



BULLETIN

521 November 16th – 30th, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
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/>

Stay tuned for the next Bulletin...our special Christmas issue.
20 pages of all free and low cost things to do around the city.
A double issue you won't want to miss!

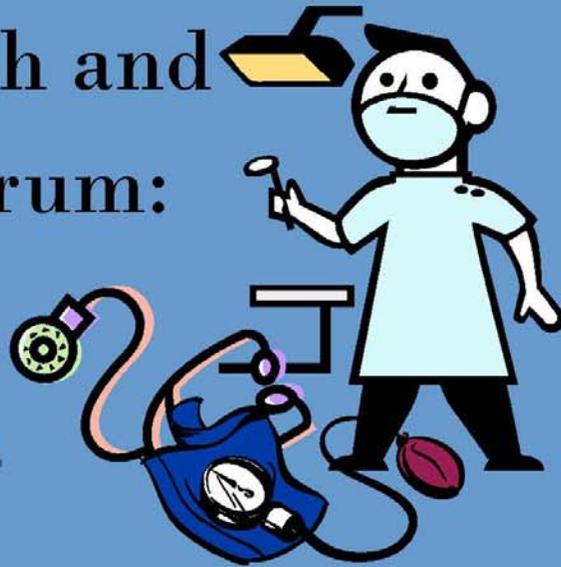


Save The Date

For these upcoming events

- **Friday, December 5th, 2014 from 6:00 pm - 9:00 pm.** May Robinson Auditorium, 20 West Lodge Avenue. **Extravaganza 'The Friendly Spike Theatre Review'**. When newspapers were the primary method of delivering the news, publishers often printed an 'extra' edition when they had a big story. Newsboys would stand on the street corners with stacks of newspapers at their side, barking "Extra Extra Read All About It". In a very real way, we feel like we've got something extra, too, and we want to share it with you at EXTRAVAGANZA
6:00 pm – Community Meal 7:00 pm – Preview of Friendly Spike Theatre Review
7:30 pm - 9:00 pm – Open Stage RSVP to friendlyspike@primus.ca or 647 729-9068
- **Mon., December 8th from 1:00 pm to 3:30pm or Thurs., December 11th from 10:00 am to 12:30 pm.** MDAO Toronto 36 Eglinton Ave. W., Suite 602. **WRAP for the Holidays.** This will be a short interactive workshop of two-and-a-half hours with small groups of about a dozen people. You will be shown the steps of WRAP and have the opportunity to complete your own "WRAP for the Holidays". If you have completed a WRAP program before then this might provide a useful reminder and refresher- as well as an introduction to using WRAP in a way that may be new for you. If you have **not** completed a WRAP program before then this might be a useful introduction to the bare bones of WRAP and how you can make it work for you. Note: completing this workshop by itself would not be deemed sufficient preparation to apply for WRAP facilitator training.
- **Mon., Dec. 15th, 2014 from 2:30 pm – 4:00 pm or Tues., Dec. 16th from 2:30 pm - 4:00 pm or 6:00 pm - 7:30.** MDAO Toronto, 36 Eglinton Ave W., Suite 602. **WRAP Information sessions.** WRAP is a non-medical, values-based approach rooted in the knowledge that people can and do recover. Using WRAP can help you reclaim your power; find and connect with community; create your own recovery journey and move towards living in wellness. We will be running WRAP groups starting in January. To find out the dates and times and to ensure your place in one of the 8 week (2.5 hours/week) programs, please attend one of our info sessions above. To attend one of these information sessions please contact Eric by December 12. Eric Jonasson: ericj@mooddisorders.ca or 416 486-8046, ext. 224.

Mental Health and Addiction Forum: Your Health



Tuesday, November 25, 2014

9:30am to 4:00pm

246 Sackville Street (Dundas and Parliament area)

Common Room, Main Floor

To Register contact CSINFO@camh.ca or call 416-5952882

Lunch and TTC tokens provided

- Are you a person with mental health and/or addiction issues and are homeless or street involved?
- Do you trouble accessing doctors and nurses for your health-care?
- Can't afford dental care? Want to find out how you can access it?
- Do you feel you face unequal access to health care?



