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The Consumer/Survivor Information Resource Centre

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# BULLETIN

*Information for consumer/survivors of the mental health system,  
those who serve them, and those who care about them.*

October 15<sup>th</sup>, 2004

Bulletin 286

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday

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A large, stylized, yellow and orange 'Happy Halloween' text inside an oval shape. Bats are flying around the text, and a black castle is visible in the background.



## McGuinty Government Moves Forward On Building A True Health Care System For Patients:

### Announces Key Details of Local Health Integration Networks to Improve Access to Health Services

The McGuinty government continues to transform health care by providing key details about the province's plan to build Local Health Integration Networks (LHINs) that will co-ordinate the delivery of local healthcare services.

"Ontario's healthcare system is more of a loose collection of services than a true system. That's not in the best interest of patients," said Smitherman.

"LHINs will give providers the ability to work together to care for patients within established geographic boundaries." The networks are a key element of the government's plan to create an integrated health care system that is patient-centred and responsive to local health care needs.

The 14 local networks will plan, co-ordinate and fund health care services locally along geographic boundaries that match the way patients currently seek health care. The Institute for Clinical Evaluative Sciences worked with the ministry to develop the methodology to determine LHIN boundaries.

"LHINs will vastly improve our ability to respond to the health care needs of local communities," said Smitherman. "For the patient, this means better access to the care they need as close to home as possible."

The minister today announced a LHIN website [www.health.gov.on.ca/transformation](http://www.health.gov.on.ca/transformation) and the first in a series of bulletins to seek input from providers and patients about the development of LHINs. The bulletin provides details about the geographic boundaries and governance of LHINs. (Canadian NewsWire, October 2004)

This news release is available on the website at: <http://www.health.gov.on.ca>

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## Newsbytes

**Cathy Crowe has been appointed to the city's board of health.** "Crowe is best known for fighting to improve shelter conditions and shedding light on the number of homeless who die in the city each year." (Toronto Star, Thursday, September 30, 2004, page B3)

**The Drug and Alcohol Treatment Registry has received funding from the Ontario Ministry of Health and Long-Term Care to develop a registry of mental health services in Ontario.** This will include: "a phased-in development of a mental health services information line available 24/7; an online directory of mental health services in Ontario; and, a print directory of mental health services in Ontario." The telephone lines for the new mental health registry are scheduled to open in early September 2005. (from Bulletin published by Drug and Alcohol Registry of Treatment – DART)



**A new film screening room is opening across from the Queen Street site of the Centre for Addiction and Mental Health in Toronto.** Called The Camera, the room is next to the Stephen Bulger Gallery. This new venture has a 50-seat screening room which will show a film three times daily (admission \$10), and an adjoining "social area". (Judy Stoffman, Entertainment Reporter, Toronto Star, Wednesday, September 29, 2004, page F1)

**Long-term effect of abuse studied: Focus on mental as well as physical health** Canadian university researchers are conducting a multiyear study to determine the effects of abusive relationships on women, with the goal of developing more effective programs and services for abusive women. "Women over 18 who have left an abusive male partner in the past three years...[and are interested in participating in the study] should contact Joanna Galajda, research co-ordinator, at 1-866-661-3343 or e-mail [igalajda@uwo.ca](mailto:igalajda@uwo.ca). Information is held in confidence and women who take part are compensated for time, travel and child-care expenses." (Toronto Star, Saturday, October 2, 2004, page L8)

### High in Marijuana

A recent study of Canadian children's (ages 11-15) use of cigarettes and marijuana found that the rate of smoking among young girls had dropped quite significantly- from 21% in 1998 to 11% in 2002. However, the rate of marijuana use was among the highest (40%) of the 35 countries conducting similar studies. (Toronto Star, Wednesday, October 6, 2004, page A21)

*Newsbytes was compiled by Glen Dewar, Information Consultant at Community Resources Consultants of Toronto (CRCT).*

### NOTICE TO STAFF AND BOARD MEMBERS OF CANADIAN CHARITIES

#### **Thaw the Chill on Advocacy by Charities: An IMPACS Charities and Democracy Project Workshop, Tuesday, October 26, 2004, 9:30am - 4:00pm at 519 Church St Community Centre (519 Church St, Toronto)**

A **FREE** one day workshop for staff and board members of Canadian charities.

