23, 2011. We need volunteers with experience and an interest in: Mental Health, Health Equity, LHIN's, Advocacy, Anti-Oppression work, and Fundraising.

Interested candidates are asked to attend an Information Session at 5:30 pm on Thursday, March 31, 2011 at Houselink on 805 Bloor St. West.

To register or for more information call Sian Ferguson 416 539-0690 ext. 248 or email sianfe@houselink.on.ca

Houselink strives to represent the diversity of our community and encourages applications from members of equity seeking groups. To learn more about us: www.houselink.on.ca

Bringing Women's Voices in from the Margins

Let's talk together about how to make OW, ODSP, work, child support, child care and housing work better for you and your family. And let's find out the best ways for us to keep working together to improve the lives of women and their families across Ontario.

OW/ODSP Recipients' Support Group in partnership with Campaign 2000 and The Income Security Advocacy Centre Legal Clinic wishes to extend an invitation requesting the participation of mothers in a project called "Bringing Women's Voices in from the Margins."

Place: 519 Church Street

Date and Time: Friday March 25 from 10:00 to 2:00 p.m.

Participants' Expenses are covered up to \$40. Space is limited to 25 participants.

To accept our invitation please call Margaret Copeland at 416-532-7275 or email: mac9472@hotmail.com.

It's Tax Time!

Free Tax Clinics: The Canada Revenue Agency's Community Volunteer Income Tax Program helps eligible individuals who are not able to complete their income tax returns by themselves. Each year over 16,000 volunteers associated with nearly 3,000 community partners, help more than 501,000 Canadians file their tax returns.

If your financial situation meets the Canada Revenue Agency's guidelines, you can take advantage of one of the many Free Tax Clinics being held in libraries, agencies and community centres across Toronto.

The criteria: (These are suggested maximums that are a guideline and some agencies use a lower maximum.)

- If you are single your income must be under \$25,000.
- If you are a family your income must be under \$30,000 - 35,000.

Volunteers do not prepare returns for deceased persons, bankrupt individuals, individuals who have capital gains/losses, individuals with employment expenses, individuals who have business or rental income and expenses, individuals who live outside of Canada. These guidelines are set by the Canada Revenue Agency.

C/S Info Centre's Free Tax Clinic

C/S Info Centre runs a Free Tax Clinic. It is only for consumer/survivors of the mental health or addictions system who live in Toronto. If you have a simple return as described above and you have your T4's, T5's, or both, please call us to book your appointment: 416-595-2882.

If you don't have your T slips then call Canada Revenue after March 1st, at 1-800-959-8281 to get them. We can't do your taxes without them. Please note that our Clinic operates one day a week and there may be a waiting list.

If you are in a big hurry call the City of Toronto at 2-1-1 to find out where there is a Free Tax Clinic near you.

If you are an agency person who wishes to arrange to have a client's taxes done, please call us for an appointment **when you have the documentation in hand.**

The **Toronto Public Library** is holding Free Tax Clinics at various branches. Their clinics are open to anyone who fits the Canada Revenue Guidelines. Call the Answerline at 416-393-7131 (x0) or visit www.torontopubliclibrary.ca for the closest branch to you.

NEWSBYTES

Peer Support Beneficial for Depression. A study by the University of Michigan Health System has found that when patients and volunteers with lived experience shared information with each other it reduced symptoms of depression as effectively as CBT and more effectively than traditional treatment (anti-depressants). The lead author of the study says it is the first study to look at peer support for depression. "Efficacy of peer support interventions for depression: a meta-analysis," *General Hospital Psychiatry*. View the abstract (free) at

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T70-51FWRFH-1&_user=10&_coverDate=11%2F13%2F2010&_alid=1651697853&_rdoc=2&_fmt=high&_orig=search&_origin=search&_zone=rslt_list_item&_cdi=5044&_sort=r&_st=13&_docanchor=&view=c&_ct=179&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=cb87eb066ee2899a80070ee9d3f70242&searchtype=a
<http://www.medicalnewstoday.com/articles/216570.php>

