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The Consumer/Survivor Information Resource Centre

Distributed through generous support from CSRU Program (Community Support and Research Unit) 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.*

November 15th, 2005

Bulletin 311

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

LOCATION: 252 College Street, 3rd Floor, Toronto, ON

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Special Diet Update

Effective November 4th, 2005 there are new regulations for the Special Diet Allowance which will affect everyone on OW and ODSP. Please discard any copies of the ODSP Action Coalition's Special Diet pamphlets and backgrounders. They are no longer accurate.

Under the new regulations, the old application form and schedule have been replaced with a new application and schedule which contains a list of medical conditions that OW and ODSP recipients must have in order to qualify for the Special Diet Allowance. Under the new schedule, dollar amounts are attached to the specific medical condition, rather than various diets, as in the past. With the new forms, medical practitioners will have to indicate patients' medical conditions or the applications will be rejected.

Sample Special Diet Allowance / Pregnancy Nutritional Allowance - Form 3059 (English):

http://www.odspaction.ca/SpDiet/SpDiet/SD_App_Form_Nov05.pdf

(Note: Link will open in a new window)

Medical Conditions Covered:

For a complete list of the conditions that currently qualify:

http://www.odspaction.ca/special_diet_conditions.htm

(Note: Link will open in a new window)

The changes mean that OW/ODSP recipients will no longer be able to get the Special Diet Allowance for preventing medical conditions that they are at significant risk of developing. It also means that OW/ODSP recipients with medical conditions that are not listed will also be ineligible. Even if recipients have a medical condition that is listed, they may get less money if the dollar figure allotted in the new schedule is less than the total they had gotten by cobbling together different special diets under the old schedule. If they refuse to indicate their medical condition, their application will be rejected. Women who are breastfeeding will also no longer be eligible for the Special Diet Allowance but can apply for an extended Pregnancy Nutritional Allowance, which they can receive during their pregnancy and 12 months after giving birth.

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More information can be found at the ODSP Action Coalition Website at www.odspaction.ca.

Newsbytes

New LHIN Bulletin Announces Web Site Launch "A bulletin from the Ministry of Health and Long-Term Care has announced the launch of a new Local Health Integration Network (LHIN) website. The site will be a main portal for the online presence for each of the 14 LHINs across the province and will support the LHINs' local engagement and communications processes.

According to the bulletin, local information, such as events and presentations, will be provided for each LHIN. Eventually, the site will profile service providers, provide best practice models for local health care integration and track performance outcomes.

The bulletin also reports on the public information meetings which have been held around the province. The complete October 18, 2005, bulletin is available at www.health.gov.on.ca. The new LHIN website is available at lhins.on.ca." (from CMHA Ontario Division Mental Health Notes newsletter, October 27, 2005)

Centre for Mental Health and Addictions too over-capacity to do more court-ordered assessments For the fourth time in the past two months, the Centre for Addiction and Mental Health (CAMH) in Toronto has been unable to admit an accused person for a psychiatric assessment. The Centre's law and mental health program has been operating at capacity, and persons have to be sent from Toronto to Thunder Bay for assessment. Due to the backlogs, some people have had to wait in jail for more than two weeks for assessment at CAMH. (article "Addiction centre full; judge says 'ship sinking'", by Peter Small, staff reporter, Toronto Star, Thursday, November 3, 2005, page B5)

Mentally ill inmates in federal prisons left untreated because of money, ombudsman says 'In his annual report released yesterday, Correctional Investigator Howard Sapers said the number of inmates with "significant, identified mental health needs" has doubled over the past decade, but treatment services have declined.' (article "Mentally ill inmates left untreated because of money, ombudsman says", by Campbell Clark, Globe and Mail, Saturday, November 5, 2005, page A10). The full text of the report is available on the web at <http://www.oci-bec.gc.ca>.

For a press release dated Nov. 4th giving the reaction of mental health advocacy organizations to the report, please go the home page of the Canadian Mental Health Association National Office at www.cmha.ca.

CMHA Ontario Division leads creation of new Privacy Toolkit for the community mental health sector CMHA Ontario Division, with funding from the Ontario Ministry of Health and Long-Term Care, has led the development of a new Privacy Toolkit for use by the community mental health and addictions sector in the province. The resource was developed to support service providers in meeting the requirements of the Personal Health Information Protection Act (PHIPA) which came into effect on November 1, 2004.

