

PLEASE
SHARE,
POST, COPY,
DISTRIBUTE



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.*

February 1, 2006
Bulletin 316

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

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

**In our last Bulletin, we asked you to share your experiences of where you turn for help.
From the responses, we will be doing a series on**

Here's Where I Turn for Help

We received this submission about the Gerstein Centre.

The one place that comes to mind is the Gerstein Centre. When I've been in a crisis, I find it's been a great place to stay. They don't make you feel like you are "less" than they (the staff), they are very friendly in an egalitarian sort of way and yet they do listen and counsel, but without making you feel like you are a "patient". It's also a very "pretty" place, which looks and feels more like a B&B, where you are vacationing, + that comes with a built in "family" that is there to support you!

As far as why I like The Gerstein, I don't know what else to say, except I find it really works well because they help you get a break in a supportive environment, where you really feel valued as a person, and you don't feel devalued because of your mental illness/ addiction (as, unfortunately it happens in many other settings, such as some hospitals "psych" wards), which is why you're there...the very reason you need the help/support !! CCP

The Gerstein Centre provides crisis intervention to adults living in Toronto, who are experiencing mental health problems. The Centre provides telephone support, community visits and a short stay residence. **The Gerstein 24 hour Crisis line is 416 929-5200.**

Thank you to CCP. It 's not too late to share your experiences of where you turn for help. Again, if we publish your submission, you could receive a gift certificate from Tim Horton's.

Table of Contents

Here's Where I Turn For Help
Page 1

Working and ODSP
Pages 2 & 3

Free On-line Courses
Page 3

Free and Low Cost Events
Pages 4 - 6

Announcements
Pages 7 - 9

Employment Training
Page 9

Job Postings
Page 10



Working, Getting Off Social Assistance and The ODSP Income and Employment Supports Program

By Margaret Copeland

I started in October 2005 to work an 8-month contract for the University of Toronto Faculty of Medicine's Department of Nutritional Sciences. I am an interviewer for a food access, income, housing costs and neighbourhood characteristics study. I make \$20 per hour. I work a 30-hour per week. I receive a monthly cheque on the 28th of every month. No benefits. No union protection.

Mental health issues qualify me for income from ODSP (Ontario Disability Support Program). An Employment Earnings specialist at ODSP has told me that by January or February of 2006, my file with ODSP will be terminated. I make \$109 over the maximum allowed to remain on ODSP. I am nervous about getting off ODSP.

My job is interesting. It involves me with families whose incomes are below the poverty line. My income is below the poverty line. When I raised my family on Mothers Allowance, we lived in poverty. The Food Access Project is collecting data to make a case to the provincial government that social policy dollars are spent in all the wrong ways and in all the wrong places. The families who need help are not getting help. The government needs to provide adequate, affordable housing, raise the minimum wage and end the clawback of the National Child Tax Benefit for families living on social assistance.

I am passionate about this work. The work I have done over the last three years with the ODSP Action Coalition and the OW/ODSP Recipients' Support Group got me this job. I didn't look on Charity Village. I stopped doing that about two years ago. I didn't spend my time at job search groups. I didn't work on my resume or take a job readiness program. I did ask for help from the ODSP Employment Supports Program. My participation became an exercise in how to get as much money out of a program that was refusing to give me any support.

The program accepted me and I chose March of Dimes as my service broker. Though I had recently graduated with honours from the Human Services Counsellor Program at George Brown College, and had updated my resume with the help of JVS (Jewish Vocational Services), the job counsellor at March of Dimes refused to help me without a \$1300 psychological vocational assessment. The Ontario Government paid the bill. Further my job counsellor explained that I was responsible for researching the kinds of employment that interested me, and setting up my own job trials. The job trial was necessary to assess whether I was job ready. The March of Dimes received \$500 every week, while I volunteered for one month at a job trial that I found and set up.

My job planner and her supervisor phoned me often to warn me I would be cut off Employment Supports if I didn't come up with a job trial immediately. Over the three years that I used ODSP Employment Supports I received \$400 in TTC tickets. I asked and was refused money to get a computer with internet access and a printer. I explained that I needed them to do an efficient job search. When I started a job trial, I was told that transportation or clothing allowance money was not available to people doing job trials.

