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The Consumer/Survivor Information Resource Centre

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[CAMH](http://www.camh.ca) (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.*

October 15th, 2005
Bulletin 309

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



Halloween Safety for All

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. The major dangers are not from witches or spirits but rather from falls and pedestrian/car crashes. Many communities officially designate a "Beggars' Night" and assign specific hours for trick-or-treat activities. Both children and adults need to think about safety:

Motorists: Watch for children darting out from between parked cars or walking on roadways, medians and curbs; Enter and exit driveways carefully and watch for children in dark clothing.

Parents should: Make sure that an older responsible youth/adult will be supervising children under 12; Plan and discuss the route trick-or-treaters intend to follow; Know the names of your children's companions; Instruct your children to travel only in familiar areas and along established routes; Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home; Establish a return time; Tell your youngsters not to eat any treat until they return home; Pin a slip of paper with the child's name, address and phone number inside a pocket in case the youngster gets separated from the group.

Costume Design: Only fire-retardant materials should be used; Costumes should be loose so warm clothes can be worn underneath; Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.); If children are allowed out after dark, outfits should be made with light colored materials. Strips of retro-reflective tape should be used to make children visible.

Face Design: Masks can obstruct a child's vision. Use facial make-up instead; When buying Halloween makeup, check for packages labeled "Approved Colour Additives," "Laboratory Tested," Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction; If masks are worn, they should have nose and mouth openings and large eye holes.

Accessories: Knives, swords and other accessories should be made from cardboard or flexible materials; Do not allow children to carry sharp objects; Bags or sacks should be light-coloured or trimmed with retro-reflective tape; Carry flashlights.

On the way: Do not enter homes or apartments without adult supervision; Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards; Walk on sidewalks, not in the street; Walk on the left side of the road, facing traffic if there are no sidewalks.

Treats: Parents are urged to: Give children an early meal before going out; Insist that treats be brought home for inspection before anything is eaten; Wash fruit and slice into small pieces; **When in doubt, throw it out.**

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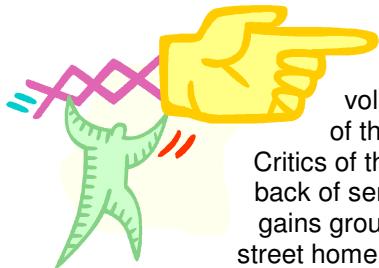
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Source: <http://www.nsc.org/library/facts/halloween.htm>

Vass inquest called 5 years after death Otto Vass, 55, died in a parking lot on College St. at Lansdowne Ave. on Aug. 9, 2000, following a struggle with two Toronto police officers who were later charged and then acquitted of wrongdoing in his death. An inquest has now been scheduled for January 9th into the death of the mentally ill man. (Toronto Star, Thursday, September 15, 2005, page B2)



Homeless count gains ground The City of Toronto's community services committee has passed a plan to count the number of homeless people in Toronto. The plan will use volunteers who will visit shelters, streets and parks one night this spring to make a rough count of the number of homeless people in the city, for which there is currently no reliable estimate. Critics of the plan have said that the plan will probably undercount the homeless, resulting in a scaling back of services for them, and that it will also be an invasion of their privacy. (Article "Homeless count gains ground", by Gabe Gonda, City Hall Bureau, Toronto Star, Friday, September 16, 2005; "Census of street homeless proposed", by Jennifer Lewington, City Hall Bureau Chief, Globe and Mail, Sept. 16, 2005, page A14)

U of T researcher follows possible cure for anxiety, phobia, post-traumatic stress University of Toronto physiologist Min Zhuo believes he has found the source of the fear emotion: the anterior cingulate cortex (ACC) located in the prefrontal cortex of the brain. It is anticipated that, by manipulating the neurochemicals associated with the ACC, that fearful memories can be controlled. Currently Zhuo and his associates are conducting their studies through experiments with mice. (article by Joseph Hall, staff reporter, "Scared? It's all in your anterior cingulate cortex", Toronto Star, Friday, September 16, 2005, page A1)

Snoezelen room opens in Toronto at Agincourt Community A snoezelen room was to be officially opened this month at the Agincourt Community Centre. A snoezelen room, a multi-sensory room, creates a stress-free environment designed specifically for individuals with disabilities, including those with sensory processing, behavioural, intellectual and physical limitations. This is the first time that a snoezelen room has been created in a parks and recreation facility in North America. Funding for the project was received through the 2004/2005 Ontario Works Funding Project. Snoezelen sessions are 45 minutes and can be booked by calling, 416-396-7760. There is a fee of \$5 a session. Location: Agincourt Community Centre, 31 Glen Watford Dr., (east of Midland Avenue and Sheppard Avenue East) (from a media release posted on City of Toronto web site)

Rising mental health claims top list of concerns in 2005 Watson Wyatt Staying@Work Survey In a newly released survey, employee benefits firm Watson Wyatt has found that rising mental health claims, primarily related to stress, depression and anxiety disorders, were the top health and productivity-related concern for Canadian organizations. Most organizations have no plans to address the issue of rising mental health claims with tangible measures. Only 31 per cent of survey participants indicated that they are likely to implement programs to address the issue over the next one to two years. And only five per cent of organizations have any plans to deal with the social stigma of mental illness, which may keep sufferers from coming forward and prevent organizations from improving results. - from a Watson Wyatt press release. The full text of the press release may be read at www.watsonwyatt.com, where the survey report may also be purchased.