The Toolkit is available on the web at www.privacytoolkit.ca.

The world's first (and only) television program entirely about happiness Michael Kesterton wrote a piece for his popular "Social Studies" column in the Globe and Mail about The Happiness Show, which bills itself as "the world's first (and only) television program entirely about happiness". At the program's web site, www.thehappinessshow.com, you can view all sorts of information about how to increase your (and other's) level of happiness, as well as view for free over the web past episodes of the happiness show. ("Social Studies", Globe and Mail, Monday, November 7, 2005, page A18)

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

Please accept my apologies in regards to the lateness of this issue of the Bulletin, as well as the lack of graphics. We have had numerous technology problems.

Michelle

Free and Low Cost Events

Monday, November 21st

Joan Didion Reading from the Year Of Magical Thinking and interviewed by Eleanor Wachtel. 7:30pm. **\$8.** Brigantine Rm, Harbourfront Centre, 235 Queens Quay W. 416-973-4000.

The Sky Is The Limit – Digital Fantasy Slide talk. 7 pm. **Free.** Humber Valley United Church, 76 Angelsey. www.etobicokecameraclub.org.

U Of T Bookstore Readings Series. Roll The Dice. Jeffrey S. Rosenthal, professor in the Department of Statistics at U of T, and author of two previous books, brings us his new book *Struck By Lightning: The Curious World Of Probabilities*. From terrorist attacks to winning the lottery *Struck By Lightning* takes a fascinating look at the role of randomness in our everyday lives. Location: Hart House Library, 7 Hart House Circle (2nd Floor), 7:30pm **Free.** For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit www.uoftbookstore.com

Tuesday, November 22nd

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

Making The Transition From Home To Long-Term Care Workshop for family caregivers. 6-8pm. **Free.** Family Service Association, 355 Church St. 416-595-9618.

Sir, Grant Freedom Of Thought Video presentation and talk on Friedrich Schiller. 7pm. **Free.** Goethe-Institute, 163 King W. 416-593-5257.

Swansea Debating Society Cross-examination debate. 7:30pm. **Free.** Swansea Town Hall, 95 Lavinia. 416-392-1954.

Twelve Trees Exhibition of holiday trees decorated by local designers to Dec 10. **\$5.** U of T Art Centre, 15 King's College. 416-586-8080.

Wednesday, November 23rd

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

Thursday, November 24th

Assertiveness At Work Women's workshop. 7-9pm. **\$5.** Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

Dancing Shoes: Hip Hop Till You Drop Hiphop lesson. 6-7pm. **Free.** Bata Shoe Museum, 327 Bloor W. 416-979-7799.

Derek McCormack & Seth The author and illustrator celebrate their new book Christmas Days. 6:30pm. **Free.** Rivoli, 332 Queen W. www.pagesbooks.ca.

Beth Powning/Eva Stachniak Powning reads from The Hatbox Letters, Stachniak reads from Garden Of Venus. 7pm. **Free.** Reference Library, 789 Yonge. 416-395-5577.

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

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

U Of T Bookstore Readings Series Myth And Legend. Jack Whyte, actor, orator, singer, poet and author of the critically acclaimed and popular historical series of Arthurian novels which includes *The Skystone*, *The Singing Sword*, and *Clother the Frank*, brings us the highly anticipated conclusion to his exceptional series, *The Eagle*. Location: Duke of York Pub, 39 Prince Arthur (East Of Bedford Rd.), 7:30pm. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit www.uoftbookstore.com

Saturday, November 26th

Cavalcade Of Lights First lighting celebration with live music and fireworks. Dusk. **Free**. Nathan Phillips Square, Queen and Bay.

Self-Esteem And Relationships Women's workshop. 7-9pm. **\$5**. Scarborough Women's Centre, 2100 Ellesmere. 416-439-7111.

Celebrating Regent Park What was Regent Park like when it began? Check out a mini film festival and help celebrate the community. 2pm-4pm. **Free**. Parliament Public Library, 269 Gerrard St. 416-393-7663.

