

BULLETIN

April 16 – 30, 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: Events for Mad Pride Toronto 2012 Wednesday, July 11 to Saturday, July 14

Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad folk, people the world has labelled “mentally ill”, and those in solidarity with us.

Mad Pride is about:

- remembering and participating in mad history
- challenging discrimination
- advocating for rights
- affirming mad identities
- developing and empowering mad communities
- having fun!



Our lives and contributions are valuable and need celebration!

All events are free. Past events have included: educational talks/panels, workshops, theatre, music, art, poetry, comedy, films, craft/vendor sales, information booths, and more.

The Mad Pride Toronto Organizing Committee invites event submissions that are consumer/survivor driven.

Please include contact information and a brief description of the proposed event/your idea.

Deadline: Friday, May 18, 2012

Email: madpridetoronto2012@gmail.com with “event” in the subject line or call Naomi at 416-516-1422 x 250. If you know a group or organization we should speak to more about Mad Pride, please email us with “outreach” in the subject line.

For more information on Mad Pride Toronto, visit http://www.csinfo.ca/bulletin/Bulletin_374.pdf. Our website is coming soon. Join us on Facebook at <https://www.facebook.com/madpridetoronto>.

PREFER SUMMIT

The Summit has been postponed and will not occur on April 21st as originally scheduled. For more information, please visit www.cultureofrecovery.org or contact Theresa Claxton: t.claxton@krasmancentre.com or 905-780-0491 x 125.

PARKDALE COMMUNITY EVENT

Voices of Parkdale

Tuesday, May 8th from 7:00 to 9:00 pm at Parkdale Project Read 1209 King Street West.

“Literacy is about more than reading and writing – it is about how we communicate in society. It is about social practices and relationships; about knowledge, language and culture...indeed, it is the excluded who can best appreciate the notion of ‘literacy as freedom’” – United Nations Literacy Decade 2003 – 2012

Voices of Parkdale is a creative partnership between the adult literacy programs at Parkdale Project Read, Parkdale Activity-Recreation Centre, and the youth program Literacy Through Hip Hop. The evening will feature spoken word performances, poems and stories about freedom, justice, community and the love of literacy. Ten artists will share poems and stories they developed in the three aforementioned literacy programs. The artists represent a diverse group of Parkdale residents – including women, First nations, seniors, men and women who identify as consumer/survivors of the psychiatric system, people with various abilities and women of colour. Co-sponsored by Parkdale Project Read, the Parkdale Activity-Recreation Centre and Literacy Through Hip Hop. Info: www.mayworks.ca or admin@mayworks.ca This event is free to attend.

PUTTING EQUALITY BACK ON THE AGENDA

The 11th North American Basic Income Guarantee Congress, “Putting Equality Back on the Agenda.” This conference will take place at the University of Toronto from May 3rd to 5th, 2012. It will get people together to talk about the growing trend of income inequality and look at the idea of a basic income as a way to reduce inequality and poverty.

Our featured key note speaker will be:

- Richard Wilkinson, Professor Emeritus of Social Epidemiology at the University of Nottingham Medical School and co-author of *The Spirit Level: Why More Equal Societies Almost Always Do Better*;

Other featured speakers include:

- Charles Karelis, Research Professor of Philosophy at The George Washington University and Author of *The Persistence of Poverty: Why the Economics of the Well-Off Can't Help the Poor*;
- Erik Olin Wright, Department of Sociology, University of Wisconsin - Madison, author of *Envisioning Real Utopias*, and *American Society: How it Actually Works*;
- Armine Yalnizyan, Senior Economist with the Canadian Centre for Policy Alternatives;
- John Rook, Chair of the National Council of Welfare and CEO of Potential Place Society;
- Evelyn Forget, Professor, University of Manitoba Faculty of Medicine;
- Trish Hennessey, Director of Strategic Issues for the Canadian Centre for Policy Alternatives; and
- Dan Meades, Director, Vibrant Communities Calgary.

