

BULLETIN

July 16 – 31, 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.ca <http://www.csinfo.ca/>

News From



We're looking for a student or a volunteer to help with our [website](#). If you've ever tried to find a back issue of The Bulletin on-line, you'll know that our website is pretty old and tired looking. What a great project for a creative individual! What an addition to a student's portfolio! If you think you could be the person who could volunteer to help us create a vital new presence on-line, call Helen at 416 595-2882 or email us at csinfo@camh.ca. Have a look at the website at www.csinfo.ca.

The most recent Consumer Survivor **Info Session** was on **Peer Support Work at CAMH** and was a huge success. We expected about 32 people and 63 attended. It really shows the high level of interest in this kind of work and in employment as a Recovery strategy. Our thanks go out to Diana Capponi and to Shannon Quinn who gave excellent presentations. Since there is such an interest, we'll have a greater focus on work in the next couple of issues, with lots of job postings in this one, and in the next issue, notes from Diana's talk about qualifications, skills and backgrounds that are assets in getting hired as a Peer Support Worker. If you have experience as a Peer Support Worker and you'd like to write something for The Bulletin, we welcome your submissions.

Our next **Information Session** will be another try at getting the **Public Guardian and Trustee** to come and talk. As some of you know, the speaker for the May talk from the Public Guardian's Office was a no-show. We're giving her another chance to appear. Monday, July 30 at 10:00 am, same place Room B-40 at 1001 Queen Street West, This time I'm saying, please call or email to register. 416 595-2882 or csinfo@camh.ca. We didn't have enough food, drinks or chairs at the last one and I don't want that to happen again. To run out of food for guests is a mortal sin if you are of Polish/Ukrainian background. I was so embarrassed that I got crabby and that just made things worse. My apologies to anyone I may have been crabby with. Helen

Our **contact info** has changed. As you may know, we are housed at CAMH (The Centre for Addiction and Mental Health) and through their generosity we receive not only free rent, but also free access to their internet/email. They have changed, and therefore we have changed, our email addresses to .ca instead of .net and to having a dot between people's first and last names instead of that blasted underscore. So, to contact us by email use csinfo@camh.ca and helen.hook@camh.ca. We're still at 1001 Queen Street West in The Mall and we're staying put for the next several years.

Gerstein Centre and Houselink are participating in the Scotiabank Waterfront Marathon Charity Challenge

Run, walk, wheel...join the Gerstein Centre/Houselink team at the Scotiabank Toronto Waterfront Marathon on Sunday, October 14th and help the thousands of Torontonians living with mental health difficulties.

Donations this year will be directed towards our FRESH program, Finding Recovery through Exercise Skills and Hope a peer support program in cooperation with Houselink that focuses on helping people get physically active. The program helps people enhance social interaction and connect with their communities. Some of the activities include gym groups, yoga, walking groups, hockey and information about nutrition.

Join the Gerstein Centre/Houselink Team today and help us reach our fundraising goal.

Register as a walker/runner at http://eventsonline.ca/events/crs_scotia/

Or if you can't participate on Oct 14th you can sponsor a member of the team at

<https://secure.e2rm.com/registrant/PersonalPage.aspx?eventid=85736&RegistrationID=1487649>

New group for Consumer/Survivors with Type 2 diabetes or pre diabetes.

We are starting a new group for people with lived experience with the mental health system and Type 2 diabetes or pre diabetes. It will be a drop-in group run by an outreach worker, a Nurse and a Dietician. We will be providing self-management education in an accessible way. We will be encouraging participants to identify what they would like to focus on. We also hope to do some fun things like trips, gardening or art projects. Our first group was Monday July 9, 2012 2:00 - 3:30 pm at South Riverdale Community Health Centre at 955 Queen St. East. We will run the group on the second and fourth Monday of every month. We will provide TTC and light refreshments.

For more information, contact: Fiona Husband, Community Outreach Worker, DECNET, South Riverdale CHC 955 Queen St. East, Toronto M4M 3P3, 416-461-1925 X 377

OW/ODSP RECIPIENTS' PEER SUPPORT GROUPS

Having problems moving from OW to ODSP? Unable to find out about the benefits to which you are entitled?
Not getting timely service when you phone or visit your OW or ODSP local office?

Third Friday of every month

1:00 p.m. – 3:00 p.m.

Queen West Community Health Centre

168 Bathurst Street

(Queen Street West S. of Bathurst)

First Wednesday of every month

11:00 – 12:30 p.m.

519 Church Street

Church and Wellesley St. East

For further information call 416-441-1764 x 31

These are drop-in support groups. Anyone on OW/ ODSP or trying to get on OW or ODSP is welcome.
Caregivers and support people for those on OW or ODSP are encouraged to attend.

