



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

BULLETIN

July 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 csinfo@camh.net http://www.csinfo.ca/

Mad Pride 2011 July 13 – July 16

www.madpridenetwork.com

Wednesday, July 13th: The College Street United Church

Noon: Lunch provided by [Houselink](#)

12:30 pm – 5:30 pm: Mad History plus Q&A, Laughing Like Crazy, Dr. Bonnie Burstow, Survivor Mel Starkman, Houselink presents “What Do Mad People Have To Be Proud Of?”

Thursday, July 14th:

The College Street United Church – 502 Bathurst Street

- Noon: Lunch provided by Raging Spoon Catering
- 12:30 – 2:30 pm: Panel discussion: Medical Marijuana and Mental Health with MedCannAccess and PACE, healer Kendra Kusturin, activist Don Weitz, TTYL (Talk to Youth Lately) production: “Minds Matter”

The CAMH Mall – 1001 Queen St. West (Queen & Shaw)

- 4 – 5:30 pm: Mad Hatter Tea Party hosted by the [Empowerment Council](#). Dress as you will, come as you are, do as you do.
- 6 pm: Friendly Spike Theatre production: “The Walls Are Alive With The Sounds Of Mad People”. Meet at the South East corner of Queen St. West & Shaw Street

Friday, July 15th:

The College Street United Church – 502 Bathurst Street

- 12 noon: Lunch provided by [Houselink](#)
- 12:30 – 6 pm: Laughing Like Crazy, Peter Free, Ruth Ruth Stackhouse, Roman Rakus, Know Your Rights Jeopardy, Panel discussion “Where we came from and where to now?” with Dr. Geoffrey Reaume, David Reville, Lucy Costa and Mike Creek

The Rotunda at Dufferin Street and Queen St. West

- 6 pm: Community BBQ: The Mad Pride Network and members of the community will gather at the Rotunda at Dufferin St. and Queen Street West for a community BBQ.

Saturday, July 16th: Mad Pride 5th Annual Bed Push

12 noon: A rally and parade of survivors and allies who walk together with pride, celebrating our differences. Speaker: Cheri DiNovo. The Bed Push starts at noon. We march from CAMH to PARC. We meet at Queen St. West and Shaw St. and continue to PARC for a celebration to eat, dance and sing afterwards.

Open Minds Quarterly

Diana Scattolon recommends a consumer/survivor magazine called the *Open Minds Quarterly*. It publishes creative writing and lived experience stories by mental health consumer/survivors. It is published 4 times a year and is an 8-1/2" x 11" glossy magazine. They also have an on-line Writer's Circle publication that comes out the first week of each month.

They publish writing from consumer/survivors of mental illness who have experiences to share and voices to be heard. A consumer/survivor is defined as someone who has experienced mental illness or has had personal mental health concerns. They accept first-person accounts, essays, poetry and short fiction, book and movie reviews, open letters, and anecdotes & lessons learned (humour). First-time writers are welcome.

For details please call Dinah Laprairie, Editor/Publisher at 705-675-9193 x 8286 or visit their website: www.nisa.on.ca
Consumer/survivors can subscribe for \$12.95.

NISA/Northern Initiative for Social Action, 680 Kirkwood Dr., Bldg. 1, Sudbury, Ontario P3E 1X3
705-675-9193 x 8206 www.nisa.on.ca

Info Fair:

Mental Health & Addiction Services in East Toronto

Wednesday, October 12, 2011 from noon – 4:30
East York Civic Centre, 850 Coxwell Avenue

Our theme is "Connections". More and more we depend on technology to provide information and resources. This year we ask participating agencies to showcase the ways you have developed for workers, consumers, and the community to learn about and access your services, as well as new services in this rapidly changing field.

As always the Fair will provide:

- ✓ information about a wide range of mental health, addiction, and related services available in East Toronto
- ✓ free admission and light refreshments
- ✓ display tables at no charge to non-profit organizations

The Fair is an excellent opportunity to share information about the services you provide and to learn more about the other mental health services available in our community. It is co-sponsored by Toronto East General Hospital, St. Michael's Hospital, COTA Health, VHA Home HealthCare, the St. Clair O'Connor Community Inc., and the Centre for Addiction and Mental Health.