New Report: From Welfare to Work in Ontario: Still the Road Less Traveled A new report about the issues involved in getting people from welfare into the work force has been written by economists Thomas Walkom and Gillian Manning of the TD Bank Financial Group. The executive summary and full text of the report are available at the following web page:

<http://www.td.com/economics/special/welfare05.jsp> The report was the topic of Carol Goar's editorial page column in the Toronto Star on Friday, September 16, 2005. (page A24)

Tenant act ruled discriminatory An adjudicator for Ontario's rental housing tribunal has ruled that the province's Tenant Protection Act discriminates against single parents, seniors, the disabled and new Canadians. The adjudicator, Paul DeBuono, said that the "clause in the province's Tenant Protection Act that requires tenants facing eviction to file a written dispute to the tribunal within five days 'results in constructive discrimination.'" Mr. DeBuono was ruling in the case of Cara Reid, a single mother who had a new job and a new baby. Mr. DeBuono said that "the ability to file a dispute within five days may be impacted by language challenges, family responsibilities and health challenges." (Article "Tenant act ruled discriminatory", by Laurie Monsebraaten, Staff Reporter, Toronto Star, Tuesday, September 27, 2005, page A4)



Reservists face tougher charges in beating death of homeless man The second-degree murder charges laid against three Canadian Armed Forces reservists have been upgraded to first-degree murder. Toronto police Detective Wayne Fowler, the leading homicide investigator on the case, explained that "on second-degree murder, there is no pre-planning or deliberation taken into account, whereas on a first-degree, there is." "The Toronto Disaster Relief Committee, an anti-poverty group, has called on Ontario's Attorney-General to prosecute the death as a hate crime, saying Mr. Crutch was targeted because he was homeless." (Article "Reservists face tougher charges in beating death of homeless man," by Unnati Gandhi, *Globe and Mail*, Wednesday, September 28, 2005, page A15)

No direct connection between creativity and depression? A study by psychologist Paul Verhaeghen of Syracuse University "found no direct relationship between creativity and depression. The tendency for self-reflection, however, seemed to breed both depression and creative behaviour." (Social Studies Column by Michael Kesterton, *The Globe and Mail*, Friday, September 16, 2005, page A22)

Ontario Government Releases Report on Problem Gambling The Minister of Health and Long-Term Care, George Smitherman, today released the report "Review of the Problem-Gambling and Responsible-Gaming Strategy of the Government of Ontario". To read the press release, executive summary of the report (46 pages), and the report itself (208 pages), go to the Ministry's web site (<http://www.health.gov.on.ca/>) and scroll down the "what's new" column on the home page to the news releases for Sept. 27th.

The following relatively new mental health-related policy and service standards documents are now available in full in the public information area of the Ontario Ministry of Health and Long-Term Care web site

<http://www.health.gov.on.ca/>

[Ontario Program Standards for ACT Teams](#)

[Crisis Response Service Standards for Mental Health Services and Supports](#) [Intensive Case Management](#)

[Service Standards for Mental Health Services and Supports](#)

[Program Policy Framework for Early Intervention in Psychosis](#)

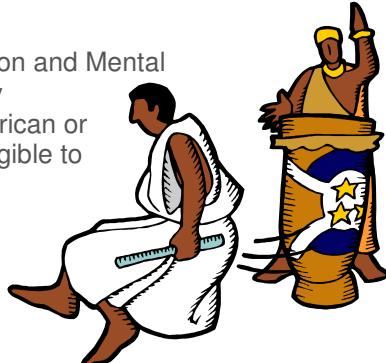
To go to the documents, from the home page click on 'Public Information', then 'Publications', then 'Mental Health'

Newsbytes is compiled by Glen Dewar, Web Site Content Manager at Community Resource Connections of Toronto (CRCT).

Research Participants Wanted

Epigenetics Study The Centre for Addiction and Mental Health (CAMH) with the University of Toronto is conducting a study on epigenetic factors in germ cells. They are looking for individuals with bipolar disorder, depression or schizophrenia. Eligibility: Male between the ages of 18 yrs-65 yrs of age; not using street drugs; able and willing to provide informed consent to participate; diagnosis of Bipolar I or Bipolar II or diagnosis of depression or diagnosis of schizophrenia. What's involved: A sperm sample. Compensation is provided to participants. If interested or if you need further details please call 416-535-8501 ext 6348 or 6994.

