

BULLETIN

October 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.net http://www.csinfo.ca/

Happy Anniversary CSinfo!



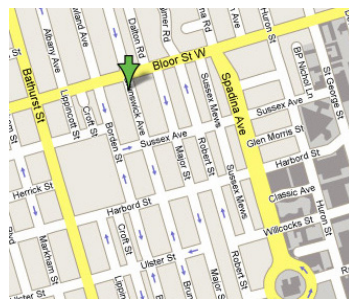
CSINFO celebrates 20 years
With a Mad Hatter Tea Party!!
Monday, October 29th, 2012

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

Community Announcements

The Reva Gerstein Legacy Fund

We are currently seeking submissions for 2012/2013. This is the Sixth year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community.

Last year we were able to fund People and Pets, PhACS and Mad Pride Toronto. We also helped two students with tuition and other costs that allowed them to continue their education and become great role models for other psychiatric survivors.

We are looking to receive proposals by November 2, 2012 so that we can meet with the groups in early December and distribute the money early in 2013. Proposals should have a budget of no more than \$4,000.00 and should be sent to the Gerstein Centre, 100 Charles Street East in Toronto, M4Y 1V3 or emailed to pquinn@gersteincentre.org.

BOOST

This is a free six week food and health program happening at The Stop Community Food Centre this fall. The program is called **BOOST** and for 5 Friday afternoons, participants and will be learning about healthy whole foods that help boost our immune systems. We will meet at **The Stop's Green Barn** (601 Christie Barn 4) in the Artscape Wychwood Barns building **from 3 pm – 6 pm** on the following dates:

Oct 26, Nov 9, Nov 23, Dec 7 and Dec 21. We'll taste energizing and healthful foods, make affordable recipes together, and share a meal each week. Please call or email if you'd like more information, or if you'd like to register for this exciting new program. Contact Kristyn Dunnion the Community Kitchen Coordinator at The Stop Community Food Centre or 416 651-7867 x 23. www.thestop.org | **follow us on Twitter: @thestopcfc**

It's a Party!

Please join us for **Relive the Moment**, an art party of sorts that shows pictures and video from Mad Pride 2012, and offers an open mike.

Friday October 26th - 6: 00 pm – 9:00 pm

May Robinson Auditorium

20 West Lodge Ave. (one block East of Lansdowne, north of Queen)

Hosted by the Friendly Spike Theatre Band

Refreshments will be provided by Houselink Community Homes

GOWL – Getting on with life and its challenges – A Mental Health Support and Skill Development Program
Harvesting Health and Wellness Free Workshops

Wednesday October 17 from 1:30 till 3:00 – Feeling better through exercise relevant to your needs

Wednesday October 24 from 1:30 till 3:00– Outing to the Kensington Market

Wednesday October 31 from 1:30 till 3:00– Manage your finances

At Regeneration Community Services at 2238 Dundas Street West Suite 307. For more information, call Ela at 416 604-0640 x 1046 or Sandra at 416-703-9645 x 246. Workshops are on a drop in basis and are free.

C/S Info Session

Smoking Awareness: Considering Change

Come and hear from the experts about why you should consider changing your smoking habits and the Resources available to help you. 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 October 22, 2012
Room B-40 in the Basement of Unit 4
CAMH (Centre for Addiction and Mental Health)
1001 Queen Street West

Reminder - we've changed the meetings to the afternoons
Please join us at our new time - 1:30 to 3:00 pm
Everyone welcome. Refreshments will be served

Topics covered:

- Your thoughts on smoking
- Change as a process
- Strategies and tools for quitting/reducing your tobacco use
- Medical treatment options
- Importance of Community Support

Please join The Consumer/Survivor Information Resource Centre and our guests - Alexandra Andric, RN CAMH, Kristine Tomcheski, MSW, CAMH, and Bronwyn Sims, Peer Support Worker, CAMH

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



Information Session on recent budget cuts Gym, Physiotherapy, Swimming, NRT Subsidy

Please join the Empowerment Council Staff and members of CAMH's Executive Leadership Team:
Sarah Downey Executive VP Clinical Programs and Susan Pigott VP Community Engagement
There will be a question and answer period after the presentation.

