

BULLETIN

March 1 – 15, 2012

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/>

CALL FOR SUBMISSIONS - IT'S OUR 20TH ANNIVERSARY

The newsletter you are reading has a long history. It is the publication of The Consumer/Survivor Information Resource Centre of Toronto, an independent organization funded by the Ministry of Health and Long-Term Care and supported in our work in the community by many organizations including the Centre for Addiction and Mental Health (CAMH). The C/S Info Centre has been around since 1992. As well as publish The Bulletin, we give information, resources and referrals about the mental health and addictions systems to anyone who needs our assistance; we have an extensive collection of brochures and handouts available and listings of community events and job postings on our notice boards; we run a tax clinic for low income consumer/survivors and we hold workshops on topics of interest to c/s/x people.

We're 20 years old this year and we'll celebrate at our Annual General Meeting in the fall. Before that, we want to collect written works, art, digital submissions, really anything you'd care to send us about The C/S Info Centre or The Bulletin over the years and what either might have meant to you. We're going to have a small committee planning the celebration and the final product, whether it be a book, a digital collection, a film or whatever shape it takes. Please send us your contributions to the project. csinfo@camh.net.

PREFER TRAINING OPPORTUNITY

Are you interested in learning more about **Peer Support** and **Recovery**? Are you thinking about getting more **involved in your community** or **working as a peer**?

Come to an information session to learn about the Peer Recovery Education for Employment & Resilience (**PREFER**) project! PREFER is an innovative community of learning and mutual support and we are hoping to welcome new members into our education and training program in the coming spring.

Applications are now being accepted from people interested in our education and training program and preparing to provide recovery-supporting peer support in employment, community, or volunteer roles. Bursaries are limited to 60 and allow for *all training to be provided at no expense to the participant*.

At the information sessions, you can learn more about the program, how to apply, and how to make your application stand out. There will be also time for questions and answers.

Please **let us know you are coming** by leaving your name and contact information by **email**: e.carvalho@krasmancentre.com or **phone 905-780-0491 ext: 125** or **Toll-Free: 1-888-780-0724**

Monday March 5, 2012 5:30 pm-7:00 pm The Krasman Centre, 10121 Yonge St., Richmond Hill, Ontario (just north of Major Mackenzie Drive). *Note: there are cats on the premises; a small threshold at front of entrance.

Wednesday March 14, 2012 4:30 pm-6:00 pm North York General Hospital — Branson Site, Maple Room. 555 Finch Ave., West, Toronto (just west of Bathurst St.) **Wheelchair accessible.

Tuesday March 27th, 2012 3:00 pm-4:00 pm Houselink Community Homes Drop-in, 805 Bloor Street West, Toronto (West of Christie Subway Station). **Wheelchair accessible.

Get more info: www.cultureofrecovery.org

TARDIVE DYSKINESIA RECREATION AND SUPPORT GROUP

We are starting a Tardive Dyskinesia Recreation and Support Group. If you have or know of people with Tardive Dyskinesia who you think may benefit from a supportive recreational environment, please contact either of the undersigned.

We have a space for this group to meet at 650 Queen East, and we're thinking of different physical activities, like bowling, dancing, yoga, charades, mime, theatre improv, etc, in addition to talking! We have not yet reserved a time for this group to meet, as we have several options, and first want to hear back from people with interest.

Tardive Dyskinesia is a neurological disorder usually resulting from use of prescribed antipsychotic medication, which is characterized by repetitive, involuntary, purposeless movements, such as grimacing, tongue protrusion, lip smacking, puckering and pursing of the lips, and rapid eye blinking. People with Tardive Dyskinesia are stigmatized and experience social isolation and shame due to their involuntary movements.