You can read the full conference schedule at:

<http://biencanada.ca/content/11th-north-american-basic-income-guarantee-congress-schedule>

The North American Basic Income Guarantee Congress is a joint conference of the U.S. and Canadian Basic Income Guarantee Networks.

To register for the congress please follow the link below, at:

<http://www.regonline.com/Register/Checkin.aspx?EventID=1037653>

The location for the congress is: Ontario Institute for Studies in Education (OISE), University of Toronto, 252 Bloor Street West. If you have other questions or needs, please email basicincome2012@gmail.com.

STAND UP TO DIABETES INFORMATION FAIR

Diabetes Burnout

Featuring presentations by: Dr. Bill Polonsky, Ph.D, CDE, Dr. Bill Polonsky is a Professor in Psychiatry at the University of California and author of Diabetes Burnout: What To Do When You Can't Take It Anymore. Gwen Morgan, MA, MSW, RSW. Gwen Morgan is a social worker and counselor.

Free admission; Light refreshments; Raffles and giveaways; Resources from community organizations.
Monday April 23, 2012 from 6:00 pm – 9:00 pm
North York Civic Centre (North York Centre Subway Station) 5100 Yonge Street

For more info or to register: Navdeep Sahota: 416-408-7100 navdeep.sahota@diabetes.ca
Please register by April 18, 2012.

KRASMAN CENTRE ANNUAL GENERAL MEETING

Monday April 23rd, 2012

6:30 pm

Krasman Centre, 10121 Yonge St. Richmond Hill

All are welcome

REMINDER ABOUT C/S INFO'S UPCOMING WORKSHOP ON TENANT RIGHTS

Join the Consumer/Survivor Info Centre on **Monday, April 30** from 10:00 to 11:30 am for a free workshop on Tenant Rights. Parkdale Community Legal Services will be here to give us a presentation and 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 or csinfo@camh.net

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 .

TRIALOGUE TORONTO

Come join us in our new meeting home at the 519 Church St. Community Centre. Meetings will be the first Monday of the month excluding statutory holidays and August. Coffee, tea and light refreshments. Scent-free and wheelchair accessible.

In an effort to be self-sustaining and neutral, triologue Toronto is PWYC if you are able – with a suggested donation of \$2-\$5.

A triologue is an open dialogue between people. It is comprised mostly of carers, people who have a lived experience and mental health professionals, and is inclusive of everyone. There is no exclusivity of expert knowledge on power, with the diverse experiences carrying equal weight. A person may join in once or regularly, there is no pressure to participants, we are glad that you could join us.

Monday May 7, Monday June 4. All of the meetings will be held from 6 - 8 pm.

[For more information contact Fiona Seth, Coordinator, Triologue Toronto](#)

Tel: 416-779-7384 trialoguetoronto@gmail.com

THE LAW COMMISSION OF ONTARIO - PERSONS WITH DISABILITIES - FEEDBACK OPPORTUNITY

TORONTO, March 21, 2012 — The Law Commission of Ontario (LCO) today released for public feedback a [Draft Framework](#) for the Law as it Affects Persons with Disabilities. When completed, the Framework will assist in evaluating new or existing laws, policies and practices to ensure that they take into account the circumstances and experiences of persons with disabilities, and that they promote positive outcomes for these members of society within the context of society as a whole. The LCO anticipates that the final Framework will be of benefit to legislators, policy-makers, courts, advocacy organizations, community groups and service providers that deal with issues affecting older adults.

[Feedback on the Draft Framework](#) will be accepted until **Wednesday, May 2, 2012**. Based on the results of those consultations, the LCO anticipates releasing a Final Framework and Report in mid 2012.

The Draft Framework is accompanied by a [Background Paper](#) which sets out the principles on which the Draft Framework is based, and provides analysis of how these principles might be interpreted.