Date: Tuesday October 16th
Time: 1:00 pm until 2:00 pm
Where: Queen Street Cafeteria
(in the Community Centre)

Refreshments will be provided

For more information please call 416 535-8501 x 7008 or x 33013

Healthy Eating Basics Free Community Workshop

Every Thursday October 11 until Thursday November 8 at 1:30 pm until 3:30 pm. Come and join us for a free Community workshop and learn Healthy Eating Basics. Located at the Four Villages Community Centre on 3446 Dundas Street West in Toronto. To register or for more information, call Sulana at 416 604-0640 x 1070. Childcare is available.

Join the Gerstein Centre for an innovative Wellness Recovery Action Plan (WRAP) group this fall! WRAP + Workout (in the park!)

Is physical activity and fitness part of what wellness looks like for you?
Do you want to try working out with other people in recovery in a welcoming, supportive space?
Did you used to be physically active or want to try working out for the first time and want to build new routines with support from your peers?

JOIN US for an 8 week group every Thursday starting October 25 until December 8th. We'll be working out in a small, public park near Yonge north of Bloor every week then heading back to the Gerstein Centre on Charles for a WRAP peer support group meeting in the afternoon. TTC tokens provided.

Orientation Meeting: Monday October 22 from 10:00 am until 12:00 pm at Gerstein Centre. Located at 100 Charles Street East. To register please contact Nicki at The Gerstein Centre 416 929-0149.

Community Workshop Concerning Cholesterol

Every Wednesday beginning on October 10 from 6:00 pm until 8:00 pm. Join us for a free 8 week program offering education and support for people with high cholesterol. Topics will include: Nutrition Education, Cooking Demonstrations, Stress Management, Sharing Recipes, Supermarket Tour and Yoga Session. This will be held at The Four Villages Community Health Centre located at 1700 Bloor Street West in Toronto. Please call Caroline at 416 604-3361 to register.

Reader Submission

Confession of a drowning, once middle class gal

My conscience lost its virginity today, the only thing that buoyed my dignity.

Ironically, here I find myself in the city of my birth, drowning under the shadow of obscene wealth, visiting the library in one of Toronto's toniest locales. I try to digest this unpalatable sea change in my being.

My integrity is finally tainted. There is no going back now. I am the portrait of a compromised soul. All it took is one final act, the culmination of the never-ending great recession. I hesitated as I stood in front of that bank machine and deposit a \$200 cheque, money earned from honest labour now reduced to "under the table" "off the radar" depression dollars. My final financial Waterloo.

This amount will not be disclosed to the tax man. This amount is my shameful little secret. This is my first foray into deceit at 60 years of age. I am heartbroken and defeated.

Treading water long term is deadly. My life is soggy with discouragement. My spirit resigned to giving up the one last thing I have - my honour. I am fearful as I gasp for a breath of absolution; I am beaten and dragged down. Know me? I am an Ontarian and I am truly sinking.

- A Reader

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

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

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

ART

Starts: Friday October 19 from 6:00 pm until 9:00 pm and Saturday October 20 from 10:00 am until 6:00 pm and Sunday October 21 from 11:00 am until 6:00 pm. **Fall Beach Studio Tour.** Come visit 25 artists at 13 studio sites located in Toronto's Beach Community. This tour offers fine craftsmanship in a variety of mediums and styles for the home. Participating artists will be on-site all weekend long to share their stories and chat about their work. Event takes place in multiple locations. Please contact event organizers for more details at 416 691-5195. Free

Sunday October 21 at 2:00 pm. **Sunday Scene with Laura Berazadi.** Laura will speak about the Exhibition Omer Fast: Continuous Coverage at The Power Plant. Laura is the Executive Director of InterAccess in Toronto, a public gallery, teaching facility and production studio dedicated to the creative use of technology. The Power Plant Contemporary Art Gallery at 231 Queens Quay West in Toronto or call 416-973-4949. Free

Thursday Oct 25, 2012 at 7:30 pm. **The Lotus that Went to the Sea - Documentary about Cambodia's Art Scene.** The Lotus that Went to the Sea" follows Cambodia's most ambitious artists as they navigate the country's rapid development. The documentary by a group of young film makers from the U.S. will be shown at the East Gallery's first group exhibition of contemporary Cambodian art - "Identities". Located at The East Gallery at 334 Dundas Street West in Toronto or call Andrew FitzGerald at 416-705-4331. Free
Please reserve free tickets on line at <http://thelotusthatwenttothesea.eventbrite.com>