This is what I did to get the job I have now. After graduating from George Brown College Human Services Counsellor Program in 2001, I looked after my most immediate need -- increasing my income. Current research points to income as the clearest social determinant of health. I found jobs and interviews for jobs scarce. I was a member of the Empowerment Council at CAMH at the time. CAMH staff requested that the Empowerment Council send a representative to sit on the ODSP Action Coalition's Provincial Committee. CAMH as a service provider for people with ODSP saw a need for ODSP to improve their service delivery and to raise the ODSP rates. I volunteered to represent the Empowerment Council at these meetings. I began to talk with other recipients, community legal workers and service providers involved with the ODSP Action Coalition. I found out how to get more dollars on my ODSP cheque, and how to keep those dollars flowing. With more dollars at my disposal, I was able to eat nutritious food. This helped me to think more clearly about how to meet my own needs. Also I had money to attend ongoing meetings with the ODSP Action Coalition where my contribution was valued and I was supported to do my own thinking.

Through the ODSP Action Coalition, I am part of ongoing consultations with the Ministry of Community and Social Services. The OW/ODSP Recipients' Support Groups formed to serve a dual purpose: to give recipients a safe, supportive environment, away from service providers, to talk about their own income issues and to inform the Ministry

consultation process. During the monthly meeting of the OW/ODSP Recipients' Support Groups, I share what I have learned with other recipients of OW and ODSP. In turn they share what they have learned. We all know much more after each monthly meeting and we are able to get more dollars on a monthly basis on our cheques. Also, the OW/ODSP Recipients' Support Group does information sessions for service providers and recipients who can't come to the monthly meetings.

Back to the story about how I got work. As a representative of the ODSP Action Coalition, I made a presentation at a meeting of the Housing Services Committee at Metro Hall last summer about the Walk, Wheel and Ride for Dignity Campaign. The ODSP Action Coalition endorsed this campaign. At the end of the meeting the principal investigator for the study where I am currently employed approached me. She said there was a job opportunity she would like me to consider. The job was to start in the fall. The coordinator of the Food Access Project contacted me in the summer. I helped arrange for pre-study participants to answer their questionnaire. I got information about the interview process, sent in my resume on time and was asked to come in for an interview. I was hired.

I stay active in the ODSP Action Coalition. My work with them keeps me strong and informed. I sit on consultations with the Ministry of Community and Social Services. The Ministry is meeting with us about Employment Earnings and Supports. They continue to refuse to talk about raising social assistance rates to acceptable levels. The Ministry is in the process of making changes to the Employment Earnings and Supports Program. These changes should be announced in April 2006. When I sit in on monthly meetings, I want to share stories about recipients' experiences with work in general and with ODSP Employment Supports Program specifically. I am ready to share both good and bad stories. These stories help the Ministry to move toward a service delivery model that facilitates recipients to find meaningful work.

At 1:00 pm, on Thursday, February 16, 2006 at Sound Times, 280 Parliament Street, the OW/ODSP Recipients' Support Group is hosting a peer-driven meeting about working and living on ODSP and to share information about ODSP Earnings and Employment Supports Program. Please attend, or contact me at Margaret_Copeland@camh.net.



Free Online Courses on the World Wide Web

Many of our readers may be interested to know that there are college and university level courses available for free on the World Wide Web. There are courses on many different subjects, and although you can't get credit for taking a free course, you also don't have to worry about writing any tests or exams!

In addition to not having to pay tuition, you don't have to pay for textbooks or the cost of transportation to classes. And all of these courses are completed at your own pace, with no deadlines for assignments, class presentations, etc. If you're thinking of taking a for-credit course, these free courses may be a good way to 'test the waters' and see how you fare in terms of being able to absorb the course content and do the assignments. In addition to having the course content online, many of the courses also have lecture notes, course assignments and sample-completed assignments online.

To find out some of the major web sites in this area, just enter the phrase 'free online courses' into the search box of the web's Google search engine. Here are some of the most useful web sites, which are listed as a result of this search:

www.free-ed.net/free-ed This site carries free courses culled from a number of locations on the web; and some of the courses have been designed by free-ed.net's operators. According to the site's FAQ (list of Frequently Asked Questions), the site is supported entirely by advertising and donations. Be sure to read the entire FAQ before you start using this site, as it has important information you should know.