Persons with disabilities make up a significant proportion of Ontario's population – over 15 per cent, according to 2006 figures – and the number and percentage of Canadians with disabilities has been steadily increasing in recent years. While in recent years there has been significant movement towards acknowledging the experiences of persons with disabilities and recognizing their rights, persons with disabilities nevertheless remain disadvantaged compared to their non-disabled peers. "A comprehensive legal framework to guide laws, policies and practices affecting persons with disabilities in all spheres of life is both essential and timely," said Dr. Patricia Hughes, Executive Director of the LCO.

The LCO released a [Preliminary Consultation Paper](#) for this project in 2009, and has conducted extensive research, including funding six research papers by noted academics and experts. In the spring and summer of 2010, the LCO conducted [extensive consultations](#) with persons with disabilities and with organizations that serve, represent or advocate for persons with disabilities, in order to better understand the experiences of persons with disabilities with the law. In the late summer of 2011, the LCO released a [Consultation Paper](#) requesting feedback on key issues in the development of the Framework.

Launched in September 2007, the LCO, funded by the Law Foundation of Ontario, the Ministry of the Attorney General, Osgoode Hall Law School and the Law Society of Upper Canada, and housed in the Ignat Kaneff Bldg, York University, operates independently of government to recommend law reforms to enhance access to justice. Lauren Bates, Staff Lawyer, Law Commission of Ontario. 416-650-8406 LawCommission@lco-cdo.org

CALLING ALL VOLUNTEER GARDENERS!

Spring is sprung and the CAMH Sunshine Organic Garden will be starting at the end of April for another growing season! FoodShare Toronto, in partnership with CAMH will be gardening at the CAMH Sunshine Garden at 1001 Queen Street on Mondays, and Wednesdays at 9.30 am to 1:00 pm from Monday, April 30th (weather permitting).

If you love working outdoors in a relaxed and sociable environment, want to learn about organic vegetable gardening and growing native plants and like the idea of growing and sharing your own healthy food, then participating in the Sunshine Organic vegetable garden at CAMH could be the ideal volunteer opportunity for you. Volunteers who garden on a regular basis will also be able to take home some of the produce they helped to grow. The gardening program is open to outpatients of CAMH.

For more information, please contact Liz Kirk, Garden Coordinator at 416-460-0308 or email liz@foodshare.net. FoodShare/CAMH Community Garden Animator.

TORONTO WESTERN'S FREE MONTHLY HEALTH TALK

This month it's a film screening and a talk on Movement Disorder: Dystonia. Toronto Western Hospital Patient & Family Library, Movement Disorder Clinic and Dystonia Medical Research Foundation Canada present: Signs and symptoms of Dystonia, Treatment options and management methods, When and where to get help, A patient's story. "Twisted" is a one-hour documentary by Laurel Chiten about dystonia, a neurological movement disorder that forces muscles into abnormal, often painful movements or postures. Chiten narrates the film, weaving the stories of three dystonia patients as they seek treatment.

Speakers: Dr. Richard Walsh, MD, FRCSC, Neurologist, TWH Movement Disorder Clinic, Wendy Paul, a patient and President of Toronto Chapter DMRF Canada, Diane Gillespie, Executive Director of DMRF Canada

Date: Friday, April 27, 2012 Time: 1:00–3:00 pm

Toronto Western Hospital, Auditorium - 2nd Floor - West Wing, 399 Bathurst Street (just north of Dundas Street West). To register, please contact sarah.cunningham@uhn.ca or 416-603-5800 x 6475 Please note that the auditorium is a scent-free environment.

Watch it live at <http://webcast.otn.ca>

This talk will be presented in English. To arrange for interpretation, register at least one week before the talk.

For some interesting research by the orthomolecular folks on the relationship between certain nutrients and tardive dyskinesia visit:

http://www.orthomolecular.org/library/jom/search_results.shtml?cx=012934609838436511334%3Ae070038sqc&cof=FORID%3A11&q=tardive+dyskinesia&siteurl=orthomolecular.org%2Flibrary%2Fjom%2Findex.shtml&ref=www.orthomed.org%2Fjom%2Fjom.html and search on tardive dyskinesia. (Thanks Rosalie)

From another reader, who says he came across this link which maybe helpful to survivors:

<http://www.mentalhealth.org.uk/?view=Search+results&search=Feeding+minds>

It's really excellent with even lists of food which help with mood. (Thanks Ramesh) Stay tuned to our next issue in which we publish more on this topic including a self-reporting food and mood chart to keep track of things for yourself and the above mentioned list of foods.

