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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.*

**March 1, 2006**

Bulletin 318

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday  
LOCATION: 252 College Street, 3<sup>rd</sup> Floor, Toronto, ON  
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8  
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## HUNGER MARCH

### RAISE THE RATES

**Wednesday March 15  
12 Noon**

**Metropolitan Church Park at Queen & Church**

free community breakfast  
call for information

**Poor people  
are not able  
to eat and  
pay the rent.  
The special  
diet money  
has been cut.  
March to  
demand that  
McGuinty's  
provincial  
government  
raise social  
assistance  
rates.  
Demand a  
40% raise -  
NOW!**



**HUNGER MARCH COALITION  
416.760.4979**

endorsed by: Health Providers Against Poverty Ontario Coalition Against Poverty Parkdale Activity  
and Recreation Centre Regent Park Community Health Centre Toronto Disaster Relief Committee  
Street Health

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## Free & Low Cost Events

### Wednesday, March 1<sup>st</sup>

**Piano Recital. Free.** Works by Beethoven, Chopin, Debussy & others with musicians Deyi Ye, Stefanie Baldassarra and Christel Wu, piano. Music Room, 2nd Floor, Hart House, 7 Hart House Circle. Info: 416 978-2452. 12:00 pm.

**The Power Plant Gallery. Free.** Javier Tellez weaves classic film images with contemporary footage with 12 psychiatric patients in Australia in this video installation and twin projection work. Exhibition continues to March 5. Also on view at the gallery, On Kawara and The Cold City Years, A Photo Exhibition. The Power Plant Gallery, 231 Queen's Quay West. Info: 416 973-4949. 5:00 – 9:00 pm.



### Thursday, March 2<sup>nd</sup>

**Thursdays at Noon Concert. Free.** University of Toronto Faculty of Music presents the Canadian Music Competitions, Winner's Concert. Walter Hall, University of Toronto, 80 Queen's Park. Info: 416 978-3744. 12:10 pm.

**Svalbard Slide Travelogue Presentation. Free.** A slide travelogue on an archipelago in the Arctic Ocean, north of Norway. Presented by Darcy Rector of the Toronto Camera Club. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 – 3:00 pm.

**Hatha Yoga Class. Free.** Learn physical poses, breathing and meditation techniques of Hatha Yoga in this class. Dress comfortably. Arrive early as spaces are limited. John Innes Community Centre, Dance Studio, 150 Sherbourne Street. Info: 416 392-0751. 6:30 – 8:30 pm.

### Friday, March 3<sup>rd</sup>

**Earthworks Art Exhibition. Free.** Gallery 1313 in Parkdale presents Earthworks, an exhibition based on nature with works by sculptor, Judy Raymer Ivkoff and painter, Margaret Glew. Exhibition continues to March 5. Gallery 1313, 1313A Queen Street West. Info: 416 536-6778 or [www.g1313.org](http://www.g1313.org). 1:00 – 6:00 pm.

**Movie Night- Diner and Cry-Baby. Free.** CINSSU at University of Toronto, as part of their Directors and their cities series presents two features. Diner (1982), directed by Barry Levinson, tells the story of five life long friends in their 20's, who spend their time hanging out in the Fall's Point Diner. Cry-Baby (1990), directed by John Waters, is a black comedy about a girl who falls for a bad boy and greaser, Cry-Baby Walker. Starring Johnny Depp and Ricki Lake. Innis College Town Hall, 2 Sussex Avenue, Room 107. Info: 416 978-7434 or [www.utoronto.ca/fff](http://www.utoronto.ca/fff). 7:00 pm, 9:00 pm.



### Saturday, March 4<sup>th</sup>

**International Women's Day Celebration. \$8.00 - \$20.00 (sliding scale).** Browngirlworld 5: Pan-Asian Women Celebrate International Women's Day through Music, Art, Dance and Poetry. This celebration features performances by Mango Tribe, a multi-disciplinary ensemble fusing poetry, hip-hop, theatre, dance, video, and music and Raging Asian Women, Toronto's critically acclaimed all-female Taiko drumming group. Innis Town Hall, 2 Sussex Ave. Contact The Toronto Women's Bookstore for advance tickets and information 416 922-8744. 7:30 (doors open) 8:00 pm (show).