CBT for Social Anxiety. Canadian scientists tracked neurological change in people who underwent psychotherapy for social anxiety disorder. They used EEGs to measure the anxiety levels of participants in 12 weeks of cognitive behavioural therapy for social anxiety. At the end of the CBT treatment the participants' anxiety levels were similar to that of the low-anxiety control group. The study's author says this doesn't prove that psychotherapy changes the brain but points to a promising area for further research. <http://www.medicalnewstoday.com/articles/216504.php>

Creative art therapy and diagnosing eating disorders. A new study has found that the self-portraits of women who have an eating disorder are markedly different from those of women without an eating disorder. Researchers say that this provides a simple and non-intrusive tool for diagnosing eating disorders. Researchers asked 76 women to draw themselves and provided no instructions for the drawings. They found that women with anorexia or bulimia drew a larger neck, a disconnected neck, or no neck; a more emphasized mouth; wider thighs; and no feet or disconnected feet than women without an eating disorder. Women with anorexia drew smaller figures relative to page size, less defined body lines, and tended to omit breasts. Researchers found a strong correlation between their results and the results of two standardized eating disorder screening tests. <http://www.medicalnewstoday.com/articles/216458.php>

Cannabis and psychosis. A new meta-analysis of 20,000 patients reports conclusive evidence that smoking cannabis plays a causal role in developing psychosis for some people. It also hastens the onset of psychosis by up to 2.7 years. Published in the journal *Archives of General Psychiatry*. This is the first study to look specifically at the role of cannabis in connection with onset of psychosis. <http://www.medicalnewstoday.com/articles/215998.php>

Alcohol number one killer. The World Health Organization reports that alcohol is the international number one killer, responsible for 4% of deaths worldwide each year. They report that alcohol is a causal factor in 60 types of diseases and injuries. <http://www.medicalnewstoday.com/articles/216328.php>

Canada needs comprehensive public health approach to alcohol. An analysis by the Centre of Addiction and Mental Health, the Centre for Addictions Research (British Columbia), and the University of Victoria, recommends a multi-dimensional, comprehensive public health approach to reducing the burden of alcohol in Canada. Published in the *Canadian Medical Association Journal*. <http://www.medicalnewstoday.com/articles/215888.php>

Mind Reading and Testosterone. Scientists have found that by increasing a woman's level of testosterone, they can reduce her ability to infer mental states from photographs of human eye expressions. The scientists say that this "mind reading" ability is an indicator of empathy that women on average do better than men on average. The scientists can predict a big reduction in mind reading ability under the influence of increased testosterone in those who had a more masculine level of prenatal testosterone. Researchers say that the result supports the androgen theory of autism. <http://www.medicalnewstoday.com/articles/216124.php>

Depression and premenstrual mood changes in bipolar disorder. A study from Massachusetts General Hospital in Boston reports that women diagnosed with bipolar disorder that report premenstrual increases in mood symptoms tend to experience more depression during the following year than women without the premenstrual mood changes. No association was found between premenstrual mood change and mania. Published online in *The American Journal of Psychiatry*. <http://www.medicalnewstoday.com/articles/216545.php>

\$7.8 million grant to study mania in children. The National Institute of Mental Health (NIMH) has given the Department of Psychiatry at Case Western Reserve University a \$7.8 million grant to continue a study of 707 children (6 – 12 years of age) for symptoms of mania. This new phase of the study adds neuroimaging technology to study the children's brain function. The study is to develop ways of diagnosing bipolar disorder in children and. <http://www.medicalnewstoday.com/articles/214478.php>

Robotic sandboxes and diagnosis of mental illness in children. Researchers from the University of Minnesota and the College of Education and Human development have received grants of more than \$3 million to develop computer technology, including robotic instruments such as robot pets and robotic sandboxes, to observe and analyze children's facial expressions and body positions for early diagnosis of autism, attention deficit disorder, obsessive compulsive disorder, and others. They hope that this technology will provide a cheaper and more objective method of diagnosis. <http://www.medicalnewstoday.com/articles/216725.php>