Sunday, November 27th

Science on Sundays *Especially for Kids ages 7-12*. Russell Zeid, Ontario Science Educator puts the fizz back in physics! A tour with side excursions of fun science demonstrations. Why do things do what they do? Discover facts, history, and fiction about the physical sciences. A fun-filled hour for kids. Doors open at 2:15pm. A quality, **free** event followed by complimentary refreshments 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, November 28th

Caught In Action Photography seminar. 7pm. **\$5**. Humber Valley United Church, 76 Angelsey. www.etobicokecameraclub.org.

Socially Responsible Investing Talk by Michael Jantzi. 7pm. **\$5**. North Toronto Memorial Community Centre, 200 Eglinton W. 416-781-7663.

U Of T Bookstore Readings Series *Left to Die*. Award winning investigative journalists Rob Renaud, Regional Director of CBC Radio Ottawa and Susanne Reber, Executive Producer, Investigations, CBC News, brings us their new book *Straight Tour: The Last, Lonely Night of Neil Stonechild*. An engrossing and damning portrait of rogue cops, racism, obstruction of justice and justice denied. *Straight Tour* examines a teenager's suspicious death, a shocking police cover-up, and a mother's search for the truth. Location: Hart House Library, 7 Hart House Circle (2nd Floor), 7:30pm. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit www.uoftbookstore.com

Tuesday, November 29th

Dancing Dames Dance/movement workshop for women of all ages. 6-8pm. Oakwood Library, 341 Oakwood. Register 416-656-9994 ext 3. (**look at past Bulletin**)

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

Susur Lee The chef signs his book *Susur Lee: A Culinary Life*, co-written with Jacob Richler. Noon. **Free**. Indigo, 55 Bloor W. 416-925-3536.

Wednesday, November 30th

Family Ties Workshop for family caregivers. 4-6pm. **Free**. Family Service Association, 355 Church. 416-595-9618.

The Turn Of The Screw & Daisy Miller Discussion of the Henry James novels . 10am-noon. **Free**. North York Central Library, 5120 Yonge. 416-395-5535.

U Of T Bookstore Readings Series *Our Neighbours to the South*. Michael Adams, president of the EnviroNics group of research and communications consulting companies, and best-selling author of *Fire and Ice*, *Sex in the Snow* and *Better Happy Than Rich*, brings us his new book *American Backlash: The Untold Story Of Social Change In The United States*. A provocative study, *American Backlash* explores the newly fragmented America and what it means for Canada and the world. Location: Robert Gill Theatre (Inside The Koffler Student Services Centre), 214 College Street (At St. George), 3rd Floor, 7:30pm. For more information contact the U of T Bookstore, 214 College St. at 416-640-5829 or visit www.uoftbookstore.com

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

Meditation Meditation is the practice of refining the body and mind through special exercise. It is a vital part of many people's lives. The benefits of practicing meditation range from improved health and newfound energy to mental clarity, stress relief and peace of mind. Practicing meditation often goes beyond the pursuit of health and fitness to the goal of wisdom and enlightenment. These sessions will take place on Tuesdays, November 22-December 13, 7:00pm-9:00pm at North York Women's Centre, 201 Caribou Rd., North York. For more information or to register call 416-781-0479, Fax: 416-781-3822 or email: info@nywc.org

CAMH Community Information Forums: There is Help...There is Hope Community Information Forums on Addiction and Mental Health", a series of regular forums offering a greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies. Topic of the next forum will be

Keeping Family Secrets. Mental health and substance use problems in the family are hard to talk about. In fact, it is not uncommon for these difficult issues to become a secret. Parents and family members may tell children to keep quiet about "the problem" and not to talk about it. But what happens when children are not allowed to ask questions, talk about their fears and express their discomfort about a parent or other relative's confusing or inconsistent behaviour? Many children turn their feelings inward and blame themselves, or come up with their own explanations about why their parent's behaviour is different day to day. These explanations can be incorrect or scary and are not helpful in promoting a healthy understanding of what the family is experiencing. This forum will explore the experience for children in families affected by mental illness and substance use including the impact on parenting, risk factors and environmental stressors, how we can foster resiliency in children, and strategies to help families talk about mental illness and substance use. This forum will take place Tuesday, November 22, 2005 at 33 Russell Street site of CAMH, (northeast corner of College and Spadina) between 6:30pm - 8:30pm in the Meeting Centre (room 2029, second floor). Admission is free. No registration is required. Seating is on a first-come basis. To confirm that a forum is taking place, check the web site frequently or calling 416 535-8501 ext 4553 and listening to the outgoing message.



