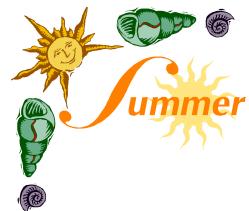


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The Consumer/Survivor Information Resource Centre
Distributed through generous support from Queen Street Division of [CAMH](#)
(Centre for Addiction & Mental Health)

BULLETIN

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

September 1, 2005
Bulletin 306

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

Are You or Have you Ever been Homeless?

Do You have Personal Experience with the Mental Health System? Are You Interested in Educating the Public on the Issues of Homelessness and Mental Health?



Twelve individuals are needed to participate in a training project that will lead to the development of a mental health survivor/homeless peoples speakers bureau. If you are selected to participate you will receive six months of extensive training that will potentially lead to paid work in the area of public speaking. While this training opportunity is **unpaid**, you will receive a small weekly honorarium, transportation, child care reimbursement and other project related costs. There are three requirements to participating:

- 1) You must have personal experience with homelessness and/or experience with the mental health system.
- 2) You must be willing to commit to three days per week for training and education and
- 3) You must have an interest in educating the public through direct speaking engagements.

An information session will be held to answer your questions about this project. Attendance at this informal session is not mandatory but it is recommended so that you

can learn more about what is being done. The session will be held Friday, September 9th, 2005 at 2pm in Suite #203 at the Parkdale Activity Centre, 1499 Queen Street West.

If you are interested please write **one page** on why you would like to be a part of the mental health survivor/homeless peoples speakers bureau and what you think you can contribute to this project by **September 16th, 2005**. Include your name and information on how we can get a hold of you to schedule an interview. Please mail, fax or email to: Nicki Casseres, 100 Charles Street East, Toronto, ON, M4Y 1V3. ncasseres@gersteincentre.org phone: 416-929-0149 or fax: 416-929-1080.

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Watch out for our Children



Reminder: Kids will be returning to school next week - Because of minimal supervision, young pedestrians face a wide variety of decision making situations and dangers while walking to and from school— **so please be careful and watch out and after our children** as they tend to be a little excited and energetic especially at this time of year as they anticipate their new adventures!

Book Review

On Our Own, Together: Peer Programs for People with Mental Illness

edited by Sally Clay with Bonnie Schell, Patrick W. Corrigan and Ruth O. Ralph, Nashville: Vanderbilt University Press, 2005, 299 pages.

This is a helpful book which works to draw out some of the characteristics of consumer-run mental health programs which make them especially curative for the people using them. The book examines three types of peer programs: drop-in centres, peer support and mentoring programs, and education and advocacy programs. Consumer run businesses are not included.

The book is based on a four-year, federal study of eight peer programs in the U.S. The study was called the Consumer Operated Services Program (COSP), was quantitative in nature, and ran from 1998 to 2002.

The final results of the study were not available in time for this book.

The book has a separate chapter about each of the eight peer programs which

took part in the study, written by people who developed, and/or were members of, each of the individual peer programs in the study.

There is an interesting chapter by Jean Campbell about "The Historical and Philosophical Development of Peer-Run Support Programs" which includes an extensive listing of the evidence base supporting peer-run programs (ie. A list of the studies done about peer-run programs). The list does not overlook Ontario's own evidential study by John Trainor, M. Shepherd, K. Boydell, A. Leff, and E. Crawford which examined the consumer/survivor initiatives (Psychiatric Rehabilitation Journal 21: 132-40).

A quite readable chapter by Matthew Johnsen, Gregory Teague, and Elizabeth McDonel Herr lays out the list of common ingredients for peer support programs arrived at by the study. It also gives some not-too-complex statistical comparisons between the three types of peer support programs considered in the COSP study, and compares statistically the way both peer support programs and some sample traditional mental health programs rate in implementing the common ingredients.

For a complete table of contents of this book, go to the Ryerson University Library's online catalogue at <http://innopac.lib.ryerson.ca/>, search on title using the first four words of the book's title "On our own together" and then click on the blue "More information" icon in the upper right corner of the screen. — Glen Dewar

Book Review by Glen Dewar, Web Site Content Manager at Community Resource Connections of Toronto (CRCT).