This is our 14th Info Fair and it will be our last. While we believe we have provided a useful event in which to gain resources and network, we feel it is time to move on to new challenges. We hope that you and your agency will be a part of this important community service!

If you have questions, please call Lynn Johnson at 416-461-2000 x 221.

New Photo ID for People Who Don't Drive

A new photo identification card has been introduced in Ontario. You can apply at about 20 selected ServiceOntario Centres by the end of July, 2011 and at all 300 locations by 2012. The card should make it easier for people who don't have a driver's license to travel, open a bank account, and perform any other activities that require official ID. It will be recognized as government-issued identification for Ontarians 16 and over who do not drive. It costs \$35 and is valid for 5 years.

Bob Nichols, Communications Branch 416-327-1158 Bob.Nichols@ontario.ca
<http://news.ontario.ca/mto/en/2011/06/ontario-introduces-new-photo-id-card.html>

Central LHIN Consumer/Survivor Network and the Psychiatric Patient Advocate Office present:

Living Your Rights Lecture Series

Session 1: A Guide to the Mental Health Act

North York General Hospital Branson Site, Auditorium, 555 Finch Avenue West
Thursday, July 7 from 2 – 3:30 pm

Wheelchair Accessible. Light refreshments. Tokens available for unwaged attendees.

Living Your Rights is a FREE monthly education series to introduce and inform those involved in the mental health system about their rights, gain a clear understanding of the core principles of mental health law & allied legislation, learn strategies for handling mental health law issues and network with leaders in the field and peers who share your challenges.

Who should attend? Consumer/survivors, peer supporters/peer providers, family members, front-line providers, health and social services providers, mental health advocates, government and policy advisors, and anyone interested in increasing their knowledge of mental health law.

For more information and to register contact Theresa Claxton-Wali, Coordinator, Central LHIN Consumer/Survivor Network at 647-203-3726 or <mailto:clhincsnetwork@gmail.com>.

Project: Truth – Let's Tell the Truth About Stigma

Project:Truth is a stigma awareness project coordinated by Phoenix Rising, a grassroots, community, consumer/survivor organization.

The project invites consumer/survivors living in the Parkdale area to share personal experiences with stigma. Together our stories will create a powerful book that will open people's hearts and minds by telling the truth about stigma. The book will be launched during Mental Illness Awareness Week 2011.

Two volunteer opportunities:

1. Would you be interested in designing a cover for this important book? We are looking for submissions from artists who are consumer/survivors. Selected submissions will be presented to project participants whose stories are featured in the book. Participants will decide on the cover together.
The deadline for submissions is Monday, August 8, 2011.
2. Are you living with a mental illness? Are you living in the Parkdale area? Have you encountered stigma? Would you be willing to share your story orally or in writing? If so, we would love to hear from you. Please contact us for project details.

For more information, please contact Harmony at 416-559-4919 or project4truth@gmail.com.



PEOPLE AND PETS

People and Pets is a non-profit organization providing foster pet care in the community for people living with mental health challenges who must be away from their home due to hospitalization.

We are receiving a high volume of requests for foster service and **we need more volunteers to provide pet care**. Please contact us if you are interested in fostering a pet.

People and Pets volunteers foster a pet for periods of up to three months. Knowing your pet is safe and well-cared for helps ease the stress of separation during a hospital stay.

If you need more information on how to access our services or become a foster parent please contact me:

Linda Chamberlain lchamb5702@rogers.com
Cell: 416-824-3435

<http://www.vote4mha.ca/>

Mental health and addictions will be a major issue for Ontario voters in the 2011 provincial election. The Ontario Mental Health and Addictions Alliance urges all political parties to have a plan of action for addictions and mental health. The *Ontario Mental Health & Addictions Alliance: Election 2011* report published by Ontario Mental Health & Addictions Alliance is available at <http://www.vote4mha.ca/wordpress/wp-content/uploads/2011/05/MHAallianceElection2011.pdf>

The Ontario Mental Health and Addictions Alliance is a broadly based coalition of organizations from across the province and across the continuum of care – from community to hospital services and including consumer and family organizations.