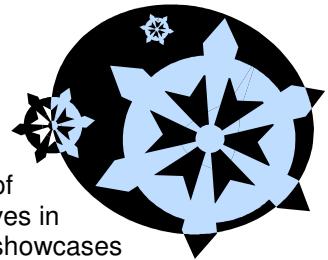
Some of the courses use complementary materials produced by textbook publishers; others consist entirely of video episodes, which can be played on your computer. One course, which our readers might be particularly interested in, is a video series about abnormal psychology, located at this web address: <http://www.free-ed.net/free-ed/SocialScience/Psych/default.asp>

<http://ocw.mit.edu/index.html> is another very interesting site. This is the MIT (Massachusetts Institute of Technology) Open Course Ware site. Here MIT has deposited course materials for most of their undergraduate and graduate courses (1,250 courses as of December 2005), covering a wide variety of subjects. People can access it for free for non-profit purposes, and use the materials for self-learning.

<http://web.austin.utexas.edu/wlh> is the World Lecture Hall. Although many of the course links seem to have broken links, and others unfortunately require a textbook for the course content, there are some good free resources here.

-- G. Dewar

Free & Low Cost Events



Wednesday, February 1st

Transformative Power of Art, AGO. Free. The Transformative Power of Art Exhibition explores the many ways that transformation inhabits our lives in birth, death, spirituality, perception and metamorphosis. The exhibition showcases works from the gallery's Historical, Contemporary, European, Canadian and Aboriginal Collections. The Exhibition runs to February 5. Also on display, Lismer and Beyond, and Present Tense, Photographs by Michael Awad. Art Gallery of Ontario, 317 Dundas St. West. Info: 416 979-6648. 6:00 – 9:00 pm.

Thursday, February 2nd

Cabbagetown-Natural Treasures Walk. Free. Toronto Field Naturalists explore the Cabbagetown area. Meet at the NE corner of Wellesley St. and Parliament St. Info: 416 593-2656 or www.torontofieldnaturalists.org. 1:30 pm.

Practical Magic Movie. Free. Afternoon at the movies, February feature: Tall, Dark and Handsome. Barbara Frum Library, 20 Covington Rd., Room B. Info: 416 395-5440. 2:00 – 4:30 pm.

Dancing Shoes: Beginner 1920s Dance Class, Bata Shoe Museum. Free. Learn to do the Charleston in this beginner dance class. Visit The Beads, Buckles and Bows: Four Hundred Years of Embellished Footwear Exhibition and other exhibitions from the museum's permanent collection. Bata Shoe Museum, 375 Bloor Street West. Info: 416 979-7799 Ext. 242. Class at 6:00 pm. Open admission 5:00 – 8:00 pm.

Ancient Forests of High Park and Survivors of other Ancient Forests of Toronto. Free. A talk with Madeline McDowell and Ron Allen, a member of the High Park Community Advisory Council. Annette Street Library, 145 Annette St. Info: 416 393-7692. 8:15 pm.

Friday, February 3rd

Il Corso Performance, Toronto WinterCity Festival. Free. Enjoy this theatrical spectacle featuring actors, acrobats and musicians from the ensemble, Theatre Pan-Optikum, performing amid pyrotechnic effects. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. 7:00 – 8:00 pm.

DJ Skating Night. Free. Enjoy a night skating by the water to house, progressive, tribal and breaks music from your favourite local DJ's. Free hot chocolate. Skate rentals and indoor change facilities on site. Natrel Outdoor Ice Rink, Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4866. 8:00 – 11:00 pm.

Saturday, February 4th

Chinese New Year Luncheon. Free. University Settlement Recreation Centre welcomes the Year of the Dog 2006 with a luncheon and Chinese New Year celebration of events. University Settlement Recreation Centre, 23 Grange Rd. Info: 416 598-3444. 12:30 – 3:30 pm.

Cool Ice Lounge, Toronto WinterCity Festival. Free.

Visit contemporary ice sculptures, carving demonstrations. Watch Flyin' Bob, a one-man performance of comedy, juggling and balancing feats at 1:30 and 4:30 pm. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Lounge is open 12 noon – 11:00 pm. Carving demonstrations at 2:00 and 5:00 pm. Info: www.toronto.ca/special_events/wintercity/schedules.htm.



Soup's On! Toronto WinterCity Festival. Free. Enjoy cooking demonstrations and soup tastings from around the world. Featuring soups from Canada, Hungary, USA, Portugal and Morocco with live music from some of the hottest rising stars in Pop, R&B, Hip Hop and Rock. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Check schedule for country presentations: www.toronto.ca/special_events/wintercity/schedules.htm. 12:00 – 6:30 pm.



