

BULLETIN

September 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/

The next C/S Info Session will be about **Finances and Debt**

Come and hear from the experts about keeping yourself financially afloat and what happens when you aren't. Please join the Consumer/Survivor Information Resource Centre and our guests for a lively and informative discussion with plenty of time for questions and answers.

Monday September 24, 2012

Room B-40 in the Basement of Unit 4

CAMH (Centre for Addiction and Mental Health)

1001 Queen Street West

The B-40 Meetings are sleeping in!!!

We are responding to a few people's requests and changing the meetings to the afternoons.

Please join us at our new time - 1:30 to 3:00 pm.

Everyone welcome.

Refreshments will be served.

Please RSVP helen.hook@camh.ca or 416 595-2882

Recipe for Loneliness

By Catherine Clough

I do not remember the last time I was in a bar but I remember the first time. I was on a school trip to the Quebec Winter Carnival. The drinking age was lower in Quebec than in Ontario and bars were a novelty. Trying out bars during the Quebec Winter Carnival seemed like a harmless activity.

Bars since had a certain attraction for me. I considered them to be facts of life. Now I know better. What lies behind the seduction of the bar scene and why are some people smart enough to avoid it altogether? What is it about having a drink in your hand in public or in private? Why can some people control their intake of alcohol and others develop a weakness from the word go?

I know my own problem. I was shy and a bit lonely. Even though I seldom frequented bars they were always a source of fascination for me. People are not at their best behaviour in bars. They get away with behaviour they would not get away with elsewhere. After a few drinks they may be rude, sarcastic, start thinking their nonsense is clever or funny and end up in a fight with the same sex or a regrettable liaison with the opposite sex. In the morning they may have an upset stomach or hangover. The bar scene is a recipe for loneliness not an antidote.

I'm lucky. Twenty years ago I found some friends who either didn't drink or emphasize the need for alcohol. It was a culture that I didn't know existed. I didn't tell my new friends about my susceptibility to alcohol but if I were invited over to their apartments they served juice or mulled cider. We rarely had a bottle of wine. It made no difference to them whether we had wine or not. At first I missed not having a drink with my meal but eventually it became a source of freedom for me. I began to feel stronger.

If addicts of any kind have anything in common, perhaps it is the same voice inside themselves which tells them: "I don't care". It is a self pitying voice. I know it well. It tells me I'm not worthy and that I have every excuse to drink. I don't have to listen to it. I can go for help. I can pick up the phone. I can tell myself that I have value and that I have a purpose. I can tell myself that I am loved and that somewhere I'm wanted. I can be healed. I can at least try.

I admit I haven't entirely kicked the habit of imbibing alcohol when I know I shouldn't, but I'm better, have hope and am determined that one day I will conquer and not want alcohol at all.

The C/S Info Centre thanks Catherine Clough for her submission to The Bulletin. We like to get interesting reader contributions. Helen

MDAO LGBTQ Peer Support Drop-in Group

September 19, 2012 7:00 pm - 9:00 pm

This is a free peer support drop-in group for those in the Lesbian, Gay, Bisexual, Transgender, and Queer community who are living with a mood disorder. Please join us and learn that you are not alone!

Meetings: Third Wednesday of each month, from 7 - 9 pm starting Sept 19, 2012

(The building doors may be locked after 6 pm so please press the button by the wheelchair entrance underneath the intercom to enter the building)

Location

Mood Disorders Association of Ontario, 36 Eglinton Ave. West, Suite 602, Toronto

Please let me know if you have any further questions. Andrew 416 486-8046 or www.moooddisorders.on.ca

Toronto Animal Services Presents **The Chip Truck**

A mobile license and microchip clinic for your pet...

**Get a City of Toronto license and a microchip for:
Cats \$20 Dogs \$30 Microchip only \$5 (with proof of a current City of Toronto pet license)**

No appointment necessary

Just grab your cat or dog and come to the Toronto Animal Services' Chip Truck. All dogs must be on a leash and all cats must be properly contained in a carrier. Please bring photo identification with your address. Protect your pet with a City of Toronto license and a microchip. Together, these are the best way for you to be reunited with your pet should you ever get separated.

The Chip Truck will be at the following location on these dates, and it's open for everyone:

Saturday, September 22, 10:00 am – 2:30 pm:

Trinity Bellwoods Park (Queen W and Strachan) at the Canadian Kennel Club's Responsible Dog Ownership event.