UPCOMING CONFERENCE

Together Against Stigma: Changing how we see mental illness

5th International Stigma Conference

Ottawa, Canada, June 4 – 6, 2012 Delta Ottawa City Centre

"People with mental disabilities and their families fail to seek the care and support that they require for fear of being stigmatized" - World Health Organization, 2007

Organized by the Mental Health Commission of Canada and the World Psychiatric Association Scientific Section on Stigma and Mental Illness, this international conference will bring together over 500 researchers, mental health professionals, policy makers and service users interested in stigma and discrimination. The focus will be on effective interventions to reduce stigma and discrimination against those with mental illness.

Mark June 4th to 6th in your 2012 calendar for the opportunity to engage in contemporary discussion and debate around stigma with the world's mental health leaders at the The Delta Ottawa City Centre in Ottawa, Ontario, Canada.

Keynote Speakers: Graham Thornicroft, MA, MSc, PhD, FRC Psych, FacadMed; Norman Sartorius, MD, MA, DPN, PhD, FRC Psych; Patrick Corrigan, PsyD; Heather Stuart, MA, PhD; Tony Jorm; Lloyd Robertson

<http://www.togetheragainststigma2012.ca/index.php/omas/tas12>

Cost is \$225 to \$400 depending on how many days you attend. There is a discount for students
Bursary application details are now available on the Together Against Stigma 2012 conference website.

<http://www.togetheragainststigma2012.ca/>

FILM ON WOMEN & ADDICTIONS

Watch a short film called "Women of Substance". The film was created by South Shore Health in Nova Scotia and produced by Heartstring Productions to highlight "the hidden epidemic" represented by women's substance use. In North America, four times more women die from addiction-related disease than from breast cancer. The film, which is just over six minutes long, features the true stories of a number of Nova Scotian women, highlighting their experiences with substance use, abuse and recovery.

Here's the film <http://vimeo.com/36552014>

Here's the CBC interview with Nancy Ross and Nancy Ackerman from South Shore Health who created the film. <http://www.cbc.ca/video/#/Radio/>

HAVE YOU HAD A BRAIN INJURY OR STROKE?

Free Therapy is Available! You may be eligible for a research study. We are comparing the benefits of two forms of rehabilitation. Therapy will take place in your home approximately twice a week for one hour and last for about 7 weeks. Before and after the therapy you will be tested at Baycrest to see if the therapy helps you. Financial compensation will be provided for study participation.

Eligible persons:

- Have had a stroke or brain injury (e.g., traumatic, aneurysm)
- Are able to identify at least three things you want to/need to do in your daily life but are having trouble with
- Are 18 years of age or older and live in or near Toronto

Participation is CONFIDENTIAL

For more information, please contact: Rehabilitation Study, 416-785-2500 x 3377

Research funded by Canadian Institutes of Health Research and approved by the Baycrest Research Ethics Board. Baycrest, 3560 Bathurst Street, Toronto ON M6A 2E1

TVO'S MENTAL HEALTH MATTERS SERIES

Mental Health Matters: From Prozac to Celexa, SSRIs have emerged as the dominant anti-depressant. The Agenda examines the pros and cons of relying on these medications. Are SSRIs the bane of psychiatry, or have they been a panacea for people suffering from depression and anxiety disorders?