Dance Performance, Toronto WinterCity Festival. Free. Tina Fushell performs, STOries, a contemporary dance inspired by personal stories of Winter. Performances at 1:00 and 4:00 pm. Larchaud Dance Project presents Ice World, an interactive audience dance about overcoming challenges and reaching goals. Performances at 2:30 and 5:30 pm. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm.

Cooking Demonstration, Harbourfront Kuumba Festival. Free.

Culinary demonstrations and food sampling featuring some of Toronto's top African and Caribbean chefs. Lakeside Terrace, York Quay, 235 Queens Quay West. Info: 416 973-4000 or www.harbourfrontcentre.com/kuumba/feasts.php. 2:00 – 3:30 pm.

Canadian Reggae Music Summit, Harbourfront Kuumba Festival. Free. Join musicians, producers and fans in the Reggae music industry to network, listen to demo tunes and tales from other artists and share tips on working in their field. Brigantine Room, 235 Queens Quay West. Info: www.harbourfrontcentre.com/kuumba/music.php or 416 973-4000 4:30 – 8:30 pm.

Il Corso Performance, Toronto WinterCity Festival. Free. Repeat event listed February 3rd. 7:00 – 8:00 pm.

Sunday, February 5th

Cool Ice Lounge, Toronto WinterCity Festival. Free. Visit contemporary ice sculptures, carving demonstrations. Watch Flyin' Bob, a one-man performance of comedy, juggling and balancing feats at 1:30 and 4:30 pm. The Scot Free Daredevil Stunt Show, an interactive mix of comedy and daredevil stunts at 12:00 noon and 6:00 pm. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Info: www.toronto.ca/special_events/wintercity/schedules.htm. Lounge is open 12 noon – 11:00 pm. Carving demonstrations at 2:00 and 5:00 pm.

Soup's On! Toronto WinterCity Festival. Free. Enjoy cooking demonstrations and soup tastings from around the world. Featuring soups from Thailand, Mexico, Italy, China and Egypt with live roots and folk music performances from some local bands. Nathan Phillips Square, Toronto City Hall, 100 Queen St. W. Check schedule for individual country presentations: www.toronto.ca/special_events/wintercity/schedules.htm. 12:00 – 6:30 pm.

Dance Performance, Toronto WinterCity Festival. Free. Repeat event listed February 4th. Performances at 1:00, 2:30, 4:00 and 5:30 pm.

High Park Walking Tour. Free. Explore the winter landscapes High Park. Bring your camera if possible. Meet at the benches across the road from the south side of the Genadier Café and Teahouse. High Park, 1873 Bloor St. W. Info: www.walking@highpark.org. 1:30 pm.



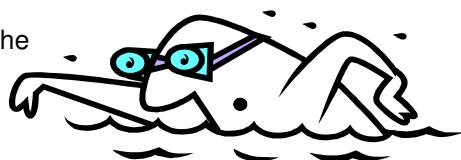
Calypso at Dirty Jim's Documentary Film, Harbourfront Kuumba Festival. Free. Watch

Calypso legends perform their hits live and recount their days at Dirty Jim's Swizzle club in 1950's Trinidad as they discuss the past, present and future of calypso music in this documentary film. A panel discussion will follow the screening. Brigantine Room, 235 Queens Quay West. Info: www.harbourfrontcentre.com/kuumba/film.php or 416 973-4000. 2:00 – 5:00 pm.

Ontario Nature's Greenway: Vision for a Sustainable Future. Free. The Toronto Field Naturalists present this lecture by Steve Hounsell, president of Ontario Nature (formerly Federation of Ontario Naturalist). Emmanuel College, Basement Media Auditorium, 75 Queen's Park Crescent East (across from the ROM). Info: 416 593-2656 or www.torontofieldnaturalists.org. 2:30 – 4:00 pm.

Monday, February 6th

Community Recreational Swim. Free. Swim at this Parks and Recreation facility in the heart of the city. Harrison Pool, 15 Stephanie St. (one block north of Queen St. West between McCaul and Beverly St.) Info: 416 392-7964. Distance swim (M-F) 12:00 – 2:00 and 7:00 – 8:00 pm. Recreational swim (M-F) from 2:00 – 7:00 pm.



Tuesday, February 7th

Memory and Aging. Free. Dr. Nicole Anderson presents what's normal, what's not and what you can do about it. Followed by a question and answer period. Barbara Frum Library, 20 Covington Rd., Room B. Info: 416 393-5440. 2:00 – 3:00 pm.