In the News

Health Canada Warning on Certain Traditional Indian (Ayurvedic) Healing Products

Health Canada is warning consumers not to use certain Ayurvedic medicinal products because they contain high levels of heavy metals such as lead, mercury and/or arsenic. Health Canada is taking action to remove these products from the market and to prevent further importation into Canada. Ayurvedic medicinal products are used in traditional Indian healing and are often imported from India. According to the principles of Ayurvedic medicine, heavy metals may be used because of their reputed therapeutic properties. However, improper manufacturing processes may result in dangerously high levels of heavy metals remaining in the final product. For more information, see the text of the full Advisory on Health Canada Web site: http://www.hc-sc.gc.ca/english/protection/warnings/2005/2005_80.html

Emergency Department Access to Drug History of ODSP and Trillium Program Recipients

Beginning in September 2005, most Ontario hospital emergency departments will be able to have electronic access to the drug claims history of individuals who are receiving ODSP or Trillium Drug Program benefits. According to the Ministry of Health and Long-Term Care, there will be many advantages to having this immediate, real-time disclosure. Every patient's personal health information will continue to be confidential and protected under the Personal Health Information Protection Act. If a patient does not want their information disclosed, they have the right to withdraw consent. A patient's decision to withdraw consent has no effect on their eligibility to receive benefits from OHIP or either drug program. If you have specific questions about this program, you may contact the Ministry's Drug Programs Branch Help Desk toll-free at 1-866-752-6405. The entire bulletin can be found at: <http://www.health.gov.on.ca/english/providers/program/ohip/bulletins/4000/bul4424.pdf>



CRA Disability Advisory Committee

The Canada Revenue Agency created the Disability Advisory Committee Ottawa. Minister of National Revenue, John McCallum has announced the creation of the Disability Advisory Committee to deal with the administrative aspects of the Disability Tax Credit and with implementing recommendations made by the Technical Advisory Committee on Tax Measures for Persons with Disabilities.

"I am pleased to announce that the CRA has created the Disability Advisory Committee. This committee will provide a forum to identify the needs and expectations of the disability community," stated Minister McCallum. "The Disability Advisory Committee is an important consultative forum through which members can provide helpful advice, comments, and suggestions on tax measures for persons with disabilities. It is crucial that persons with disabilities be treated equally and fairly, and I am confident that the members of the committee will help us achieve this."

The 12 committee members, appointed by Minister McCallum, come from different areas of the country and include professionals, such as medical practitioners and tax lawyers, advocates for the disability community, and persons with disabilities. For more information on the Disability Advisory Committee and its members, visit www.cra.gc.ca/disability.

Link Found Between Alcohol and Cancer

Many are aware that alcohol consumption, particularly at higher levels, increases the risk of some cancers. Here is another piece of the puzzle. Drinking alcoholic beverages has been linked to an increased risk of upper gastrointestinal cancer and other types of cancer. Researchers have focused on acetaldehyde, a suspected carcinogen formed as the body metabolizes alcohol. In the journal Nucleic Acids Research (vol. 33, num. 11), scientists from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the National Institute of Standards and Technology (NIST) report that polyamines - natural compounds essential for cell growth - react with acetaldehyde to trigger a series of reactions that damage DNA, an event that can lead to the formation of cancer.
(<http://www.niaaa.nih.gov/press/2005/AlcoholandCertainCancers.htm>)

Health Product Info - Opioid Painkillers

Alcohol and opioids in combination can result in additive adverse effects regardless of dose, dosage form, etc. A serious and potentially deadly problem was recently identified in the US with a specific product (Palladone XL - a slow release product whose release mechanism was compromised by alcohol, leading to the full dose being released at once, leading to possible overdose). While Palladone XL is not currently available in Canada, this is a good opportunity to remind everyone of the additive effects of opioids and alcohol in general. Potentially fatal interactions can occur between slow-release opioid painkillers and alcohol - Consumer Information Health Canada is advising Canadians of serious health risks when consuming alcohol while taking any type of slow-release painkillers known as opioids. For more information visit http://www.hc-sc.gc.ca/english/protection/warnings/2005/2005_84.html