If your organization has been reluctant to speak to politicians, write policy papers or get involved in public debates about important issues for fear of "crossing the line" with the CRA, this workshop is for you. In this workshop, you will learn:

- what your charity can and can't do within the new Canada Revenue Agency guidelines on "political activities"
- how to apply these guidelines to real-life scenarios
- how to get more involved in shaping the policies that affect your organization's ability to deliver service and work effectively in your community
- how to help your Board or senior leadership get involved in public policy development
- how to work more effectively with the CRA

**The workshop includes:** lunch, snacks and a package of reference materials. This workshop is hosted by Toronto Neighbourhood Centres, and funded by the United Way of Greater Toronto.

**Facilitators include:** Richard Bridge, Barrister & Solicitor, legal consultant to the Charities and Democracy Project, and Cathy Beaumont, Manager, Charities and Democracy Project

For more information, please contact Rob Howarth, Toronto Neighbourhood Centres, at [rhowarth@sympatico.ca](mailto:rhowarth@sympatico.ca), or Kay Leung at IMPACS (Institute for Media, Policy and Civil Society) at Tel 604 682 1953 ext 111 or E-mail [kayl@impacs.org](mailto:kayl@impacs.org)

Register for the workshop by using the on-line registration for the Toronto workshop at [http://www.impacs.org/index.cfm?group\\_ID=2930](http://www.impacs.org/index.cfm?group_ID=2930)

(Reprinted from Community and Social Planning Council – Toronto newsletter)

## Gender Plays Part in Mental Health



Gender matters when it comes to how people deal with mental health problems such as post-traumatic stress disorder, anxiety, depression and bipolar disorder. The difference between men and women may be evident in how they react to such disorders, which symptoms are most prominent, and whether or not they seek help. For example, women are twice as likely to suffer post-traumatic stress disorder (PTSD) than men. Nearly twice as many women as men suffer depression and men are less likely to seek help for depression. When depressed, men are more likely to report a loss of interest in daily activities and feelings of irritability than feelings of despair and hopelessness. (HealthDayNews, October 2004)

## The American Psychiatric Association lists the Warning Signs of Mental Illness:

### In an adult:

- Marked personality change
- Inability to cope with problems and daily activities
- Strange or grandiose ideas.
- Excessive anxieties.
- Prolonged depression and apathy.
- Marked changes in eating or sleeping patterns.
- Extreme highs and lows.
- Abuse of alcohol or drugs.
- Excessive anger, hostility, or violent behavior.
- A person who is thinking or talking about suicide or homicide should seek help immediately.



A person with one or more of these symptoms should be evaluated by a psychiatrist or other physician ASAP.

### In a child:

Having only one or two of these problems is not necessarily cause for alarm. They may simply indicate a need for consistent discipline or a visit with the child's teachers or guidance counsellor to see if there is anything out of the ordinary going on at school. A combination of the following symptoms, however, is a signal for professional intervention:

- Seemingly overwhelmed and troubled by his or her feelings, unable to cope with them.
- If the child cries a lot, frequently asks or hints for help.
- If the child seems constantly preoccupied, worried, anxious, and intense. Some children develop a fear of a variety of things--rain, barking dogs, burglars, their parents' getting killed when out of sight, and so on
- The child has fears or phobias that are unreasonable or interfere with normal activities.
- The child can't concentrate on schoolwork, or school performance declines and doesn't pick up again.
- The child's teachers, school administrators, or other authority figures in the child's life ask what might be troubling the child or their teachers suggest that the child may have a learning disability or other school-related problem.
- The child loses interest in playing or the child tries to stimulate himself or herself in various ways, such as excessive thumb sucking or hair pulling, rocking of the body, or head banging to the point of hurting himself.
- The child has no friends and gets into fights with others. Teachers may report "this is a very angry or disruptive kid", or the child isolates himself or herself from other people, or the child regularly talks about death and dying.
- The child appears to have low self-esteem and little self-confidence.
- Sleep difficulties don't appear to be resolving. They include refusing to be separated from one or both parents at bedtime, inability to sleep, sleeping too much, sleeping on the parent's or parents' bed, nightmares, and night terrors.
- The child begins to act in a provocatively sexual manner.
- The child sets fires.



