



BULLETIN

485 May 1 – 15, 2013

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/>

Centre Updates

Hey Bulletin Subscribers,

Please join me and the Board of the Consumer/Survivor Information Resource Centre of Toronto in welcoming Andrea White to our staff. Andrea is in the process of completing her PREFER certification; she has been a Peer Support Worker in the field of Housing; she has been involved with Mad Pride and has been on the Board of the Psychiatric Survivor Archives of Toronto. She will be a great addition to the centre, in that she has experience helping people with their information needs, doing research and being a writer and an editor.

Andrea is the founder of the brand new Consumer/Survivor Timebank of Toronto and has been involved with the Empowerment Council and other organizations around town.

She's into her second week now and I can say she is a delight to work with, so please, help me make her feel welcome when you call or drop by.

Helen

Thanks so much Helen for that lovely welcome and for being the first colleague to try to find me left-handed scissors! I'm excited to be here and look forward to learning and sharing new information with all of you. Information is truly liberation: the more we know and the more we share the better we are able to advocate for ourselves. Please keep sharing your insights, tips and comments with us and let us know if you have any suggestions for the Bulletin.

Andrea

Computer Column by Martha, The Computer Gal

Viruses and spyware

The term 'malware' refers to both viruses and spyware. While spyware will snoop and report your activity, and slow you down in the process, it tends to be not malicious. Spyware can, however, provide an entry point for a virus.

A virus can't do any physical damage to your computer. Even if it destroys everything on your hard drive, including your operating system and master boot record, it won't hurt the actual hard drive. If the insides of your hard drive are turned to mush, you can replace the operating system and reinstall all your programs. All the work you've saved will be gone, another reason to keep your files backed up to some external source. Data recovery is very expensive.

Viruses have three objectives: replicate, spread to other systems, and do maximum damage wherever they find themselves. Some can cause absolute havoc by reproducing themselves, slowing systems and filling any storage device available. Worst of all, they re-write code, making it unusable. Most people these days use email, Facebook, and YouTube. So if a malware developer wants to spread his stuff, these are the sites he is most liable to focus on. Most people use Internet Explorer...which is in itself vulnerable to attack. Outlook is also vulnerable, particularly the 'preview pane.'

Don't accept an offer that pops up while you're browsing the internet. This is the most common way people allow viruses into their systems. If something's offered without your going looking for it, chances are pretty good that a) you don't need it and b) it's not what it says it is. In particular, the 'Boost your computer's speed' virus, and the 'Your computer may be at risk' are ones to watch for. Both of these pop ups begin to download very quickly, so close them as soon as you see them.

Don't open an unsolicited email attachment if you don't recognize the return address. This can be tricky, because one of the Facebook scams actually harvests your 'friend' list and uses your friends' email addresses. Look at the return address and even then, ask your friend if they sent you something.

Keep Windows up to date. This is especially important if you use Internet Explorer, because it still has some weaknesses that a virus can utilize.

If you pirate software, movies, or music...invest in a strong antivirus/antispysware program. Even downloading from YouTube is dangerous, if you're not protected. Most of us can't afford to download music and movies from commercial sites, much less go to a store and buy them, and some of the free download sites are crawling with malware. Pirate safely, me hearties.

An antivirus program works in two ways:

- 1) Looking at incoming files and identifying any malware by means of a 'virus dictionary' or 'virus definition database.'
- 2) Looking at the files of any program you're using, to see if there's any suspicious activity that indicates the presence of a virus.

Top of my list of antivirus programs is Eset Nod32. Next is Kaspersky. At the very bottom of my list is Norton, second worst is McAfee. Both use a lot of your computer's resources just to run, will slow down the computer's start up and shut down, and are not dependable. The Rogers antivirus program seems to be improving, but in the past has not done well at all. The best free antivirus is AVG, but if you're going to be doing much on the internet, pay for a good antivirus. Seriously.