ADHD and Food Hypersensitivities in Children. Researchers into the relationship between allergic or non-allergic hypersensitivity disorder and ADHD have concluded that all children with ADHD can benefit by being tested (under expert supervision) to determine whether their symptoms are food-induced. In their study some children experienced a great improvement in symptoms on a restricted elimination diet. The long-term health effects of a restricted elimination diet are not known. The article is published in the *Lancet*. <http://www.medicalnewstoday.com/articles/215744.php>

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

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

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

FESTIVAL

Sat 5 & Sun 6 from 12 – 5 pm. Haru Matsuri Spring Festival. Activities, entertainment and exhibits all around the theme of kites. Plus Japanese flower arranging, embroidery, origami and brush painting. Martial arts demonstrations, odori dancing, koto and shamisen instruments, taiko drumming and Japanese food. Japanese Canadian Cultural Centre, 6 Garamond Court 416-441-2345 www.jccc.on.ca Adults \$5, Youth/Senior/Student \$2, Family (2 adults/2 children) \$10

FILM

Wed 2 at 4 pm. Fierce Light: When Spirit Meets Action. Filmmaker Velcrow Ripper presents a global journey tracing spiritual activism's historical roots and introducing the central personalities to a new wave of spiritual action around the globe. NFB Mediatheque, 150 John Street 416-973-3012 www.onf-nfb.gc.ca/eng/mediatheque FREE

Fri 4 from 7:15 – 9:30 pm. Free screening of **Consuming Kids - The Commercialism of Childhood.** A documentary film that is critical of corporate advertising to children. After the film viewing, a discussion about it will be led by Sheila Cary-Meagher, Trustee for the Toronto District School Board. Centre of Gravity, 1300 Gerrard St. East 416-938-6030 <http://www.centreforgravity.ca/> FREE

Fri 11 from 3 – 5 pm. Temple Grandin. As part of Disability Awareness Week, this award-winning film tells the story of a woman with autism who became a Doctor of Animal Science and an advocate for those living with autism. Ryerson University, Student Campus Centre, Room A/B, 55 Gould Street 416-979-5255 www.ryeaccess.ca FREE

INTERNATIONAL WOMEN'S DAY

Tues 8 from 7 – 9 pm. Women Leading Change: This Is My Witness. A film about Burmese women and their journey of survival and the path to justice. Followed by a panel discussion with leading-edge thinkers. Metro-Central YMCA, 20 Grosvenor Street. RSVP by email to Jenny.Cheadle@wchospital.ca www.womenshealthmatters.ca Free

Sat 12 at 5 pm. Oasis in the Heart of the City. This week: Bread and Roses, 100th anniversary of IWD. Music and reflection for the justice seeking soul. Followed by a meal and social time. Church of the Holy Trinity, 10 Trinity Square. 416-598-4521 www.holytrinitytoronto.org FREE

KNIT-IN

Thursdays from 6:15 – 8:15 pm. Knit-In. Join Streetknit and other knitters to help make warm blankets, socks and mittens for the homeless. Instruction, wool and needles provided. Annette Library, 145 Annette Street. 416-393-7521 www.torontopubliclibrary.ca FREE

LECTURES/FORUMS/TALKS

The Search for Alien Planets and Life Beyond Our Solar System. Astronomer Ray Jayawardhana discusses the latest news from the forefront of research. He is described as a “rock star” of astronomy. FREE

- **Wed 2 at 7 pm.** Toronto Public Library, North York Central Library, 5120 Yonge St. 416-395-5535
- **Mon 14 at 7 pm.** Toronto Public Library, [Northern District Branch](#), 40 Orchard View Blvd. 416-393-7610