Train the Trainer workshop facilitated by Ombudsman Ontario is being presented by Birchmount Bluffs Neighbourhood Centre. Topic will be *How to Complain Effectively*. This is a hands on, participatory workshop designed to increase skills and confidence in complaining effectively and coaching others to do so. **Benefits of the workshop** will be to Gain increased understanding of the complaints process, expand skills in coaching others to complain effectively, explore barriers to effective complaining and the role of anger, explore how Ombudsman Ontario may help your clients to resolve their problems with provincial government services and gain knowledge and resources to facilitate the workshop with your clients. This workshop will take place Tuesday, November 29th, 1:30pm-4pm at Birchmount Community Centre, 93 Birchmount Rd. (at Kingston Rd.) **Free**. Please RSVP David by Monday, November 28, at 416-396-7606.

University Health Network (UHN) Memory Clinic, The Alzheimer Society of Toronto and The Revitch Memorial Present: *Dementia Lecture Series For The Public Part 1: Understanding Dementia And Its Treatment*

will be held Tuesday, November 22, 7:00pm 9:00pm at Toronto Western Hospital, Auditorium - 2nd Floor - West Wing, 399 Bathurst Street, Toronto (just north of Dundas) These free sessions are intended for members of the public who have family or friends affected with Alzheimer's or who have an interest in learning more about the disease. There will be an opportunity to ask questions after each presentation. Topics will cover *What Is Dementia And Its Causes? And Management Of Alzheimer's Disease*. Light refreshments will be provided. Seating is limited and will be available on a first come basis. For more information, please contact Miu Lin Wong at 416-603-5800 ext. 2661 or at miulin.wong@uhn.on.ca

Inspirations studio is having a seasonal sale December 2nd and 3rd at 761 Queen Street West, Suite 201 from noon to 6pm. They will be selling our pottery, paintings and jewelry all made by the women of Inspirations Studio. Inspirations Studio is a project of Sistering: and is a enterprise where low income women learn art and business skills, in effort to develop micro-businesses that will supplement their income.



Ethno-Racial People with Disabilities Coalition of Ontario Annual General Meeting, International Day of Persons with Disabilities, "Rights of Persons with Disabilities:

Action in Development" will be held on Saturday, December 3rd, 12pm– 4pm at Women's Health in Women's Hands Board Room, 2 Carlton St.,(at Yonge) Ste 500. Raffle, entertainment and light Vegetarian/Halal refreshments will be served. Discussion will focus on the needed changes in ODSP Legislation and Regulations and also about our exciting new leadership project funded by the City of Toronto. The facility is Wheelchair accessible. ASL, Notetaker and attendant care services will be provided. Please confirm your attendance by November 30, 2005, or if you have any concerns, please call 416-657-2211 or toll free: 1-888-988-3999 Or e-mail at erdco_ca@yahoo.ca

National Addictions Awareness Week is November 21-27th. National addictions Awareness Week was first held in 1981 to raise public awareness of drug addiction issues and to recognize the efforts of communities across Canada for increasing addiction awareness. For more information on events call Nechi Training, Research and Health Promotions at 1-780-460-4304; Toll-Free: 1-800-459-1884 ext. 430; Fax: 1-780-460-4306; email: naaw@naaw.net or visit www.naaw.net

Family Association for Mental Health Everywhere (F.A.M.E.) presents Dr. Mark Berber, Psychiatrist, "Treatments for Mental Illness and the Role of the Family in Recovery" and Gord Singer; Consumer/Survivor shares his personal and powerful story of struggle and recovery. Gord's life journey reflects his strength and perseverance on the road to recovery from the first days of diagnosis to his success as an integral member of St. Michael's Hospital ACTT team. This event will take place on Thursday, November 24th, 6:30-9pm at Best Western Hotel, 40 Admiral Blvd., Mississauga (North of 401, east of Hurontario). **Free**. Light refreshments will be provided. For more information or to register call Carolyn Buhler at 905-276-8316; carolynb@fameforfamilies.com or F.A.M.E. offices at 416-207-5032.