Study on Coping with Racism-Related Stress Researchers at the Centre for Addiction and Mental Health in affiliation with the University of Toronto are looking for participants for a study exploring topics in racial discrimination and emotional well-being. If you are of Black African or Afro-Caribbean heritage, currently living in Canada and age 18 or older you may be eligible to participate in this study. For more information please contact Justine Joseph at justine_joseph@camh.net or call 416-715-2198.



Free and Low Cost Events

Saturday, October 15th

Bayview Art Tour Visit the studios of 26 artists and artisans. Noon-5 pm. **Free**. S Eglinton and Leaside area. 416-489-9480.

My Story: From Self-Denial To Public Affirmation Talk by Peter C Newman. 8 pm. **Free**. Beth Tzedec, 1700 Bathurst. 416-781-3511.

Sunday, October 16th

Ghosts Of Lomako Film screening and discussion with director Kenton Vaughan. 2 pm. **Free w/ admission**. Toronto Zoo, Meadowvale and Sheppard. 416-392-5929.

Science On Sundays *The Dance of Molecules: Nanotechnology is Choreography* is a lecture given by Edward (Ted) H. Sargent, B.Sc., Ph.D. Visiting Professor of Nanotechnology and Photoics at MIT, at Macleod Auditorium, Medical Sciences Bldg. University of Toronto, 1 King's College Circle (Queen's Park Subway Station) at 3pm. **Free**. For more information call 416-977-2983 or visit www.royalcanadianinstitute.org

Monday, October 17th

YWCA Girl Jam Week Without Violence all-ages event with spinning, dancing, singing and jamming. 7 pm. \$5. Lula Lounge, 1585 Dundas W. 416-961-8100 ext 326, www.ywcatoronto.org.

Part 2: Caregiving on a Budget Learn where you can access essential services such as eye care, dental care and hair care on a fixed income or financial assistance (focus will be on seniors). This workshop will take place 6:30pm-8pm at Alderwood Public Library, 2 Orianna Dr., Etobicoke. **Free**. For more information call 416-394-5310.



Tuesday, October 18th

Coming Out Crazy Journalist Sandy Naiman talks about living with bi-polar disorder. 7 pm. **Free**. Atkinson Bldg Rm 109, York University, 4700 Keele.

U of T Bookstore Reading Series Whodunnit. Join a mystery night as award-winning writer John Brady - author of the Matt Minogue series of novels - reading from his latest *Islandbridge*; award-winning writer William Deverell - author of *Needles* and *Trial of Passion* - reading from his latest Arthur Beauchamp mystery *April Fool*; newcomer Louise Penny - a familiar face at the Canadian Broadcasting Corporation - reading from her exceptional debut *Still Life*; and critically acclaimed writer David Rotenberg - author of the Zhong Fong series of mysteries - reading from his latest *The Golden Mountain Murders*. Location: Hart House Library, 7 Hart House Circle (2nd Floor) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit www.uoftbookstore.com

The Narrative Craft An exploration of the creative process with writing tips presented by the Deer Park Writing Group at 7pm, Deer Park Public Library, 40 St. Clair Ave. East, Toronto. **Free**. For more information call 416-393-7657.

Wednesday, October 19th

Black Queer Youth Gathering for black, multiracial, African/Caribbean youth under 29. 6:30-8:30 pm. **Free**. SOY, 365 Bloor E. 416-324-5083.

Catherine Gildiner Reading from her novel *Seduction*. 7 pm. **Free**. North York Central Library, 5120 Yonge. 416-395-5639.

Gathering Of Nine Circles Canadian Aboriginal Festival Pow Wow think tank. Miles Nadal JCC, 750 Spadina. 416-972-0871.

Green Drinks Meet others interested in environmental issues for conversation. 5:45 pm. **No cover**. Duke of York Pub, 1225 Queen E. 416-964-2441.

U of T Bookstore Reading Series Revelations. Jung Chang, award-winning author of the international bestseller *Wild Swans* - and Jon Halliday, former Senior Visiting Research Fellow at King's College, University of London, bring us their groundbreaking new book *Mao: The Unknown Story*. Based on a decade of meticulous research this is a revelatory biography that will radically change our understanding of one of the major political figures of the 20th century. Location: Innis Town Hall (Inside Innis College), 2 Sussex Ave. at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit www.uoftbookstore.com

Thursday, October 20th

Between Myself And Them Launch of an anthology on disability and difference. 7 pm. **Free**. Hart House, 7 Hart House Circle. 416-537-7850.

Dancing Shoes Latin dance and dance shows display. 6 pm. **Free**. Bata Shoe Museum, 327 Bloor W. 416-979-7799.

Grounding Your Self-Esteem In Meditation Women's workshop. 7-9 pm. **\$5**. Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

Mel Hurtig Reading from *Armageddon: The Shocking Truth About Canada, Missile Defence And Star Wars*. 7 pm. **Free**. Reference Library, 789 Yonge. 416-395-5577.