- 290 days is the average wait time for supportive housing in Ontario, although some wait more than 3 years – even though it costs far less to provide supportive housing than to provide a shelter bed or hospital care.
- 3 – 6 months is how long young Ontarians wait for addictions treatment – if it is locally available.
- \$18.54 – \$124.78 is the range of spending per person for community mental health across Ontario's regions.
- 100 days is the range of days that children and youth wait for a mental health assessment across Ontario's regions.

For Anyone Interested in Mad People's History

The Friendly Spike Theatre Band proudly presents:

The Walls are Alive with the Sounds of Mad People - A theatrical historical tour of the patient built wall standing on the grounds of CAMH (Centre for Addiction and Mental Health), in Toronto.

Thursday July 14 at 6 pm. (70 minutes)

Meet at the SW corner of Queen St. West and Shaw St.

The Friendly Spike Theatre Band gratefully acknowledges the support of the Toronto Arts Council and The Friendly Spike Theatre Angels. Parkdale Community Legal Services – 40 years working together

This Mad Pride Event is Free.

Older Lesbian, Bisexual, Gay Women and Home Care Services

Are you a woman aged 60 years or older? Do you identify as gay, lesbian or bisexual? Are you currently receiving any home care services? Or have received any home care services in the last 5 years? If you answered Yes to these questions and would like to participate in a research study, please contact Alisa Grigorovich or 416-629-1035 or alisag@yorku.ca. This research study is approved by the Research Ethics Board of York University.

NY Times Book Review

Here is a NY Times book review (see link below) of three books weighing in on the theme of scientific skepticism and social concern about the psychiatric 'wonder drug' phenomenon that is sweeping America (and Canada) and possibly causing the proportionate and escalating rise in 'disability'. "The Epidemic of Mental Illness: Why?" by Marcia Angell. <http://www.nybooks.com/articles/archives/2011/jun/23/epidemic-mental-illness-why/?pagination=false>

What is going on here? Is the prevalence of mental illness really that high and still climbing? Particularly if these disorders are biologically determined and not a result of environmental influences, is it plausible to suppose that such an increase is real? Or are we learning to recognize and diagnose mental disorders that were always there? On the other hand, are we simply expanding the criteria for mental illness so that nearly everyone has one? And what about the drugs that are now the mainstay of treatment? Do they work? If they do, shouldn't we expect the prevalence of mental illness to be declining, not rising? (excerpted from "The Epidemic of Mental Illness: Why?" by Marcia Angell)

[The Emperor's New Drugs: Exploding the Antidepressant Myth](#) by Irving Kirsch, Basic Books, 226 pp., \$15.99

[Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America](#) by Robert Whitaker, Crown, 404 pp., \$26.00

[Unhinged: The Trouble With Psychiatry—A Doctor's Revelations About a Profession in Crisis](#) by Daniel Carlat, Free Press, 256 pp., \$25.00



Woman Abuse Council of Toronto (WomanACT)

WOMEN'S VOICES FOR ACTION COMMITTEE (WV4A)

Are you a woman survivor of violence? Do you want to learn how to speak out & help others? Are you committed to social justice? Do you want to improve your leadership skills?

WomanACT is recruiting volunteers to join the WV4A Committee. WomanACT has a network of standing committees that generally meet monthly and are made up of front line service providers. One of the most important philosophic principles of the Council is that the voices of women survivors should inform policy and program development and planning. WomanACT is pleased to support Women's Voices for Action – the committee of the Council composed of women survivors. The WV4A plays

a critically important advisory role and provides input into the work of WomanACT.

We will be facilitating orientation sessions for Violence Against Women service providers through the summer.