### Some symptoms/reactions are so serious that a pediatrician or a psychiatrist should be consulted immediately:

- The child talks about suicide. Children don't talk idly about suicide to get attention.
- The child appears to be accident prone. In young children accidents can be the equivalent of suicide attempts.
- The child mutilates himself in some way--cutting or scarring himself, pulling out hair, or biting fingernails until they bleed.
- The child mutilates or kills animals.
- The child's eating habits change to the point that his weight is affected. This can be either overeating or undereating.
- The child adopts ritualistic behaviors. This can be indicative of obsessive-compulsive disorder.
- The child beats up others--another child, a parent, or other adult.
- The child is using alcohol or other drugs.
- The child is sexually active or on the verge of becoming so. (apa@psych.org, 2004)

### Even one cup of coffee a day can be addictive

 It's something coffee drinkers have known for years and now, research confirms it. As little as one cup of coffee a day can produce a caffeine addiction.

Researchers at Johns Hopkins University in Baltimore reviewed 57 studies on caffeine and nine surveys over 170 years. They found that the research agrees that when people don't get their usual dose of coffee, they can suffer a range of withdrawal symptoms that include headache, fatigue and difficulty concentrating. They can even feel like they have the flu with nausea and muscle pain.

The researchers found that withdrawal symptoms kick in after abstinence from doses as low as 100 mg/day. That's about one 8-oz mug of coffee.

"Caffeine is the world's most commonly used stimulant, and it's cheap and readily available so people can maintain their use of caffeine quite easily," said Roland Griffiths, a professor of psychiatry and neuroscience.

Experiments have shown that 50 per cent of people get headaches when they're cut off from caffeine and 13 per cent can be sick enough to lose time at work. Griffiths team found coffee drinkers often choose to keep getting their caffeine fix, rather than go through



symptoms of withdrawal. Griffiths and his team are urging that caffeine addiction should be included in the Diagnostic and Statistical Manual of Mental Disorders, considered the bible of mental disorders.

In North America, 80 to 90 per cent of adults drink caffeine regularly. Almost two-thirds of Canadians say they drink coffee every single day.

A survey from CTV News earlier this year found that the amount of caffeine in takeout coffee ranges considerably, depending on where the java is bought.

For example, we found 25 per cent more caffeine in coffee from Timothy's and Tim Hortons coffee compared to samples from JAVA Stop and Country Time. Coffee from Starbucks and Second Cup had more than double the caffeine.

Caffeine raises your heart rate, and may be linked to high blood pressure and osteoporosis. It's also been linked to miscarriage. What's more, the cream and sugar we add to our Canadian-style double-doubles can fatten our waistlines.

But scientists say there are ways to break your caffeine addiction. You just have to wean yourself slowly over time to avoid severe withdrawal symptoms. That can be done by gradually replacing regular coffee with decaf or with tea. (CTV.ca News Staff, October 2004)

### A new show to look out for:

What's next in reality TV? Pax TV's "Cold Turkey" will surprise you for reasons not usually associated with reality shows: It's clever and (gulp!) inspiring. The concept: a group of 10 chain smokers is sequestered for 24 days, during which time they will be challenged, bribed and helped to kick their tobacco habit. The concept is shrewd, one reason being it's relatable to millions of viewers. Also, the forces at work here reach far deeper into each participant than the ego and greed that drive most other reality contests.

The premiere of "Cold Turkey" (10 p.m. Sunday) starts with a delicious twist. Each of the houseguests arrives thinking he or she has signed on for a different reality show, with its own challenge: finding romance; going on a safari; training for outer space. Imagine their surprise when host A.J. Benza sets them straight. One who came expecting to drive race cars, says he is willing to stay and win some fast cash. "It can't hurt me to quit smoking," he declares. We'll see! (AP People and Entertainment, October 2004)

### Caffeine withdrawal considered a disorder

As little as a single cup of coffee a day can produce an addiction severe enough to produce withdrawal symptoms, U.S. researchers said Wednesday.

Results of a study at Johns Hopkins University should result in caffeine withdrawal being included in the next edition of the Diagnostic and Statistical Manual of Mental Disorders, considered the bible of mental disorders, researchers said.

The diagnosis should be updated in the World Health Organization's International Statistical Classification of Diseases and Related Health Problems.