Have Your Say

The Evils of the Ontario Drug Benefit Plan

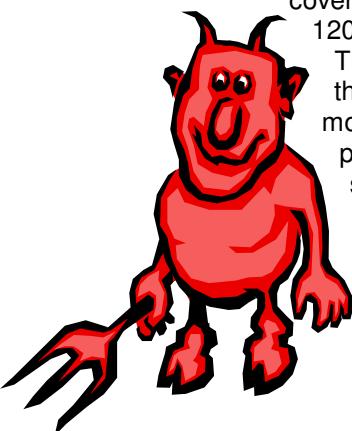
By Darlene Stimson

I'm doing more research to flesh out an article on the evils of the Ontario Drug Benefit plan (which will be much more general in nature) but in the meantime I wanted to share with you something that I found positively shocking. First of all I have to fill in the back story for those of you who don't know it.

In the spring of 2004 I was diagnosed with Type II Bipolar Disorder. The only mood stabilizer which doesn't cause weight gain (I'm already morbidly obese, according to my doctor) is Topamax which, of course, is not covered under the O.D.B. So we start the Section 8 process –papers were signed April 22, 2004. A little earlier this summer the latest appeal got turned down, claiming there is "no evidence" that this medication is effective for this condition. In the meantime I had learned about the compassionate usage program offered by Ortho Janssen and the day after my doctor faxed the form they sent him a 4 month supply for me (I know a lot of you are anti-drug company but they sure saved my bacon!).

Last week I approached my doctor cause something had reminded me of my best friend who died and I had been struggling not to cry in public for 3 days. He recommended Zyprexa to take as needed to suppress the excess emotionality. To make it easier to take, he prescribed the kind that melts under your tongue (Zyprexa Zydis). I didn't expect the fancy schmancy kind to be covered. It was. \$230 for 30 tablets. That's more than \$7 each. But they wouldn't cover my Topamax, which is \$166 for 120 tablets???

The moral of the story seems to be that they don't g.a.r.a. if you have a mood disorder, but if you need anti-psychotic medication you must be some sort of menace to society and need to be subdued on the government's nickel. Thanks George.



"Come Laugh Your Head Off" – An Inspiring Evening of Courage

By Melissa Bender



= Mental illness can indeed be a laughing matter.

On Wednesday, August 3rd, I attended a stand-up comedy night sponsored by the Mood Disorders Association called the Stand Up for Mental Health Comedy Showcase. Eight people (each one with a history of mental illness) did their own stand-up routine, and they all pulled it off beautifully. To be honest, they were just as funny as the comics I've seen at Yuk Yuk's. It was an amazing night. It just goes to show that illness need not stop you from achieving your goals and reaching your dreams. In fact, I am a firm believer that overcoming extraordinary challenges in life can actually *help* you to accomplish amazing things. Hardship can unveil hidden strength and it can yield insights into life that you might not have gained otherwise.

There is also a lot to be said for using humour to fight fear and pain. As the humour coach for this event pointed out, humour allows you to take a step back from your situation and see it more objectively. It can put you back in the driver's seat, as opposed to feeling that you are a helpless passenger along for the ride. We can't always change the cards life deals us, but we can decide what our next play will be. These eight brave souls decided to face their fears and take the stage. Their actions sent the message loud and clear: We are not passive victims of life, but active participants in it!

I commend all of you for a job well done and the Mood Disorders Association for sponsoring such a worthy event. Hope to catch the event again next year! Or maybe even throw out a few puns of my own...

Free and Low Cost Events

Due to the change of season our free & low cost events are somewhat limited. We will have a fall schedule for you hopefully by the next issue. In the meantime enjoy the warmth of the summer while you can!