Spyware is defined broadly as any program that gets into your computer without your permission and hides in the background while it makes unwanted changes to your user experience. It will track your activity, and you will get more and more nagging little popups. It can also cause your browser to aim for commercial sites, which is annoying and frustrating. Most spyware targets only the Windows Operating systems, using known weaknesses in Internet Explorer, Outlook, and Word. There are many antispyware programs, top of my list are SuperAntiSpyware and MalWareBytes.

The nastiest malware, IMHO, are those masquerading as antivirus programs. There will be a popup window saying you have many threats on your machine, and here's how to get rid of them. Once you download the program you soon find out that it's not a program at all but a malicious virus that's particularly difficult to get rid of.

Adblock Plus is an add-on for Firefox that works well to stop popups before they happen, and thus protecting you from spyware by working in the background while you're on the internet.

<https://addons.mozilla.org/en-US/firefox/addon/adblock-plus/>

When you're downloading or installing a program, you might be offered some decent looking stuff. Always uncheck the box. Always. Always. You can get the stuff elsewhere, and it won't come trailing a bunch of spyware.

Next article....How you know you've been infected by a virus, and what to do to get rid of it.



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, Photoshop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

Guest Column: Acupuncture for All by Nancy Linley

Community Acupuncture is a social-business model that aims to increase access to acupuncture by offering treatments in a comfortable group setting (recliners) and with fees offered on a sliding scale (typically \$10-50, with an initial registration fee of \$10-20). Clinics have extensive hours to accommodate personal schedules. Appointments can be booked ahead (often online), but walk-ins are always welcome. This style is common in Asia, but is fairly new in North America with the first "Working Class Acupuncture" clinic opening in Oregon in the late 90's. There are now almost 200 linked in a worldwide cooperative network.

While I have had acupuncture in the past to help with chronic stress, I was unable to afford to pay in excess of \$70 per session for ongoing treatment. When I was unable to function I would try to scrape up some funds, find a centre and hope for the best in the 3-4 sessions I could typically afford (often alternating between deep tissue massage and acupuncture) to help alleviate the numbness in my hands resulting from chronic neck and back tension. Once I had a measure of relief I would try to make do with basic stretches (which I usually stopped doing once I felt better) . . . until the tension once again built up to an unbearable level.

A few months ago, I happened to walk by one of the clinics, but wasn't quite brave enough to venture inside. I had heard about acupuncture being offered in certain clinics/hospitals to help with addiction – but wasn't really aware of anyone in the medical field (i.e. covered by OHIP) providing acupuncture for any mental health / wellness treatments. Recently I encountered two different people who both spoke highly of their experiences

with Community Acupuncture here in Toronto (at 2 different clinics) so I finally sat down to do some research and market testing of my own. (Looking for accessible community resources can be such a hard job sometimes!). I discovered three such clinics in Toronto:

- 1) Toronto Acupuncture Studio, 961 Bloor St West, 647 700-4644, www.torontoacupuncturestudio.com
- 2) 6 Degrees Community Acupuncture, 204 Spadina Avenue, 416 866-8484, www.pokeme.ca
- 3) Toronto Community Acupuncture, 27 Davies Avenue, 416 405-8222, www.communityacupuncture.ca

While checking out the websites I discovered not only was one close by, but that I could also fill out my basic questionnaire and book my appointment online. Within ten minutes I was set up for a next day appointment. I received an email and quick call back to confirm and agreed to show up a few minutes early. Upon arrival, I entered a serene space and was greeted by a friendly smile, a place to hang my coat and leave my shoes, and a glass of water. After I placed my recommended fee (\$30) into the private envelope, I was escorted into the rear area where I saw about a dozen recliners, some empty and some occupied. I removed my socks, rolled up my pant legs and sleeves and settled in, along with a blanket. The acupuncturist quietly came by, looked at my file (which detailed in my words my tender areas and basic history), and we discussed the treatment plan. As I am also reducing one of my medications and have a history of chronic pain, he suggested that he give me both the NADA ear treatment and a series of needles throughout my feet, legs, elbow, head and collarbone area (somewhere between 15-20). I was asked how long I had for the treatment. Then I settled in to listen to the quiet music and commune until my body told me it was time for the treatment to end. Meanwhile, I was vaguely aware of people quietly coming and going. About 60 minutes later, I caught his eye, he removed the needles and I floated out in perfect bliss – ready to repeat as needed.