Sponsored by the Toronto Consumer/Survivor
Initiative Network

SOUND TIMES

WORKING FOR
CHANGE



the empowerment council presents:

CHEAP & CRAZY SYMPOSIUMS

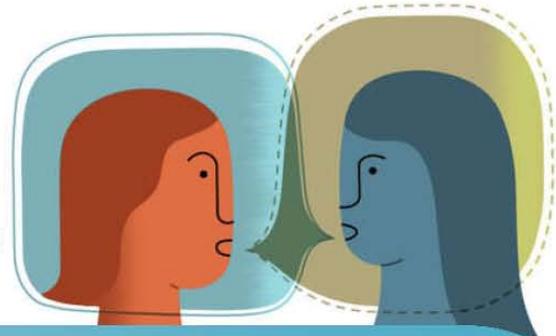
Mobilizing Strategic Conversations

Saturday November 22nd 2014

1001 Queen Street West / Community Centre

12:00 - 6:00 PM

PROGRAM



MOBILISING STRATEGIC CONVERSATIONS

WHY? Why we still need to organize, imagine and fight for a better future where we tackle the web of money makers, who constantly co-opt and undermine struggles for self-determination and justice.

STIGMA CAMPAIGNS versus REAL DISCRIMINATION

1. Charity Advertising and Advocate Response: An Analysis of CAMH's "Understanding" Campaign
2. Systemically Expelled from Normal

PROTECTING THE RIGHTS OF CHILDREN

1. Barriers to Reunification: Understanding the challenges incurred by persons with a serious mental illness in the child welfare system
2. Unique Problems of Survivors of Childhood Abuse within the Mental Health System

STILL A "FRAGMENTED MENTAL HEALTH SYSTEM?"

1. Building imperfect solidarity: Working towards mad-positive labor politics in Toronto
2. 'Open doors' to what? Psychiatric survivors take a closer look at 'integrated access'

LAW, MADNESS AND CAPACITY

1. Future Directions for Advocacy Following the Ashley Smith Inquest
2. Legal Education and WRAP Plans: Protecting Your Rights
3. How supported decision making can be used to enhance capacity to instruct lawyers

MOBILIZING PEER SUPPORT ADVOCATES AND RESEARCHERS

1. Advocacy to Direct Service or Vice-Versa?
2. The Dream Team presents: the Tenant's Bill of Rights

RSVP 416-535-8501 Ext. 33520 or email: ec.volunteer@camh.ca



Parkdale
Community Legal Services

STAR LEARNING CENTRE
A Project of the Urban Angel Fund for Homeless People



RYERSON UNIVERSITY
Everyone Makes a Mark.



Community Announcements

Giant rally at Queen's Park to STOP private clinics in Ontario **<http://www.ontariohealthcoalition.ca/>**

FRIDAY, NOVEMBER 21, 2014 - 12:00 PM

Ontario Legislature, Queen's Park

Toronto, ON

STOP private clinics

SAVE our local public hospitals

The most aggressive plan ever to dismantle community hospitals is underway

Ontario's government is forging ahead with the most aggressive plan ever to systematically strip local community hospitals of services and cut or privatize them. They are already closing down outpatient services: physiotherapy, labs, pain clinics, fertility clinics and so on. They are planning to cut as many surgeries and diagnostic tests from local public hospitals as possible and contract them out to regional private clinics. Draconian cuts to chronic care (complex continuing care) beds are planned — in some areas, the government is planning to cut 50% of the remaining beds. (Note: Ontario already has the fewest hospital beds left of any province in Canada, having undergone two decades of cuts.) Patients are faced with driving further for care as it is taken out of local hospitals and centralized into one factory-like private clinic per region. Small community and rural towns will be hit hardest, but even large cities will be impacted as care is concentrated in fewer locations and patients face growing user fees. Local hospitals have been told to shrink the scope of the services they provide and specialize in only a few things. Patients will have to drive from site to site to get care. Costs for patients are going up. User fees and co-payments are required for virtually every service moved out of our public hospitals. Private clinics are charging user fees in the hundreds or even thousands of dollars in violation of the Canada Health Act and the principles of Public Medicare in Canada. Without any exaggeration, the community hospital that we have all fundraised and volunteered for — the local hospital with a range of needed services close to home — will not exist anymore if we don't stop this. Single-tier public health care without user fees and extra-billing will be destroyed because community care is subject to private ownership, harsh rationing of access to publicly-funded care, and almost all private clinics extra-bill patients. Public community ownership and governance over vital surgeries, tests, procedures will be gone.