The Ontario Recovers Campaign is made up of psychiatric survivors and their allies. They formed in June 2004. They want Ontario's mental health system, including related services and programs that work with consumer/survivors of the mental health system, to be recovery-oriented. They hope to be a catalyst for this change by developing resources about recovery as a model and a practice, including historical and international perspectives; developing networks to learn about, support and promote the use of the recovery model; organizing public forums about recovery in order to stimulate and support the use of the recovery model by individuals, organizations and initiatives in Ontario; advocating at all levels of government for a recovery-oriented mental health system that includes additional funding for recovery initiatives, especially survivor led and community-based program, The next meeting will take place on Monday, November 28, 2005, from 2pm -4pm at the head office of OPDI: 1881 Yonge Street, Suite 614 (across the street from the Davisville subway station). All are welcome.

Request from a Reader: Christmas Wish List Could you please email me with titles of the best pieces of disability literature that you have read or would like to read? If so could you please email this info to me at

artistsunlimitedmean@hotmail.com



Make Me Laugh: A Three Rehearsal Comedy Workshop with Ken Innes, writer and director, The Friendly Spike Theatre Band, will be held at 7pm-9pm at the Emmanuel Howard Park United Church Auditorium on December 2nd. This workshop will teach you some of the many different forms of comedy and how they can be applied. **Pwyc**. Instructor, Ken Innes got his start at Second City, he went on to build his own company Rabbit Transit before founding the Friendly Spike Theatre Band, an artist run community theatre. Activists and those wanting to speak out are encouraged to attend. Advance registration 416-516-4740 or friendlyspike@globalserve.net

The Empowerment Council presents: Women's Meeting For Clients Of CAMH on Wednesday, November 23rd, 5:00pm, Room 160, Empowerment Council Office, 1001 Queen Street W. 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. For more info call Lucy at 416-535-8501 Ext. 3013. *please note: This is not a therapy or counseling group.



Job Training & Volunteer Announcements

Making Connections: The ABC's For Meeting New People and Networking Meeting new people can be a frightening prospect. This informative workshop will unleash your innate people and networking skills and discover how your passions and personal interests are fundamental elements in achieving your work or career goals. You will take away sure-fire methods and a sense of play that will help you make connections with anyone, anywhere. Guest Speaker: Emmanuel Lopez Motivator-Illustrator-FunRaiser -Cracker World Communications, world.com This workshop will be held on Wednesday, November 30th, 1pm – 3pm. There are only 20 seats available. Please arrive on time; latecomers will not be admitted. Location: Dufferin Mall Employment Resource Centre, 900 Dufferin St., Suite 101, Toronto. Seating is limited, Participants must register in advance by calling 416-516-4689.

Free online programs for Canadians with disabilities Business Plan Development; Business Management; and Web Design. One-on-one business coaching and networking available through instant text messaging, conversation cafÈs, e-mail and phone. If you are interested in starting your own business, contact the Canadian Society for Social Development. Visit <http://www.cssd-web.org>

Ontario Council of Alternative Businesses (OCAB) is seeking Volunteers to join our Board of Directors. OCAB is a not-for-profit organization with a mandate to advocate for employment opportunities for psychiatric consumer/survivors and to develop and operate Alternative Businesses, social purpose enterprises owned and operated by consumer/survivors. They are looking for volunteers for our Board of Directors; people able to commit 3 to 5 hours per month for a minimum two-year term. OCAB is committed to equity principles and would like to broaden the diversity of our Board. They are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system. Board, legal or financial experience would be an asset. To learn more about this volunteer opportunity, please attend the Board Open House, Wednesday, November 30th, 4pm– 7pm at Ontario Council of Alternative Businesses, 1499 Queen St. West, Suite 203. R.S.V.P. Patricia at 416-504-1693 x221 or pfowler@on.aibn.com

Holiday Job Possibilities

Looking for some extra cash this winter? Take a look at the seasonal employment offerings December brings.

1. Postal Service

[Canada Post](#) offers plum pre-Christmas jobs as casual on-call drivers and letter carriers. The pay is decent, over \$20 an hour, and you get the extra bonus of burning all those calories just before the holiday food marathon. The post office requires people with either a Class G or DZ driver's licence and a good driving record as temporary drivers. Phone 416-462-5200 for more details. If Canada Post doesn't pan out you can always call courier companies like UPS, Purolater or [Fedex](#). Delivering newspapers is another way to make a little added income just before Christmas as customers normally tip more this time of year.