Humber Bay Walk. Free. The Toronto Field Naturalists explore the birds in the Humber Bay area. Bring binoculars, if possible. Contact 416 593-2656 for time and location of walk.



Wednesday, February 8th

Terrible Beauty Installation, The Textile Museum of Canada. PWYC. Artist Jennifer Angus pins thousands of tropical insects to the walls in patterns evoking traditional wallpaper and textile patterns. Also on view the Dance of Pattern and displays from the permanent collection. The Textile Museum of Canada, 55 Centre Ave. Info: 416 599-5321 or www.textilemuseum.ca. 5:00 – 8:00 pm.



Thursday, February 9th

Dancing Shoes: Belly Dancing, Bata Shoe Museum. Free. Siham Chowdhury and her group perform a fusion belly dance style, merging classical dance styles with Latin and Bengali influences. Included in the evening is a talk on the history and display of images of belly dancers. Visit The Beads, Buckles and Bows: Four Hundred Years of Embellished Footwear Exhibition and other exhibitions from the museum's permanent collection. Bata Shoe Museum, 375 Bloor Street West. Info: 416 979-7799 Ext. 242. Performance at 6:00 pm. Open admission 5:00 – 8:00 pm.

Yoga and Meditation. Free. Learn gentle physical exercises, breathing techniques and meditation techniques. Bring your own mat. College Shaw Library, 766 College Street. Info: 416 393-7668. 6:30 – 8:00 pm.

The Power of Feng Shui. Free. Learn the ancient Chinese art and principles of Feng Shui with Russ and Katherine Loader. Don Mills Library, Auditorium, 888 Lawrence Ave. East. Registration: 416 393-7671. 7:00 pm.

Friday, February 10th

ROM Friday Nights. Free. Visit the ROM's recently opened galleries, displaying the art and archeology from China, Japan, Korea, First Peoples, Greece and the Mediterranean. The Royal Ontario Museum, 100 Queen's Park (South Building Entrance). Info: 416 586-5549. 4:30 – 9:30 pm.

Saturday, February 11th

Amphibian Wetlands of Leslieville Walk. Free. The North Toronto Green Community and Toronto Field Naturalists present this walk. Meet at the NW corner of Queen St. and Jones Ave. Info: 416 593-2656. 2:00 pm.



Film Event, Harbourfront Kuumba Festival. Free. The Kuumba Festival hosts screenings of the films, La Fabri-K (The Cuban Hip-Hop Factory) by Lisandro Perez Rey, Bob Marley and the Wailers – Live at the Rainbow and Caribbean Nights and Breakin'In: The Making of a Hip Hop Video Dancer. Studio Theatre, York Quay, 235 Queen's Quay West. Info: 416 973-4000 or www.harbourfrontcentre.com/kuumba/film.php. Screenings at 2:00 pm, 4:00 pm, and 7:00 pm.

Comedy Night, Harbourfront Kuumba Festival. Free. Caribbean Comedy night and release of CD featuring Nubian Disciples such as Jean Paul (Comedy Inc), Mark Trinidad and other special guests. Lakeside Terrace, York Quay, 235 Queens Quay West. Info: 416 973-4000 or www.harbourfrontcentre.com/kuumba/comedy.php. 7:30 – 9:30 pm.

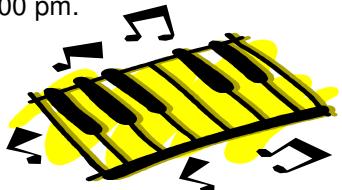
Improv Comedy Class. Free. Learn improv comedy techniques in this informal drop in class presented by Bad Dog Theatre. Bad Dog Theatre, Studio #1, 138 Danforth Ave. Info: 416 491-3115 or info@baddogtheatre.com. 7:00 pm.

Sunday, February 12th

Storytelling Event, Harbourfront Kuumba Festival. Free. Join Dirk McLean, actor and writer reading from his book, Steel Drums and Bernadette Dyer, storyteller and playwright from Kingston, Jamaica in this event for both young and old. Studio Theatre, York Quay, 235 Queens Quay West. Info: 416 973-4000. 3:00 and 4:00 pm.