Thursday, September 1

Summer Music in the Garden This series offers audiences outdoor performances of classical music from western and nonwestern traditions along with new music and dance. *Mediterranean Voices III: Esmeralda Enrique Spanish Dance Company* will be performing at 475 Queens Quay W. at 7pm. This Toronto favourite returns to the Garden with passionate flamenco dance and music. Music lovers can take garden tours and explore the picturesque landscape - literally set to music. **Free**. You can pick up the self-guided, hand-held audio players daily (from 10am to 8pm) at the Marina Quay West office, just south west of the Garden for a rental fee of \$5. For more information call 416-973-4000.



Saturday, September 3

Canadian International Air Show Aerial displays entertain today and tomorrow. \$10, stu/srs \$7. Exhibition Place. 416-263-3650, www.theex.com.

Sunday, September 4

ROM Walks - Guided Walking Tours of Historic Toronto. ROMwalks are guided walking tours, led by members of the Department of Museum Volunteers, through Toronto neighbourhoods of architectural and historical significance. Todays feature is **Renaissance ROM**. Meet in front of the ROM at 2pm. Highlights: Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. **Free**.

Feminist Book Discussion Group The North York Chapter of the Older Women's Network invites women to meet and share views and ideas about selected books. The focus is on feminist issues of interest of older women. New members are welcome. Next discussion will be held on September 4th with *Ten Thousand Roses: The Making of a Feminist Revolution* by Judy Rebick. This discussion will take place at North York Central Library, 1:30pm-4:30pm, 5120 Yonge St. **Free**. For more information call 416-395-5639.

Wednesday, September 7

ROM Walks - Guided Walking Tours of Historic Toronto. ROMwalks are guided walking tours, led by members of the Department of Museum Volunteers, through Toronto neighbourhoods of architectural and historical significance. Todays feature is **Whiskey, Wharf and Windmill**. Meet at King and Trinity Streets at 6pm. Highlights: Little Trinity Church, Enoch Turner Schoolhouse, Consumers' Gas Building, Berkeley Castle, Gooderham & Worts. **Free**.

Thursday, September 8



Taste of Toronto Sample the culture and fine cuisine available year-round. The third annual Taste of Toronto will take place September 8 to 10, 12pm in the heart of the Entertainment District at Metro Square (Metro Square at King Street and Simcoe Street just West of Roy Thomson Hall). This year, more than 70,000 people are expected to attend. This event will include a Beverage Garden which will feature products from Brick Brewery, Creekside Estate Winery, Diageo and Coca Cola; Tasting Tables; this year, many of Toronto's small and independent restaurants will be participating adding to the delicious and diverse mix of cuisine. The Tasting Tables will sell their 'tastes' for \$1 to \$5. Toronto Star Stage (Metro Hall) where Artisans and craftspeople will participate, as well, The 3rd Annual Waiter Race will take place again this year and buskers will perform and entertain on King Street. In the evenings the Main Stage will have a variety of musical forms take to the stage. **Free**.

Summer Music in the Garden This series offers audiences classical music from western and nonwestern traditions along with new music and dance. *Bach at Dusk -- Winona Zelenka*: cello will perform at 475 Queens Quay West, Toronto at 7pm. The Toronto Symphony Orchestra's premiere cellist takes audiences back to the Music Garden's roots. *Note: this concert will last approximately half an hour, due to the early sunset*. Music lovers can take garden tours and explore the picturesque landscape - literally set to music. **Free**.

Saturday, September 10

Heritage Toronto Walks Homes on the Hill: Wells Hill to Cedarvale. Explore the neighbourhoods north and west of St. Clair Ave. W. and Bathurst St. Hear about Sir Henry Pellatt's grand vision for "Cedar Vale" and how his legacy lives on in Cedarvale Ravine and the bridge spanning it. Start point: Wells Hill Park, S. side of St. Clair Ave W, 1 block east of Bathurst St. at 1:30pm. Finish point: N entrance of St. Clair West Subway Station, Heath St. Focus: Historical, natural. **Free**.