"Caffeine is the world's most commonly used stimulant, and it's cheap and readily available so people can maintain their use of caffeine quite easily," said researcher Roland Griffiths, professor of psychiatry and neuroscience at Johns Hopkins. "The latest research demonstrates, however, that when people don't get their usual dose they can suffer a range of withdrawal symptoms, including headache, fatigue, difficulty concentrating. They may even feel like they have the flu with nausea and muscle pain." (United Press International, October 2004)

## Health and Wellness

### Quick Thinking

Perk up your brain with a brisk walk or a quick bike ride the next time you're feeling mentally sluggish. Short bouts of exercise may help you think more quickly, a new study revealed. Participants in the study who went on a quick 30-minute bike ride were able to switch between mental tasks more quickly afterward. They also were less likely to be frustrated by the tasks after exercising.



Exercise is one of the best things you can do to improve your overall health and avoid chronic disease. The list of health benefits from exercise is surprisingly long. Exercise increases stamina; improves muscle strength and flexibility; lowers blood pressure; reduces depression and anxiety; improves the quality of sleep; and increases heart and lung capacity. It improves mental function, most likely because it supplies oxygenated blood to your brain, making you feel more energized and alert. You don't need vigorous workouts to derive benefits from exercise. Even moderately strenuous activities such as brisk walking will help you stay healthy and strong. Get 30 minutes of exercise on most days of the week to boost your overall health and mental function. (RealAge, September 2004)

### Break the Cycle

Ignoring frequent feelings of fatigue could set you up for an emotional blow. Research shows that fatigue increases the risk of depression. If you experience frequent fatigue, help your body and your mind by seeing a healthcare provider for proper diagnosis and advice. Chronic fatigue can have many causes, from lifestyle choices such as a poor diet to underlying medical conditions, such as chronic fatigue syndrome.



Fatigue and depression are similar because both can sap you of energy. However, the disorders are not the same. Fatigue and depression have different risk factors and symptoms. Risk factors for fatigue include illness, poor physical fitness, an unbalanced diet, stress, and/or the use of certain medications.

Depression risk is higher for women, people with a family history of depression, people with a history of previous depressive episodes, or people with a history of substance abuse. Symptoms of fatigue include physical weakness, tiredness, indifference, and lack of energy. For depression, symptoms include decreased energy, sadness, hopelessness, feelings of guilt, insomnia, and loss of interest in activities. Both fatigue and depression may be helped by exercising, eating a proper diet, getting adequate rest, and taking part in pleasurable activities. (RealAge, September 2004)

### Sleep Watcher

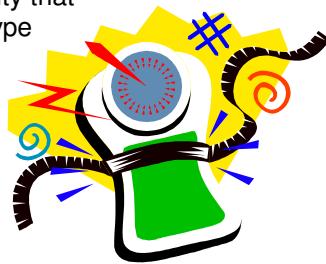
 Sleepless nights may be trying to tell you something about your health. Insomnia may be a symptom of an underlying chronic disease, a recent study determined. Heart disease, depression, and pain all can contribute to sleep disturbances. Aim for 6 to 8 hours of sleep per night and discuss any sleep problems with your doctor so you can have underlying causes treated. 

Getting a good night's sleep will be much easier if you practice good sleep hygiene. This includes having a regular bedtime and avoiding stimulating activities before bed, such as reading a suspenseful novel or watching TV in bed. The room in which you sleep should be cool and dark. To help relax, try practicing meditation for 20 minutes before you go to bed, or engage in deep breathing or guided imagery exercises. Limiting stimulants such as caffeine, tobacco, and alcohol also can help you avoid restless nights. (RealAge, September 2004)

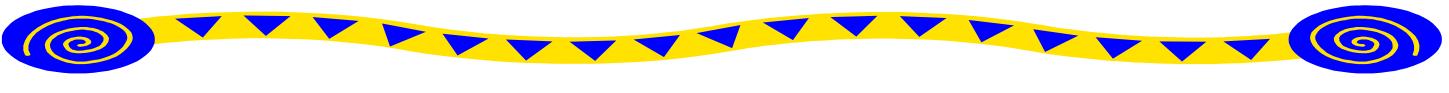


### Lose Weight, Think Younger

What you weigh today can influence how sharp your mind is later in life. Maintaining a healthy weight at midlife appears to keep a person's mind younger for longer. In a new study, people who had normal BMIs at midlife were much less likely to develop dementia in their later years, compared to people who were overweight. High cholesterol and hypertension at midlife also were linked to mental decline. Dementia refers to a loss of mental capacity that may affect memory, thinking, behavior, personality, and motor function. Alzheimer's disease is one type of dementia.