Rosalind B Penfold Launching her novel *Dragon Slippers*. 7 pm. **Free**. Toronto Women's Bookstore, 73 Harbord. 416-922-8744.

Pride Business Network Networking for gay, lesbian and friendly entrepreneurs. 7-8:30 am. **No cover**. Croissant Tree, Church and Charles. www.raymondhelkio.com.

 **Queer Swing Dancing** Drop-in beginner lesson. 8:30 pm. **\$5**. Crews/Tango, 508 Church. www.swinginout.ca.

Safety On The Net Workshop for girls on how to navigate the Internet safely. 4:30-6:30 pm. **Free**. For location, call 416-961-8100 ext 326.

Friday, October 21st

In Search Of Cosmic Dawn Lecture by Bob Abraham. 7 pm. **Free**. Convocation Hall, 31 King's College Circle. Reserve 416-978-8849.

Saturday, October 22nd

Howling Hootenanny Ghost stories, fortune-telling, magic and more. Child Friendly. Today and tomorrow 11 am-4:30 pm. **Free** w/ admission. Black Creek Pioneer Village, Jane and Steeles. 416-736-1733.

Sweet And Sour Sauce: Sexual Politics In Jamaican Dancehall Culture Lecture by cultural critic Carolyn Cooper. 7:30 pm. **Free**. Vari Hall A, York U, 4700 Keele. 416-736-5237.

Sunday, October 23rd

Gibraltar Sand Dune Restoration Help restore sand dunes and meadows. 9:15 am-noon. **Free**. Ward's Island ferry dock, foot of Bay. 416-598-2277.

Science On Sundays *The Search for Accessible Adult Stem Cells* is a lecture given by Freda Miller, Ph.D. Senior Researcher, Hospital for Sick Children at Macleod Auditorium, Medical Sciences Bldg. University of Toronto, 1 King's College Circle (Queen's Park Subway Station) at 3pm. **Free**. For more information call 416-977-2983 or visit www.royalcanadianinstitute.org

Monday, October 24th

Nature Photography – What Judges Look For Seminar. 7 pm. **Free**. Humber Valley United Church, 76 Angelsey. www.etobicokecameraclub.org.

An Understanding Of Ad(H)D Lecture by Steven Singerman. 7 pm. **Free**. CCAS, 30 Drewry. 416-229-1680.

Embracing Your Sexuality Are you are bisexual woman? Or are you unsure of your sexuality? This workshop will provide you with a safe and supportive environment to talk about the unique issues, experiences and challenges of your sexuality. **Free**. North York Women's Centre, 201 Caribou Rd, North York at 7pm. 416-781-0479 or info@nywc.org

U of T Bookstore Reading Series A Scientific Revolution. Ted Sargent, visiting professor of nanotechnology at MIT, and a professor in the department of Electrical and Computer Engineering at U of T, brings us his new book *The Dance Of Molecules: How Nanotechnology Is Changing Our Lives*. *The Dance Of Molecules* demystifies the fascinating world of nanotechnology and provides a glimpse of what this innovative science might accomplish in the twenty-first century. Location: Hart House Library, 7 Hart House Circle (2nd Floor) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit www.uoftbookstore.com

Tuesday, October 25th

Dancing Dames Dance/movement workshop for women of all ages. 6-8 pm. Pwyc, suggested donation \$7-\$10. Oakwood Library, 341 Oakwood. Register 416-656-9994 ext 3.

Express Gathering for newcomer/immigrant queer youth. 6-8 pm. **Free**. SOY, 365 Bloor E. 416-324-5080.

Impromptu Debate Swansea Debating Soc meets. 7:30 pm. **Free**. Swansea Town Hall, 95 Lavinia. 416-392-1954

Inside The Bottle Sierra Club eco certification café meets every month at a local Toronto downtown café or pub to extend the conversations that begin at Sierra Club events. Books, articles and current issues provide a focus for the conversations, but if you're not a reader, just bring your thoughts. *Inside the Bottle* provides a vivid and disturbing portrayal of how four big companies Nestle, PepsiCo, Coca-Cola and Danone dominate the bottled water industry today. 7-9 pm. **Free**. C'est What, 67 Front E. 416-485-9173.

The Vanishing Ice Film screening and a talk by Alex Winch of Beach Solar Laundromat. 7 pm. **Pwyc**. NOW Lounge, 189 Church. 416-925-3289.

Toronto Public Library: Tuesday Afternoon at the Movies Join in for an afternoon of films for adults at the Beaches Public Library, 2161 Queen Street East at 2pm. **Free**. For more information call 416-393-7703.