Our response must match the threat

Our response must be equal to the size of the threat. It is time that we stand up and make ourselves heard, before it is too late. Regular Ontarians from every walk of life — local businesses, seniors, care workers, health professionals, students, all of us who care about equal access to health care based on need not wealth — we all have a vital interest in saving our community hospitals. We are calling for our biggest demonstration ever. We are asking everyone to take one day to lend your voice to protect vital services that everyone in our communities need. Over the spring and summer, we gathered more than 90,000 votes to stop the cuts to public hospitals and the plans for private clinics. So far, no contracts have been issued and the Toronto Star recently exposed horrific stories of damage to patients' health as a result of poor infection control and poor quality of care practices in private clinics. We have a window of opportunity to stop the private clinics and force the government to deal with the fact that the public does not want a model of fragmented, privatized, inequitable and poor quality regional hospital care. This is a key issue in virtually every community. We need to get the word out and ask people to take a stand now.

Come out November 21 at noon at Queen's Park Toronto.

Ontario Health Coalition

Gaining Autonomy & Medication Management (GAM) Training for Peer Support Workers

Thursday, December 11th at Friends House, 60 Lowther Avenue from 9:30 am - 4:30 pm

What is GAM about?

- Learning and understanding psychiatric medication and its effects on all aspects of a person's life
- Creating spaces of open dialogue around one's needs and preferences with respect to medication
- It's about making decisions, self-advocacy, engaging external supports, limiting risks and taking charge
- GAM bypasses the debate 'for or against' medication and shifts the focus instead on the subjective quality of life of the person who is taking the medication.

Why GAM training for peer support specialists?

Psychiatric medication is always a delicate issue and it's often taboo. It's easy for all to lose sight of the person who is taking the medication, as pressure comes from many sources. As peer support workers, how can one stay focused on the needs, rights and point of view of consumer/survivors? This training will focus on your needs and the situations that you encounter in your work.

Some situations that we may explore in this training are:

- What do you do if a peer/client says he/she wants to stop taking his/her medication?
- What do you do if you are asked to make sure a peer/client is taking his or her medication?
- What do you share about your personal experience of medicine-taking (if you are or have been a medication user)?
- What should one do with a peer/client who is obviously overmedicated or having severe side effects?
- When do you give information about psychiatric medication? About GAM?

What are the benefits of GAM training?

To feel more comfortable, resourceful, equipped when talking about the issue of psychiatric medication with peers/clients or with work team members.

- The GAM approach is versatile and can be used on a one-to-one basis or in groups, in community organizations or hospitals.
- GAM is research-based and the perspective of service users and service providers were evaluated over several studies.
- Learning about GAM adds a tool and skills to one's practical repertoire.

The guide "Taking Back Control. A Self-Management Guide to Psychiatric Medication" is included in this training.

Quebecoise GAM pioneer, facilitator and psychiatric survivor, **Celine Cyr** (MSW), will share an approach that can be used to help others to create their own plan for their use of psychiatric medication.

Time/Date/Location of training:

9:30 am - 4:30 pm, Thursday, December 11th at Friends House, 60 Lowther Av. (near St. George subway).

Registration charge: \$60 (payable to Alternatives; mail payment to Alternatives, 1245 Danforth Av, Toronto, M4J 1M8)

Refreshments will be provided at break times; however, people need to make their own provisions for lunch.