Sunday, September 11



Summer Music in the Garden Canadian musicians and internationally renowned dancers deliver free outdoor performances at 475 Queens Quay West, Toronto at 4pm. **Mediterranean Voices IV: Café Méditerrané**: Experience Mediterranean melodies from Calabria, Lebanon, Greece and Spain, as well as original compositions on plucked strings, percussion, woodwinds, contrabass and accordion will perform. Music lovers can take garden tours and explore the picturesque landscape - literally set to music. **Free**.

Heritage Toronto Walks **The Guild Inn Gardens**. Explore the grounds of this former estate and arts centre. Hear the stories of its owners and learn about the architectural artifacts from Toronto buildings that grace its gardens. Start point: Front garden of the Guild Inn, 201 Guildwood Parkway, halfway between Livingston Rd. and Galloway Rd., south of Kingston Rd., Scarborough at 1:30pm. Finish Point: Guild Office. Focus: +Architectural, historical. **Free**.

ROM Walks - Guided walking tours of Historic Toronto. ROMwalks are guided walking tours, led by members of the Department of Museum Volunteers, through Toronto neighbourhoods of architectural and historical significance. Today's feature is the Mount Pleasant Cemetery. Meet at Yonge Street Gate (Yonge St. north of St. Clair) at 2pm. Highlights: St. Andrew's Society Monument, Massey Mausoleum, Mt. Pleasant Mausoleum, Millionaires' Row, Empress of Ireland Monument. **Free**.

Everyday Free Events

Canadian Broadcasting Corporation Tour the CBC Museum and watch old news footage and children's shows. A ballet display, a trivia challenge in the sports area, a garden mini-set, wardrobe and set design displays and a look at the set of *The National*. Mon-Fri 9am-5pm, Sat noon-4pm. **Free**. 250 Front W, 416-205-8605.



Canada Sports Hall Of Fame Canada's most celebrated sports celebrated in memorabilia, exhibits and interactive video. Exhibition Place. Open Aug 20-Sep 6 from 10am-5pm. **Free with addmission to the Exhibition**. 416-260-6789.

Centennial Park Conservatory Three greenhouses offer 12,000 square feet of interesting plants. Daily 10am to 5pm. **Free**. 151 Elmcrest. 416-394-8543.

Holocaust Education And Memorial Centre Audio visual presentations and memorabilia dedicated to the 6 million Jewish victims of the Holocaust. Mon-Thu 9am-4:30pm, Fri to 3pm, Sun 11:30am-4:30pm. **Free**. 4600 Bathurst. Group reservations 416-635-2883 ext 153.

Mocca (Museum Of Contemporary Canadian Art) Innovative art by Canadian artists addressing modern issues. Tue-Sun 11am-6pm. **Free**. 952 Queen W. 416-395-7430, www.mocca.toronto.on.ca.

Ontario Legislature Buildings Tour the corridors of provincial power, including grand chambers, art and mineral collections. Wkdays 8:30am-6pm (tour schedule varies, call for details). Inside/Out tours also offered at 3pm daily during summer. **Free**. Queen's Park, University north of College. 416-325-7500.

Redpath Sugar Museum A collection of memorabilia from the history of the Canadian sugar industry. Mon-Fri 10am-noon & 1-3:30pm. **Free**. 95 Queens Quay E. 416-366-3561, www.redpathsugars.com.



Toronto's First Post Office Restored 1833 building. Posties in period costume take visitors back in time to the Pony Express. Self-guided and guided tour available. Wkdays 9am-4pm, wknds 10am-4pm. **Free**. 260 Adelaide E. 416-865-1833.

York University Astronomical Observatory Catch a close-up glimpse of the stars. Public viewings Wed from 9pm. NW corner of the campus. **Free**. 4700 Keele. 416-736-2100 ext 77773.