U of T Bookstore Reading Series All in the Family. In this special event co-sponsored by RendezVous Press, University of Toronto alumnus and first-time novelist Jesse Frayne, daughter of Canadian icon June Callwood (a celebrated journalist and activist who has helped found over 50 social organizations including Nellie's women's shelter and Casey House) and celebrated sports journalist Trent Frayne, brings us her debut novel *Just Keep Breathing*. In this exclusive event, Jesse Frayne will be interviewed by her extraordinary parents. Location: Robert Gill Theatre (Inside The Koffler Student Services Centre), 214 College Street (3rd Floor) at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit www.uoftbookstore.com

Wednesday, October 26th

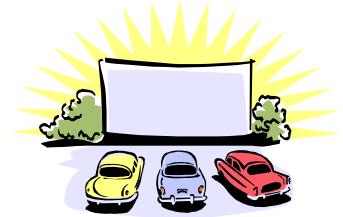
The Art Of The Novel Author Helen Humphreys discusses narrative elements that make a novel work. 7 pm. **Free**. North York Central Library, 5120 Yonge. 416-395-5639.

Black Queer Youth Gathering for black, multiracial, African/Caribbean youth under 29. 6:30-8:30 pm. **Free**. SOY, 365 Bloor E. 416-324-5083.

Karen Solie/Goran Simic/David Seymour Poetry reading. 6:30 pm. **Free**. Parliament Library, 269 Gerrard E. 416-393-7663.

Volunteer Info Session Learn about programs that require volunteers. 6:30-7:30 pm. **Free**. Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

Local History Evenings at the Public Library Illustrated talks on Toronto history and architecture are free and open to anyone. *Starry, Starry Nights – The Drive-In Movie Theatre* will be given by Peter Young who traces the history of drive-in movies from 1933 to the present which includes two drive-ins remaining in the Toronto area, 7:30pm at Northern District Public Library, 40 Orchard View Blvd, Rm 224. **Free**. For more information call 416-393-7610.



ACET (Assistant Cook Extended Training), For You and the Redirection Through Education programs of George Brown College are hosting the 7th Annual World Mental Health Day from 9- 3:30pm at 290 Adelaide Street East. Keynote speakers and workshops will speak on this year's theme - *Immigrants & Mental Health: Different Dialogues*. Registration is \$85 and includes lunch and snacks. For more information or to register, contact Shelia Moore at 416-415-5000 ext 4141; e-mail: wmhd@gbrownnc.on.ca. Register on-line at coned.georgebrown.ca/wmhd

Thursday, October 27th

Abilities Festival is proud to present Toronto's first international celebration showcasing artistic excellence by persons with disabilities taking place October 27 - 30, 2005. The festival takes place in two locations: The Columbus Centre, and the Glenn Gould Studio. This dazzling array of creativity features an international art exhibition; live performances; a video library; panel discussions; workshops and a day of entertainment for children with disabilities performed by artists who themselves have faced a variety of challenges on their way to stardom. Learn more about the festival by visiting <http://www.abilitiesfestival.org>

Anger And Guilt Workshop for family caregivers. 6-8 pm. **Free**. Family Service Assoc, 355 Church. 416-595-9618.



Assertiveness In Intimate Relationships Women's workshop. 7-9 pm. An evening of self-reflection and skill building to support women in attaining healthier relationships. \$5. Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

Flu Season Is Fast Approaching Lecture. 7 pm. **Free**. Big Carrot, 348 Danforth. 416-466-2129.

Pride Business Network Networking for gay, lesbian and friendly entrepreneurs. 7-8:30 am. **No cover**. Croissant Tree, Church and Charles. www.raymondhelkio.com.

Queer Swing Dancing Drop-in beginner lesson. 8:30 pm. \$5. Crews/Tango, 508 Church. www.swinginout.ca.

Friday, October 28th

Between Myself And Them Launch of an anthology on disability and difference. 2:30 pm (Part of the Abilities Festival). **Free**. Columbus Centre, 901 Lawrence W. 416-537-7850.

Camilla Gibb/Devyani Saltzman Gibb reads from *Sweetness In The Belly*, Saltzman reads from *Shooting Water: A Mother Daughter Journey And The Making Of A Film*. 7 pm. **Free**. 1st Stop Woodlawn Lounge, 80 Woodlawn E. 416-961-8100 ext 326.

Terrifying Tales Join Etobicoke Dreamcatchers for a haunted evening. 7:30 pm. \$4, stu/srs \$2, child \$1. Montgomery's Inn, 4709 Dundas W. Details 416-394-8113.

Saturday, October 29th

Benefit: Fall Sale (Humbercrest United Church) Clothing, accessories, jewellery, Halloween costumes and more. 9-11:30 am. **Free**. 16 Baby Point. 416-767-6122.

Halloween Costume Party Stories, crafts and fun for kids three and up. 2 pm. **Free**. North York Central Library, 5120 Yonge. 416-395-5535.

Night Of Dread Evening of pageantry, music and masquerade with puppets, stilt dancers, firewhirlers and more. Procession starts 5:45 at Dufferin Grove Park, Dufferin S of Bloor. **Free**. 416-535-4277, www.clayandpapertheatre.org.

Sunday, October 30th

Hotel Canzine Zine fair and alternative culture festival with readings, videos, radical burlesque and more. 1-7 pm. **Free**. Gladstone Hotel, 1214 Queen W. www.brokenpencil.com.