Merv Doctorow, person with tardive dyskinesia mervdoc@gmail.com

Arno Lowi, Concurrent Disorders Specialist, **WoodGreen Community Services**, 650 Queen Street East
416-645-6000 x 1149 ALowi@woodgreen.org

PROGRESS PLACE 3RD ANNUAL HEALTH AND WELLNESS FAIR "A RECIPE FOR WELLNESS"

Wednesday, March 28, 2012 from 2:00 – 4:00 pm.

576 Church Street (intersection of Church and Wellesley)

416-323-0223

Come out visit booths from various agencies and sample healthy snacks!

ANTI-PSYCHIATRY LECTURE SERIES

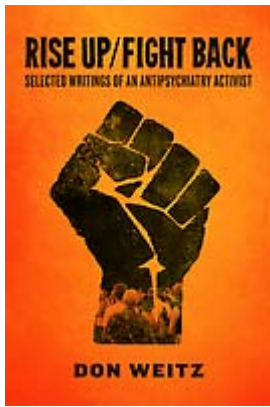
Speaker: Don Weitz

Topic: "Mental Patients", "Mental Illness" and "Mental Health" in the Canadian Media: Case Studies in Bias and Bigotry

Date: Friday, March 30, 2012 Time: 7 - 8:30 pm in OISE, Room TBA

Antipsychiatry activist Don Weitz critically examines how the myths of "mental illness" and "mental health" are portrayed in Canada's mainstream media. Several examples of pro-psychiatry bias, including the exclusion of critical views of psychiatric survivors in the CBC and Toronto Star are cited. Possible strategies to combat this negative 'coverage' are also discussed.

Sponsored by: Alumni for a Free U of T



NEW E-BOOK PUBLISHED BY DON WEITZ

Rise Up/Fight Back: Selected Writings of an Antipsychiatry Activist is a new e-book by Don Weitz.

Organized as a mosaic of personal accounts, essays, and letters to the editor, this book is a devastating critique of psychiatry as a coercive, dehumanizing, stigmatizing system of social control that masquerades as a “mental health system” and “medical science.” In the Introduction, antipsychiatry is clearly discussed as a political strategy whose goal is total abolition. Psychiatry must be abolished because it is inherently harmful, traumatic, frequently torturous, fundamentally disempowering and oppressive. For hundreds of thousands, if not millions of citizens, psychiatric “treatment” and institutionalization have been a daily nightmare of psychiatric wards, brain-damaging drugs, electroshock (ECT), and lobotomies, staff commands and threats, other traumas and humiliations, and permanent stigmatization.

Psychiatric facilities are described as psychoprisons where innocent citizens are libeled and slandered with unscientific and stigmatizing diagnostic labels such as “bipolar,” “schizophrenic” and “psychopath”, locked up, intimidated, forcibly drugged, electroshocked, experimented on, physically restrained and/or thrown into “seclusion” (solitary confinement). A chapter on electroshock, the longest in the book, documents women and the elderly as this procedure’s most vulnerable targets. An appendix includes a chronology of resistance to psychiatric oppression, a Declaration of Principles, and an Antipsychiatry Bibliography.

The tone is unapologetically passionate and angry, but always informative and constructive. The last chapter, "A Radical Vision", discusses several survivor-controlled, humane and community alternatives.

Don Weitz is a psychiatric survivor and, for more than 35 years, a human rights activist. In the early 1950s, he was incarcerated for 15 months in a Massachusetts “mental hospital” and forced to undergo 110 insulin shock treatments. He is co-editor of *Shrink Resistant: The Struggle Against Psychiatry in Canada* (1988), co-founder of the Coalition Against Psychiatric Assault (a political action organization in Toronto), and a board member of Psychiatric Survivor Archives Toronto

(excerpted from the introduction to the book)

Contact: Don Weitz dweitz@rogers.com for further information about the book.

For more information about the Coalition Against Psychiatric Assault and the Psychiatric Survivor Archives, Toronto: coalitionagainstoppsychiatricassault.wordpress.com www.psychiatricurvivorarchives.com

CHECK OUT THE REDESIGNED WORKMAN ARTS FLAGSHIP WEBSITE!