A growing body of evidence suggests you can decrease your risk of developing chronic diseases, such as Alzheimer's, by improving your lifestyle. In a study, researchers determined that having a higher-than-normal BMI, elevated cholesterol, or hypertension at midlife doubles the risk of dementia later in life. A person with all three characteristics is 6 times more likely to develop dementia than someone without any of the risks. But a healthy diet and regular exercise can help keep BMI, cholesterol levels, and blood pressure stable. (RealAge, Sept. 2004)



## Sheer Silliness

### Strange and Interesting ways to add excitement to a dull day

- Sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.
- Page yourself over the intercom. Don't disguise your voice.
- Put your garbage can on your desk and label it "IN."
- Put decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to expresso.
- Finish all your sentences with "*In accordance with the prophecy.*"
- Don't use any punctuation
- As often as possible, skip rather than walk.
- Specify that your drive-through order is "to go."
- Sing along at the opera.
- Call the psychic hotline and don't say anything.
- When the money comes out of the ATM, scream "***I won!, I won! Third time this week!***"
- Send email to yourself engaging yourself in an intelligent debate about world issues. Forward the mail to a friend and ask him/her to settle the disagreement.
- "Hi-lite" your shoes. Tell people that you haven't lost your shoes since you did this.
- Decorate your space with pictures of Cindy Brady and Danny Partridge. Try to pass them off as your children.
- Go to a poetry recital and ask why the poems don't rhyme.
- Call 911 and ask if 911 is for emergencies.
- Use RAnDom cAPiTaliZaTiON iN EvEryTHiNg YOu write
- Put those hole reinforcing circles on the center of each lens on your eyeglasses.
- Hold open automatic doors for people.
- Wear socks on the outside of your shoes.
- Hang a two-foot long piece of toilet paper from the back of your pants and act genuinely surprised when someone points it out.
- Poke holes in the bottoms of all styrofoam coffee cups.

**Did you Know...?** ...laughter stimulates both sides of the brain to enhance learning. It eases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information. Laughing also elevates moods. Striving to see humor in life and attempting to laugh at situations rather than bemoan them will help improve your disposition and the disposition of those around you. Your ability to laugh at yourself and situations will help reduce your stress level and make life more enjoyable. ([http://helpguide.org/aging/humor\\_laughter\\_health.htm](http://helpguide.org/aging/humor_laughter_health.htm), August 04, 2004)

“Truly great madness cannot be achieved without significant intelligence.”

**HENRIK TIKKANEN**

“There is always some madness in love. But there is also always some reason in madness.”

**FRIEDRICH NIETZSCHE**

“Correct me if I'm wrong, but hasn't the fine line between sanity and madness gotten finer?”

**GEORGE PRICE**

# ANNOUNCEMENTS

*Inclusion of an announcement is NOT endorsement of the views of any organization or individual.*

**Time Change Alert!!!** Spring forward, Fall back...this year the clocks will turn back 1 hour on the last Sunday in October; October 31, 2004. (Halloween)

**Mental Health Info Fair** will be taking place on October 18, 2004 from 1pm – 5pm at the East York Civic Centre at 850 Coxwell Avenue. **Free** admission.

The fair will showcase mental health services in south-east Toronto. For more details call tel. (416) 461-2000.

**Client Learning Bursary** If you are a client of CAMH and you are interested in taking a course, you may be eligible for a Client Learning Bursary. There are two possible sources of funds. Applications can be obtained by CAMH employees. The applications are located in the Public Folders section of Microsoft Outlook. The next deadline for applications is Friday, October 22, 2004.



**Open House at Red Cross** Thursday, October 28, 2004, from 9:00 a.m. to 4:00 p.m. at 1859 Leslie Street (North of York Mills, entrance off of Coldwater Ave.) Admission is **Free**. Free parking is available. This location is also the home of the new What Next! Program. People will be able to see the What Next! space and meet some of the staff and members. Find out what Red Cross can do for you and your community, learn to be prepared for an emergency, and find out how First Aid, CPR, and babysitting training can help you and your family. Join us to find out more about Red Cross programs and services. Find out more about interesting volunteer opportunities, and take part in a free emergency preparedness workshop! For more information on emergency preparedness workshops and the Red Cross Open House, call 416-444-0394.