To request a presentation or for information on volunteering please contact: Harmy Mendoza, Executive Director. 416-944-9242 x 225 ed@womanabuse.ca <http://www.womanabuse.ca/>

From the Canadian Harm Reduction Network

This week marks the 40th anniversary of Richard Nixon's declaration of the War on Drugs. It is one of the world's great shames that this action ever began, and an even greater shame that it was funded to escalate and continue. ... Now, Canada is stepping up its commitment to this futile war and turning its back on things that do, or might, work. ... The simplistic "solution" offered by the "War on Drugs" is a reaffirmation of the old adage that for every complicated set of problems there is always one simple solution ... that is invariably wrong.

See these two recent articles for pertinent information:

Conrad Black and Evan Wood: Drug Prohibition Is Dumb on Crime <http://tinyurl.com/3vfun5r>

Jimmy Carter: Call Off the Global Drug War <http://tinyurl.com/5shurro>

Several reports criticizing the War on Drugs provide more food for thought:

- International Drug Policy Consortium: Selected publications on the failure of the drug-control regime <http://idpc.net/publications/failure-regime-selected-publications>
- Reports that show alternative approaches of decriminalisation and regulation are working: <http://idpc.net/publications/alternative-strategies-selected-publications>
- General report on drug law reform in practice: <http://www.tni.org/report/legislative-innovation-drug-policy>
- The Global Commission on Drug Policy that calls on the UN to end the war on drugs <http://www.globalcommissionondrugs.org/Documents.aspx>
- Drug War by the Numbers - <http://www.drugpolicy.org/facts/drug-war-numbers>
- Final Report of the Latin American Commission on Drugs and Democracy - <http://www.drogasedemocracia.org/English/Destaques.asp?IdRegistro=8>

Visit the Canadian Harm Reduction Network's [Website](#).



Over 50,000 Ontario kids and their families will now have quicker and easier access to the right mental health supports, when and where they need them.

Today, Ontario released a [Comprehensive Mental Health and Addictions Strategy](#), which focuses on children and youth in the first three years. [Supports for kids target three key areas](#): fast access to high-quality services, early identification and support, and helping vulnerable kids with unique needs.

Key Investments for children and youth include:

- Placing mental health workers and nurses with mental health expertise in schools – benefitting over 9,000 kids – and giving educators, social workers and other professionals tools and training to identify mental health issues early on.
- Providing more services such as short-term therapy and crisis intervention in community agencies to help 13,000 more kids and reduce wait lists.
- Expanding telepsychiatry (video counselling) services to rural, remote and underserved communities to provide more kids with consultations with child psychiatrists.
- Providing culturally appropriate services to 4,000 more Aboriginal kids by hiring new Aboriginal mental health workers.
- Keeping 2,300 youth out of the justice system by adding more mental health court workers who can refer them, instead, to community-based services, such as clinical counselling.
- Helping more than 16,000 youth transitioning from secondary to post-secondary school by adding more mental health workers on campuses in colleges and universities.

Ontario's Comprehensive Mental Health and Addictions Strategy will create a more coordinated and responsive mental health system. The strategy will focus on building awareness and support around mental health issues by reducing stigma and discrimination, identifying problems and intervening early, and delivering more high quality and timely supports.

The government will also develop performance measures for publicly reporting wait times, client experiences and health outcomes.

QUOTES

Today's announcement will literally change the lives of thousands of kids and their families across the province. These new services and expanded supports will help children and youth with mental health challenges reach their full potential and thrive. -Laurel Broten, Minister of Children and Youth Services

Mental health issues often begin during childhood and I'm proud that today's announcement will help to lay the foundation for good mental health early in life. It's the right thing to do and the right time to do it and I know not only youth will benefit, but also thousands of Ontario adults who will get the services they need quicker and more effectively to prevent and reduce mental health and addictions issues. - Deb Matthews, Minister of Health and Long-Term Care

The professionals in our education system are often in the best position to identify the need for mental health services at an early age. The additional resources we are providing to our educators will help break down barriers and ensure our children get the support and services they need to succeed. - Leona Dombrowsky, Minister of Education

QUICK FACTS

- More than 50,000 kids and their families will immediately benefit from Ontario's new strategy for Mental Health and Addictions.
- Ontario's investments will start this year and total \$257 million over the next three years.
- Since 2003, the government has increased funding by 80 per cent for community mental health services, and by 49 per cent for addiction programs.