### Sunday, March 5<sup>th</sup>

**Toronto Parks & Recreation Sunday Concert Series. Free.** Scarborough Music Lovers' Orchestra. Scarborough Civic Centre, 150 Borough Drive. Info: 416 396-7398. 2:00 pm.

**Purim Carnival. Free.** Celebrate the Jewish Holiday of Purim at this Purim Carnival for all ages. Miles Nadal Jewish Community Centre, 750 Spadina Avenue. 416 924-6211 Ext. 154. 11:30 am – 2:00 pm.

**Evergreen Commons at the Don Valley Brick Works Lecture. Free.** The Toronto Field Naturalists present an illustrated lecture on the Evergreen Commons at the Don Valley Brick Works with speaker, David Stonehouse, manager, Evergreen Commons. Find out more about plans to build this innovative cultural centre dedicated to learning how nature makes our cities more liveable. Emmanuel College, 75 Queen's Park Crescent East. Info: 416 593-2656 or [www.evergreen.ca/en/brickworks/](http://www.evergreen.ca/en/brickworks/). Refreshments at 2:00 pm, Lecture at 2:30 pm.

**High Park Walk. \$2** (voluntary donation). The High Park Community Advisory walking tour explore area winter birds. Dress warmly and bring binoculars if possible. Meet at the benches across the road from the south side of the Grenadier Café and Teahouse. High Park, 1873 Bloor Street. West. Info: [www.walking@highpark.org](mailto:walking@highpark.org). 1:30 pm.

**Music and Mantras. Free.** Canadian Meditation Centres presents Music & Mantras. Supersprouts, 720 Bathurst St. Info: 416 539-0234. 6:00 pm.

### **Monday, March 6<sup>th</sup>**

**Recycling: Is Your Apartment or Condo Building Ready for Zero Waste. Free.** St. Lawrence Centre presents this forum on Recycling and Waste in Toronto. What are the implications of the new waste disposal bylaws for low or high-rise apartments. What are small steps individuals can take on their own. Join Shelly Carroll, Councillor for Don Valley East and Chair of the Works Commission, Doug Paton, condo resident and Chair of the Celebrity Place Green Committee and Rod Muir, Waste Diversion Campaigner, Sierra Club of Canada. They will be joined by city staff from Solid Waste Management and a property manager. St. Lawrence Centre for the Arts, 27 Front Street. Info: 416 366-1656 or [www.stlc.com](http://www.stlc.com). 7:30 – 9:30 pm.



**Groovy Mondays Music. PWYC.** Enjoy an eclectic variety of music at this weekly Open Mic. Singer, songwriter and acoustic musician Joshual Bartholomew performs. The Now Lounge, 189 Church St. Info: 416 532-7020 or [www.groovymondays.homestead.com/](http://www.groovymondays.homestead.com/). Open mic at 8:00 pm. Performance at 10:00 pm.



### **Tuesday, March 7<sup>th</sup>**

**St. Lawrence Market – South Market. Free.** Visit the St. Lawrence Market - South Market. This Toronto landmark features permanent vendors selling a diverse selection of fresh produce, dairy, fish, meat and poultry. Sample foods from around the world at the many food kiosks. St. Lawrence Market, 93 Front Street East (corner of Jarvis and Front Streets). Info: 416 392-7120. 8:00 am – 6:00 pm.

### **Wednesday, March 8<sup>th</sup>**

**Opening the Closet on Aging, A Day of Learning and Sharing. Free for LGBTQ seniors. Others \$50.00.** The 519 Community Centre presents, this day event, exploring new ideas about LGBT aging. Share knowledge and experiences to develop positive responses for LGBT seniors through panel presentations, workshops, films, community resources and displays of art and photography. Lunch and refreshments included. The 519 Community Centre, 519 Church St. Info: 416 392-6878 Ext. 118 or [senior@519.org](mailto:senior@519.org). 9:00 am – 4:30 pm.