COMEDY

Sunday Oct 20 from 1:00 pm until 5:00 pm. **Second City Toronto Celebrates 3rd Annual Open House!** Drop in workshops in improvisation, sketch writing and stand up comedy plus shows. RSVP recommended. The daytime open house activities will feature a family open house, drop in workshops in improvisation, sketch writing and stand up comedy, an Alumni Show, a Teen Showcase, and a performance of The Principal's Office, Where the Filed Things Are presented by The Second City's Education Company. Complimentary snacks and prize giveaways will be offered at the event. Located at The Second City Training Centre at 70 Peter Street in Toronto. For free tickets to the performances or to RSVP to this special event call 416-340-7270. Free

DANCE

Friday Oct 19 from 7:30 pm until 8:30 pm. **Free: Intro to Salsa.** Melanie James & Alejandro Freire will teach you how to Salsa. Come and join our free Intro to Salsa class. This is a great way to get hooked on Salsa. If you are not sure just how much you will like it, try out our drop in no commitment class! You don't even need a partner. Salsa is a fun workout and a great way to meet new people and socialize! Salsa can be an effective stress reliever and boost your confidence. The Salsa program at City Dance Corps offers a variety of social outlets, from our free weekly practice sessions to our monthly outings. Located at 489 Queen St. West, Toronto. For more information contact City Dance Corps at 416-260-2356. Free

GROUPS

Every Thursday from 2:00 pm till 3:00 pm - St. Michaels Hospital. **The Urban Angel** is a Social Support Peer Self Help Group that is for consumers and it is run by consumers. If interested please phone Margaret at 416 425-8957 or Donna at 416 752-2870. Free

HALLOWEEN EVENTS

Saturday October 20 from 3:00 pm until 6:00 pm. **Toronto Zombie Walk.** They're back, they're hungry and they're not staying 6 feet under any longer! Last year nearly 7000 corpses writhed, weaved and lurched their way through the streets of Toronto feasting on those unlucky enough to be living. On October 20th the dead will rise again for the 10th Annual Toronto Zombie walk!! Nathan Philips Square at 100 Queen Street West or www.torontozombiewalk.ca. Free

Saturday October 20 from 6:30 pm until 7:30 pm and Saturday October 27th from 6:30 pm until 7:30 pm and 8:00 pm until 9:00 pm. **Haunted High Park.** Come and visit Colborne Lodge and its grounds by candle light at night and hear about High Park's legendary connection to the War of 1812, as well as other legends and ghost stories that have been told about the Lodge and High Park. Period refreshments included. Families, Children: (Not recommended for children under 8 yrs. of age). Free

Starts Wednesday October 24 until Wednesday October 31. Street closing block party starts at 7:00 pm and ends at 11:00 pm daily. **Halloweek on Church Street!!** Join us throughout HalloWEEK for a week of "wickedly weird" in the Church Wellesley Village. "Creaturing" annual highlights such as "Devil-icious Ghoulinary Dining Tours" at participating local Village restaurants all week long. The Village Jack-O-Lantern Contest on Saturday Oct 27. Church Street Closing Block Party: Halloween Night October 31st! Grab a costume or your camera and drop into Canada's largest outdoor Halloween event! Event takes place in multiple locations, please contact event organizers for more details. 416 393-6363. Free

HISTORY

Tuesday October 16 from 6:30 pm until 8:00 pm. **What's the Use of History? Citizenship and History in Canada's Past and Present.** This roundtable of historians will discuss how concepts of citizenship have changed over the past century, and how history has been mobilized to create particular understandings of citizenship. Toronto Public Library at Palmerston Branch at 560 Palmerston Street. Call 416 303 7680. Free

MOVIE

Thursday October 25 beginning at 6:00 pm. Come and see the movie "**Lovely to Look At**" featuring Red Skelton. The movie is about Red Skelton inheriting one-half of a Parisian dress salon from his late aunt. Red Skelton travels to France with his showbiz friends Howard Keel and Gower Champion. The threesome hopes to convince the owners of the other half of the salon to sell their shares so that Skelton, Keel and Champion can finance a Broadway Show. The Bata Shoe Museum located at 327 Bloor St. West, downtown Toronto. The Museum is right at the southwest corner of Bloor Street West and St. George Street. Call 416 979-7799. Free