**Mutual Aid Initiative (MAI) Call for participation** of Consumer/Survivors & family members. MAI offers a unique environment for peer-support & peer counseling & is oriented towards the development of a support network & friendships. It is developed to meet the strong need of Consumer/Survivors to share their concerns, thoughts, emotions, problems, to see how others tackle similar situations, & get support in achieving their health, social & employment goals. Tel. support can be arranged. Please contact Peter at the Institute of Alternative Medicine, tel. (416) 533-0826.

**Fitness For Consumer/Survivors** Run or walk on Sunday mornings at 10:00am with other consumer/survivors. Meet at the Riverdale Perk Cafe (633 Logan Ave.). **FREE**. The name of this group is PhACS. The purpose is to promote wellness through fitness. Currently the activities include running & walking; but there are plans to expand into other fitness activities. PhACS is a self-improvement group that strives to improve health & lifestyle. As a group you encourage each other, learn from each other & strive to meet your fitness goals together.

For more info call (416) 604-6973. They provide funds for TTC, refreshments, race fees & sometimes even running shoes.

**The organizers of the Making Gains mental health conference, which was held in Toronto the week of October 3, have invited all of the workshop presenters to submit their presentation materials for posting to the conference web site [www.makinggains.ca](http://www.makinggains.ca).** If you are interested in this material, watch the web site over the next few weeks as items are posted there. The conference was excellent and there were many very helpful workshops.

**Community Board Members Wanted** A-Way Express is a Community Economic Development (CED) and C/S operated courier service in Toronto. We require people with business, accounting/financial and/or marketing expertise to serve on our Board of Directors. People with familiarity of mental health issues are preferred but not essential. Please apply by November 2, 2004 to Stephanie Lafratta at [attarfal@sympatico.ca](mailto:attarfal@sympatico.ca)

**Mothers and Children with Special Needs** – The Scarborough Women's Centre is offering a free program for women who are parenting children with disabilities. This program will include supportive discussions about topics that really matter. The group will be meeting on Mondays from 10:00am – 12:00pm. For more info. regarding this group, call Victoria or leave a message at tel. (416) 439-7111. Meetings will take place at the Early Years Centre, 2155 Lawrence Ave., E., #1, at Lawrence Ave. E. and Birchmount Road. This project is an initiative of Scarborough Women's Centre.



**Assertiveness Training** Do you get frustrated when people don't understand you? Do you wish you could express your opinion without getting upset? Learn the difference between passive, aggressive and assertive behaviour. Tuesday and Thursday afternoons: October 19, 21, 26, 28, November 2 and November 4, 2004. **Free**. For more info call Nora Dobell or Tim Nourse at (416) 964-9095.



**Reminder !!!**

## ANNOUNCEMENTS (continued)



### The Toronto Region ODSP Action Coalition sponsors The Recipients' Support Group.

The group will be meeting on October 18, 2004 from 1:30pm – 3:00pm at the Queen West Community Health Centre, at 168 Bathurst Street (Queen & Bathurst) on the 1<sup>st</sup> floor, program room A. If you have any questions please phone (416) 441-1764, ext#31 or e-mail [torontodisabilityaction@yahoo.ca](mailto:torontodisabilityaction@yahoo.ca). The Queen West Health Centre is Wheelchair accessible.

**Family Forum: A Discussion about how CAMH works with families.** The Family Council and CAMH would like to invite family members to discuss improving the way CAMH works with the diverse families of people with mental health and addiction concerns. It will take place on October 18<sup>th</sup>, 7pm-9pm at 33 Russell Street., in the Meeting Centre. Admission is **Free**. Light refreshments will be provided. If you have any questions please call Betty Miller of the Family Council at (416) 535-8501, ext. 6499.

**The Family Council** at CAMH invites you to attend their 3<sup>rd</sup> AGM on Tuesday, October 26th from 6pm – 8pm at 1001 Queen St. W., 1<sup>st</sup> floor, Training Rooms A & B. Their Guest Speaker will be Dr. Zindel Segal, Head of the Cognitive Behaviour Therapy Unit at CAMH. The Topic: "Mindfulness Meditation: Helping Families Cope in Troubled Times". Light refreshments will be served from 5:30 pm. Admission is **Free**.

**International Schizophrenia Foundation** presents "Orthomolecular Treatment for Mental Health", an evening of information and discussion with: Rosalie Moscoe, RNCP, Registered Nutritional Consultant; Jonathan Prousky, ND, Naturopathic Doctor and Professor, Canadian College of Naturopathic Medicine; and, Robert Sealey, Consultant/Author of "Finding Care for Depression". Learn about the effects of diet and nutrition on mental health. This event is taking place on Wednesday, October 27, 2004, 7:30-9:30 pm. Free admission, donations welcomed. Northern District Library, 40 Orchard View Boulevard, Room 200 (at Yonge and Eglinton). For more information phone (416) 733-2117.