LEARN MORE

- Read [Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy](#).
- Find out about [child and youth mental health services in Ontario](#)
- [See what experts are saying about Ontario's strategy](#)

www.Ontario.ca/children-news

Commission for the Review of Social Assistance in Ontario – A Message from the Commissioners

We'd Like to Hear from You

Hearing from stakeholders and communities with a perspective on social assistance is an important part of the review. The Commission has released *A Discussion Paper: Issues and Ideas* to confirm the key issues in social assistance today and to identify possible solutions. Also available is a [Summary and Workbook](#) which people can use to send their comments to the Commission.

You can provide input to the review by: making a short comment, filling out the online [Workbook](#) or sending in a submission. You can also leave us a short message at 1-855-269-6250.

We encourage people in communities across Ontario to engage in a dialogue on the issues and possible solutions. We will join in the conversations in a number of communities this summer and have asked local partners to organize a day that we can spend in their community.

If you would like information about how to organize a community conversation, see our [Guide to Hosting a Community Conversation](#). The Commission would like to receive your input by September 1, 2011, in order to consider it in the development of options and possible approaches in the late fall/early winter. We will then seek further input and anticipate making more community visits. <http://www.socialassistancereview.ca/wed-like-to-hear-from-you>

EMPLOYMENT MATTERS

Training Opportunity: Network Cabling

(4 weeks - Morning and Afternoon)

10 Kodiak Crescent, Unit #100, Main Campus, Toronto

Network Cabling focuses on cabling issues related to data and voice connections and provides an understanding of the industry and its worldwide standards, types of media and cabling, physical and logical networks as well as signal transmission. Students will develop skills in reading network design documentation, part list set up and purchase, pulling and mounting cable, cable management, choosing wiring closets and patch panel installation and termination as well as installation of jacks and cable testing. Students who complete the training and pass the examination with a grade of 75% or greater will be offered guaranteed employment with Bell.

Interested candidates must fit the following criteria:

- 2 years winter driving experience
- No criminal record
- G or G2 Licence - Clean Driver's Abstract
- Not afraid of heights or colour-blind
- Previous experience in construction and trades is helpful

Interested candidates should contact Jessica Rayne at 416-638-4111 at the Pre-apprenticeship Training Institute for screening. Spots are available for September 2011.

Gerstein Crisis Centre is Hiring

Position: Community Crisis Worker, RELIEF

\$23.32/hour, plus 8%

Closing Date: July 15, 2011 (Resume and cover letter must be *received* by the closing date.)

To view complete job description visit <http://gersteincentre.org/jobs.html>

COSTI Training Program for Women

COSTI is pleased to announce its newest College Certificate and Work Placement training program for women who have experienced domestic violence or who are at-risk of abuse. Participants will be provided with the opportunity to complete a college certificate in Office Administration through Humber College Institute of Technology and Advanced Learning.

All tuition, books, and examination cost will be covered through the project.

Selection Criteria:

- 19 years of age or older
- Able to work in Canada and interested in working in the Office Administration field
- Have experienced abuse or at-risk of abuse - Able to commit 25-30 hours per week for a period of 6 months
- Able to read and write in English and possess a grade 12 education
- Able to keyboard with a minimum of 20 wpm
- Have basic computer skills in Word and Excel - Have computer access through the entire program

Childcare and TTC assistance is available.

COSTI Immigrant Services, 700 Caledonia Road, Toronto (Central)

Registration is required. 416-789-7925 or womenofcourage@costi.org for details of fall and winter sessions.