Tuesday, February 14th

An Evening in F minor Concert. Free. Pianist John Kruspe and friends perform music by Chopin, Beethoven, Schubert and Brahms with special guest Douglas Bodle. Walter Hall, Edward Johnson Bldg, 80 Queen's Park Crescent. Info: 416 978-3750 or www.music.utoronto.ca. 7:30 pm.



Announcements

A Panel Discussion presented by the Mood Disorders Association of Ontario and the Older Persons' Mental Health and Addictions Network

The Truth about Depression and Aging: It's about time!

Date: February 3, 2006 at 1:30 pm

Location: 40 Orchard View Blvd., Room 224.

Panelist include:

- **Mark Rapoport**, MD, FRCPC, Assistant Professor, U of Toronto, Sunnybrook/Women's College
- **Margret**, Personal experience as an older adult with depression
- **Karen Liberman**, Executive Director of the MDAO
- **Randi Fine**, Executive Director, Older Persons' Mental Health and Addictions Network of Ontario

Information contact: Kari Astles at 416 486-8046 Ext. 223

The Alliance for Education in Community Mental Health Presents:

Alternative and Complementary Approaches to Mental Health

Date: Monday, February 20th, 2006

Venue: Metro Hall, Rooms 308/309

Registration: 8:30 pm

Workshops from 9:00 – 4:30 pm

Professionals will speak on a wide range of topics from Traditional Healing, Alternative/ Preventative Medicine: Integrated Therapy, Managing the Resistance to Living Well to Food and Mood: Nutrition for Good Mental Health, Optimizing Mental Health with Orthomolecular Medicine and Navigation the Mental Healthcare Maze: the Patient's Perspective.

Cost is \$30.00 (includes materials) Lunch is not included.

A limited number of bursaries are available for consumer/survivors who are not sponsored by agencies.

Apply as early as possible for a bursary, the registration deadline is **February 6th**.

**For Registration Information Contact: Caletta Johnson,
Houselink Community Homes, 416 516-1422 Ext. 226**

The Family Alliance Ontario, Ryerson's Disabilities Studies Program and CanChild at McMaster University presents:

A Seminar on Community Based Research

Learn about two recent community based research efforts, one with mothers of people with disabilities and one with psychiatric survivor leaders.

Seminars are intended for community members, researchers and academics who want to learn more from people engaging in community-based research today.

February 9, 2006 from 1:00-4:00 pm

School of Disability Studies, Ryerson University

99 Gerrard St. East, 5th Floor SHE 560

Register by email: mcnabbn@mcmaster.ca

CAMH Family Week February 13 to 17, 2006

CAMH in partnership with the Family Council will be sponsoring a series of events recognizing the critical role families play in clients' lives. Events include:

Family Centered Care Symposium

Tuesday, February 14th from 8:45 - 12:00 pm at the Workman Theatre, Queen Street site, 1001 Queen St. West
Speakers include:

- Dr. Paul Garfinkel, President and CEO,
- Judith Tompkins, Chief, Nursing Practice and Professional Services, Executive Vice-President of Programs
- Dr. Caroline O'Grady, Advanced Practice Nurse and Clinical Researcher, the Concurrent Disorders Service
- Dr. Wayne Skinner, Deputy Clinical Director for the Concurrent Disorders Service
- Dr. Robert Zipursky, Professor of Psychiatry and Head of the Schizophrenia Program at U of T and Clinical Director of the Schizophrenia Program at CAMH
- Hume Martin, CEO of Rouge Valley Health
- Family members

The symposium will be hosted by John Trainor, CAMH's Director for Community Support and Research Unit and Kate Kitchen, Advanced Clinician for Mood and Anxiety Program, CAMH

Family Information Fair

Tuesday, February 14th from 10:00 – 2:00 pm at the Queen St. site, 1001 Queen St. West
Information about CAMH and other programs will be available.

Taking Care of the Caregivers

Thursday, February 16th from 6:30 – 8:30 pm in room 2029 Russell Street site, 33 Russell St.
This is for family members only. Given limited space, please RSVP to Beth Jacob 416 535-8501 ext. 6490

For more information call Gloria Chaim 416 535-8501 ext. 6756

Scarborough Women's Centre **Winter Workshops**

2100 Ellesmere Rd. Suite 245, Scarborough ON M1H 3B7

Phone 416 439-7111 or www.scarboroughwomenscentre.ca

Registration for Workshops is required.

Subsidies available to all workshops upon request.

Stop Procrastinating, Take Action

Identify the causes of this number one time-waster and beat it with proven techniques.