MUSIC

Wednesday October 17 from 12:00 pm until 1:00 pm. **Free Concert Series: Flamenco Fantastico.** The Toronto International Flamenco Festival returns to the Free Concert Series to celebrate the power and grace of flamenco dance with a special showcase of Canadian and international artists. Four Seasons Centre for the Performing Arts at 145 Queen Street West in Toronto. 416 363-8231. Free

Thursday October 18 at 7:00 pm. **Toronto Symphony Orchestra Musical Chats.** Rick Phillips leads an enlightening talk about two incredible classical music works. Haydn Symphony No. 101 "The Clock" & Beethoven Symphony No. 1. North York Central Library, 5120 Yonge Street. Call 416 395-5639. Free

Thursday October 25 from 12:00 pm until 1:00 pm. **Free Concert Series: Love and Transfiguration.** Artists of the COC Orchestra present two sumptuous late Romantic masterworks for string sextet: The Prelude to Strauss's opera Capriccio and Schoenberg's Verklarte Nacht. While Capriccio portrays a woman's choice between two suitors, Verklarte Nacht is an enigmatic journey of a woman coming to terms with her past. Four Seasons Centre for the Performing Arts at 145 Queen Street West. Call 416 363-8231. Free



PARTY

Monday October 29 from 5:30 pm to 9:30 pm. **Mad Hatter Tea Party.** C/S Info Centre's Annual General Meeting and Dinner Celebration. C/S Info Celebrates 20 years with a Mad Hatter Tea Party!! Join us for our AGM, dinner, games, prizes, live music and more! Our party will be held at The Tranzac (Toronto Australia New Zealand Club) in the Main Hall located at 292 Brunswick Avenue (Bloor and Spadina). All those from the mental health community are most welcome!! Please RSVP by phone or email no later than October 19th: 416 595-2882 or csinfo@camh.ca. We'd love to see you there to help us celebrate twenty years of service to the consumer/survivor community. Free

POLITICS

Thursday October 18 beginning at 7:00 pm. **Fair Vote Canada.** Presented by Dennis Pilon – Dennis is Associate Professor in the Department of Political Science at York University. His research has focused primarily on issues of democratization and democratic reform in western countries, in both contemporary and historical contexts. Professor Pilon has acted as a consultant on election issues for legal firms, political parties, trade unions, community groups, and the Auditor General of Canada. He is the author of two books, *The Politics of Voting: Reforming Canada's Electoral System*, and *Wrestling with Democracy: Voting Systems as Politics in the Twentieth Century West*. Fair Vote Canada is a national citizens-based campaign bringing together people from all parts of the country, all walks of life and all points on the political spectrum to promote fair voting (proportional) systems for use in elections at all levels. FVC is an incorporated non-profit membership organization with members in all provinces and approximately 20 local and regional chapters. First Unitarian Congregation of Toronto located at 175 St. Clair Avenue West. Free

VISUAL ARTS

Wednesday October 17th at 12:00 pm. **The Parkdale Village Business Improvement Association TD Green Streets Garden Ceremony.** Here we will celebrate the launch of our revamped community gardens and historical plaques with a ribbon cutting, comments from the BIA, TD Friends of the Environment Foundation (TD FEF) and Tree Canada. This ceremony will be followed by a brief tour of the other revamped gardens within Parkdale Village. Located at The Elm Grove Garden at 1273 Queen Street West in Toronto or call Anna Bartula at 416-536-6918. Free

Friday October Oct 19 until Oct 25 from 11:00 am – 6:00 pm. **A L O N E /Together. Eight artists: Different media: A common philosophy.** Susan Avishai, Laura Culic, Brian Harvey, Mark Kellett, Jennifer Lawton, Gordon Leverton, Laurie Skantzos and Janice Tayler work in different styles and media, but share a powerful collective interest in new and independent ways to direct their visions. They act as sounding-boards, critics and support for each other in this very solitary occupation. "A L O N E together" is a celebration of their unique visions. Located at The Artscape Triangle Gallery at 38 Abell Street in Toronto. Free

Saturday Oct 27 from 11:00 am until 2:00 pm. **Look Inside: OCAD University's Annual Open House.** Look inside the behind-the-scenes world of art and design. Take a studio tour, watch a student demo, or talk with faculty and staff. We'll provide a glimpse of emerging trends and where art and design practice is making new connections. Imagine yourself here. Located at OCAD University at 100 McCaul Street in Toronto. Free

WRITERS

Wednesday October 17 from 6:00 pm until 8:30 pm. **Going It Alone: Adventures in Self Publishing.** Join Cory Silverberg, Bill Freeman, Christine Cowley and Vivek Shraya for a lively conversation about self publishing. They'll tell you about Kickstarter, how to decide if self-publishing is for you and where they think the industry is going. Discussion followed by Q & A. Lillian H. Smith Library at 239 College Street West in Toronto. Call 416 395-5639. Free

Employment Matters

CMHA/Peel is seeking a Peer Support Worker for its Mental Health & Justice Services Team.