Please bring all relevant paperwork or documentation

SPONSORED BY THE ODSP ACTION COALITION

Employment Matters



Regeneration Community Services (RCS) is a charitable not-for-profit community based mental health and addictions organization providing affordable supportive housing and case management services for adults with serious mental health and/or addiction issues.

The Steam Team is a Social Enterprise Initiative which RCS began about four years ago which provides employment to its members. The Steam Team offers intensive cleaning to aid in the elimination of bed bugs using steam cleaning equipment.

Through employment on The Steam Team opportunities are made available for RCS members to build confidence through working together with other members and helping other people improve the quality of their lives.

Employment Opportunity Coordinator for The Steam Team Social Enterprise

Primary Responsibilities:

- Provide supervision and support to staff
- Manage Health and Safety requirements
- Interview and hire members from within RCS for positions available
- Provide the required training for assigned work
- Schedule the work, and required staff for each job
- Assist in transportation requirements
- Liaise with case managers and Landlords
- Obtain additional work opportunities outside of RCS
- Provide estimates to potential customers
- Ensure the required equipment and materials are available at the work site
- Arrange for maintenance, purchasing and transportation of equipment and materials
- Co-ordinate insecticide application
- Provide Head Office with the required payroll information

Qualifications:

- Personal lived experience in the mental health community (required)
- Experience providing peer support through a volunteer or a paid work experience.
- Completion of Peer Support Worker training
- Knowledge and understanding of recovery principals
- Possess excellent interpersonal and communication (oral and written) skills
- Advanced problem solving and organizational skills
- Ability to work independently and as part of a team
- Experience working with individuals with diverse backgrounds
- Competent computer skills (MS word, E-mail, and internet)
- Previous experience working in sales a definite asset
- Class G driver's licence and access to a vehicle a definite asset.

This is a part-time position - 20 hours a week

Interested candidates may submit cover letter with resume by fax to:
The Hiring Committee, Regeneration Community Services **416-703-9648** by Friday July 20, 2012.

We encourage applications from candidates who reflect the diversity of the community that we serve.

We would like to thank all applicants for their interest, however, only those selected for an interview will be contacted.

GROUP FACILITATOR Social Resource Centre

The Social Resource Centre (SRC), a community based program supported by the Canadian Mental Health Association (CMHA) Toronto Branch seeks to facilitate the recovery of consumers by providing opportunities for community-based peer support, skills development and consumer leadership. The SRC is currently seeking a part time Group Facilitator to work each Saturday and additional hours as requested.

Responsibilities:

- Welcoming new and present members to the centre
- Orientation of new members
- Peer Advocacy
- Resolve conflicts and intervene appropriately
- Complete daily operational activities of the centre
- Organize and facilitate social/recreational activities/events
- Assist in the development of monthly calendar
- Provide services within a recovery framework
- Maintain a safe and clean environment

Qualifications:

- Experience living with a mental health issue and familiarity with a recovery philosophy
- Diploma /degree in Social Service sector an asset
- Strong communication and interpersonal skills
- Ability to work collaboratively with staff and consumers
- Self starter with the ability to think quickly and handle crisis situations
- Experience in social/recreational programs or group facilitation
- Willingness to work day and evening hours as required
- Ability to demonstrate a non-homophobic and anti-racist approach

Salary: \$12.42 per hour + 4% vacation pay

Please submit resumes by **Wednesday, July 27th by 5:00 pm** to: the **Program Manager, Employment and Social Support Services, 700 Lawrence Avenue West, Suite 480. Toronto, Ontario, M6A 3B4, or**
Fax: 416 789-9079 or email work@cmha-toronto.net.

The Canadian Mental Health Association is an equal opportunity employer and encourages applications from equity seeking groups' including qualified individuals with personal experience of the mental health system.

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

Maintenance Worker / Superintendent Permanent Full-time

The Maintenance Worker/Superintendent is responsible for a variety of maintenance tasks and repairs at assigned buildings and for working with team members to provide services to tenants. Responsible for work orders and unit turnover, building maintenance and cleanliness, this position provides work direction, training, and support, to tenant workers for cleaning and after hours response.

The position is responsible for building maintenance and security including preventative maintenance on plant, equipment and residential units, all life safety tests, inspections, recording and reporting procedures.