For more information: contact: 416 285-7996, ext. 227, or bmckinnon@alternativestoronto.org

National Housing Day Rally & Right to Housing Forum

FRIDAY, NOVEMBER 21, 2014 - 12:00 PM -5:00 PM

Church of the Holy Trinity
10 Trinity Square

We have a housing and homelessness crisis in Canada. November 21: We will be heard. HOUSING IS A HUMAN RIGHT! Speak up for an end to the housing crisis! Speak out for an end to homelessness! For more information or to endorse the rally as a group or organization email: righttohousingcoalition@gmail.com. In Canada, we have 150,000 to 300,000 people who are visibly homeless, plus 450,000 to 900,000 people who are among the "hidden homeless." The homelessness crisis may soon get even worse. In Canada, 365,000 low income households are at risk of losing their homes because the Federal government refuses to renew subsidies for social housing. Meanwhile, the waiting list for social housing continues to grow: there are over 165,000 households on the waiting list in Ontario alone.

Communities across Canada will be marking **National Housing Day** with events to promote and raise awareness on the right to housing. Join the Right to Housing Coalition and the **Advocacy Centre for Tenants Ontario** on November 21, 2014 in Toronto for a National Housing Day Rally and Right to Housing Forum!

This event is FREE!

To register: <https://acto-right2housing-forum2014.eventbrite.ca>

Rally and Forum Schedule:

12:00pm-1:00pm:

National Housing Day Rally at Yonge-Dundas Square: Housing is a human right!

2:00pm-5:00pm:

Right to Housing Forum at Church of the Holy Trinity, 10 Trinity Square behind the Eaton Centre (wheelchair accessible) – moderated by: Angela Robertson, Executive Director, Central Toronto Community Health Centres

Panel 1 (2:00-3:00): Is Housing First the solution to homelessness in Canada?

Some say yes. Some say maybe. And some say we must analyze Housing First through a gendered, racialized, rights based lens.

Professor Stephen Gaetz, York University/Canadian Homelessness Research Network, and Professor Janet Mosher, Osgoode Hall Law School, will discuss and debate the Housing First approach.

Panel 2 (3:15-5:00): The Right to Housing in Canada

There are many ways to build the right to housing in Canada. The panelists will discuss their advocacy work in the courts and in their communities.

- DJ Larkin, **Pivot Legal Society** (Vancouver), is counsel on a case concerning access to safe shelter as a basic human right.
- Phillip Dufresne, member of the **Dream Team** (Toronto), will discuss how they filed a human rights complaint against five municipalities in Ontario for their discriminatory by-laws... and won.
- Émilie Joly, Community Organizer at **FRAPRU** (Quebec-wide tenant organization), will talk about FRAPRU's successes in organizing tenants and how to build this nationwide.
- Tracy Heffernan, **Advocacy Centre for Tenants Ontario** and co-counsel on the **Right to Housing Charter challenge** will discuss next steps in the R2H litigation and campaign.

Hurononia, Rideau or Southwestern Survivors

If you lived at Huronia, Rideau or Southwestern, you have until November 30 to send in the Claim Form. Sending in the Claim Form is a way that you can get money if you were harmed or hurt when you lived at Huronia, Rideau or Southwestern.

You must send in the Claim Form by November 30th. If you send in the form after November 30, you will not get any money for your claim. You can get a Claim Form by clicking here: <http://www.archdisabilitylaw.ca/node/861> or you can copy and paste this link: <http://goo.gl/tyYVXU>

After you have filled in the Claim Form, send it to:

Regional Centre Class Action Administrator c/o Crawford Class Action Services 3-505, 133 Weber St. N.
Waterloo, ON N2J 3G9
Fax: 1-888-842-1332
Email: hurononia@crawco.ca

If you need help to fill in the Claim Form you can contact ARCH:
1-866-482-2724
1-866-482-2728 (TTY)

Toronto's Hearing Voices Group is now in its fourth year

For one night only we're holding an open night at a one-off location - for all those who hear voices, those who care for someone who does; for those who want to know how they can help make a easier world – and for the just the curious. We'll have a brief talk and slide show, pamphlets, info about training and our program for 2015.