CMHA/Peel values personal lived experience as a demonstration of hope, recovery and ongoing personal growth and transformation. The Peer Support Worker position is a critical compliment to the services provided by the Justice Team. Through individual and group relationships, the Peer Support Worker will support people to explore options, build skills and make decisions that promote recovery and self-responsibility.

This is a **30 hours per week** position, reporting to the Program Manager- Mental Health & Justice Services. We welcome applicants that work from a position of personal lived experience with both mental health issues and the criminal justice system.

Job Responsibilities

- 1) Meet with and establish relationships with Clients who are involved with the Release from Custody Services; reach out to potential Client's of the organization to orient and engage
- 2) Explain the Program and the Peer Support role; respond to questions or concerns
- 3) Orient the person to recovery and talk about ways to support recovery; by disclosing personal lived experience, inspire hope, resiliency and personal responsibility
- 4) In relationship with Clients, support identification of strengths that people can access to address areas they want to change
- 5) Support Clients to make choices that promote safety, wellness and recovery
- 6) Provide practical support, including self/home care, socialization and employment
- 7) Invite, encourage, and support self-advocacy of clients in terms of their clinical relationships
- 8) Facilitate WRAP Groups and support peers to create WRAP and recovery plans for themselves

Skills & Qualifications:

- 1) Completion of a Peer Support Recovery Education Program is preferred
- 2) Must be a consumer/survivor of the Mental Health System
- 3) Personal experience with the Criminal Justice System is welcomed
- 4) Solid working knowledge of recovery principles
- 5) Strong interpersonal and communication skills
- 6) Basic report-writing skills
- 7) Good personal organization and reliability
- 8) Strong ability to work independently and on a team
- 9) Knowledge of community services and supports in Region of Peel
- 10) Driver's license, relevant insurance & daily access to a reliable vehicle
- 11) WRAP (Wellness Action Recovery Plan) Facilitator Certification is an asset
- 12) Knowledge of French or a second language is an asset
- 13) Ability to work flexible shifts including afternoons

Qualified applicants may send their resume via email to balsaran@cmhapeel.ca

Or by mail to:

Human Resources Manager,

CMHA/Peel

7700 Hurontario Street, Suite 601,

Brampton, ON L6Y 4M3

Fax: 905 863-5201 or www.cmhapeel.ca

Deadline for applications: October 19th at 5:00 pm.

Across Boundaries: An Ethnoracial Mental Health Centre

Consumer/Survivor Initiatives Co-coordinator Permanent –Part Time 20 hours per week

Across Boundaries is a mental health centre that provides a range of support and services to people of color in the Greater Toronto Area who are experiencing severe mental health problems/serious mental illness. We employ a holistic approach to mental health care and operate within an anti-racism framework.

Responsibilities:

- Co-ordinate Community Kitchen Program
- Co-ordinate planning of weeks menu
- Work in collaboration with Program Co-ordinator to facilitate Life Skills programming
- Initiate and develop consumer survivor run programs that are consistent with agency's holistic approach to mental health care
- Assist in organizing in-house special events
- Recordkeeping
- Administrative duties as required

Qualifications:

- Excellent written, interpersonal and communication skills
- Knowledge and understanding of anti-racism/anti-oppression
- Knowledge of community resources which will benefit the Community kitchen and it's clients
- Experience in a Community kitchen
- Experience in a Consumer/Survivor run program an asset
- Computer knowledge is required

Deadline is Tuesday October 25th at 12:00 noon
Salary is \$16,400.35 per annum

Send Application to: **Hiring Committee**
Across Boundaries: An Ethnoracial Mental Health Centre
51 Clarkson Avenue, Toronto, Ontario. M6E 2T5
Fax: 416 787-0812 or email at info@acrossboundaries.ca

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 Centre, 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, Toronto, Ontario, M6J 1H4.

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.