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

Free and Low-Cost Events for July 1 - 15, 2011

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

ART

Thurs 7 – Sun 17. Wed through Sun from 1 – 6 pm. **Sharing the Burden: Live Visions Gathered by Stephan Briones.** A Collective Photographic Experience. Authentic Expressions without Words. Special thanks to the Gerstein Crisis Centre, Toronto ImageWorks, and Voices from the Street. Gallery 1313, 1313 Queen St. West 416-536-6778 FREE

Fri 8 and Sat 9 from 10:30 am – 7:30 pm, Sun 10 from 10:30 – 6:30. **Toronto Outdoor Art Exhibition.** This is the 50th one so there are special events attached to this year's art show: Art Walks in the Square and Art Talks in the City Hall Rotunda. Nathan Phillips Square 100 Queen Street West. www.torontooutdoorart.org toae@torontooutdoorart.org or Lila Karim at 416-408-2754. FREE

To August 21. Mon - Fri 9 am - 5 pm. **This is Paradise.** Multimedia art from the 1980s by pioneering group General Idea. From the National Gallery of Canada collection. Museum of Contemporary Canadian Art, 952 Queen Street West. 416-395-0067 www.mocca.ca BY DONATION

CANADA DAY

Fri 1 from noon – 9 pm. **Multicultural Canada Day.** First Nations and international dancers, a Bollywood dance party and more. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 ydsquare.ca FREE

Fri 1. **Canada Day Celebration.** Performances by Ray Robinson and King Sunshine, plus spectacular fireworks. Mel Lastman Square, 5100 Yonge Street www.toronto.ca/special_events/serenades/2011 FREE

Fridays to Sept 2 from 6 - 10 pm. Live Local Marketplace. An outdoor stage, movie screening, art, kids' activities, food and more. Scadding Court Community Centre, 707 Dundas Street West. 416-392-0335 www.scaddingcourt.org FREE

CELEBRATIONS

Ontario Place is celebrating their 40th anniversary this year and is offering FREE grounds admissions for the WHOLE SUMMER. <http://www.ontarioplace.com/free-grounds-admission>

FESTIVALS

Sat 2 & Sun 3 from 1 – 9 pm. **Corso Italia Street Festival**. Celebrating all things Italian with live music, street performers, food and sidewalk sales. St. Clair Avenue West between Westmount Avenue & Lansdowne Avenue. 416-240-9338 torontofiesta.com FREE

Sat 2 from 1 – 11 pm & Sun 3 from 1 – 6 pm. **On The Pulse Festival**. Family-friendly, boundary-pushing and unpredictable performances of music, theatre, dance and comedy. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 harbourfrontcentre.com FREE

FILM

Tues 5 at 9 pm. **Longo's Free Flicks** presents Scott Pilgrim vs. the World, starring Michael Cera and Jason Schwartzman. Recognize Toronto places such as Lee's Palace and Honest Ed's. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

FITNESS & SPORTS

Sat 2 & Sun 3 from 10 am – 6 pm. North American Hard-Court **Bike Polo Championships**. Bike polo players battle it out for a chance to go to the championships in Calgary. Dufferin Grove Park, 875 Dufferin Street. dufferinpark.ca. FREE

Fri 8 at 8 pm. **Friday Night Rides** with CYCLOPS. Group bike rides with performances by Cycling Oriented Puppet Squad. Meet at Dufferin Grove Park for pre-ride supper at 7 pm. 875 Dufferin Street. 416-708-3332 www.clayandpapertheatre.org/cyclops/category/group-rides FREE

LEARNING/WORKSHOPS

Dodem Kanonhsa' July Workshops. Facilitated by Laini Lascelles. We welcome participants from all nations, ancestry and backgrounds. 55 St. Clair Ave. East, 6th Floor Register at 416-952-9272 FREE

- Wed 6 from 1 – 3 pm. **IDENTITY** is about where you are, who you are, what's most important to you.
- Wed 13 from 1 – 3 pm. **EMPOWERMENT** is about strengthening ourselves, challenges, and self esteem
- Wed 20 from 1 – 3 pm. **HEALTHY RELATIONSHIPS** are about "Action". What do we do/how do we behave?
- Wed 27 from 1 – 3 pm. **IMPORTANCE OF SELF CARE** (discussion includes happiness and joy)