Saturday, September 29, 1:00 – 4:00 pm:

Allan Gardens Park (Carlton and Homewood)

Sunday, September 30, 1:00 – 4:00 pm:

Jane/Finch Mall parking lot (SE corner of Jane and Finch)

Workout + WRAP

- Do you want to use physical activity as part of how you take care of your emotional and mental wellbeing?
- Did you used to be active?
- Do you want to try physical activity for the first time?
- Are you having trouble getting motivated and making changes to your routine?
- Want to try working with a group?
- Do you want to develop a routine that means you won't have to keep going to a gym?

Please join us for this special 9-week WRAP group.

fitness & me Workout + WRAP

In the park! (at Dufferin Grove)

Information Session: October 9th @ 11am

Spaces are limited. If you would like more information, please contact Nicki at 416-929-0149



Free Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Employment Matters

Consumer/Survivor Information Resource Centre

Assistant Coordinator 0.8 FTE (28 hours per week)

This is a month-to-month contract replacing a staff on leave

The Consumer/Survivor Information Resource Centre was established with the philosophy that access to information provided by and for Consumer/Survivors in an informal setting can result in better usage of the resources in the community and within oneself and will therefore, result in a better quality of life.

Responsibilities:

- Provide information and assistance in finding resources to consumer/survivors, mental health professionals and the general public, both on the phone and in person,
- Collect information relevant to the readers of the Bulletin,
- Publish, and distribute the semi-monthly newsletter, The Bulletin, by mail and email, including photocopying, envelope stuffing, etc.
- Expand and diversify the organization's resource material,
- Assist with development and facilitation of monthly information sessions,
- Make additions, changes and deletions to our mailing lists,
- Complete a workload measurement tool and a client contact log for statistical and funding purposes,
- Network with funders, general members and community partners in a professional manner in accordance with our mission and goals,
- Plan and/or participate with consumer/survivor stakeholders in community events,
- Maintain confidentiality of C/S Info clients to outside parties,
- Other duties as required.
- Hours are flexible but are generally until 5 pm or later and between Monday and Friday.

Qualifications:

- **Must be a psychiatric Consumer/Survivor**
- Thorough knowledge of the services and resources available to consumer/survivors,
- Ability to be gracious to a wide variety of people who come to call,
- Strong attention to detail for proof reading and editing The Bulletin,
- Cooperative spirit,
- Self motivated, able to assess priorities and move to the next task with minimum supervision,
- Excellent oral and written communication skills,
- Ability to work with both Consumer/Survivors and mental health professionals,
- Familiar with Internet research, office equipment and WORD,
- Website knowledge would be an asset.

\$16 /hour and 10% in lieu of benefits

Apply in writing by 5:00 Sept 26, 2012 to: Consumer/Survivor Information Resource Centre of Toronto.

By Mail: c/o CAMH 1001 Queen Street West Toronto ON M6J 1H4

By email: csinfo@camh.net

Or Drop-Off Your Resume In Person During Drop-In Hours, 9 - 4 : 1001 Queen Street West, The Mall

Upcoming Conferences

Support Work As Dignity Work - Friday, Sept 21, 2012 – North York
workshop presented by PREFER (Peer Recovery Education For Employment and Resilience)

Mental Health & Human Rights Supporting Dignity Work

Nora Jacobson returns to Toronto!
www.commonrespect.wordpress.com

Don't miss this exciting opportunity to join renown author, research scientist, professor Nora Jacobson, M.A., Ph.D. as she continues her groundbreaking work on Mental Health, Human Rights & Dignity.

Friday, September 21st, 2012

9 am - 4 pm

Branson site of North York General Hospital - 555 Finch Avenue West (Just west of Bathurst Street)

Fee: \$160.00 (Regular) \$75.00 (Students and Peer Support Workers)

Also, Kate Sotry, Ph.D. - "**Setting Boundaries in Supportive Relationships**" an update on the groundbreaking research project on finding balance in setting limits within peer support relationships.

A **MUST ATTEND** for anyone who provides social and health services, as well as anyone who cares about the dignity of those who receive such services.

Review of "Health & Dignity" - Nora's recently published work:

"Dignity is a part of the human experience that surfaces when we feel most valued, as well as when we feel violated. ... Jacobson weaves together the voices of those interviewed into a vibrant picture that stimulates thought and potentially social action to increase the responsiveness of social and health institutions to respect the human rights of those they serve. --**Donna M. Mertens**, Gallaudet University, author of *Transformative Research and Evaluation*

Registration:

Online: <http://preferdignity.eventbrite.com>

Or fax, email, or mail your registration form and mail with cheque payable to:

The Krasman Centre, 10121 Yonge Street, Richmond Hill ON L4C 1T7

For more information, visit: www.cultureofrecovery.org

This workshop will explore the processes and structures of dignity violation, dignity promotion and opportunities, the consequences for individual and collective health and imagine reform of our systems of health and social care. The workshop features a presentation on Dignity and Health by Nora Jacobson, M.A., Ph.D., author of the book, "Dignity and Health", and a presentation by Kathryn Storey, RN, MA, PhD. which will update the research project on finding balance in setting limits within peer support relationships.