### Free & Low Cost Activities



#### Friday, October 15

**The Town Hall theatre** at U of T's Innis College, located at 2 Sussex offers an eclectic cinematic selection in its **Free** Film Fridays every Friday at 7pm throughout the school year. For more info visit [www.utoronto.ca/fff](http://www.utoronto.ca/fff).

**Comedy On The Danforth** is **free** on Friday nights at Timothy's at 320 Danforth. For more info call (416) 461-2668.

#### Saturday, October 16

**Bad Dog Theatre** If you're looking to learn about improv, come to **free** public drop-in workshops every Saturday at 5pm and 7pm at Bad Dog Theatre, located at 138 Danforth. For more info call (416) 491-3115.

**Second City** has a **free** Saturday late-night improv set, right after the Mainstage Show at around 12:15 am. They are located at 56 Blue Jays Way. For more info call (416) 343-0011.

**The Hudson's Bay Company Gallery - Sketching Saturdays!** Located at 401 Bay St., tel. (416) 861-4626. Families are invited to visit the art gallery and sketch their favourite paintings. Sketchers will be admitted **free** between 10 am - 2 pm, and all materials will be provided. Join us for this event that allows families to explore art, history & creativity together!

**Farmers Market** – at the Etobicoke Civic Centre. Located at 399 The West Mall Weston BIA. Tel. (416) 338-0338. **Free** admission. Runs from 7 am – 2 pm

#### Sunday, October 17

**Toronto Trails Festival** - Come enjoy walking & hiking activities throughout Toronto every Sunday in October, including a hike led by City Councillors as honorary hike leaders. **Free**. For more info call (416) 598-3300, or visit [http://www.torontotailsfestival.theplatformgroup.net](http://www.torontotrailsfestival.theplatformgroup.net)

**Grossman's** - If blues is your bag, Grossman's (at 379 Spadina,) tel. (416) 977-7000, features **free** open jams on Sundays and blues performers almost every night of the week, usually with no cover.

**Cameron House** – Live entertainment is pwyc on Sundays, located at 408 Queen West, tel. (416) 703-0811. Cool tunes in a beloved tiny bar.

### Tuesday, October 19

**Yuk Yuk's Downtown** on 'Amateur Night' \$2 gets you into their 'Toonie Tuesdays' show, located at 224 Richmond West. For more info call (416) 967-6425.

### **Toonie Tuesdays Food Specials:**

- \$2 will get you a 2 piece chicken dinner at KFC.
- \$2 will get you masala-scented bhel poori topped with cracker puffs, aloo tikki chickpea fritters stuffed with creamy lentils at Narula's, located at 1438A Gerrard E., tel. (416) 466-0434.
- \$2.50 for a jerk chicken dinner at Flava, located at 606 Yonge, (416) 967-0700.



### Thursday, October 21

**Genealogy on the Web** - Workshop on researching your family history. 2pm - 4 pm. **Free**. North York Central Library, 5120 Yonge. Tel. (416) 395-5535.

**Farmer's Market** Every Thursday until October 21<sup>st</sup>, 2004 from 8am - 2pm. Ontario fresh local produce and baked goods. **Free**. Call (905) 985-7493 for more info.

### Friday, October 22

**Sneaky Dee's** is located at 431 College St. There's no better place to see art school fashions, cool zine-ish art and some of the most interesting under-the-radar bands that come through this city, from experimental noise to Haligonian hiphop. Call (416) 603-3090 for more info.

### Saturday October 23

**Indie Fest** - A full afternoon and evening of youth rock bands. **Free**. 3 pm – 10 pm, Mel Lastman Square, (647) 882-8096.

### Saturday October 23 (continued)

**Farmers Market** - Parkdale Liberty Economic Development Corporation at Cowan and Queen W. features organic produce. (416) 516-8301. **Free** admission. [www.parkdaleliberty.com](http://www.parkdaleliberty.com)

**Farmers Market** - 25 th Annual Weston Farmers Market with live entertainment. **Free**. Silver Spoon Series – Celebrity Chefs. Located at the GO Train Parking Lot on John St. 1 blk. N. of Lawrence, 1 blk. E. of Weston Rd. Tel.(416)249-0691.