Skills and Abilities Required:

- Demonstrated skill and experience in plumbing, carpentry, painting & dry-wall, electrical work and mechanical systems and is familiar with fire safety equipment
- Good verbal and written communication and interpersonal skills and the ability to interact effectively with team members and residents
- Knowledgeable of life safety systems, fire code, building code and Residential Tenancies Act; and Occupational Health & Safety Act
- Demonstrated organizational and administrative skills including computer skills, ability to maintain records, schedule priorities and see work through to completion.
- Experience or knowledge of cleaning and janitorial work
- Ability to provide work direction and/or supervising work.
- Sound working knowledge of life safety systems and procedures.
- Must be familiar with applicable codes and legislation such as Occupational Health and Safety Act, Workplace Hazardous Materials Information System (WHMIS), Residential Tenancies Act, Ontario Fire Code, and the Ontario Human Rights Code.
- Must be available for after hours response on rotation and willing to return to work for major emergencies as required.
- Ability to perform lifting up to 50 pounds and to work outside as required
- Valid Driver's license and access to an appropriately insured car or van an asset.

Salary starts at \$44,981 per annum, plus benefits

For more information about this position, see the complete job description at:
www.houselink.on.ca/careers

Please mail a cover letter and resume by July 20, 2012. Quoting File # MWS 223 to:
Hiring Committee, Houselink Community Homes, 805 Bloor Street West, Toronto, ON M6G 1L8
OR fax to 416-539-0693

No phone calls please. Only those selected for an interview will be contacted.

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and from other equity seeking groups.



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

Community Kitchen Intern

Twelve month contract

Candidate must be in receipt of OW

General Responsibilities:

The Community Kitchen Intern will help to facilitate community kitchens in order to provide access to nutritious affordable food for Houselink members at designated locations and provide assistance to members in developing food and nutrition related skills and knowledge. The Community Kitchen Intern ensures food safety and hygiene standards are met, works with member cooks, and encourages member participation and social interaction in the program.

Skills, Knowledge and Experience:

- has knowledge of community – based food programs
- has good knowledge of food handling and safety
- can reach out to members and encourage participation
- has organizational and group work skills
- is able to work as part of a team
- personal lived experience in areas of mental health, addictions or homelessness an asset

The successful candidate must be in receipt of OW and must give consent to contact the City of Toronto to verify eligibility.

There is no possibility of any further extension after one year, because of conditions of funding.

If the successful candidate is a Houselink member who does other part time casual work for Houselink, that work must be relinquished prior to the start of this contract.

Starting Salary is \$18.00 per hour for a 21 hour week for 52 weeks. Receipt of OW and benefit (i.e. drug card, dental and vision benefits) through the City of Toronto may be negotiated.

**For more information about this position, see the complete job description at:
www.houselink.on.ca/careers**

Please email a cover letter and resume to: kiraka@houelink.on.ca

Or send to: Houselink Community Homes, Hiring Committee, 805 Bloor Street West, Toronto, ON M6G 1L8

Quoting File # CKI 223 by Friday, July 27, 2012 at 5:00 pm

No phone calls please. Only those selected for an interview will be contacted.

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.

Job Posting Our Place Peel

Shelter Manager – Full Time Contract (Maternity Leave)

Our Place Peel provides emergency shelter and transitional housing to homeless youth ages 16-21 in the Region of Peel.

Position Description

Reporting to the Director of Programs, the Shelter Manager will provide the overall management to the residential components of program. The Shelter Manager works closely with the full-time youth workers to ensure that all program delivery including case management is complete. The Shelter Manager will also supervise some weekend, evening and relief staff.

Responsibilities:

- ✓ Provides leadership, guidance to a team responsible for the delivery of the program that supports youth in transition to stabilize their lives and become self-reliant.
- ✓ Responsible to implement and evaluate current programming; ensuring that services are offered in a therapeutic and non-judgmental manner.
- ✓ Responsible for creating a safe and secure setting for all clients accessing services at the shelter.
- ✓ Actively participates in the development and review of agency practices, programs and the implementation of the current strategic plan.
- ✓ Conducts performance evaluations, assesses staff training and development needs.
- ✓ Ensures that the facility meets health and safety standards.
- ✓ Compiles statistical information and prepares monthly reports.
- ✓ On-call responsibilities.
- ✓ Must be available to work rotating shifts.

Qualifications:

- ✓ Post-Secondary education in Social Services or equivalent combination of education and experience.
- ✓ Minimum 2 years supervision and program development experience in a relevant field.
- ✓ Understanding of issues relating to youth homelessness and the barriers youth face in attaining and maintaining their housing, as well an understanding of the broader housing sector in Peel.
- ✓ Demonstrated knowledge of youth focused community resources (financial, legal, housing etc.)
- ✓ Thorough knowledge of Ontario Works legislation and regulations.
- ✓ Experience in volunteer coordination and supervision
- ✓ Excellent facilitation, communication and inter-personal skills.
- ✓ Experience in recruiting and supervising staff.
- ✓ Proficient in Microsoft Office.
- ✓ Strong ability to work independently with demonstrated decision making skills.