Steve Paikin interviews Dr. David Healy, Cardiff University psychiatrist for The Agenda. Pharmageddon: Dr. Healy says evidence-based medicine and industry-controlled drug trials are leading to an over reliance and unnecessary treatment by prescription. <http://theagenda.tv.org/> [Watch Video](#) Read an excerpt of [Pharmageddon](#) by David Healy

READER SUBMISSION

Idealism as Addiction

Mel Starkman April, 2012

Recently I ran across a quote that came from Carl Jung the famous Swiss psychiatrist. The line struck me. "Every form of addiction is bad, whether the narcotic be alcohol, morphine or idealism"

These are strong words. Many other addictions could be listed; idealism taken too far can reach such proportions that it interferes with the rights and freedom of another individual or group. Yet a dash of idealism seems necessary for those enterprises we take on in our earth- limited time. [Idealism](#) is a foundation of democratic governance, Cynics question that but others do also since idealism taken too far can stretch to even totalitarian minds. Tolerance and justice limit idealism.

The rally around the flag summons in peace and war do not sit well for many in its false idealism and encourages xenophobia. The strict and exclusive science based attitude can also be a misplaced idealism. Psychiatry which has always tried to inculcate science as fact instead of as artistry can definitely lead practitioner awry. Poor victim who comes under their sway. Science even in the new millennium does not have all the answers.

Scaremongering such as labeling someone mentally "ill" or worse yet "schizophrenic" is the ultimate rejection of even moderate idealism. This process commodifies victims as objects and when dealt with by biological psychiatry alone limits the recovery of the victim. It is just as important to treat a survivor with realism taking all factors into hand and using the full range of alternative remedies and practices in this pill age.

Newsbytes

A new study by the National Institute on Drug Abuse reports a very high rate of childhood trauma in adults who abuse alcohol. 55 percent of the 196 men and women treated as inpatients had a history of childhood trauma. The study is published in [Alcoholism: Clinical & Experimental Research](#). <http://medicalxpress.com/news/2012>

The Income Security Advocacy Centre reports that "the government will end the Community Start-Up and Maintenance Benefit (CSUMB) and the Home Repairs Benefit as of January 1, 2013. CSUMB helps people on assistance with costs like first / last month's rent deposits, buying or replacing furniture (when moving into a new place or when disaster strikes like bedbug-infested mattresses and couches), deposits for utilities, overdue utility bills, and other similar expenses. Currently, about 16,000 OW and ODSP recipients rely on CSUMB every month to pay for costs like these. The Home Repairs Benefit helps people pay for things like

emergency plumbing repairs, patching a leaky roof, or repairing damage from fire or floods, but only if there's no other source of funds that people can use." <http://yourlegalrights.on.ca/news/>
To read ISAC's initial comment on the Ontario 2012 Budget visit www.incomesecurity.org.
Another good article on the proposed changes including the cap on discretionary amounts, can be found at:
<http://www.hamiltonjustice.ca/blog/?post=Reverse%20the%20Social%20Assistance%20Cuts&id=176>

Employment Matters

Rise Asset Development - a Rotman/CAMH initiative supporting business growth & mental health
Rise Asset Development (Rise) provides loans to entrepreneurs with a history of mental health and/or addiction challenges. Rise works with individuals pursuing self-employment who have a viable business plan or small business experience, but are unable to access credit from mainstream financial institutions.
Are you an entrepreneur? Do you know someone who is pursuing self-employment?

(i) Idea stage: Rise recommends that entrepreneurs with a business idea should develop a business plan through a small business development centre. Visit www.riseassetdevelopment.ca to view resources for individuals in Ontario or contact us to find out more.

(ii) Start-up or Growth stage: Entrepreneurs who have a viable business plan or small business experience and are considering financing should contact Rise.

Each entrepreneur works with Rise to determine the appropriate financing for their business. The loan amount and term are based on the stage of development, needs and capacity of the business. Rise operates throughout Ontario, with average initial financing ranging from \$3000 to \$5,000.