Friends House, 60 Lowther Ave

Thursday, November 20th from 6:30 pm to 8:30 pm

Free Event. Limited Spaces.

More info: <http://recoverynetworktoronto.wordpress.com/2014/11/03/toronto-hearing-voices-open-night-20th-nov-2014/>

Computer...Help!



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. And if you have any computer article suggestions for Martha please let us know!

www.warmline.ca
WE ARE HERE TO HELP!

Are you feeling lonely? Distressed? Isolated?
Did you have a bad day and need someone to talk to?

Reach a WarmLine peer support worker every night 8pm-12am (midnight) EST



CHAT IS ONLINE
www.warmline.ca

Or Call 416-960-WARM (9276)

WarmLine is a confidential and anonymous service for adults (18+) operated by Progress Place

Employment Matters

Interview Skills that Open Doors

Friday, November 28th from 10:00 am - 1:30 pm

Neighbourhood Link Support Services will present a workshop on the interview preparation secrets to maximize your chances for success. What you will learn: skills to handle different types of interviews, questions to anticipate and strategies on how to answer them, best interview follow-up practices. Registration is required! For more information and to register, visit in person or call: 416 396-8890. Albert Campbell District Library, 496 Birchmount Road. Free

Library Resources for Small Businesses part I

Friday, November 28th from 10:00 am - 11:00 am

Use library databases to find business plan templates, company lists & industry data. Library card required. To register call: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Free

Job Fair

Wednesday, November 19th from 1:00 pm - 4:00 pm. Register by: Tuesday, November 18th

Jobseekers Information Session: East Side Mario's Job Fair. East Side Mario's is a proud part of Prime Restaurants Inc., which has been recognized as one of Canada's 50 Best Managed Companies. Now Hiring! Full and part-time positions, dress for success and bring your resume. Limited spaces - please call to register: 416 264-5788. For more info contact Saundrea Coburn by email: SCoburn@ywcatoronto.org or by phone: 416 264-5788. YWCA Employment Centre, 3730 Kingston Road Second Floor. Free

Things To Do...

Free and Low-Cost Events for November 16th – 30th, 2014

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

As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend Thank you!



Blogging

Thursday, November 20th from 1:00 pm - 3:00 pm. **Gardening on the Web: Blogging.** Learn how to create your own blog and share your knowledge, passion and interest with the world. This session will introduce you to WordPress, Blogger and Tumblr to easily build your blog, create posts and add photos, tags and hyperlinks. For more info contact Jenny Rhodenizer by email: communication@torontobotanicalgarden.ca or by phone: 416 397-1340. Toronto Botanical Garden, 777 Lawrence Avenue East (at Leslie). Adults. **Free**

Dance

Sunday, November 16th from 3:30 pm - 9:00 pm. **50's & 60's Rock N Roll Dance at Royal Canadian Legion Branch 3.** Making an appearance, Little Peter and the Elegants. Doors open at 3:30 pm, optional meal (\$10) available till 6 pm, and the band will play from 5:00 pm – 9:00 pm. Couples, singles, all are welcome. For more info contact: Jacque Ratte by email: suzie.halasz55@yahoo.com or by phone: 416 970-0482. Royal Canadian Legion Branch 3, 150 8th Street. All Ages. Cover charge: **\$5 Non-members, \$3 Members**

Excel

Friday, November 21st from 10:00 am - 11:00 am. **Excel Basics II.** Learn how to create tables and continue to learn new functions and formatting features. For more info or to register call: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Fitness Class

Monday evenings from 7:00 pm - 8:00 pm, now through December 8th. **Drop-in Fitness Class.** Led by a certified group fitness facilitator and personal trainer in the dance studio upstairs at John Innes Community Centre, Great for those who don't normally exercise and would like a gentle workout. 150 Sherbourne St. Also perfect for people 55+ who aren't used to exercising. For more details call: 416 504-4702. **Pay-what-you-can**