**Author Lecture. Free.** In celebration of International Women's Day, the Centre for Women's Studies in Education, University of Toronto presents award-winning Saskatchewan poet and editor, Allison Gray. R2-227, OISE, 252 Bloor St. West. 12:00 noon.

**ABC's of Fraud Talk. Free.** Protect yourself from consumer frauds. This interactive presentation was developed with input from the police and Scotiabank. Eatonville Library, 430 Burnhamthorpe Road. Info: 416-394-5270. 2:00 – 3:00 pm.

### **Thursday, March 9<sup>th</sup>**

**Chinese Dance Performance. Free.** The Bata Shoe Museum, Steppin' Out Thursdays; Elena Chin performs 3 classic Chinese dances; the Fan Dance, the Lotus Princess Dance and the Crouching Tiger Sword Dance. The Bata Shoe Museum, 327 Bloor Street West. Info: 416 979-7799 Ext. 242. 6:00 pm.

**Author's Talk. Free.** Tom Harpur discusses his recent book, The Pagan Christ: recovering the lost light. Question and answer period to follow the talk. Beeton Auditorium, Toronto Reference Library, 789 Yonge Street. Info: 416 395-5577. 7:00 – 9:00 pm.

**Health and Wellness Lecture – Healthy Methods of Weight Loss. Free.** Life Coach and Nutritionist Tzabia Siegel will discuss ways to transform yourself from Yo-Yo Dieting to maintaining a healthy weight throughout your lifetime. Room 212, 2<sup>nd</sup> Floor, Carrot Common, 348 Danforth Avenue (entrance by Book City). Info: 416 466-2129. 7:00 pm.



### **Friday, March 10<sup>th</sup>**

**Viva Espana Opera Performance. Free.** Members of the Toronto Operetta Theatre offer commentary and music from Spanish zarzuelas. Host Guillermo Silva-Marin introduces selections from popular operettas of Spain. Beeton Auditorium, Toronto Reference Library, 789 Yonge Street. Info: 416 395-5577. 6:00 – 8:00 pm.

**Thai Music Concert. Free.** A concert of classical, folk and contemporary Thai music featuring the Dr. Sax Chamber Orchestra from Mahidol University (Thailand), Dr. Sugee Charoensook, music director and Prateep Supanroj, conductor. University of Toronto, Edward Johnson Building, Walter Hall, 80 Queen's Park. Info: 416 978-3744 or [www.music.utoronto.ca](http://www.music.utoronto.ca). 5:00 pm.

**Photography Lecture. Free.** Kodak Lecture series presents well known celebrity photographer, Chris Buck. Ryerson University, Centre of Computing and Engineering, Lecture Theatre 103, 245 Church Street (north of Dundas Street East at Gould Street). 7:30 pm.



**Saturday, March 11<sup>th</sup>**

**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. 10:30 – 12:00 noon.

**Artist Talk. Free.** Michael Chambers talks about film and photography. NFB Mediatheque, 150 John Street. Info: 416 973-3012. Exhibition open 10:00 am – 10:00 pm. Talk begins at 7:00 pm.

**Sunday, March 12<sup>th</sup>**

**Purim Carnival. Free.** Celebrate the Jewish Holiday of Purim at this parade and carnival for all ages. Bathurst Jewish Community Centre, 4588 Bathurst St. Info: 416 636-1880. 11:30 am – 2:00 pm.

**Community Swim. Free.** Enjoy a swim in the large Olympic sized pool at the University of Toronto Community Swim. Half the pool is used for lengths and the other half for play. Faculty of Physical Education and Health, University of Toronto, 55 Harbord Street (Spadina/ Harbord). Info: 416 978-3437 Ext. 5. 1:30 – 3:00 pm.



**Monday, March 13<sup>th</sup>**

**Madawaska String Quartet Workshop. PWYC.** The Music Gallery presents this special interactive creative workshop. Drop in to witness the unfolding of 4 new music works with the Madawaska String Quartet in collaboration with composers, Mike Kane, Sundal Subramanian, David Occipinti and Dustin Peter. Info: 416 204-1080 or [www.musicgallery.org](http://www.musicgallery.org). The Music Gallery, St. George-the-Martyr Church, 197 John Street (located between Beverley Street and McCaul Street/ north of Queen Street West). 10:00 am to 5:00 pm.