The **PREFER Annual Summit** is sold out. Due to limited space capacity, we will not be able to accept any walk-in registrations. If you didn't get a chance to attend, we are sorry to disappoint you. We hope to see you next year.

Are you a Peer Support group? An advocacy group that is/works with consumers/survivors/people in recovery/people who use substances? A self-help/mutual support group? An alternative business or a social purpose enterprise? You could be at the Summit! Host an information table! Fee: \$25 to offset costs/free to unfunded peer groups (donations welcome)

Contact us at: e.carvalho@krasmancentre.com or Toll-Free: 1-888-780-0724 x: 125

Health, Austerity and Affluence Conference, Sept 28, 2012 9 am – 4 pm - Toronto

Where: 6th floor, Health Science Building, 155 College St., Toronto, Ontario

Health, Austerity and Affluence will examine the implications of austerity measures on the health of our society. This conference seeks to create a forum for students, faculty members, field leaders, and community organizations to critically discuss how the implementation of austerity measures, in an era of increasingly concentrated affluence, will impact our collective ability to reduce health and social inequities within our society. Furthermore, conference speakers and participants will be encouraged to discuss how the health community can work together to challenge the growing disparities in our society in the future.

The conference is FREE, and we encourage anyone who is interested in public health to attend.

Please follow the instructions to register on Eventbrite:

<http://healthausterityandaffluence.eventbrite.com>

For more information visit www.healthausterityandaffluence.com

Twitter @HAAconference or on Facebook at

www.facebook.com/HealthAusterityandAffluence

Healing: Health and Racism Working Group's Annual Symposium, Oct 17, 2012 - Mississauga

Mississauga Valley Community Centre

Please save the date! October 17th is the date for the Health and Racism Working Group's annual symposium. This full day event will include workshops, speakers, community tabling, arts, and more. If you are interested, please email healthandrasm@gmail.com or call 905 602-4082 x 453

Registration and further info to be released soon.

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

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

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

ART

Fri 14 to Sun 16. The 10th Anniversary of the **Queen West Art Crawl**. Come on down and enjoy the festivities along Queen Street West from Bathurst to Roncesvalles, 250+ jury-selected artists at the Outdoor Art Show and Sale in Trinity Bellwoods Park, or take part in a walking tour and attend a talk by one of our featured guest speakers. There are plenty of art events for crawlers of all ages, from the family-friendly KidsZone, to the edgy and innovative Parkdale Nightcrawl. Queen Street West (Bathurst to Roncesvalles) 416-516-8301 www.queenwestartcrawl.com All events are FREE

Fri 14 to Nov 25 from 10 am – 5 pm and 10 am - 8 pm Thurs). Closed Mondays. **The Power Plant Contemporary Art Gallery**, 231 Queens Quay West. 416-973-4949 www.thepowerplant.org FREE

- **Omer Fast: Continuous Coverage.** Berlin-based Fast works with video to examine how individual and collective histories interact. This critique of the languages of media, cinema, documentary, and contemporary art draws attention to the boundaries between documentary and fiction.
- **Christian Marclay: The Clock.** A unique work created by world-renowned sound and video artist Christian Marclay made up of thousands of fragments from a large range of films that create a 24-hour, looped, single-channel video. The film has been viewed with critical acclaim around the world and was jointly acquired by the National Gallery of Canada and the Museum of Fine Arts, Boston.

Sat 29 7:03 pm to sunrise Sun 30. **Scotiabank Nuit Blanche 2012** is a city-wide sunset-to-sunrise celebration of contemporary art with more than 150 art projects. In various locations throughout the city, everywhere from galleries to loading docks and atriums to underground parking lots. www.scotiabanknuitblanche.ca 416 338-0338 FREE

BOOKS

Sun 23 from 11:00 am – 6:00 pm. **The Word On The Street** festival celebrates the written word and champions literacy through an annual outdoor book and magazine fair. Each year, we turn Queen's Park Circle into a book & magazine lover's paradise by showcasing Canada's hottest new books & authors, as well as the best Canadian magazines! it's the world's largest outdoor bookstore! Queen's Park Circle and Bloor Street West 416-504-7241 www.thewordonthestreet.ca/wots/toronto