The new site has been developed to support our member artists, showcase our ongoing productions and exhibitions, provide an overall picture of Workman Arts and the amazing work we do. WA promotion of members’ independent websites, exhibitions and performances through our blog and social media sites; Registration, training and call for submission information; Member artist work can be viewed, rented and purchased online as part of Art Rental and Sales Gallery and exhibitions such as Being SCENE.

www.workmanarts.com www.facebook.com/workmanarts www.twitter.com/workmanartsproj

RAINBOW HEALTH ONTARIO CONFERENCE 2012

Preliminary program and online registration is available for the RHO Conference 2012. The biennial conference, which will take place on March 20 – 23, 2012, is the only one in Canada focused on the health and wellness of lesbian, gay, bisexual, and trans (LGBT) communities. For more info, and to register, click [here](#).

Examples of workshops and seminars at this conference include:

- ✓ Let's Talk About Sex: Disability, Sexuality and Resistance
- ✓ Ruptures and Resilience: Examining Career and Workplace Dynamics for Trans Health Providers
- ✓ Building & Supporting LGBT Youth Community in Rural Ontario
- ✓ Bisexuality and Bisexual Health Issues
- ✓ Addressing Homophobia in Sport and Physical Activity: Bridging the Generation Gap
- ✓ Creating Our Families: LGBTQ Experience with Adoption Systems, Fertility Clinics and LGBTQ Family Planning Services in Ontario
- ✓ Eating Disorders in Lesbian, Bisexual and Queer Women: Perspectives on Inclusivity and Marginalization in Psychological Research and Treatment
- ✓ Supporting Families with Gender Independent Children: Gaps and Emerging Needs
- ✓ Negotiating Social Networks: Surviving Sexual Assault Between Women
- ✓ Halal Love: Supporting the Needs of LGBTQ Muslim Youth

As an additional learning opportunity, the conference will feature four full day Learning Institutes on March 20.

Note: \$225 to \$300 plus HST depending on how many days you attend. Discounted rates are available for students.

Orthomolecular Health Public Information Series Lecture

INFLAMMATORY BOWEL DISEASE – AN EVIDENCE-BASED NUTRITIONAL APPROACH

Josh Gitalis, Ba(H), CNP, RNCP/ROHP

This lecture will outline the known factors contributing to inflammatory bowel disease commonly diagnosed as irritable bowel syndrome, Crohn's and ulcerative colitis.

Understand the diets currently used in the management and treatment of inflammatory bowel disease and why the gut is considered the 'second' brain.

Learn about the key nutrients indicated for reducing inflammation, healing the intestinal tract and promoting disease remission.

Don't miss this important lecture, providing an evidence-based understanding of how nutrition and orthomolecular medicine may be used to address IBD.

Wednesday, March 21 at 7 pm

OISE – Ontario Institute for Studies in Education, 252 Bloor St. West, Room 5170

Pre-register at 416-733-2117 or www.orthomed.org

\$10 admission

OUR NEXT WORKSHOP !

ON OW OR ODSP AND TURNING 65 SOON?

Join the Consumer/Survivor Info Centre on **Monday March 26** from 10:00 to 11:30 am for a free workshop on the transition from Ontario Works or Ontario Disability Support Program to Canada Pension Plan/Old Age Security/ Guaranteed Income Supplement. Did you know that you have to apply for these benefits at least six months before you turn 65? Are you worried about what's in store for you and for the amount of your income? Then come and join us as we host legal experts from Parkdale Community Legal Services. There will be time for your questions. The workshop will be held in our new favourite place to have workshops - Room B40 in the basement of Unit 4 at CAMH – the Centre for Addiction and Mental Health at 1001 Queen Street West. As always, we'll put up lots of directional signs. Everyone welcome, no need to pre-register, although for the purposes of getting enough refreshments, maybe give a call and we'll keep count. Helen or Colleen at the Consumer/Survivor Information Resource Centre of Toronto 416-595-2882.