I've since checked out 6 Degree, which has great vibes as well. While I haven't yet personally visited the third centre, I highly recommend that anyone interested in this form of treatment check out whichever clinic is most convenient and see if this will become part of your ongoing wellness regime.

As part of her own ongoing wellness journey, Nancy Linley actively seeks out community resources that promote sustainable wellness. Her current duties as community WRAP facilitator and CAMH peer support worker have allowed her to be a conduit for people in recovery to share wellness tools with each other.

UNICEF's Report Card 11, Child Well-Being in Rich Countries

UNICEF's Report Card 11, Child Well-Being in Rich Countries: A comparative overview, compares the level of child well-being across the world's twenty-nine richest nations. Some countries are achieving much more for children than others.

- How are Canada's children doing?
- How does this stack up against other industrialized countries?
- What has improved over time in the well-being of Canada's children and what has worsened?
- How can we make progress for children?

Report Card 11 should contribute to debate in Canada about how children are doing in areas like: material well-being, health, education, risks and behaviours, and housing and environment. Child well-being is the result of choices by individuals, organizations and governments. All of the outcomes in UNICEF's Report Card are influenced by policy choices.

- Is the teen birth rate increasing or decreasing?
- Are more teens smoking today than ten years ago?
- In what aspect of children's well-being did Canada rank dead last?

See how Canada compares on these and other childhood conditions at www.unicef.ca/irc11

Free Webinars: The Social Aetiology of Mental Illness [SAMI] training program

The Social Aetiology of Mental Illness [SAMI] training program is pleased to present the following **free** webinars: Please join us! <http://knowledgex.camh.net/researchers/areas/sami/webinars/Pages/default.aspx>

Live broadcasts take place on **TUESDAYS**, from **11:30 am-12:30 pm EDT** (Toronto Time).

On **May 7, 2013**, Dr. Nancy Poole, Director of Research and Knowledge Translation, British Columbia Centre of Excellence for Women's Health will present "Integrating Trauma-informed Approaches into Mental Health and Substance Use Systems."

On **May 21, 2013**, Dr. R'gine Uwibereyeho King, Assistant Professor in the Faculty of Social Work, University of Manitoba will present "Perceptions of Mental Health among Rwandan Refugees in Toronto."

MAD PRIDE TORONTO 2013 PRESENTS:

ALTERED STATES

MOVIES BY MAD PEOPLE

Share your mad, consumer, ex-psych, survivor, crazy, and "illness-ified" visions with us!

We are planning a day of screenings at **Mad Pride Toronto 2013**, from **July 8-14**, of works made and curated by mad people. There's no theme: works need not exemplify anything other than your own creativity, but we do seek works created by people with experience of the mental health system.

Please submit your work, by **June 1st, 2013**, on a DVD in .mp4 format if possible to:

Friends and Advocates, 2340 Dundas W, Toronto, ON M6P 4A9

Please contact events@madprideto.com if submitting an unfinished piece. For further info, visit www.madprideto.com

FREE Public Legal Information Session

May 7 from 5:30 to 8:00 pm.

Law Society of Upper Canada, 130 Queen Street West.

In two, free, one-hour sessions, lawyers and paralegals will provide you with helpful information and explain common concerns about wills and Small Claims Court. You will have an opportunity at the end of each session to ask the lawyers and paralegals questions. **Advance registration for this free event is required by May 3 to ensure a seat.** Please register online at <http://www.ojen.ca/registerMay7> or by phone: 416 947-3413/1-800-668-7380 x 3413.