COMEDY

Nightly to Fri 28 from 6:30 – 9 pm. **The Ron James Show**. Attend the live taping of the show and enjoy a behind-the-scenes night of laughter. CBC, 25 John Street. 416-932-9890 x 222. www.cbc.ca/ronjames/tickets.html FREE

DANCE

Sun 16 from 2:00 - 6:00 pm. **Fall Open House**. Learn and try the many styles of Brazilian dance such as Samba, Souk, Forro, Bolero, Capoeira and Zumba. All ages welcome. Refreshments served. Brazil Dance World, 546 St Clair Avenue West. 647 201-3974. <http://brazildanceworld.com/> FREE

FESTIVALS

Sun 23 from noon – 11 pm. **Manifesto Festival of Community and Culture**. Experience a diverse array of Canada's best talent in music, art, dance, food, and fashion. Multiple locations. 647-202-0114 <http://themanifesto.ca> FREE

Sat 29 from 6:00 am - 5:00 pm. **15th Annual Pow Wow** presented by Native Child and Family Services Toronto. With a sunrise ceremony and grand entry at noon with head dancers Echo Buswa and Thunder Jack. Children's activities and vendors. Dufferin Grove Park, 875 Dufferin Street across from the Dufferin Mall. 416 969-851 x 3472. FREE

LECTURES

Mon 24 1:00 pm. **The Incredible Aging Brain: How it Works and How To Keep it Sharp.** Gain insight into how the brain allows us to perceive and remember the world around us, as well as how it is changed by the aging process. Practical information and techniques on how to maintain these functions of the brain, especially memory, are discussed. Toronto Reference Library, 789 Yonge St. 416 395-5577. FREE

Wed 26 6:30 pm. **Happiness Throughout the Ages.** Throughout history, philosophers have debated what happiness is and how people can truly attain it. Professor Jonathan Salem-Wiseman explores different philosophical views of happiness in the western tradition, from Plato and Aristotle through to modern times. Toronto Public Library, Don Mills Branch, 888 Lawrence Ave East. Please drop-in or call the library to register 416 395-5710. FREE

TRAVEL AND VOLUNTEERING

Sat 22 from 11 am- 5 pm and Sun 23 from noon - 5 pm. **Go Global Expo.** Information on working, volunteering and studying abroad. Hyatt Regency Hotel, 370 King Street West. 1-705-742-6869.

<http://www.letsglobal.ca/en/> FREE

WELLNESS

Tues 25 7:00 pm. **Emotional Fitness Fun.** Feeling tired? When you feel stressful emotions like anxiety, worry, anger or frustration, they will zap the energy right out of you. How would you like to see that old nasty conflict become a turning point for positive change? It's possible with meditative strategies. Toronto Public Library, Taylor Memorial Branch. 1440 Kingston Rd. 416 396-8939. 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.

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 to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. www.csinfo.ca www.twitter.com/CSInfoCentre

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of our funder, the Ministry of Health and Long-Term Care, C/S Info Staff, Volunteers or Board Members.

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

**How about converting to email and doing a favour for our planet?
Call The C/S Info Centre at 416 595-2882 or email us at csinfo@camh.net
Your Mother Earth will thank you.**

As the saying goes, membership has its privileges. Becoming a Regular Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting, vote for candidates to the Board of Directors and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member - You must be a consumer/survivor from the Greater Toronto Area.

Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature _____

Date _____

Name (please print) _____

Organization (optional) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Email: _____

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin.

Happy Anniversary CSinfo!



CSINFO celebrates 20 years
with a Mad Hatter
Tea Party!!

Monday, October 29th, 2012

5:30 - 6:30 Annual General Meeting

6:30 - 9:30 Dinner and Celebration



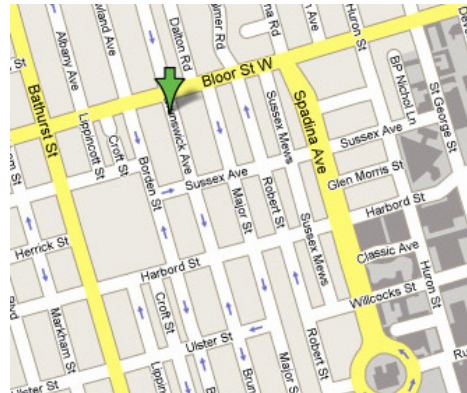
Join us for:

AGM, dinner, games, prizes, live music, and more!

Wear:

Your maddest hat!

Our party will be held
at The Tranzac in the
Main Hall located at
292 Brunswick Avenue
(Bloor and Spadina)



All those from the mental health community are welcome!!

Please **RSVP** by phone or email
no later than October 19th: 416-595-2882 or
csinfo@camh.ca