**Groovy Mondays Music. PWYC.** Enjoy an eclectic variety of music at this weekly Open Mic with a performance by folk musician, Jennifer Ives. The Now Lounge, 189 Church St. Info: 416 532-7020 or [www.nowtoronto.com/lounge/](http://www.nowtoronto.com/lounge/), [www.groovymondays.homestead.com/](http://www.groovymondays.homestead.com/). Open mic at 8:00 pm. Performance at 10:00 pm.

**Second City Comedy. Free.** Join students and members from Second City Comedy in an evening of improvisational comedy. Alumni Café, Second City, 56 Blue Jay Way. Info: 416 343-0022 or [www.secondcitycomedy.com](http://www.secondcitycomedy.com). 9:30pm.

**Tuesday, March 14<sup>th</sup>**

**Toronto Police Museum and Discovery Centre. Free.** The museum documents various aspects of the history of policing in Toronto. Toronto Museum and Discovery Centre, 40 College Street. Info: 416 808-7020 or [www.torontopolice.ca/museum](http://www.torontopolice.ca/museum). Open Monday – Friday, 8:30 – 4:00 pm.



**Wednesday, March 15<sup>th</sup>**

**Allan Gardens Conservatory. Free.** Allan Gardens presents it's annual Spring Flower Show. Escape the cold of winter and visit this oasis in the heart of the city. Show continues to April. Allan Gardens Conservatory, 19 Horticultural Avenue ( south of Carlton, between Jarvis and Sherbourne). Info: 416 392-7288 or [www.toronto.ca/parks/park\\_gardens/allangdns.htm](http://www.toronto.ca/parks/park_gardens/allangdns.htm). 9:00 am – 4:00 pm.

**Fat Albert's. PWYC.** A Toronto gathering spot since the 1960's, Fat Albert's Open Mic has been a venue for many local musicians. The United Steelworkers' Hall, 25 Cecil Street (between Beverley Street and Spadina Avenue). Info: 964-2842. 8:00 pm.

## Announcements

**It's tax time!** and the C/S Info Centre's free income tax clinic for low income people is beginning again. The guidelines set by Canada Customs and Revenue Agency are: single person: income under \$20,000; and with dependants: under \$25,000; no complicated returns i.e.: no self-employment income, no bankruptcies, no rental income, no capital gains (as if!). Please call the centre for an appointment, or for the address of a tax clinic nearer to your place: 416 595-2882. We encourage you to make an appointment soon.

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## Board Members Wanted

Alternatives, an East York/East Toronto community-based mental health agency is looking for new Board members.

Alternatives provides case management and counselling services as well as group programs to people who are experiencing serious mental health problems. We believe in empowerment, self determination and the right of people to live with dignity.

We are looking for Board members who may have experienced the mental health system or are interested in Mental Health. If you are interested in joining our Board, please call Licien at **416 285-7996, Ext. 233**.

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## Do well, do good....AND win fabulous prizes at A-Way Courier's inaugural ON-LINE AUCTION.

A-Way is a not for profit business dedicated to providing meaningful employment and self respect for individuals with mental illness. You'll do well by winning terrific prizes; and you'll do good by supporting an organization that betters vulnerable lives.

From now until March 31, visit [www.awaycourier.ca](http://www.awaycourier.ca), follow the auction page links; then bid to win over two dozen terrific sports- related prizes.

How about a night in a centre ice private box hosted by former Maple Leaf Great Ron Ellis?

Golf more your game? Check out TaylorMade and Nancy Lopez clubs.

Carve up the trails at Georgian Peaks courtesy of guest passes to one of Ontario's most exclusive private ski clubs.

Watch the Jays give the Yankees a Bronx cheer.

Kick up your heels at a one week All Sport holiday package at Camp Madawaska.

Relax and admire an all player autographed stick from the 1972 Team Canada game.