Pumpkin Float Kids carve pumpkins and float them on water, plus ghost stories. 4-6 pm. **\$1.50/pumpkin**. Playground at NW corner High Park. 416-392-6916.

U of T Bookstore Reading Series We're Jammin. Klive Walker, a Toronto-based writer whose articles on reggae have been published in *Word* magazine and *Untold*, brings us his new book *Dubwise: Reasoning From The Reggae Underground*. This book examines the global impact of the Caribbean diaspora and takes a fresh look at the careers of international icons like Bob Marley in the wider context of Caribbean culture. Location: Trane Studio, 964 Bathurst Street (2 Blocks North Of Bloor), at 7:30pm. Doors open at 6pm. Event begins at 7:30pm. **Free**. For more information contact the U of T Bookstore, 214 College Street at 416-640-5829 or visit www.uoftbookstore.com

Science On Sundays *NewWorlds in the Making: Origins of Planets and Brown Dwarfs* is a lecture given by Ray Jayawardhana, B.S., Ph.D. Department of Astronomy & Astrophysics, University of Toronto at Macleod Auditorium, Medical Sciences Bldg. University of Toronto, 1 King's College Circle (Queen's Park Subway Station) at 3pm. **Free**. For more information call 416-977-2983 or visit www.royalcanadianinstitute.org

Monday, October 31st

Happy Halloween – Watch out for our children in the streets! And the scary things that go Bump in the Night!

Most of these listings can also be found in NOW Magazine, September 29th – October 5th, 2005, Vol. 25, No. 5 or visit their website at www.nowtoronto.com

Announcements

Eighth Annual Mental Health Information Fair Mental Health Services in South East Toronto will be held on Wednesday, October 19th from 12noon to 4:30pm at East York Civic Centre, 850 Coxwell Avenue, East York. The fair will include information about a wide range of mental health services; resources for consumers, workers, and family; more than 65 attended displays; free admission and light refreshments; videos about important mental health issues.

Stress to Strength Group for Women This six-week group offers women a holistic approach to dealing with stress in their lives. Take this opportunity to look at the sources of stress in your lives. With greater awareness and practical tools, you will be better able to cope with stress and be more effective in your life. **Free.** Group will take place at North York Women's Centre, 201 Caribou Rd, North York. 416-781-0479 or info@nywc.org

The Secret Handshake Network is looking for a person with management and/or fundraising experience to run the organization. For more information call Jordan at 416-968-9095.



Are You Financially Strapped? This Budgeting Seminar can show you how to get ahead while your income is low. The seminar will take place at The Lawrence Square Employment Resource Centre, 700 Lawrence Ave. West, Suite 433 (inside the shopping centre, directly across the Lawrence West subway station) from 1pm-2:30pm on Wednesday, October 26th. For more information or to register call 416-789-5877.

The Family Council: Empowerment for Families in Addictions and Mental Health invites you to attend their fourth Annual General Meeting on Wednesday, October 19th at the Centre for Addiction and Mental Health (CAMH), 1001 Queen Street West in Training Rooms A&B from 6:00 - 8:00 p.m. (Light refreshments will be served at 5:30 p.m.) TTC tickets and parking subsidies are available. Guest speaker Dr. Paul Garfinkel, President and CEO of CAMH, will speak on the topic of *"Moving Forward with Family Centered Care"*. For more information, please contact Beth Jacob at 416-535-8501 ext. 6490 or beth_jacob@camh.net

The Empowerment Council Presents Women's Meeting for clients of CAMH on Tuesday, October 18th, 5pm at 1001 Queen Street West, Room 1166A. This meeting is for women who currently or in the past have received services at CAMH. The purpose of the meeting is to discuss systemic issues and themes arising in women's services. *Please Note: This is not a therapy or counseling group.* For more information call Lucy at 416-535-8501 ext 3013.

ODSP/OW Change in Process for Special Diets Effective as of September 30th, 2005, all OW offices have been directed to use a revised Special Diets Application form. No other forms will be accepted. OW applicants and recipients must request the form from their OW offices. Also effective as of mid-October ODSP/OW offices will no longer accept photocopies or faxed copies of the Special Diets application form. Only original forms will be accepted. To request a copy of the Special Diets application form, the recipient must call his/her ODSP/OW Office and request an OW Diets application form, which identifies the recipient's name and member ID. Then the form will be mailed to the client, then mail the form back to the ODSP/OW office after the authorized health care professional has completed the form. Original forms will no longer be given to advocates to distribute to their clients.

Coalition Against Detox Closures: Community Meeting Notice On July 21st a group of substance users, community agencies, frontline workers and citizens mobilized to create the Coalition Against Detox Closures. This Coalition came together to address the lack of consultation, participation and information in the Ministry of Health's decision regarding detox services and the addictions sector in general. As a follow-up to they are organizing further planning and strategizing meetings to discuss next steps. Please make your voice count and join in the struggle to make the Ministry more responsive and accountable. Next Meeting will be held on **Tuesday, October 18th, 5:30pm** at St. Stephen's Community Centre, 260 Augusta Ave.(Spadina and College). Food will be provided.