Fixing Things

Saturday, November 22nd from 10:00 am - 2:00 pm. **The Repair Café.** The café is held one Saturday of each month at different locations in Toronto. At this café, there are volunteers (free of charge) available for fixing and showing you how to fix, computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. And our 3D printer specialist will show you how to create parts for repairs. To avoid line-ups please arrive early. For more info visit: www.repaircafetoronto.ca. Skills for Change, 791 St. Clair Avenue West. Take St. Clair Street West streetcar to Arlington Avenue (west of Bathurst Street). **Free** (Donations always welcome)

Funeral Follies

Tuesday, November 25th from 7:30 pm - 9:30 pm. **Victorian Funeral Follies.** A lighthearted overview of past bizarre funeral practices. For more info contact Janice Howe by email: janicelhowe@sympatico.ca or by phone: 416 759-6052. Bendale Public Library, 1515 Danforth Road. All Ages. **Free**

Heart Health

Wednesday, November 19th from 10:00 am - 11:00 am. **Free Seminar Series for Seniors** (but everyone is welcome)! Includes Refreshments. Topic for Nov 19th: Heart Health. For more info email: St.Pauls.scarb@bellnet.ca or phone: 416 261-4222. St. Paul's United Church, 200 McIntosh Street. Seniors. **Free**



Memory Screening for Seniors

Tuesday, November 18th from 8:30 am - 2:30 pm. Register by: Monday, November 17th. **Memory Screening Day.** Toronto Memory Program will be participating in the National Memory Screening Day. National Memory Screening Day provides free confidential memory screening by qualified healthcare professionals to individuals over the age of 50 who are concerned about their memory. For more info contact Tamara by email: tboric@memorydisorders.ca or by phone: 416 386-9761. Toronto Memory Program, 1 Valleybrook Drive Suite 402. Seniors. **Free**

Skating

Tuesday, November 18th from 9:00 am - 11:30 am (this event repeats: every Tuesday until Jan. 6th including Dec. 23rd & 30th. **Adult Skating.** Adults are invited to come out every Tuesday morning for pleasure skating. Must have your own skates. There will be music. Meet new friends and get some exercise. For more info phone: 416 241-0502. Weston Recreation Arena, 2125 Lawrence Avenue West. Adults. **Free**

Sports Cards & Memorabilia

Sunday, November 16th from 11:00 am - 4:00 pm. **Toronto Card Show.** NHL Stars Bernie Nicholls and Eddie Shack will be signing autographs! For more info contact Frank Williamson by email: Frank@TorontoCardShow.com or visit the website: <http://www.TorontoCardShow.com>. Amsterdam Brewery (Leaside) 45 Esandar Drive. All Ages. Ladies/Kids: **Free** Big Boys: **\$3**

Stress Management Through Restorative Meditation

Monday, November 17th at 7:00 pm. **Stress Management Through Restorative Meditation.** Led by a Meditation Toronto instructor, this class includes 20 minutes of meditation and 40 minutes of stress-relieving stretches. Participants must supply their own yoga mat. Drop-in class. Limited Space. First Come, First Seated. For more info visit the website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM10350> or phone: 416-394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Walking

Tuesday, November 18th from 9:00 am - 11:00 am (this event repeats every Tuesday until December 16th). **Walking for Mental Health (WFMH).** WFMH is a support group for adults and youth experiencing stress, anxiety and/or depression. Mental illness is often accompanied by difficulty to manage symptoms. You will learn some tools you can use that may help you manage your health on a daily basis. Come join in for a walk and break the isolation of mental illness. Meeting spot: west parking lot of West Deane Park. For more info phone: 416 236-7234. West Deane Park, Martingrove and Rathburn Road. All Ages. **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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Thanks for subscribing! From the C/S Info Bulletin Team: Helen, Cassandra and Arlene