Workman Arts is pleased to present the 13th Annual **BEING SCENE** Juried Exhibition featuring an exhilarating showcase of 54 new works by 31 artists as selected by a distinguished jury including Sarah Milroy (a Toronto-based art critic and writer, and regular contributor to *The Globe and Mail*, *Canadian Art*, *Border Crossings* and *Walrus*), Noa Bronstein (director of exhibitions at Gladstone Hotel) and professional artist Jan Swinburne. With planned exhibitions at University of Toronto's Hart House (**May 3 to July 4**) and the Gladstone Hotel (**July 18 to August 12**), we hope you will join us for drinks, hors d'oeuvres, and live music at **BEING SCENE's Grand Opening Reception (Hart House, May 9, 2013, 6 pm to 8 pm)** or the Opening Reception (**Gladstone Hotel, July 18, 2013, 5 pm to 7 pm**).

Please join us for the celebratory launch of Workman Arts' inaugural poetry anthology, **All That Is Real**, on **Sunday May 5, 2013 at 2 pm** at the **Drake Hotel** (1150 Queen Street West, free admission). Created under the guidance of Workman Arts' poet-in-residence, **bill bissett**, over 25 poets contributed to the anthology over a four-year period. Several poets will read selections from the anthology, followed by an incredible sound poetry finale. Prior to and after the readings there will be live, musical performances by Workman Arts members and a chance to mix & mingle with the artists themselves

Wilkinson Presents: Recipe Book Launch And Bazaar

Wilkinson clients and staff have put together a recipe book of our **favourite foods**. We will be selling the cookbook for \$5 as a fundraiser. We will also have sample of some of our **yummy** recipes and Wilkinson client crafts for sale. We hope you can make it!



Where: 32 Grenville (Simon Apartments, North of Yonge and College)
When: Thursday May 16th 2013
Time: 1:00 pm – 6:00 pm

Mind Fest 2013. Join us on **May 6** from 9:00 am to 6:30 pm for a mental health fair and festival celebrating all minds. Includes: inspirational speakers, documentary films, and loads of entertainment, workshops, prizes, giveaways, and free food. Hart House: 7 Hart House Circle. For more information visit: www.utpsychiatry.ca/mindfest. Free

Employment & Training

These are very shortened versions of the postings. For more information, please see the organizations' websites or Charity Village, or come into the C/S Info Centre and check out our bulletin board.

Peer Support Worker #13219E)

Early Psychosis Intervention – LEARN

Non-Forensic Division

Complex Mental Illness Program

Please note: This part-time, 1-year contract position is part of the OPSEU Bargaining Unit.

Salary range: \$22.53 - \$25.95 per hour

Please forward your resume to:

Human Resources

Centre for Addiction and Mental Health

100 Stokes Street

Bell Gateway Building

Toronto, Ontario

M6J 1H4

Fax: 416 583-4316

E-mail: jobs@camh.net

Closing Date: May 6, 2013 by 5:00 pm

File Number: 13219E

For more information visit www.camh.ca.

Peer Support Worker

Regeneration Community Services

Hours of Work: 20 hours per week. Rotating shifts within the hours of 9:00 am and 8:00 pm weekdays and weekends

Submission Deadline: **Wednesday May 15, 2013 at 5:00 pm**

Attention: Sandra Muir

Regeneration Community Services

2238 Dundas Street West, Suite 307

Toronto, ON, M6R 3A9

Fax: 416 703-9648

E-mail: smuir@regenerationcs.org

For more information visit www.charityvillage.com.

Caretaker

St. Jude Community Homes

Closing Date: May 10, 2013

St. Jude Community Homes is looking for a Live-in or Live-out Caretaker for a one-year contract position (potential to become a permanent position)

Salary: to be determined

Hours of Work: 35 hours per week plus after hours on-call duties evenings and alternate weekends.

Please fax or email your resume to the Housing Administrator, Mare Bock at 416 359-9169 or mbock@sjch.ca

PREFER Information Session

Are you interested in learning more about *Peer Support and Recovery*? Are you thinking about getting more *involved in your community or working as a peer*? Come to an Information Session about the Peer Recovery Education for Employment & Resilience (**PREFER**) project! PREFER is an innovative community of learning and mutual support and we are hoping to welcome new members into our education and training program in the coming spring.