Thurs 3 at 2 pm. The Amazing Universe. See how our universe is just as amazing as that of science fiction novels and movies. Learn about alien worlds, the birth and death of stars, black holes, dark matter and dark energy. Downsview Branch, 2793 Keele Street 416-395-5720 www.torontopubliclibrary.ca FREE

Thurs 3 at 1:30 pm. Self-Care in Stress. A talk on different stress indicators and ways to care for yourself. Morningside Branch, 4279 Lawrence Avenue East 416-396-8881 www.torontopubliclibrary.ca FREE

Fri 4 from 5 – 7 pm. The Gospel of Artstars. Lecture by culture critic and creator of the web TV show Artstars, Nadja Sayej. U of T Art Centre, 15 King's College Circle. 416-978-1838 www.utac.utoronto.ca FREE

Mon 7 at 1 pm. Real Food for a Change: Can our food system promote health? Professor Rod MacRae from the Faculty of Environmental Studies at York University presents ideas on our food system and what can be done to fix it. Toronto Reference Library, 789 Yonge Street 416-395-5577 www.torontopubliclibrary.ca FREE

The Older LGBTTQ Resource Centre. Everyone is invited, regardless of gender identity or sexual orientation. The 519 Church Street Community Centre, 519 Church Street 416-355-6787

- **Mon 7 from 3 – 4 pm. “Depression: The Common Cold of the Elderly?”** Mario Tsokas, BSW, RSW, Psychogeriatric Resource Consultant will discuss depression and aging with the group. FREE

- **Mon 14 from 3 - 4 pm. "Sustain Your Brain"**. Kari Quinn Humphrey of the Alzheimer's Society discusses current research on keeping our brains healthy. FREE

Mon 14 from 6:30 – 8 pm. Are You Afraid of a Feminist? Feminist reading circle. Topics include women in mythology and fairy tales, violence against women, trans people, Two-Spirit people, black feminism and international solidarity. Centre for Women's Studies in Education, 252 Bloor Street West, Room 2-225. 416-978-2080
www.oise.utoronto.ca/cwse FREE

MARCH BREAK

Many Toronto Public Library Branches are having a free movie for school-age children and some are having free movies for teens too. The tickets are free and available 15 – 30 minutes before the shows. They show new and popular films.

The Library is a great source of things to do with kids during the March Break. They will be hosting hobbies, crafts, games, story times, and interactive science & technology presentations for younger kids as well as workshops on dance, drumming, anime, drawing, movie make-up, and making jewellery for teens. Call the Answerline at 416-393-7131 for the date and time of a movie near you. www.torontopubliclibrary.ca FREE



Year Round from 9 am – 5 pm. Riverdale Farm. A farm in the centre of the city that lets you forget about being in an urban centre. 201 Winchester Street 416-392-6794
<http://www.friendsofriverdalefarm.com/index.htm> FREE

MUSIC & DANCE

Saturdays from 3:30 - 5:30 pm or 5:30 - 8:00 pm. Toronto Salsa Practice. Come practice your salsa dancing with other beginners and pros. No partner required. Trinity-St. Paul's Church, 427 Bloor Street West 416-536-7663
www.torontosalsapractice.com \$5

Thurs 3 at 7 pm. Great Canadian Music from the 2000's. NOW Magazine music editor Benjamin Boles interviews Brendan Canning from Broken Social Scene, Justin Rutledge, and other artists from the 2000's. NOW Lounge, 189 Church Street 416-364-1300 www.nowtoronto.com FREE

Thurs 3 at 7:30 pm. John Adams. Composer of the opera *Nixon in China* and one of America's most admired and respected composers will present a lecture titled "The Vinteuil Sonata" followed by a presentation of his chamber music. Walter Hall, 80 Queen's Park 416-978-3750 www.music.utoronto.ca FREE

Thurs 3 at 7 pm. Design in Opera: Bringing the Story and Music to Life. A behind-the-scenes look at opera production. The operas *La Cenerentola (Cinderella)*, *Ariadne auf Naxos* and *Orfeo ed Euridice* will be featured. North York Central Library, 5120 Yonge Street 416-395-5535 www.torontopubliclibrary.ca FREE