Mad Students Society Do you come out in your classes about past or present experiences in a psychiatric institution? Why or why not? Interested in meeting and talking about your experiences with other students who have been through the psychiatric system? Want to make a difference in the lives of many isolated students who are like you-experiencing systemic discrimination? The Mad Student Society is an interuniversity group for and by students who have experienced or are currently experiencing the psychiatric system. Mad Student Society works to create a community to empower and support Mad Students by mobilizing and organizing students as an alternative voice to medical model understandings of madness. Mad Students can develop an analysis of the mad experience in order to create a framework for systemic and self-advocacy. This group will take place Saturday, October 15th, 4-6pm at the Ontario Institute for Studies in Education of the University of Toronto (OISE), 252 Bloor Street West, Room 2286 (Bloor & St. George) For more information contact: yu217993@yorku.ca or call 416 537- 6960

Job Training Announcements



Assistant Cook Extended Training Program (ACET) Information Session Assistant Cook Extended Training (ACET) Program at George Brown -Toronto City College runs in partnership with the Centre for Addiction and Mental Health (CAMH). The goal is to help people recovering from addiction and mental health histories take the first steps towards a job in Toronto's food service industry. ACET will provide: Job-focused food service training, short-term work placements, integrated support during the training work placements and initial employment period, Assistant Cook certification and post-training employment in the food service industry. The program includes classroom and kitchen lab instruction, work placement and workshops. Class and kitchen lab time is 15 - 20 hours per week, with support and tutoring available. **Admission requirements:** Grade 12 Diploma or equivalent, or mature student status with Grade 10 and college assessment of Mathematics and English, culinary assessment and **Ontario Disability Support Program employment support eligible**. Application deadline for next session is November 4th. An Information session is being held on Monday, October 24th at the Hospitality and Tourism Building, George Brown, Room 112, 300 Adelaide St East. For more information and to register call 416-415-5000, ext. 6790 or acet@gbrownnc.on.ca

Self-Employment Workshop On October 18th from 9:30 a.m. to noon, JobStart (2930 Lakeshore Blvd. W.) will host a workshop on how to start your own business. For more information call 416-231-2295 or <http://poss.aa.metastrategies.com/actew/poss/events.shtml?x=38405>

Job Posting

Community Resource Connections of Toronto; Community Support Worker (Case Manager); Full Time, Permanent Community Resource Connections of Toronto (CRCT) is a community mental health organization that works with people with severe mental health problems by working directly with them and indirectly through our community work. This is a mental health case management position working primarily in the East North York/Scarborough area. **Job Responsibilities:** Provide intensive and long term community support to 15-20 people who have serious mental health problems; Work with clients to assist them to meet their basic needs and to identify and realize their personal goals; Provide support and information/teaching to family members and others; Assist clients to develop a supportive network; Facilitate access to needed services, resources and supports; Develop and maintain collaborative relationships with key supports and resources in the community. **Qualifications:** At least two of the following: A degree or diploma in health or social services; direct personal experience of the mental health system; recent significant work experience with people with serious mental health problems; Preference will be given to candidates with fluency in one or more languages that are reflective of the diverse cultures within East North York; an in-depth knowledge of cultural diversity and the immigration/refugee experience; Excellent interpersonal skills; Commitment to working in a partnership relationship with clients; Experience working with both traditional mental health services and other agencies/organizations that may support individuals with these types of problems. Having worked with organizations that serve ethno-racial communities is an asset; Knowledge of issues related to mental health treatment, recovery and mental health policy and/or substance abuse treatment experience are an asset. **A car is required for this position.** Salary Range: **\$\$46,697 - \$51,389 + Benefits.** **Reply in writing by : October 28, 2005 at 5 pm to** Hiring Coordinator, Community Resource Connections of Toronto, 366 Adelaide St. E, Suite 230, Toronto M5A 3X9 or hiringcommittee@crct.org

Canada Post is looking to hire "on-call" Drivers and Letter Carriers: St. Stephen's Employment and Training Centre is pleased to announce that it will be holding its first-ever Canada Post Recruitment Fair for Temporary Letter Carriers and Drivers. This recruitment fair will be held on Tuesday, October 18th, 2005 from 10 am - 1 pm, 1415 Bathurst Street, 1 block South of St. Clair West and Bathurst, No Parking Is Available. Must be 18 years of age or older; Must have a valid driver's license, with an acceptable driving record; Must be able to work on short notice; Must be able to lift/carry 15-25 kilograms and walk 7-10 kilometers in all weather conditions, and résumé should indicate "physical" ability and related work experience. Interested applicants must also bring their driver's abstract, résumé and professional references. **All positions pay \$20.10 per hour.** However, please note, that Canada Post will be collecting résumés and answering questions, and that unlike our usual job fair format, "on-site" interviews will NOT be held. "Canada Post strongly encourages applications from women and members of visible minorities." For more information, clients can visit their website at www.canadapost.ca, or contact us, here at St. Stephen's ETC. For more information please call 416-531-4631 ext 0.