Wednesday May 1st 5:00 pm - 6:00 pm
Krasman Centre, 10121 Yonge Street, Richmond Hill

Thursday May 2nd 2:00 pm – 4:00 pm
CAMH, 1001 Queen Street West Training Room A, Toronto
More info? www.cultureofrecovery.org

Tel: [905 780-0491 x125](tel:9057800491x125)

Toll-Free: [1 888 780-0724](tel:18887800724)

Things To Do...

Free and Low-Cost Events for May 1 – 15, 2013

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

Festivals

May 4 at 9:30 am. Asian Fusion Food Festival - Dim Sum & the Tradition of "Yum Cha." Learn about these yummy steamed dishes and the tradition of tea tasting/drinking tea with Kathleen Chim. Downsview Public Library, 2793 Keele Street. 416 395-5720. Free

May 4 Art Fusion Festival www.artfusioncollectives.com will take place at Mel Lastman Square, The festival will showcase local talents across the arts spectrum, from painters to acrobats, musicians to performance dancers. The Arts Network for Children and Youth (a national non-profit community arts service organization) is a supportive partner for the festival. ART Fusion currently unites 15 art/music collectives from Toronto and GTA area, where artists can join and perform for free. 5100 Yonge Street. Free

May 11 from 1:30 to 4:30 pm Chinese Cultural Festival. Presented in partnership with Asian Heritage Month - Canadian Foundation for Asian Culture (Central Ontario) Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. 416 393-7720. Free

May 11 – 12 Toronto Comic Arts Festival. Features more than 250 cartoonists from around the world! Be part of an ambitious programme of exhibitor presentations, gallery showings, readings, lectures, workshops, discussion panels, and an artists' marketplace that brings the medium of comics, comix, graphic novels—whatever you want to call them — to life! Toronto Reference Library, 789 Yonge Street. Free

Films

May 2 from 8:00 pm to 10:30 pm. Cinema Politica UofT - United in Anger: A History of Act Up. A small group of men and women of all races and classes, came together to change the world and save each other's lives. Meetings, affinity groups, and approaches to civil disobedience mingled with profound grief, sexiness,

and the incredible energy of ACT UP. Stick around for a discussion about queer activism following the screening. <http://www.cinemapolitica.org/film/united-anger-history-act> .OISE - Room 5150, 252 Bloor St W
Accessibility: wheelchair accessible space, snacks provided, films will be captioned, address any other accessibility needs to external.apus@gmail.com. Free

May 9 from 1:00 pm to 3:00 pm **Payback**, a movie based on Margaret Atwood's bestselling book Payback. Debt and Shadow Sides of Wealth are featured. Richview Library, 1806 Islington Ave. Free

Lectures/Readings

May 1 from 7:00 pm to 8:00 pm. **The eh List Author Series: Robert J. Sawyer - Red Planet Blues.** Alex Lomax, hard-boiled Martian detective, is on a new case. In this, Sawyer's 23rd novel, Lomax is faced with evidence that the founders of the Martian fossil enterprise may have been murdered, Lomax goes to work hunting history and maybe even some fossils of his own. North York Central Library, 5120 Yonge Street. For information and/or to register please call 416 395-5639. Free

PRIDE AND PREJUDICE, HISTORY AND MEMORY

A SERIES OF TALKS ABOUT THE PAST AND THE PRESENT AND WHAT IT MEANS TO BE GAY OR LESBIAN AT THE TORONTO PUBLIC LIBRARY

Words to Live By. William Whitehead. Lillian H. Smith Branch, **May 4, 2 pm Free**

Challenging History: Sexuality and Sport. Helen Lenskyj. St. Lawrence Branch, **May 7, 7 pm Free**