Announcements



PHYSICAL ACTIVITIES FOR CONSUMER/SURVIVORS

PhACS is a program of the registered charity Accent on Ability. Accent on Ability is a non-profit organization that seeks to improve the quality of life for consumer/survivors. The PhACS program encourages consumer/survivors to become physically active, our belief being that there is a close relationship between a healthy body and a healthy mind. PhACS members meet weekly and go for 5k runs and/or walks. Most PhACS members are living on limited, fixed incomes, so PhACS provides support in the form of running shoes, public transportation, refreshments, and entry fees for races. It is to meet these costs that PhACS is raising funds through the Charity Challenge at the Scotiabank Waterfront Marathon. Support from you will help us to keep the PhACS members running and, therefore, physically and mentally fit.

HOW YOU CAN SUPPORT TEAM PhACS AT THE SCOTIABANK TORONTO WATERFRONT MARATHON

The Scotiabank Toronto Waterfront Marathon, to be run on September 25th, 2005 provides our organization (PhACS) with two great opportunities. First to participate in one of Canada's top running events, second to raise funds for PhACS.

To Pledge:

- **Log on** to www.icanpledge.com
- Under "search for participant" **type team phacs** in the first name field and **click** search
- Then **click** sponsor and complete your on-line payment

Your pledge will bring a lot of joy to a lot of Toronto consumer/survivors who know that active bodies lead to healthier minds.

When you pledge you will receive an Accent on Ability charitable tax receipt from icanpledge.

Step 1: To set-up pledge account

- **Log on** to www.icanpledge.com/stwm
- **Click** on the arrow and **select** Accent on Ability
- **Scroll** down the page and **select** No under "I am participating as part of Team Scotia"
- **Scroll** down and fill in the form

Step 2: To register for the race

- **Log on** to www.torontowaterfrontmarathon.com
- **Click** enter site then **click** register now
- **Click** or **scroll down** to Register On-line, By Mail or In Person
- Choose your payment option and follow the instructions

FOR MORE INFORMATION ABOUT PhACS

www.accentonability.org/phacs.htm

phacs@accentonability.org

416-604-6973

Community for Health is a private message board for people with depression-related symptoms, self-esteem and anxiety-related issues, weight loss support, addictions etc. The message boards are used to discuss the challenges of coping in a friendly, safe, and secure environment. They discuss topics about everyday coping strategies, insomnia, bipolar, social interactions, strengthening self image, making positive changes, coping with stress, social anxiety, panic attacks, OCD, dependency, medication, weight loss, and many more topics. Please join if you feel frustrated, overwhelmed, or feel you have nowhere to turn. It is a support group of warm, kind, and caring people who are good listeners. No judgements. They share experiences and offer reassurance, hope, and encouragement in a relaxed atmosphere. This is strictly a support group. Any medical information given is solely the member's opinion. What works for you may not work for someone else! They ask that each member's opinions be respected. You will have access to our member's posts once you register and have it validated. This is required to keep the board safe and secure. If you should have any problems with the registration process, please email the administrator at dohertytj@hotmail.com



Women on the Move is a chance for women of all ages and abilities to take part in a women's only weight room and fitness class. These classes will be held on Mondays, Wednesdays & Fridays, 9am-11am from September 12th –December 16th at Falstaff Community Centre (Jane & Wilson) through North York Women's Centre. Childminding is provided Mondays & Wednesdays only. Women can join this 12 week group any time. Pre-register by calling Elizabeth at 416-241-9430. The North York Women's Centre also offers a **Women's Only Weight Room** on Wednesdays, 5pm-9pm at Oriole Community Centre (Don Mills & Sheppard). No childminding is provided. To register or for more information call Patsy at 416-395-7968. **Free**.

Do you take Medication for Depression? Still suffer from depressive symptoms? Do you feel tired? Having trouble concentrating? You could help see if a currently available medication added onto your existing depression medication can relieve your symptoms. If you are between 18 and 65 years of age, taking medication for depression and still experiencing symptoms you may be eligible to participate in a study. For more information call 416-260-4209 to leave a confidential voice message.