Parkdale Activity - Recreation Centre; Drop-In Team Coordinator

The Community Mental Health- Drop-in Team Coordinator carries specific co-ordination and supervision responsibilities for daily drop-in operations focused on maintaining consistent, high quality community development, a safe and welcoming environment and effective

supports and services for all members by providing day-to-day leadership support to the staff team; facilitating strong team communication and collaboration processes in all aspects of drop-in operation and daily staff practice. The Drop-in Team Coordinator facilitates the development, review and implementation of annual drop-in work plans to achieve program and team goals; assists individual drop-in staff to develop, review and implement personal work plans to achieve daily task assignments, program and team goals; assumes responsibility for the preparation of staff schedules, relief staff support and the effective direction of staff resources during daily drop-in operations; supervises and supports drop-in communication and documentation practices including: daily staff reviews, weekly staff meetings, drop-in log reports, incident reports and crisis response reviews; provides one-to-one supervision, guidance and support for drop-in staff to enhance the growth of performance skills, workload balance, stress management, and member support practices reflecting the values and philosophy of the drop-in program; assists a staff evaluation process that is integrated with team and program evaluations. This responsibility is undertaken in partnership with the PARC Program Director and PARC Management Team. The Drop-in Team Coordinator plays a leadership role in maintaining effective communications with the Outreach, Healing Centre other PARC program sectors and external community resources; facilitates the use of creative strategies to address systemic barriers and advocate for access to the community resources needed to improve the quality of life of all PARC members served. **Qualifications:** Essential Education – Post Secondary Training in a related field or equivalent combination of education and 3-5 years directly related experience in community development with marginalized people, socially isolated adults, psychiatric survivors and homeless/under-housed; Post graduate or specialized training in psychosocial rehabilitation, group development, individual and family counselling, community development, crisis prevention and intervention training; Essential Experience - Minimum of 5 years related experience in a community mental health and community development orientation within a drop-in setting. Minimum 2-4 years coordination / supervision experience (preferably within an organized labour context). Sound knowledge of the issues presented by psychiatric survivors & marginalized people who have been homeless or under-housed and pertinent legislation. Broad experience with individual, and systems advocacy. Counselling, crisis prevention and intervention experience; Previous participation in collaborative community efforts. Previous participation in public education and community development activities; Essential Abilities- Excellent oral and written communication skills. Computer literacy and proficiency with the following programs: MS Word, Excel, Outlook, and Access. The ability to engage and liaise effectively with members and their supports (families, workers, etc.) agency colleagues, other service providers, and the general public. Ability to model and promote agency expectations of teamwork and networking within the agency and the community-at-large. Proven ability to give and receive constructive feedback. Has excellent interpersonal skills with the capacity to build effective relationships with staff team, participants and community partners. Skilled in crisis intervention, de-escalation, conflict mediation and group facilitation. Understanding and ability to communicate and maintain professional boundaries. Hours: 37.5 hours per week, primarily between the hours of 9am and 9pm Monday through Saturday. Time and days of work will be scheduled by the drop-in team in consultation with the Program Director and the Executive Director. **Amount:** \$ 42,750 – \$ 48,998. Please send resume by October 31st to: Hiring Panel, Parkdale Activity - Recreation Centre, 1499 Queen Street West, Toronto, Ontario M6R 1A3

Canadian Mental Health Association, Toronto Branch; Community Support Worker; (1 Year Contract Position)

The Canadian Mental Health Association/Toronto Branch is seeking a full-time, contract Community Support Worker (CSW) to provide intensive community support services to people with psychiatric disabilities/mental health problems in the West Toronto and North York areas. **Responsibilities:** Client assessment/individual service planning; Crisis intervention/prevention; Skills teaching; Supportive counselling for a range of issues i.e. substance use; Collaboration with individuals and significant others; Community liaison/advocacy; Program planning and development **Qualifications:** A minimum of 3 years full-time experience in direct service delivery to adult with serious psychiatric disabilities; Experience in community mental health, with knowledge of issues facing the homeless population; Working knowledge of the Tenant Protection Act; Ability to work within a multidisciplinary team and independently; Excellent communication, listening, and interpersonal skills; Good oral and written skills; Good analytical and assessment skills; Undergraduate degree in social services or related field; Ability to demonstrate a non-homophobic and anti-racism approach; Access to a car is also required. Salary range: \$44,236 to \$51,219. Please submit resumes by Friday, October 21, 2005 to the Program Manager, West Metro Community Support Services, Canadian Mental Health Association/Metro Branch, 970 Lawrence Avenue West, Suite 205, Toronto, Ontario M6A 3B6 or Fax 416-789-9079. For more information visit: <http://www.Toronto.cmha.ca>