Querying the Page. Farzana Doctor, Nancy Jo Cullen, Debra Anderson, Zoe Whittall, Vivek Shraya. Palmerston Branch, **May 14, 6:30 pm Free**

May 15 at 7:00 pm. **Poetry In Voice National Finals**, Isabel Bader Theatre, 93 Charles Street. The top nine finalists from across the country will compete for nearly \$25,000 in awards and school stipends. Join us for an evening of contemporary and classic poetry, in English and French, hosted by Johanne Blais of CBC's "C'est la vie." Tickets are available for purchase at recite2013.eventbrite.ca. Website: www.poetryinvoice.com Twitter: @PIV_LVP Facebook: Poetry In Voice/Les voix de la poésie. Admission \$5-\$10.

Music

May 2 at noon, **Vocal Series: Sérénade Française.** Artists of the Canadian Opera Company Ensemble Studio present a program of French arias and art songs. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free

May 5 at noon, Corporation of Massey Hall and Roy Thomson Hall. Choir & Organ Concerts: **Agincourt Madrigal Singers** and Northlea Junior Choir, Roy Thomson Hall, 60 Simcoe Street. 416 872-4255. Free.

May 7 at noon, **Canadian Opera Company.** *Chamber Music Series: A Strauss Serenade.* Strauss: Serenade in E-flat Op.7; Suite in B-flat Major Op.4. Artist of the COC Orchestra. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free.

May 9-12 SING! The Toronto Vocal Arts Festival returns to Harbourfront Centre, 235 Queen's Quay West. Canadian and international talent will come together and present close to 100 performances, events and workshops. This unique festival runs for one weekend only and most events are free. Feature concerts include: the Swingle Singers, a UK-based multi-Grammy winning ensemble celebrating 50 years as a vocal supergroup; Sweden-based The Real Group, performing bop, vocalese, pop, and originals; and Moments to Remember: A Tribute to Harmony Groups of the '50s and '60s, honouring Frank Busseri of The Four Lads and featuring cast members from Forever Plaid.

Sales/Fundraisers

May 3 from 5:00 pm to 8:00 pm and **May 4** from 10:00 am to 2:00 pm, Book Sale. Hard cover, paperback, fiction, non-fiction. St. Clement's Anglican Church, 70 St. Clements Ave.

May 4 and **May 5** from 10:00 am to 5:00 pm, Giant Garage Sale for Toronto Humane Society, 11 River Street.

May 11 from 8:00 am to 3:00 pm. St. Alban's Boys' & Girls' Club Fundraising Plant Sale, 843 Palmerston Ave.

May 11, Join LAMP Community Health Centre in the **Walk for Change 5km Walkathon**. Act and advocate for mental health. Registration at **9:00 am**. Walk starts at **10:00 am**. For more information call Among Friends at 416 251-8666.

Walks

May 1 6:00 pm to 7:30 pm, **ROMwalks – Jarvis Street**. Meet at Bloor and Church Streets. Once the most fashionable address in Toronto, Jarvis Street retains many of its old mansions and churches and has acquired new architectural gems. A walk down this broad street provides from insight into its elegant past and energetic present. Free
Website: <http://www.rom.on.ca/en/activities-programs/walks-travel-bus>



May 4 from 11:00 am to 1:00 pm, **Jane's Walk, Walking the Don: 200 years of change along the river**. Join us for a walk through the Lower Don trail system from Riverdale Park to Todmorden Mills and see how humans have impacted the valley – and how it is being reclaimed as a vital green space at the heart of the city. Meet at south end of Riverdale Park East, by St. Matthew's Clubhouse. Look for the rainbow umbrella. Free
Website: www.janeswalk.net.

May 5 at noon. **The Walls are alive with the Sounds of Mad People**. A lively theatrical walk around the historic patient-built wall on the grounds of the Centre for Addiction and Mental Health (CAMH), led by the Friendly Spike Theatre Band.

Meeting Place: southwest corner of Queen Street West and Shaw Streets. 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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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.ca. Your Mother Earth will thank you. **Helen and Andrea**