Anger & Addiction Clinic Education Evening Learn more about *What is Anger?* The first in a series of educational topics on anger and addiction will be held on Thursday, September 8th, 2005, 6pm-7pm at Centre for Addiction and Mental Health, 33 Russell Street, Eli Lilly Centre, Room 2022. Light refreshments will be served. For more information please call 416-535-8501, ext 4815 for Debbie Shavropoulos or ext 6683 for Shira Green.

Research in Behavioural and Cognitive Therapy for Obsessive-Compulsive Disorder. Would you like to participate in research? To be eligible you must have a primary diagnosis of OCD, be between 18-65 years of age with no current alcohol or substance abuse and you may be on medications. For more information call Kate at 416-535-8501, ext 4878.

Canadian Association of Mutual Aid (CAMA) is calling for participation from consumer/survivors and family members. MAI offers peer-support and peer-counseling oriented towards development of support network and friendship. It helps in achieving health, social and employment goals. Health seminar with emphases in Alternative Medicine is also offered. Telephone support can be arranged. Please contact Peter at Institute of Alternative Medicine at 416-533-0826.

Interested in becoming a Board Member for Accent on Ability? Accent on Ability is A-WAY EXPRESS's charitable arm. They raise and distribute funds for training and educational opportunities for psychiatric consumer/survivors in Toronto. They are looking for people with an interest and/or experience in: Community Development, Psychiatric Survivor Leadership Training, Fundraising, Legal, Survivor Community Business, Literacy and Numeracy for Psychiatric Survivors, Exercise Programs, Survivors and the Poverty Cycle. If interested please write to Michele MacAulay, Accent on Ability, 2168 Danforth Ave, Toronto, On M4C 1K3, or phone 416-760-2448, Fax: 416-424-4528 or e-mail info@accentonability.org

Foster Care Survivors Newsletter The Crown Ward News is a new publication which gives a voice to Ontarians whose lives have been affected by foster care and those who care about them. A copy can be downloaded from <http://web.ncf.ca/fe281/newsletter.html>



Social Gamblers Needed A new study is looking for volunteers who are male or female between 18 yrs. - 65 yrs. of age, in good physical health, not using street drugs, able and willing to provide informed consent to participate and have no history of psychiatric disorder other than gambling. The study will require 2 hours of your time to answer questionnaires and provide a blood sample for genetic testing. You will receive financial compensation for your participation. For more information or to volunteer, please call 416-535-8501 Ext 4347



Clarke Advocacy Group Meeting The September meeting of the Clarke Advocacy Group (CAG) will be held Tuesday September 13 at 250 College Site of CAMH, Room 801, 5:30pm and is open to past or current recipients of services from this site. For further information contact Jennifer Chambers at 416-535-8501 ext. 4022 or jennifer_chambers@camh.net.

Stop the Closures! The Ministry of Health plans to close almost 40% of all detox beds in Toronto which started August 31st. The "restructuring" of withdrawal management services in Toronto has happened by stealth. The community affected by the closures has never been consulted, not even the City of Toronto was consulted. The decision has been made by the Ministry and several large hospitals and is now being implemented with no plan for what will happen to the backlog of people in dire need for detox services. Detox centres are already full and operating beyond capacity. These services save lives and are vital to community health. If you are interested in stopping these closures please contact the Coalition to Stop the Detox Closures at 416-426-4439 or [No.DetoxClosures@gmail.com](mailto>No.DetoxClosures@gmail.com)

Bipolar Disorder Genetics Research Study Do you have a diagnosis of manic depression/bipolar disorder? If you do, a new study is being conducted which requires you to meet with researchers for about 3 hours. For more information call 1-800-928-3316.

Job Training Announcements



Career Diskovery is a A 10-Week Program of Employment Preparation And Computer SkillsTraining which will be held September 6, 2005, 9am - 3pm at Ontario March of Dimes, 10 Overlea Blvd Toronto (Don Mills). You will receive a detailed action plan with goals, learn about basic to intermediate computer skills (Email, Word, Excel, and Internet), resumes, cover letters, networking, labour market research, and interview skills, self awarness through personal dimension, transferable skills analysis, aptitude testing and more. For more information contact Tim at 416-425-3463 Ext. 212.