Meet a Rise entrepreneur: Rise was approached by a photographer serving a small number of clients. He was exploring the production of high-resolution ads which were beyond the capabilities of his current equipment. He was not able to obtain credit from traditional sources and the cost of rentals was prohibitively expensive to his business. He worked with the Rise team and received a lease for \$4000 of camera equipment to be paid back over three years. Insurance was bundled into his payments. The photographer was able to acquire new equipment, meet the needs of his clients and increase his monthly income by attracting new customers. Rise operates with the support of the Rotman School of Management and the Centre for Addiction and Mental Health (CAMH). For more information, please visit www.riseassetdevelopment.ca. Eligibility criteria are listed on the website and can be discussed further by contacting our office at 647-232-RISE (7473) or toll free at 1-855-464-RISE (7473). Please direct all email inquiries to info@riseassetdevelopment.ca.

Canadian Career College of Innovative Technology & Management

FREE MICROSOFT OFFICE COURSES

As part of our Community Give Back Initiative we are offering 2 FREE weeks of Microsoft Office Suite training to all individuals who qualify. This is a wonderful opportunity for those who are currently unemployed and using the Employment Ontario Services.

What to expect from this opportunity....

- ✓ 2 FREE weeks of Microsoft 2007 training, basic to advanced material
- ✓ Study at your own pace
- ✓ Flexible scheduling that allows students to study up to 35 hours per week
- ✓ Choose your Microsoft Office Suite course to advance your knowledge or learn something new
- ✓ All students are eligible to receive certificates for successful completion
- ✓ The course is 2 weeks long. You can register online.
- ✓ We offer all levels of Microsoft Word, Excel, Outlook, PowerPoint and Access 2007.
- ✓ All successful students who attended the complete course and pass the final assignments receive a Certificate of Completion.

Register online today! <http://www.cccitm.com/>

Woodgreen Community Services is looking for casual/on call **Personal Support Workers**. The hourly wage is \$15.74 and the application deadline is April 30, 2012. Check out their website or Charity Village for more information.

Mainstay Housing needs a full-time **Manager, Tenant and Member Services**. The application deadline is April 20, 2012. Check out their website or Charity Village for more information.

Operation Springboard is seeking a full-time **Supervisor, Community Services**. The salary ranges from \$54,700 to \$59,000. The application deadline is April 20, 2012. Check out their website or Charity Village for more information.

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

Free and Low-Cost Events for **April 16 – 30, 2012**

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

BOOKS

All month various times, all across the city in libraries near you. **Keep Toronto Reading**. This is the Toronto Public Library's annual event to highlight and celebrate the joy and importance of reading. Check out the schedule of events, from all of Toronto reading the same book, to all kinds of talks and events revolving around that book.

www.keeptorontoreading.ca

DANCE

Tuesday April 17 5:30 to 7:30 pm. **How Can It Be Fair?** A unique and beautiful exploration of the issue of fairness experienced kinesthetically, emotionally and intellectually. "How can It Be Fair?" looks at the lack of fairness and accountability in our post economic crisis world. Relevant to everyone. Enoch Turner Schoolhouse, 106 Trinity Street. Info and registration: fairnessdance@gmail.com FREE but please register for tickets as seats are limited.

FILM

Afternoon at the Movies on April 12th, April 17th, April 19th, April 24th and April 26th. Come by for a movie, popcorn, and discussion. Please check our website for a listing of which movies will be played on what day (coming soon) and feel free to suggest a movie. Send suggestions to info@nywc.org North York Women's Centre, 2446 Dufferin Street.

416-781-0479. FREE

Thursday April 19 7:30 to 9:30 pm. **Water Docs Film Series Continues. The Polar Explorer** (52 minutes): From the makers of the award-winning The Antarctica Challenge, A Global Warning, comes an all new documentary exploring the effects of climate change in our polar regions. Sought by explorers for centuries as a possible trade route, Canada's Northwest Passage was first navigated by Norwegian Roald Amundsen in 1903 – 1906, a true polar explorer; he was the first man to reach the South Pole as well. **The Antarctica Challenge, A Global Warning** (52 minutes): This documentary goes to the source of the climate change crisis: Antarctica. Here we explore first-hand the environmental challenges facing that frozen continent and, by extension, the world. **Ice Philosophy** (4 minutes): A man travels the globe in search of ice from the last standing glaciers. Ralph Thornton Centre, 765 Queen Street East. Info: Ecologos 905-897-7003 or info@ecologos.ca or www.ecologos.ca/waterdocs