### Sunday, October 24



**High Park Pumpkin Float** - Children carve pumpkins and then float them on the water. Hear ghost stories, drink warm cider, and more. Organized by the High Park Community Advisory Council. Runs from 4pm - 6 p.m. Colborne Lodge – South End of High Park on Colborne Lodge Drive. [codge@toronto.ca](mailto:codge@toronto.ca)

### Monday, October 25

**Berkeley Street Theatres** located at 26 Berkeley St., goes pwyc on Monday nights. Call (416) 368-3110 for more info.

**ALT.COMedy Lounge** at the Rivoli is pwyc on Monday nights. The Rivoli is at 332 Queen W. Tel. (416) 596-1908.

### Friday, October 29

**Rocky Horror Picture Show** – Bloor Street Cinema will be showing special screenings of "THE" Rocky Horror Picture Show on Friday, October 29, Saturday October 30, and Sunday October 31 (Halloween!). Tickets for members are \$6. Non members are \$9. Bloor Street Cinema is located at 506 Bloor St W at Bathurst. For more info call (416) 516-2330.



**Haunted High Park** Walk around the High Park property at night, visit the tomb and the closed-up house. Learn about the ghostly Grenadiers and other High Park ghost stories. For Adults 18 yrs & over: Friday, October 29, 7:00 - 8:30 pm. Adults \$10.00. Pre-registration is required. For more info call (416) 392-6916.

### Saturday, October 30

#### **The Kingsway Pumpkin Fest**

There will be pumpkin carving contests and a haunted village to get you in the mood for trick or treating. Bloor St. W. between Prince Edward Drive and Montgomery Rd. [www.thekingswaytoronto.ca](http://www.thekingswaytoronto.ca)



### Sunday, October 31 Halloween!!!

#### **Church Wellesley Village Community Halloween Party**

A fabulous community Halloween street party. **Free**. Church Street from Gloucester Street South to Wood Street.



## Job Postings



### Executive Director

The Ontario Council of Alternative Businesses is a not-for-profit organization with a provincial mandate to develop alternative businesses owned and operated by psychiatric survivors and consumers of the mental health system. We require an Executive Director who will champion our vision and values.

If you are a seasoned leader in the not-for-profit sector with lived experience and applied understanding of the psychiatric survivor/consumer community, this may be the challenge for you.

You have demonstrated experience in community economic development within the mental health field. You are a leader of change, a self starter and an excellent communicator who is able to provide clarity of purpose and sound management expertise, preferably in a unionized environment. You have a proven ability to develop people and model effective leadership while instilling confidence and trust with staff. Working closely and cooperatively with a Board of Directors, you are a consensus builder who has worked with a multiplicity of stakeholders.

The position offers a competitive salary and benefits.

Interested applicants are asked to send their resume accompanied by a clear statement indicating how they meet the requirements of the position to: The Hiring Committee,

Ontario Council of Alternative Businesses,  
1499 Queen Street West, Suite 203,  
Toronto, ON M6R 1A3.

Applications must be received no later than 5:00 pm., Friday, October 22, 2004.

**People who have used the mental health care system are particularly encouraged to apply.**

### Executive Director The Ontario Mental Health Foundation

The Ontario Mental Health Foundation is seeking a new Executive Director to replace the current ED who is retiring on June 30, 2005. Application deadline is November 1, 2004. Applicants are invited to visit the Foundation's web site at [www.omhf.on.ca](http://www.omhf.on.ca).

## Volunteering



### Are you interested in volunteering? Don't know where to start?

Contact the Volunteer Centre of Toronto, Toronto Branch at tel. (416) 961-6888.

They can help you match up your skills and interests with suitable volunteer opportunities.

You can even choose the type of organization you would like to work in  
and what kind of commitment you would like to make.

Call them at tel. (416) 961-6888 or visit them at <http://www.volunteertoronto.on.ca/>

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If you are not already receiving *THE BULLETIN* regularly, you can receive it FREE via mail or e-mail [csinfo@camh.net](mailto:csinfo@camh.net) C/S Info Centre, Tel. (416) 595-2882 or (416) 595-1205 Fax (416) 595-0291. The Bulletin will be published on the 1<sup>st</sup> and 15<sup>th</sup> of each month. Please send announcements and job postings as far in advance as possible.

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