Sunday Serenades. All concerts are from 2 – 4 pm unless otherwise noted. Scarborough Civic Centre, Rotunda, 150 Borough Drive (McCowan & Ellesmere) 416-396-7766 www.toronto.ca/indulge/albertcampbellsquare.htm

- **Sun 6** Casblanca Orchestra FREE
- **Sun 13** Eddie Graf Orchestra FREE
- **Sun 20** Mike Danton Band FREE
- **Sun 27** Michele Lawrence Quartet FREE

OUTDOORS

7 Days a week from 10 am – 5 pm. Allan Gardens Conservatory. Established in 1858, this oasis of greenery in the city has six greenhouses totaling over 16,000 square feet of garden paradise. There's The Palm House and the Cactus Greenhouse and there's always a display of seasonal flowers. 19 Horticulture Avenue, near Jarvis and Carlton 416-392-1111 FREE

Sun 13 at noon. 2011 Toronto St. Patrick's Day Parade. One of the largest St. Patrick's Parades in the world takes to the streets of downtown Toronto on March 13, 2011! Procession starts from Bloor and St. George (near the old

University of Toronto Varsity Stadium). The Parade will continue along Bloor then down Yonge and finishes on Queen Street at Nathan Philips Square. www.topatrick.com FREE

Sat 5 from 10 am – 12 pm. Winter Waterfowl. A family nature event where you'll learn about and see northern birds that spend their winters in Toronto. Tommy Thompson Park, 1 Leslie Street. Registration is required. 416-661-6600 x5770 www.trcastewardshipevents.ca FREE

SUBSCRIBERS RECOMMEND:

www.flylady.net as a great site for people who are interested in organizing their living space. FREE

Weston King Neighbourhood Centre Services as a great drop-in with counselling and referrals, harm reduction services, laundry, showers, telephone, breakfast & lunch, clothing bank, coffee & snacks. Open Monday to Sunday at 10 am to 5 pm. 2017 Weston Road (York) 416-241-9898 wknc@bellnet.ca www.wknc.ca FREE

WORD UP!

Tuesdays in March at 7 pm. Four Shakespeare Lectures by renowned experts. Toronto Reference Library, 789 Yonge Street 416-395-5577 www.torontopubliclibrary.ca FREE

- **Tues 8. Duplicity** and *Twelfth Night* with guest speaker Philippa Sheppard
- **Tues 15. Revenge** and *Titus Andronicus* with Vivian Rakoff
- **Tues 22. Anguish** and *Richard III* with Jane Freeman
- **Tues 29. Jealousy** and the *Merry Wives of Windsor* with Alexander Leggatt

Wed 2 at 6:30 pm. Author Lynda Fishman discusses her memoir, ***Repairing Rainbows***, a true story of family, tragedy and choices. Toronto Public Library, Danforth/Coxwell Branch, 1675 Danforth Avenue 416-393-7783 www.torontopubliclibrary.ca FREE

Thurs 3 at 7 pm. Nowhere Land. Author Kevin Courier talks about the Beatles' utopian dream and his latest book, *Artificial Paradise*. Toronto Public Library, Spadina Road Branch, 10 Spadina Rd 416-393-7666 FREE

Sun 6 from 5 – 7 pm. Women Like Me: an evening of poetry by Arab Women. A poetry and open mic night held to celebrate the work of Arab women who share a passion for arts, poetry, writing and music. Evening will be in English and Arabic. Tasty refreshments (non-alcoholic) and Zatoun oliveoil+za'atar dipping. Beit Zatoun, 612 Markham St. (Bathurst Subway) 647-726-9500 info@beitzatoun.org PWYC

To subscribe call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

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Editors: Helen Hook and Colleen Burns. Affordable recreation researcher: Diana Scattolon. www.csinfo.ca

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

Mailing Address: C/S INFO, c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4