Employment Matters

CAMH EMPLOYMENT OPPORTUNITY - PEER SUPPORT WORKER

Initial Assignment: Schizophrenia Program – LEARN

The Centre for Addiction and Mental Health (CAMH) is Canada's leading Addiction and Mental Health teaching hospital. CAMH succeeds in transforming the lives of people affected by addiction and mental illness, by applying the latest in scientific advances, through integrated and compassionate clinical practice, health promotion, education and research. CAMH has been recognized internationally as a Pan American Health Organization and World Health Organization Collaborating Centre CAMH is committed to diversity in the workplace.

Job Description:

The Peer Support Worker will work as a member of a diverse interprofessional team to facilitate and support clients with their recovery process. You will utilize your lived experience with mental health and/or addiction challenges as you facilitate clients in determining their unique goals and objectives. You will provide a source of encouragement and hope, partnering with clients as they move towards their visions. Your collaborative work with clients will involve the role of a coach and liaison and assisting clients to advocate for themselves. Your role will include bridging people back into community and helping clients to link with community resources of their choice. This role focuses on being a shared learner with clients, rather than being a helper, therapist or treatment provider. You will connect with clients on an individual basis and also as a group facilitator. In this role, you will provide education about recovery and peer support to staff and students. You will be expected to contribute to program development, research and educational activities of the Program. You will report to the manager of the service, and you will receive clinical support facilitated by the Advanced Practice Clinician. You will provide services reflective of the diverse needs of the clients and their families. You will support a workplace that embraces diversity, encourages teamwork and complies with all applicable and regulatory requirements. Some evening and/or weekend hours may be required. This position will be located at the LEARN offices on St. Clair Avenue West in Toronto.

Qualifications:

The successful candidate will have lived experience as a recipient of mental health and/or addictions services. You have a strong understanding of the psychiatric consumer/survivor community. You possess excellent communication and interpersonal skills enabling you to work within a collaborative and diverse

interprofessional team. Effective leadership, decision-making, organizational and problem solving skills are required. Your skills will include the ability to be flexible, self-reflective, and supportive. The ability to work effectively in a dynamic and a fast-paced multidisciplinary environment is essential. Experience working with clients, staff, and organizations of diverse backgrounds are required. You possess knowledge in the areas of group facilitation, community resources, the recovery process and the peer support role. Participation in training on Peer Support/Recovery would be an asset as would knowledge of Wellness Recover Action Planning. Computer literacy and the willingness to learn new computer programs are required. Your role will include documentation on the computer. The ability to work with clients of diverse cultural and social backgrounds is necessary. Bilingualism or the ability to speak a second language is considered an asset. Training and supervision will be provided for this position.

Please note: This part-time position is part of the OPSEU Bargaining Unit. This position is 0.5 FTE (two and a half days/week).

Salary range: \$21.93 - \$25.25 per hour

Please forward your resume to:

Human Resources

Centre for Addiction and Mental Health

1001 Queen Street West

Toronto, Ontario **Fax: 416-583-4316**

M6J 1H4

E-mail: jobs@camh.net

File Number: 11724E Please remember to include the File Number when applying.

Closing Date: March 4th, 2012 by 5pm

As an employment equity employer CAMH actively seeks Aboriginal peoples, visible minorities, women, people with disabilities, (including people who have experienced mental health and substance use challenges), and additional diverse identities for our workforce.

We thank all applicants for their interest, however, only those selected for an interview will be contacted. If contacted for an interview, please inform us should accommodation be required

ASSISTANT COORDINATOR - HOUSING CO-OPERATIVE

Homestarts Incorporated is seeking a full-time Assistant Coordinator, Housing Co-operative. The hourly wage is \$15. The application deadline is March 30, 2012. Location: East Toronto

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=247717&eng=True&fs=True&fa=False>

LANDSCAPE JOB FAIR

Need a job this summer? Want a chance to work while still enjoying the summer sun? Landscaping may be for you.