Friday April 20 at noon. **Sherlock Holmes Double Feature**. Toronto Public Library, Reference Branch 789 Yonge Street in the Elizabeth Beeton Auditorium. FREE

LEARNING

Tuesday April 17 1:30 to 3:30 pm. **Starting a Small Business**. Join us for this interactive workshop presented by a representative from Centennial College. Topics will include the benefits of self-employment, different types of business ownership, taxes and financing resources. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. Info and registration: 416-396-8890. FREE

Monday April 23 2:00 pm. **Bedbugs**. Toronto Public Health presents a workshop on how to effectively respond to the threat of bedbugs. From identifying bedbugs to inspection techniques, this workshop provides tips on what is needed to treat the infestation and prevent it from coming back. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Rd. Info: 416-394-5270. FREE

Thursday April 26 2:00 to 4:00 pm. **Failure to Launch.** A workshop for parents 55+ of adult children who have been unable to secure their independence due to illness or addiction. Family Service Toronto, 747 Warden Ave. To register: 416-595-9618. FREE

PROTEST

Saturday April 21 3:00 to 5:00 pm. **Ontario Day of Action Against the Cuts.** Tell Premier McGuinty to build Ontario, not tear it apart. Premier McGuinty put banker Don Drummond in charge of recommending nearly 400 cuts to jobs and social services in Ontario. At a time when Ontarians are in desperate need of economic recovery, these cuts will jeopardize every aspect of society, from health care to full-day kindergarten to pensions. No public service is safe. However, in McGuinty's reckless plan to balance Ontario's books by putting more people out of work and destroying the social safety net, he refuses to roll back corporate tax cuts that are starving the province of billions of dollars that could be better used to create new jobs and help tens of thousands of struggling Ontario families to get back on their feet. Rally at Queen's Park. FREE

STAMP COLLECTORS

Wednesday April 18 6:00 to 9:00 pm. **Semi Annual Stamp Auction.** The North York Philatelic Society presents this event at the Herbert H. Carnegie Centennial Centre, in the Skaters Lounge Room, 580 Finch Avenue West, one bl west of Bathurst. Info: Mike Turk 905-731-8380 or levatnyps@yahoo.com FREE

WELLNESS

Monday April 16 3:00 to 7:00 pm. **Islington Health and Wellness Fair.** Meet exhibitors from the community and volunteers from local agencies; learn tips for maintaining a healthy lifestyle and view presentations. Door prizes and a raffle. Islington United Church, 25 Burnhamthorpe Rd. Info: Gary Hepworth 416-623-8229. FREE

Monday April 23 7:00 pm. **How to be Stress Free.** An interactive workshop presented by Monika Meulman of The Healing Muse. Learn the techniques of mindfulness, breath work, and meditation to keep you healthy and stress free. Toronto Public library, Alderwood Branch, 2 Orianna Drive. Info: 416-394-5310. FREE

Monday April 23 10:00 am to 12:00 noon. **Osteoporosis Support Group.** Speaker: Debbie Howe, How to Cope With Osteoporosis on an Ongoing Basis. Scarborough Village Recreation Centre, 3600 Kingston Rd at Markham. 416-396-4051. FREE

Tuesday April 25 2:00 to 4:00 pm. **Healthy Futures Cancer Screening.** Woodgreen Community Services presents a workshop on cancer screening. Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Ave. Info: 416-396-3975. FREE

WRITERS

Thursday April 26 7:00 to 8:00 pm. **Poetry Writing Workshop with Rosemary Aubert.** In this workshop you'll learn about traditional and modern poetry. We each write a poem and then share it with others. Rosemary Aubert is the author of three published books of poetry: *Two Kinds of Honey*, *Picking Wild Raspberries*, and *Rough Wilderness*. Toronto Public Library, North York Central Branch, 5120 Yonge Street. Info: 416-395-5535 FREE

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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