2. Go Retail

Stores are always looking for help in the weeks prior to Christmas. If you're good with cash, enjoy meeting the public and don't mind standing on your feet for long hours, apply to such retailers as [Zellers/The Bay](#), ToysRUS, [Future Shop](#) or the [LCBO](#). See our [retail sales article](#) for more information and links.

3. Holiday Gift Wrapping

If you're good with scissors and can make a pretty bow in no time flat, consider wrapping gifts at malls or department stores. Now's the time to start looking since stores like [Holt Renfrew](#) begin hiring full- and part-time wrappers in mid-November.

4. Personal Shopping

Become an angel of mercy for challenged gift-givers! If you have exquisite taste and enjoy hanging out in malls in December, set up your shingle as a personal shopper. Find out the sizes, favourite colours, hobbies and passions of your clients' nearest and dearest and go to it. For inspiration, check out the [I Kan Do It, Personal Shopper](#) or [Your Shopper](#) web sites.

5. Warehouse Sales Work

If you don't mind being surrounded by holiday shoppers, why not look into casual work at some of the big warehouse sales such as Ashley, Proctor and Gamble or Samco held across the GTA. These sales are often held in the far reaches of the 'burbs so you'll need access to a car. A visit to the web site [shoestringshopping.com](#) offers information on the major stores offering warehouse sales. Also check out the web site [bestbuys.ca](#) to find listings of current sales events in Toronto.

6. Get a Santa Gig

If you're an extrovert who likes kids, what could be better than working as a mall Santa? You get to sit all day and practice acting skills with a forgiving audience. There is no straightforward way to land on the throne; one suggestion: contact management of various malls to find out how they hire Christmas performers. If this acting job doesn't pan out -- and, let's face it, such opportunities are rare -- why not try your hand as virtual Santa. For ideas, check out [Email Santa](#) which encourages kids to write to Santa and lets pets write to Rudolph.

7. Be a Blast from the Past

If you're set on acting, and living in the past appeals to you, look into working as a historical guide for one of the City of Toronto's [museums](#). If you're especially talented you might be able to lead workshops on cooking Christmas foods over a hearth or making old-fashioned wreaths. Check the [City of Toronto Internet Job Site](#) for application instructions or call the Employment Information Line at 416-392-8665. Members of the [Ontario Museum Association](#) can look for postings on its web site.

If you have a secret longing to act out your "knight fantasies" look into work with [Medieval Times](#). Many tourist hot spots, such as [Casa Loma](#), get busy over the winter holidays, so scan our [Careers in Tourism](#) article to find other places to apply.

8. Cook and Sell Holiday Treats

If you get loads of compliments when you bring that salmon mousse or maple pecan pie to potluck dinners, your cooking talent could translate into extra cash. Call a [catering company](#) to see if they need seasonal help. Or try selling preserves or holiday baked goods like shortbread. Post notices of your services on bulletin boards or buy a booth at a local fair or craft show.

Truly confident gourmets could offer to prepare special dinners for clients, like the services provided at [The Joy of Not Cooking](#) and [Chef By Nite](#). Fledgling food entrepreneurs can test their ideas at [Foodshare's Kitchen Incubator](#) commercial kitchen.

9. Craft Creator

Are you one of those people who enjoy making reindeers out of logs or snowmen out of pom poms? If so, now is the time to begin marketing your crafts. Shopping malls, craft shops, libraries and community centres often post notices for upcoming shows. As well, check out [NOW](#) magazine or [Toronto.com](#) for leads. If you're looking for craft ideas and free patterns, check out [100 Craft Links](#), [GetCrafty.com](#) or [Aunt Annie's Crafts](#).

10. Play Music at Parties

If you feel comfortable on stage, you can sing and/or play an instrument, look at marketing yourself as a musician for private parties. Why not put an ad in [Toronto Life](#) advertising your talents and see how it goes? If you can't sing or play an instrument, but have a large record collection and fast hands, investigate the possibilities of spinning records as a [DJ](#).

Job Postings

Computerized Note Takers Part Time

You Can Make The Difference. Contribute to the intellectual development of the deaf and hard of hearing. This fantastic opportunity will allow you to demonstrate your compassion and experience in enabling others to lead successful lives!

Responsibilities:

Working one-on-one with students who are deaf and hard of hearing, you will type notes on your laptop during classroom lectures. Preparation before lectures is critical to taking notes that are pertinent. After lectures you will edit and proofread notes to ensure that the notes are clear, concise and include all necessary information for the student.