YMCA Metro Central, 20 Grosvenor Street (Yonge & College)

Friday, March 2, 2012 from 2:30 pm - 4:30 pm

Over 10 employers will be at the recruitment event hiring for a variety of current and summer job opportunities in the landscaping field.

Registration is not required.

Please bring multiple copies of your resume and dress for an interview.

For more information, see your Job Developer, Employment Counselor, Worker or call 416-392-0101 or 311.

BUSINESS INC. PROGRAM FOR TORONTO ENTREPRENEURS

The Toronto Public Library has again partnered with the Toronto Business Development Centre (TBDC) and the City of Toronto's Economic Development & Culture Division (ECD) to deliver a business incubation program aptly named Business Inc. in its libraries. Business Inc. is aimed at helping entrepreneurs throughout the city develop powerful business plans so they can realize their dream of owning and operating their own business. This nine-week program will help equip entrepreneurs with skills and knowledge required to run a successful business. Participants will gain a better understanding of the guiding principles required to launch their new business or to accelerate an early stage business.

The program is offered at both Northern District and Maria A. Shchuka branches. For more information go to www.torontopubliclibrary.ca/businessinc

Attendance at orientation sessions is required:

Date: Tuesday, March 6 at 6:30 pm. [Northern District Branch](#) RSVP: 416-393-7610

Date: Thursday, March 8 at 6:30 pm. [Maria A. Shchuka Branch](#) RSVP: 416-394-1000

Cost: \$113 and the value to participants is \$700. The program is generously supported by the Toronto Public Library Foundation. A maximum of twenty participants for each location will be chosen.

Newsbytes

Over-prescribing of anti-psychotics to youth. Here is a link to an article in the Globe and Mail regarding the over-prescription of anti-psychotics to youth addressing some of the troubling effects (severe weight gain and cardiometabolic problems) and the equally troubling fact that these drugs have not been adequately researched or approved for use on children. <http://www.theglobeandmail.com/life/parenting/young-children/children-health/the-risks-of-prescribing-antipsychotics-to-kids/article2325968/>

Social Assistance Review Commission releases 2nd discussion paper outlining options for reform.

Commissioners Frances Lankin and Munir A. Sheikh are pleased to let you know that Discussion Paper 2: Approaches for Reform is now available on our website at www.socialassistancereview.ca. Once again, we are asking for your help. Information on how to make a submission is available on our website. The input and advice we receive in response to Approaches for Reform will help frame our recommendations to the government in June. [Read more.](#) They are accepting comments until March 16, 2012. The ODSP Action Coalition will be planning ways to let you know how you to get involved in responding. Contact Naomi Ives Peak 416-531-2411 x 249 www.odspaction.ca [facebook.com/ODSPACTION](https://www.facebook.com/ODSPACTION)

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

Free and Low-Cost Events for **March 1 – 15, 2012**

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

ART

Mon – Sun from 9 am – 11 pm. Ends March 26. **Half the Sky: Group Show of Female Asian Artists.** The East Gallery celebrates International Women's Day with 'Half the Sky', a group show of leading female contemporary artists from Vietnam and Burma. Burmese artist Nann. Art Square Gallery, 334 Dundas Street West. 416-705-4331 (I would call first) www.theeastgallery.com FREE

March 10 – May 26. **Frames of Reference: Photography Workshop Series for Disability-Identified Artists.** Presented by: [Abilities Arts Festival: A Celebration of Disability Arts and Culture](#). A 12-session master class in photography and text for disability-identified artists. Abilities Arts Festival invites applications. The series is led by acclaimed social documentary photographer and author, Vincenzo Pietropaolo with commercial photographer Steve Kean. Admission will be based on your application and portfolio. Trinity Square Video, 401 Richmond Street West, Suite 376 Information: 416-593-9475 admin@abilitiesartsfestival.org FREE