Adventa Job Fair and Career Expo Adventa Job and Career Expo Inc. is organizing its 2nd annual Job Fair and Career Expo on Thursday, September 08, 10am to 7pm at Holiday Inn, 7095 Woodbine Ave. Toronto/Markham. This unique expo aims to enhance hiring, job searching, and career development processes. Moreover, it plays a crucial role in providing jobseekers an opportunity, to present their skills and experience directly to employers, to network, to learn useful job search techniques, and to understand the job prospects in various sectors. For more information contact Abi at 416-264-5133, Email: abi@adventajobfair.com or visit <http://www.adventajobfair.com>

Volunteer Posting

Community Care East York: Volunteers Needed

Community Care East York, located at 840 Coxwell Ave, East York, is a neighbourhood-based agency committed to helping and serving seniors and disabled adults in the East York area. This community organization is currently looking for kind, caring people who can spare one hour a week to visit isolated seniors in East York. If you would love to make a difference in the life of an older person please call 416-422-2026.

Job Postings

North York Women's Centre Group Co-Facilitator

The **North York Women's Centre (NYWC)** is a community-based, non-profit organization providing services and programs promoting the well-being of women in North York. Feminism, anti-racism and social justice are the core values that guide their work. The NYWC is looking for a **Co-facilitator** for its "**Reclaiming Yourself After Abuse**" group, a 10-week psycho-educational group for women dealing with issues related to violence and abuse.

Responsibilities: group planning, development and evaluation; conducting intake interviews with prospective group participants; co-facilitating a 10-week psycho-educational group; preparing appropriate supplies, materials and handouts preparing client notes and a final written report.

Qualifications: Specialized education and experience in violence against women, utilizing a feminist, anti-oppression analysis; and a minimum of two years experience in-group counselling, preferably with women who are survivors of abuse.

This is contract position for a total of \$1,250, based on 50 hours at \$25 per hour. This group is scheduled to run September 2005- December 2005, Saturday afternoons 1pm- 3pm.

Please apply by 4pm on Tuesday, September 06, 2005 to:

Group Facilitator Hiring Committee, North York Women's Centre, 201 Caribou Road, North York, Ontario M5N 2B5
Fax: 416- 781- 3822 or E-mail: info@nywc.org

Regent Park Community Health Centre Receptionist (Contract - Part Time)

Regent Park Community Health Centre is a very busy community-based, non-profit organization which serves a diverse community and is an equal-opportunity employer.

Responsibilities & Tasks: Provide reception and information/referral services for walk-ins and telephone inquiries; provide friendly and professional walk-in and telephone reception duties; promote a positive image of the Regent Park Community Health Centre and Parents For Better Beginnings services; respond to information and referral requests; perform clerical duties as assigned.

Organizational Duties: Maintain communication with immediate supervisor through regular updates on administrative functions and other administrative related issues; participate in staff meetings, supervision and performance reviews; is familiar with and adheres to Regent Park Community Health Centre policies and procedures; maintain confidentiality and professionalism at all times; follow occupational health and safety standards.

Qualifications/Education: Experience in reception and telephone duties; expertise and sensitivity working with a diverse multicultural low-income community; demonstrated clerical skills and excellent organizational abilities; exceptional interpersonal and written/verbal communication capabilities; ability to work independently, cooperatively and take direction; ability to exercise confidentiality and discretion; commitment to anti-discrimination policies, procedures, practices and program and service delivery; ability to problem-solve and work under pressure.

Contract, 20 – 25 hours per week, starting September, 2005 to March 31, 2006
\$10 per hour plus 13% in lieu of benefits



Please send a resume and cover letter, by 5:00 p.m., September 07, 2005, to:

Administrative Coordinator, Parents for Better Beginning, Regent Park Community Health Centre, 33 Belshaw Place, Toronto, ON M5A 3H6; Fax: 416-362-5899; dianemac@regentparkchc.org; Email: dianemac@regentparkchc.org

These postings can also be found at www.charityvillage.com