Show someone how much you care with a unique gift of a Wayne Gretzky signed 8x10 photo accompanied by puck, pin, and nameplate.

The more the merrier. So tell all your friends and check out the A-Way On Line Auction at [www.awaycourier.ca](http://www.awaycourier.ca) and let the bidding begin!!

For questions, comments or more information about A-Way and/or the on-line auction, please contact: Pam Lahey, [execasst@awaycourier.ca](mailto:execasst@awaycourier.ca).



## **Queen Street Patient Rounds** **SPECIAL SERIES**

**Monday March 6<sup>th</sup> 2006**

**2:00 - 3:00 PM**

**Room 160 Empowerment Council Office Queen Street Site**  
1001 Queen Street (near patient advocate office)  
For more info call - 416 535-8501 Ext 3013

### **BILL OF CLIENT RIGHTS INFO SESSION**

**Did you know that you have the right to participate in creating an individualized plan of care, to consent to it and receive a copy?**

**Under this Bill, YOU HAVE LOTS OF RIGHTS**

**Come learn about your rights and hear updates about what is happening with the Bill.**

**3:00 - 4:00 PM**

### **HOPE FOR CHANGE**

Poetry Reading by psychiatric survivor **Mel Starkman**

Hear some great poetry by Mel Starkman, a psych survivor, from his inspiring new book, "Hope for Change" and come and share your own poetry reading with others.

Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment.

**For more info call 416 535 - 8501 Ext 3013**

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## **Bridging the Gap:**

## **Understanding The Mental Health Needs of Afghan Youth**

Project Launch and Press Conference report commissioned  
by the Ministry of Children and Youth Services

**With a Keynote Speaker**

**Thursday March 9, 2006 6:00 – 8:00 pm**

**Scarborough Civic Centre Council Chambers,**  
**150 Borough Drive (McCowan and 401)**

**For more information call Zarsanga Popal at 416 482-4103 Ext. 222**

This month's **Clarke Advocacy Group** (CAG) meeting will be held on **March 14<sup>th</sup>** at the College Street site of CAMH in **room 801 at 5:30pm**.

Clients and former clients who wish to tell us how they felt about their interaction with the place as well as those who want to share information are **all welcome**.

The CAG is a site member of the Empowerment Council which does systemic advocacy for CAMH clients and survivors.

Light refreshments may be served.

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## **The North York Women's Centre Programs**

210 Caribou Road ( south of Lawrence Ave. West / east of Bathurst St.)

**All programs are free for women**

**Register by phone 416 781-0479 or on line at [www.nywc.org/programs/index.html](http://www.nywc.org/programs/index.html)**

**Tokens and child-minding (in advance) available for program participants**

**Breaking Free Wednesdays, March 8 – April 5, 2006 from 1:00 – 3:00 pm.**

Join this group to examine why emotions are important and learn how to use your emotions more positively. The focus is on healthy relationships. Facilitated by Roz Giller and Melanie Schranz.

**Exploring Emotions through Art Saturdays, March 4 – April 29, 2006 from 4:00 – 6:00 pm.**

This is a peer support group, open to any woman who may find it beneficial to express herself creatively. The basic format of this group is to creatively express the topic of the day. No art experience is required. Facilitated by Melissa Wong.

**Finding Centre: Building Self –Esteem Mondays, March 6 – April 10, 2006 from 7:00 – 8:30 pm.**

This is a supportive 6-week group for women wanting to explore their individual self-esteem. Facilitated by Melanie Schranz and Linda Sukloff.

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## **St. Joseph's Health Centre presents**

### **Anger to Assertiveness: A Workshop for Women**

**When: Fridays, March 17 and 24, 2006 from 9:30 am – 1:00 pm.** (held during two half-day sessions)

**Free** (TTC tickets available and childcare onsite)

**For more information and to register, contact intake at [416 530-6850](tel:4165306850)**

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## **Dufferin Mall Employment Centre**

As of **March 1, 2006** the Dufferin Mall Employment Centre will be operating temporarily out of Skills for Change, **791 St. Clair Avenue West** (St. Clair Avenue West & Christie Street)

Tel: **416 658-3101**

## The Toronto Parks and Recreation South District Spring/Summer Program 2006

Registration for The City of Toronto Parks and Recreation Spring / Summer Programs begins on **March 9, 2006** (register early as spaces fill up)

The City of Toronto Parks and Recreation offers a wide variety of programs ranging from fitness, wellness, swimming, sports, arts and heritage for children, youth, adults and older adults.