Until April 8, 2012. Wed – Sun from noon – 6 pm. **Flavio Trevisan's Museum of the Represented City.** Trevisan's three-dimensional maps and playful objects expose the city as a collection of places successively shaped by and reshaping public ideals. NOW magazine called it a "must see" exhibit. Koffler Gallery Off-Site at 80 Spadina Avenue, Suite 501 FREE

BOOK SALE

Thurs 15 from 10 am – 8 pm. Fri 16 from 9:30 am – 5 pm. Sat 17 from 9 am – 4:30 pm. Friends of Toronto Public Library hosts its **Annual Clearance Book Sale**. Over 50,000 gently used book donations and withdrawn library materials. 50 cents each or three for \$1. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge St. All proceeds to Toronto Public Library programs

DANCE

Every Saturday from 3:30 – 5:30 pm and 5:30 – 8:00 pm. **Toronto Salsa Practice.** All levels welcome. No lessons, just practice. You don't need to bring a partner and we switch partners almost every song. Trinity-St. Paul's Church, 427 Bloor Street West. Look for our sign as we don't always use the same room.

<http://www.torontosalsapractice.com/> \$5

LEARNING

Wed 7 at 6:30 pm. **The Dehavilland Mosquito.** Join aviation historian Keith Hyde, former RAF engineer and aero engines expert for a discussion about this wonderful aircraft. [North York Central Library](#), 5120 Yonge St. 416-395-5535 FREE

Thurs 15 at 6:30 pm. **Happiness Through the Ages.** Can we define happiness? Join us for a philosophical lecture by Professor Jonathan Salem-Wiseman as he explores the different views of happiness in the Western tradition. [North York Central Library](#), 5120 Yonge St. 416-395-5535 FREE

MARCH BREAK FOR KIDS & TEENS

March 10 – 17. Various times. The Toronto Public Library is putting on Magic Shows, Musicals & Sing-alongs, Matinee movies and short films, library bingo, puppet shows, arts and crafts afternoons, educational "creepy crawlers" presentations, musical storytelling, drumming workshops, and more for school-aged children at many library branches throughout the city. There are also lots of neat workshops for teens, including belly dancing, handwriting analysis, break dancing, movie make-up, Wii, board games, anime, zumba, DJ workshop, films, and more. Pick up a free copy of their events schedule "What's On" at any library branch or call the Answerline: 416-393-7131 www.torontopubliclibrary.ca All the March break events are FREE

MEMORIAL

Tues 13 from 2 – 4 pm (2nd Tuesday every month). **Monthly Homeless Memorial.** We remember all those homeless people who have lived in the streets of Toronto, and died as a direct result of homelessness. 10 Trinity Square (south steps) <http://www.holytrinitytoronto.org/wp/justice-work/homeless-memorial/> Free light lunch.

MOVIES

Free Favourites at Four. Presented by NFB Mediatheque, 150 John St. (at Richmond St. W) 416-973-3012 or 416-973-5344 www.nfb.ca/mediatheque

- Wed 7 at 4 pm. **Rosies of the North.** Presented by: [NFB Mediatheque ONF](#). This documentary traces the vital role played by Canadian women in the war effort, as they began replacing the men at war, in the building of the world's much-needed fighter planes. FREE
- Wed 14 at 4 pm. **Wanted! Doctor on Horseback.** When Dr. Mary Percy left England for northern Alberta in 1929, the clock turned back a century. She became the first and only doctor in Canada's last homesteading area. She once operated on her kitchen table. At 90, the doctor is a gifted storyteller.