Please respond in writing with current resume and cover letter to: Our Place Peel, 1325 Eglinton Ave E, Mississauga, ON L4W 4L9 Suite 214 or tmccausland@ourplacepeel.org by **July 20th, 2012**.

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

Free and Low-Cost Events for **July 16 - 31, 2012**

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

ART

Daily to Sun 29 from 9 am – 9 pm. **Being Scene Juried Art Exhibition.** Features emerging and intermediate artists who have lived experience with mental illness and addiction. Produced by Workman Arts for the Centre for Addiction and Mental Health. University of Toronto, Hart House, 7 Hart House Circle. 416-583-4339 www.workmanarts.com/index.php/being-scene FREE

Tues – Sat to Aug 31 from 10 am - 6 pm. **Pop Art: Beautiful Dirty Rich.** An exhibition featuring the bright and edgy work of the 5 STooGES design team, working in the Factory-process pioneered by Andy Warhol. Navillus Gallery, 110 Davenport Road. 416-921-6467 www.navillusgallery.com FREE

Wednesdays to Sept 25 from 5 – 8 pm. **Portable Mosques: The Sacred Space of the Prayer Rug.** Prayer rugs from Afghanistan, Azerbaijan, India, Iran and Turkey. Explore the symbolism and meaning of their motifs. Textile Museum of Canada, 55 Centre Avenue. 416-599-5321 <http://www.textilemuseum.ca> FREE

COMEDY

Tuesdays in July at 8 and 9:30 pm. **Harold Night.** Long-form improvisational comedy by Toronto's Impatient Touring Company. Clinton's, 693 Bloor Street West. 416-238-7337 <http://www.impatient.ca/> FREE

DANCE

Tues 31 to Aug 5 at 7:30 pm. **Dusk Dances.** Outdoor performances of contemporary and traditional dance with choreography from Zata Omm Dance Projects, Bageshree Vaze, the 605 Collective and others. Withrow Park, South of Danforth Avenue between Logan Avenue and Carlaw Avenue. 416-504-6429 x 41. <http://duskdances.ca> FREE

ENVIRONMENT

Sat 21 from 11 am – 9 pm. **Live Green Toronto Festival.** The city's largest celebration of all things green brings products and services, live music, local foods, buskers and more to the streets. Yonge-Dundas Square, 1 Dundas Street East. Tel. 311 www.toronto.ca/livegreen FREE

FESTIVALS

Tues 17 to August 6. Various times. **Caribbean Carnival Toronto.** An exciting three-week festival of Caribbean music, cuisine, visual and performing arts culminating in the famous grand parade on August 6. 416-391-5608 www.torontocaribbeanfestival.com MANY EVENTS ARE FREE

Wed 18 at 8 pm. **Crossing Borders: Toronto Burlesque Festival.** An exhibition of burlesque-themed photographs and drawings opens with performances by the Painted Lady Bartop Burlesque Dancers and others. Painted Lady, 218 Ossington Avenue. 647-213-5239 thepaintedlady.ca FREE

Sun 29 from noon -7 pm. **Pedestrian Sunday: Summer! Off-The-Grid.** Enjoy musical and cultural performances, an art market, love letter-writing, street food and more on pedestrian-only streets. Kensington

Market (Enter the market from College Street and Augusta Avenue.) 647-444-7426 <http://www.pskensington.ca>
FREE

Thursdays to Aug 30 from 11 am – 2 pm. **Tasty Thursdays.** Enjoy live performances by some of Canada's best musical talent and lunch by local restaurants serving international cuisine from burgers and chicken kabobs to Pad Thai. Nathan Phillips Square, 100 Queen Street West. For info, call 311 or www.toronto.ca/special_events/thursdays. MEALS FOR \$7 OR LESS

Thursdays to Oct 11 from 8 am - 2:30 pm. **Indulge.** Indulge in sights, sounds and flavors! Farm fresh produce, baked goods and preserves, international food from local restauranteurs, R&B, roots, jazz, country and pop music by Toronto musicians. David Pecaut Square, 55 John Street. 416-708-9525 www.toronto.ca/indulge
FREE

FILM

Wednesdays to Aug 29 at 9 pm. **Free Flicks: Rise of the Underdog.** Free outdoor film screenings featuring stories about “underdogs” and how they emerge victorious in the end. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 <http://www.harbourfrontcentre.com/freeflicks> FREE