You can pick up your Fun Guide Spring/Summer 2006 listing all the programs at your local community centre, library or civic centre.

Call **416 338-4386** or [www.toronto.ca/parks](http://www.toronto.ca/parks) for more information.

### Welcome Policy Membership

The City of Toronto's Welcome Policy allows Toronto residents to join any Parks and Recreation programs for free, if they cannot afford the fee. If you are experiencing financial difficulties, then you might qualify for the Welcome Policy Membership. Arrange an appointment or go to any Parks and Recreation Community Centre or on-line at [www.toronto.ca/parks](http://www.toronto.ca/parks) to complete an application form. You will need identification to verify your income, address and family members. Applications for the Welcome Policy membership must be accepted prior to registration. For more information call **416 338-2000**.

The Bulletin would like to correct some information in our last issue in our Here's Where I Turn for Help... part 2 section.

Friends and Advocates is in west Toronto not Etobicoke. There is no catchment area in order to access their services, anyone can attend, no matter where you live.

## Education News

### Client Learning Bursary

If you are a CAMH client thinking about taking a course, consider applying for a bursary. There are currently three possible funds to choose from:

1. **The Reay & Lynda Mackay Family Endowment Fund for Client Learning**  
For more information, contact Sarah Manson at 416 535-8501, Ext. 4407 or Karen Fournier, Ext. 4937.
2. **The Mary Tweedie Fund**  
For more information, contact Theresa Conforti at 416 535-8501, Ext. 2995
3. **Rosefair Consumer Business Initiative Fund**  
For more information, contact Leslie Vieni. Ext. 6234

Applications may be obtained from your clinician or by contacting Sarah Manson, 416 535-8501, Ext. 4407 or in Room 820 (8<sup>th</sup> floor), 250 College Street.

**The next deadline for application is Friday March 24, 2006**



## Job Postings

### Across Boundaries

#### **Consumer/Survivor Initiative Coordinator**

**Position Type:** Part Time (20 hours/week)

**Location:** Caledonia/Eglinton – Toronto

**Responsibilities:**

- Coordinate Community Kitchen Program
- Initiate and develop consumer/survivor run program(s) that are consistent with agency's holistic approach to mental health care.
- Assist in organizing in-house special events
- Record keeping
- Administrative duties as required

**Qualifications:**

- Excellent interpersonal and communication skills
- Knowledge and understanding of anti-racism/anti-oppression
- Experience in Community Kitchen
- Experience in Consumer/Survivor run program an asset
- Lived experience of a racialized community

**Deadline: Friday, March 3, 2006 at 5:00 PM**

**Salary Amount:** \$15,000.00

**Contact by:** Mail

**Contact Information**

Hiring Committee, C/S Coordinator  
Across Boundaries  
51 Clarkson Avenue  
Toronto, Ontario M6E 2T5

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The Ministry of Health and Long-Term Care, Psychiatric Patient Advocate Office, has 7 part-time, contract positions as **Community-based Rights Advisers** to provide rights-advice services to patients and/or substitute decision-makers of their rights and options. These are six month contracts with possible extensions, working up to 10 hours/week on an on-call basis. Training course to be completed. Locations: Ottawa (1 bilingual position) and Toronto (6 English speaking positions), some travel required.

Salary range: \$21.00 - \$23.75 per hour

Deadline to apply is March 3, 2006. Quote file HLC36-06, send to : Ministry of Health and Long-Term Care, Human Resources Branch, Client Services, 5700 Yonge Street, 2<sup>nd</sup> Floor, Toronto ON, M2M 4K5 or Email, [hropenresumes@moh.gov.on.ca](mailto:hropenresumes@moh.gov.on.ca). or Fax: 416 326-4107

Visit [www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca) for description and more information.