MUSIC

July 10 – August 21. Sundays from 7:30 – 9 pm. **Sunday Serenades**. Swing, big band and jazz. Performances by Stiletto, National Band of the Naval Reserve, Toronto All-Star Big Band, Blue Champagne, Bob Cary Orchestra, York Jazz Ensemble, The Swing Shift Big Band – A Tribute to Count Basie. Mel Lastman Square. 5100 Yonge Street www.toronto.ca/special_events/serenades/2011 FREE

July 13 – Aug 31 at noon. **Fresh Wednesdays**. Free noon-hour concerts. Great Canadian music by Suzie Vinnick, Elizabeth Shepherd, I-Sax, Dirty Dishes, Roger Zuraw, Beverly Taft & Tony Quarrington, Mel M'rabet, David Celia, and more. Nathan Phillips Square, 100 Queen St. West www.toronto.ca/special_events/wednesdays/2011 FREE

July 14 – Sept 1 at noon. **Tasty Thursdays**. Free noon-hour concerts. Roots, blues, reggae and Latin sounds by The Abrams Brothers, Aline Morales, Mookie & The Loyalists, and more. Annual Toronto Blues Society Talent Search Nathan Phillips Square, 100 Queen St. West www.toronto.ca/special_events/wednesdays/2011 FREE

PRIDE

To Sun 3. **Pride Toronto 2011.** Festival features entertainment on outdoor stages, parties, family activities, parades and more. Church Street and Wellesley Street. 416-927-7433 www.pridetoronto.com. Many events are FREE:

- Trans March (Fri 1 at 8 pm), Dyke March (Sat 2 at 2 pm) and main Pride Parade (Sun 3 at 2 pm)
- Sat 2 at 8 pm. Brown/Out. Performance by South Asian group Tala. Pride South Stage, Church Street and Wood Street. FREE
- Sat 2 & Sun 3 from 11 am – 6 pm. Family Pride. Family-friendly activities, games, and kids' entertainment. Church Street Junior Public School, 83 Alexander Street. FREE

SCIENCE

Thurs 7 at 9 pm. **The Sculpting Power of Stars.** Astronomy lecture and tour of the university's telescopes. Sign up in advance for the planetarium show. See the universe in a whole new way! McLennan Physical Labs, 60 St. George Street. 416-978-2016 www1.astro.utoronto.ca/~gasa/public_talk/iWeb/index.php FREE

THEATRE

Wed 6 – July 17 from 6 pm – midnight **Fringe Club** at Honest Ed's. Comedy, theatre, food and late night DJ. Part of the Fringe Festival of Independent Theatre. 581 Bloor Street West. 416-966-1062 www.fringetoronto.com FREE

Fri 1 at 8 pm. **Dream in High Park:** The Winter's Tale. Shakespeare's comedy staged outdoors to an original score by John Millard. Bring a blanket. High Park at High Park subway station and Bloor Street. 416-368-3110 www.canadianstage.com/dream PAY WHAT YOU CAN

WORD UP

Tue 5 from 5 - 6 pm. **Meet Author/Illustrator Ruth Ohi.** Through digital slides and original artwork, see how to make a picture book. Plus, kids create their own cartoon critters. Mount Pleasant Library, 599 Mount Pleasant Rd. 416-393-7737 www.torontopubliclibrary.ca FREE

Mon 18 from 7 – 8:30 pm. **McLuhan 100: The City That Made McLuhan.** What role did Toronto play in Marshall McLuhan's understanding of media? Hosted by CBC technology writer Jesse Hirsh. Toronto Reference Library, 789 Yonge Street. 416-395-5577 www.mcluhan100.ca FREE with Online ticket available at www.torontopubliclibrary.ca FREE

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

The **Bulletin** is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Ministry of Health and Long-Term Care. It's free. If you don't have email you may receive it through the post due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health.

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.

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Dear Readers,

We are now up to 569 people getting The Bulletin by mail and 1,188 by email. If you can possibly go green and help us save paper, envelopes and the labour of folding and stuffing, please consider converting to email. We are happy to continue mailing to people who have no access to a computer or the internet. H & C