Qualifications:

Type 70+wpm with accuracy; Strong proofreading, editing and written communication skills; Advanced knowledge of word processing and Microsoft Office; Must own or have access to Laptop computer; Available to work between 7AM-10PM Monday to Friday and occasionally on weekends; Flexibility to attend lectures at various college campuses-Humber, Centennial, George Brown, Seneca; Ability to accommodate last minute schedule changes; Superb interpersonal skills and a Post-secondary education.

Please send resume by January 1st, 2006 to torontodowntown.on@na.manpower.com. On the subject line, write "Computerized Note-Taker." Applicant should quote Job# Computerized Note Taker. For more information visit: <http://www.manpower.ca>

Ontario Peer Development Initiative Project Manager (contract)

The Ontario Peer Development Initiative(OPDI), a non-profit organization serving consumer/survivor initiatives in Ontario, is currently seeking an innovative, passionate and team oriented Project Manager. Under the supervision of the Executive Director, the Project Manager will develop, manage and implement a strategy of engaging a broad representation of consumer/survivors in Ontario for the purpose of mobilizing, building capacity and leadership in 14 Local Health Integration Network (LHIN) regions. The successful candidate will be responsible for developing an action plan, including budget and communications strategy. You will identify potential issues and responses and oversee a broad consultation through the coordination of events in the 14 LHIN regions.

The goals of the project are as follows:

1. To establish communications and networking capacities with consumer/survivor initiatives and other consumer/survivor partners in 14 LHIN regions.
2. To build leadership capacities among consumer/survivors and enhance understanding about the healthcare transformation.
3. Support consumer/survivor participation and engagement in the planning and policy development.
4. To report the findings from networking events.
5. To provide a final report with recommendations toward ongoing capacity building needs.

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 within the consumer/survivor community
- Preference will be given to candidates with direct personal experience of the mental health system
- Excellent interpersonal skills
- Excellent communication skills
- Excellent group facilitation skills
- Commitment to working in a partnership relationship with consumer/survivors
- Experience working with both transitional mental health services and other agencies/organizations that may support consumer/survivor initiatives
- Knowledge of issues related to mental health treatment, recovery and mental health policy is an asset

Please mail, fax or email your resume and covering letter before November 25, 2005 to:

The Hiring Committee

C/O 1881 Yonge Street, Suite 614, Toronto, ON, M4S 3C4

Fax: 416-484-9669

E-mail: shawn@opdi.org



Maternity Leave Replacement Contract Job Posting

Consumer Survivor Information Resource Centre
Assistant Coordinator 0.8 FTE (28 hours a week)

The Consumer Survivor Information Resource Centre provides information and assistance to consumer/survivors of the mental health and addictions systems, people who serve them, and those who care about them.

Responsibilities

- Provide information and assistance in finding resources to consumer survivors, their families, mental health professionals and the general public
- Assist the Coordinator in the further development of the drop-in centre
- Collect information relevant to the readers for the *Bulletin*
- Publish, and distribute the bi-monthly newsletter, *The Bulletin*, by mail and email, including photocopying, envelope stuffing, etc.
- Make additions, changes and deletions to Bulletin mailing lists
- Develop proposals to enhance the services of the organization
- Complete a workload measurement tool and a client contact log for statistical and funding purposes
- Network with funders, general members and community partners in a professional manner in accordance with our mission and goals
- Plan and/or participate with consumer/survivor stakeholders in community events
- Expand and diversify the organizations resource material
- Maintain confidentiality of C/S Info clients to outside parties
- Other duties as required.

Qualifications

- **Must be a consumer/survivor**
- Thorough knowledge of the services and resources available to consumer survivors
- Excellent oral and written communication skills
- Ability to work with consumer/survivors and mental health professionals
- Familiar with internet research, office equipment and WORD.

\$18/hour

Apply in writing by November 21, 2005 to:

C/S Info Centre Hiring Committee
c/o CAMH
250 College Street
Toronto, ON, M5T 1R8

Fax: 416-595-0291

This is a Contract Position -- Maternity Leave Replacement for just over one year. Training will begin in December, with 28 hours per week beginning in late December or early January.

We thank all applicants, however, only those under consideration will be contacted.