Wednesdays to Aug 29 at 9:15 pm. **TIFF in the Park – Screwball Comedies.** Ten weeks of favourite films including What's Up, Doc?, His Girl Friday and The Philadelphia Story. Screened outside with special lighting from the CN Tower. David Pecaut Square, 225 King Street West at John Street. 416-926-1337 www.torontoed.com/tiff FREE

HEALTH AND WELLNESS

Thurs 19 from 10 am - 6 pm. **Shiatsu Wellness Day.** Mini-treatments and information on the healing art of Shiatsu massage. Metro Hall Rotunda, 55 John Street. 416-765-2008 <http://shiatsufederation.ca/> FREE

Sat 21 from 10 am to 1 pm. **Health Fair.** Connect with healthcare providers in the community, have a computerized scan of how you walk, have your child's posture checked, talk to a professional about nutrition, and test your vision with an optometrist. Physiotherapy at Don Mills, Shops at Don Mills, 6 Maginn Mews, Suite 211. 416-444-4800 www.physioatdonmills.com FREE

Wed 25 from 7 – 8 pm. **Gluten Sensitivity.** A health talk by naturopathic doctor Kate Whimster. Main Street Library, 137 Main Street. Register by calling 416-393-7700 torontopubliclibrary.ca FREE

HISTORY

Mon 16 at 2 pm. **Eagle Staff Procession.** Assembly of First Nations leads a procession to Fort York for a War of 1812 commemorative memorial service. David Crombie Park, 131 the Esplanade. 416-597-1266 <http://boozhoo.ca/afnhostcommittee> FREE

KIDS AND YOUTH

Wed 18 and Thurs 19 from 10 am – 2 pm. **Kids' CBC Days.** Parents and young children can enjoy live performances by the stars and favourite characters of Kids' CBC. CBC Broadcasting Centre, 250 Front St W. 1-866-306-4636 www.cbc.ca/parents FREE

Sun 22 from 11:30 am - 10:00 pm. **Youth Day 2012 Parade and Festival.** 100 live music and dance performances by youth plus a youth art gallery and a kiddie corner. Yonge Street from Queen Street to Dundas Street and Yonge-Dundas Square, 1 Dundas Street East. 416-813-0909 www.youthdaytoronto.com FREE

MUSIC

Thurs 19 and August 2, 16 and 30 from 7 - 9 pm. **Music in St. James Park.** Classical, Bossa Nova, Cuban Rhapsody and New Orleans jazz, performed by local musicians such as Jane Bunnett, Hilario Duran and The Happy Pals. St. James Park, King Street East at Church Street. www.oldtowntoronto.ca/index.php/music-park 416-410-9242 FREE

Fri 20 to Sun 29. Various times. **Beaches International Jazz Festival.** Bandshell concerts and street festival with performances by Alex Pangman, Treasa Levasseur, Conjunto Tropical de Cuba and many others, plus workshops and lectures. Woodbine Park. Queen Street East and Woodbine Avenue. 416-698-2152 <http://www.beachesjazz.com> FREE

Fridays to Aug 31 from 8 – 10 pm. **Indie Fridays.** Outdoor concerts with Toronto's The Beauties on Fri 20 and Austin, Texas band Bright Light Social Hour on Fri 27th. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 <http://www.ydsquare.ca/web> FREE

Daily to Mon 30. All day long. **Play Me, I'm Yours.** Find pianos located outdoors across the city and play to your heart's content! This international project was started by British artist Luke Jerram to mark the countdown to the 2015 Pan Am Games. Locations include Trinity Bellwoods Park (Queen Street West at Strachan Avenue). 416-392-4009 <http://www.streetpianos.com/> FREE

THEATRE

Fri 28 to Sat 29 from 7-10 pm. **Macbeth.** Join the Humber River Shakespeare Company for this classic in the park. Bring your own chairs. Montgomery's Inn, 4709 Dundas Street West. 416-231-3504 www.toronto.ca/museums-events PAY WHAT YOU CAN

WALKS

Tues 17 at 1 pm. **Fairy Hike.** A family nature walk through magical woodlands where fairies and gnomes roam! High Park Nature Centre, 440 Parkside Drive. 416-392-1748 x 2 <http://www.highparknaturecentre.com> \$2

Wed Jul 18 at 6 pm. **ROM and its Neighbours: Guided ROM Walk.** Royal Ontario Museum, 100 Queen's Pk. (Meet at the museum's Bloor Street West entrance.) 416-586-8000 <http://rom.on.ca> 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.ca

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