MUSIC & DANCE

Canadian Opera Company Free Performances. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West (exit at Osgoode Station)

<http://www.coc.ca/performancesandtickets/FreeConcertSeries/March2012.aspx>

- Tues 6 from noon – 1 pm. **A Celebration of Canadian Art Song.** This concert marks the official launch of an exciting new Toronto-based collective, the Canadian Art Song Project. FREE
- Wed 7 from 5:30 – 6:30 pm. **My Foolish Heart.** Two of Canada's undisputed jazz greats, trumpeter/flugelhornist Guido Basso and pianist/bassist Don Thompson, team up for a heart-melting hour of good old-fashioned romantic melodies. The multi-talented instrumentalists perform tunes from the golden era of jazz, as well as some of Thompson's most tender and original creations. FREE
- Thurs 8 from noon – 1 pm. **The Accordion and all its Charms.** One of the foremost female accordion performers of today, virtuoso Jelena Milojevic gives a rare introduction to the solo accordion repertoire. Milojevic performs pieces by the world's greatest accordion composers, such as Franck Angelis and Victor Vlasov. FREE
- Wed 14 from noon – 1 pm. **Ballet Express!** The innovative Ballet Jörgen Company offers a fast-paced and brilliantly danced program of works celebrating the beauty of life. FREE

WORKSHOPS

March 13 from 1 – 3 pm. Dodem Kanonhsa' presents Seer William Troy Greene, Oneida - Bear Clan.

Workshop & Advanced Meditation: Miracle of Life. Self-exploration and getting in touch with your spiritual gifts. Limited to 15 participants. Dodem Kanonhsa' Elder's Cultural Facility is Toronto's Downtown Gathering Place to Meet and Learn with Aboriginal Elders and Traditional Teachers. It fosters greater acceptance, understanding and harmony and is open to both Aboriginal and Non-Aboriginal people. Dodem Kanonhsa', 55 St. Clair Avenue East, 6th floor. dodemkanonhsa@inac-ainc.gc.ca or 416-952-9272. FREE

Scarborough Women's Centre Workshops for March. 2100 Ellesmere Road, Suite 245. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111

adminassist@scarboroughwomenscentre.ca

- ✓ March 5. Financial Aid for Post-Secondary Education. FREE
- ✓ March 12. Boundaries Bootcamp. FREE or \$5 donation
- ✓ March 19 and 26. Navigating the System. FREE, donation or \$10 (what you can afford)
- ✓ March 3 and 10. Communication & Self-Advocacy. FREE/donation/or \$25 (what you can afford)
- ✓ March 17. Stress Release Techniques. Free/donation/or \$25 (what you can afford)

UPCOMING:

WOMEN'S HEALTH LEADERSHIP 101 RETREAT:

Retreat Date: April 25 - 27, 2012 - **Application Deadline: March 15, 2012**

The Ontario Women's Health Network (OWHN) is currently accepting applications for the upcoming Level 1: Women's Health Leadership 101 training retreat scheduled for April 25-27, 2012, at the Nottawasaga Inn in Alliston, Ontario.

Women's Health Leadership 101 addresses leadership and sex and gender based analysis in the context of women's health and health systems in a participatory and supportive environment. It explores women's own sense of leadership and application of skills, while enhancing their leadership skills and community networks. This program is designed for women in Ontario who are motivated and interested in women's health issues and who are already actively engaged in their communities.

This retreat is part of the Women's Health Leadership Program which is funded by Echo: Improving Women's Health in Ontario <<http://www.echo-ontario.ca/>>, an agency of the Ministry of Health and Long-Term Care.

The application form and information about the program are available on OWHN's website at: www.owhn.on.ca

OWHN: 416-408-4840 or toll-free 1-877-860-4545 email: owhn@owhn.on.ca

- There is **no fee** to participate in the Women's Health Leadership Program.
- Accommodation, meals and snacks **during the course of the retreat** are included.
- Each participant will be reimbursed for their transportation to and from the retreat following their attendance at the retreat and in accordance with the Travel Reimbursement Policy.
- Where a participant has no option but to stay in a hotel while travelling to and/or from the retreat, **pre-approval must be received from OWHN** if the participant requires financial coverage for the additional expense.

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

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