Thursday, February 2, 2006 from 7:00 – 9:00 pm. \$5.00

Healthy Lifestyle

Learn about fitness options, healthy weight loss and the truth about body image.

Saturday, February 4, 2006 from 10:00 am – 4:00 pm. \$25.00

Stress Busting Through Creativity

This workshop focuses on our relationships to stress and the creative resources we have to work with it.

Thursday, February 9, 2006 from 7:00 – 9:00 pm. \$5.00

Getting Rid of Clutter

Understand why you clutter and how to stop it; purge papers, prevent piles and clear closets: learn how to do more than just move things around. Become inspired.

Saturday, February 11, 2006 from 10:00 am – 4:00 pm. \$30.00

Employment and Training Programs

Employability Enhancement Program (WESP)

for Persons with Physical and / or Psychiatric Disabilities

The program consists of six week long sessions, customized to prepare clients for all aspects of employment. Topics covered range from effective communication and work habits to essential skills employers require as well as disclosure of disability, workplace accommodations, workplace culture and etiquette, and resolving conflict in the workplace.

Sessions are held at The Canadian National Institute for the Blind - 1929 Bayview Ave. Toronto

The next WESP Employability Enhancement Session will begin February 6 – March 17, 2006

For more information contact: Larissa Parriag 416 260-3060 ext. 235 lparriag@ccrw.org
Wendy Pulton 416 486-2500 ext. 8237 wendy.pulton@cnib.ca

Website: <http://www.ccrw.org>

Job Postings

Houselink Community Homes, a non-profit organization providing housing and support to people who live with serious mental illness or are otherwise marginalized, is seeking to fill the following position.

Social Recreation Assistant – SRA222 Full Time, Permanent

The Social Recreation Assistant is responsible for assisting, scheduling, and providing activities for Houselink members.

Duties and Responsibilities:

- Provide leadership and support to the Social Recreation Program and members
- Assist in the development of a monthly calendar of events, activities, ensure inclusion
- Support members in a small drop-in, Thursday lunch program, and to assist member drop-in operators and member cooks
- Facilitate members and staff involvement to organize, set-up and participate in Social Recreation Activities

Qualifications and Experience:

- Demonstrated skills in areas of planning
- Excellent verbal, written and organizational skills
- Scheduling events and activities, community development skills
- Ability to work some evenings and weekend hours is required
- Knowledge of recovery and anti-oppression values
- Ability to cook is a strong asset

Starting Salary is \$30,433 with a benefit package.

Please send cover letter and resume, Quoting File # SRA222 by Friday, February 3, 2006
to: Hiring Committee, Houselink Community Homes, 805 Bloor Street West, Toronto ON M6G 1L8

For more information contact www.houselink.on.ca

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians.

Community Resource Connections of Toronto Community Support Services (East Team)

Early Intervention in Psychosis Tamil and Afghan Focused Positions (Both 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.

In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-oppression work and a familiarity with issues affecting ethno-racial communities.

These are mental health case management positions working primarily in the Scarborough/East North York area and focusing on early intervention in psychosis with youth from the Tamil and Afghan communities.

Qualifications:

- At least TWO of the following: A degree or diploma in health or social services (i.e. social work, nursing, occupational therapy, medical training – registration in Ontario is not required); direct personal experience of the mental health system; at least one year recent significant work experience with people with serious mental health problems; at least one year working with youth
- Fluency either Tamil or Dari **and** Pashto and an in-depth knowledge of Tamil or Afghan culture /the settlement process and effective oral and written English
- Understand the key principles of Early Intervention in Psychosis with youth / knowledge of mental health treatment, recovery and policy
- Knowledge of culturally appropriate approaches that are youth oriented and that engage families
- Experience working with both traditional mental health services and other agencies/organizations that may support individuals experiencing first episode psychosis
- Basic competency of a Microsoft environment
- Having worked with organizations that serve ethno-racial communities and youth is an asset
- Child welfare, children's mental health and/or substance abuse treatment experience are an asset.
- **A valid driver's license, car and third party \$1 million business insurance is required for this position.**

Reply in writing by February 8, 2006

Salary Range: \$46,697 to 51,389 + Benefits

East Team Hiring Coordinator, Community Resource Connections of Toronto,
366 Adelaide St. E, Suite 230, Toronto M5A 3X9 or fax 416 482-5237

For more information contact: www.crct.org

We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people and persons with disabilities.