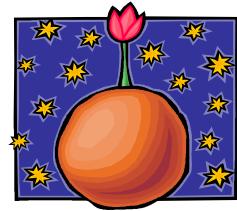


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**The Consumer/Survivor Information Resource Centre**

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.*

**June 1, 2006**  
Bulletin 324

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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## **Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada**

### **A Review By Mark de la Hey**

“Out of the Shadows at Last,” the final report of a Senate committee chaired by Liberal Senator Michael Kirby and Conservative Senator Wilbert Keon, calls for a ten year expenditure of \$5.36 billion on mental health and addiction, to be funded in large part by a five cent excise tax on alcoholic drinks. The report is the result of three years of study and consultation and contains 118 recommendations to improve Canada’s mental health system. The committee’s deliberations were informed by more than two thousand submissions at public hearings across Canada.

The voices of consumers and their families are interspersed throughout the report, giving life and a sense of urgency to an otherwise dry document. Consumers tell of lives spent battling stigma, discrimination, waiting lists, poverty, inadequate housing and despair.

“James” speaks for many: “In short, I gave up all hope in life. I no longer have any hope or expectation that I will recover, nor do I feel that the government will ever provide me with any kind of meaningful treatment to help me overcome this illness. I live in a single room, alone, where I live out my days.”

A common theme among many submissions is the need to address the real causes of mental illness and addictions, such as poverty, abuse and inadequate housing, rather than relying exclusively on medication and institutional services.

According to the committee, “each year, roughly 3% of the population will experience a serious mental illness, and ... another 17% or so will experience mild to moderate illness.” That’s one in five Canadians. They also note that Canada is the only G8 country without a national mental health plan.

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The report calls for the creation of a Canadian Mental Health Commission to implement a national mental health strategy, and a Mental Health Transition Fund to complete the lagging transition from institutional to community care. A Mental Health Housing Initiative would fund a combination of 57,000 new affordable housing units and rent subsidies. Costing an estimated \$2.24 billion over ten years, this would assist the 27 per cent of consumers who currently lack adequate housing. There are also plans for a nation-wide supported employment program.

A national anti-stigma campaign would be created under the aegis of the proposed Mental Health Commission. An estimated two thirds of Canadians suffering from mental illness never seek treatment, largely because of the associated stigma. However, the committee did not endorse the idea of a Charter of Patients' Rights, claiming this would actually lead to further alienation and stigmatization.

Self-help and peer support groups are to be encouraged because of their efficacy in counteracting stigma, promoting empowerment and disseminating information. The authors call for sustainable funding for consumer organizations and the development of leadership capacity among consumers. This could help to move the focus in the mental health field away from a bias toward medication and institutional care. However, they recommend a mere \$2.5 million per year in funding for such organizations — for the entire country. That's surprisingly low given the importance ascribed to self-help and peer support.

The report emphasizes a "recovery" approach to mental health whose goal is variously defined as enabling individuals to live productive lives within the limits created by their illness, or alternatively as the reduction or complete remission of symptoms. This includes a preference for community-based services as opposed to institutional services. The costs of community services are generally comparable with and often less than the cost of hospital-based services.

The excise tax on alcoholic drinks is a crucial recommendation because it is meant to raise \$478 million of the annual \$536 million dollar cost of the proposed initiatives. Placed in perspective, this is not as much as it might seem. It is estimated that the province of Ontario alone spends \$2.7 billion a year on mental health.

However, this dependence on an excise tax could be the report's Achilles heel. The Harper Tories appear to be congenitally allergic to new taxes and might be particularly reluctant to approve the funding measures for affordable housing. Failure to approve the tax would jeopardize the entire package. Moreover, it might be difficult to ensure that revenues go to mental health and addictions rather than being siphoned off for other government programs, especially given that much of the money will go as transfers to the provinces.

The Conservatives have indicated that they favour the committee's proposed Canadian Mental Health Commission, which was first publicly announced by Liberal Health Minister Ujjal Dosanjh in 2005. The report calls for the commission to be up and running by September of this year. This deadline will give us an early indication of the government's intentions.

The report calls for the creation of large number of bureaucratic structures — numerous agencies, programs and procedures. There is a real danger that these could make costs exorbitant and thus render the proposals unsustainable. These services need to be sustainable over the long term — otherwise consumers might be left in the lurch if they are discontinued as part of some future cost-cutting initiative. This is something that has happened countless times in the past.

Over all, the report provides a good overview of the issues and the agendas of interested parties. One can only hope that the study will not end up gathering dust on the shelf like so many government reports before it. Unfortunately, funding and jurisdictional issues will likely hinder implementation — particularly given the fact that the proposals involve federal intrusion into areas of provincial responsibility as well as the creation of a new tax. However, the language of the Kirby Report is likely to dominate the mental health policy agenda in Canada for years to come. At the very least, it provides a starting point for further discussion and advocacy.

## Research

We've had a request to print some research items like we used to do. We try to keep our readers happy, so here are some we thought might interest you:

Riley D. Sawka E. Conley P. Hewitt D. Mitic W. Poulin C. Room R. Single E. Topp J. Harm reduction: Concepts and practice. A policy discussion paper. **Substance Use & Misuse**. Vol. 34(1)(pp 9-24), 1999.

Harm reduction is both a strategy and a philosophy about how to look at drug use in our society. It recognizes that drug use exists and has always existed in human societies and does not judge the behaviour. It is a way of addressing potential harms associated with drug use (e.g., having accidents when drinking alcohol) without necessarily requiring people to quit using (e.g., people can still drink but more safely). Methadone programs and needle exchanges are 2 of the best known types of harm reduction programs out there. This paper provides a good background on the topic.

If you have access to the internet, you can read this paper on line at:

[http://epe.lac-bac.gc.ca/100/200/300/ccsa-cclat/harm\\_reduction\\_policy/wgharm.htm](http://epe.lac-bac.gc.ca/100/200/300/ccsa-cclat/harm_reduction_policy/wgharm.htm)

To learn more about harm reduction in Canada check out [www.canadianharmreduction.com](http://www.canadianharmreduction.com)

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In honour of a friend of the centre who's in his 40's and has recently had a heart attack, and is hospital, we present this information which was discussed at the APA last week and was posted on MedPageToday.com

### Schizophrenia Patients Go Untreated for Comorbidities

Patients with schizophrenia lose as much as 20 years of life to illnesses such as heart disease and diabetes because most aren't being treated for them. John Newcomer of Washington University in St. Louis said these diseases, "occur at high levels, are not being attended to, and are massively under-treated". He also said the good news is that they can mostly be treated.

Dr. Henry Nasrallah of the University of Cincinnati said 40% of patients with frank diabetes were not under any treatment; 65% of those with hypertension were not getting any hypertensive drugs; and 90% of those with high cholesterol and triglycerides were not being treated.

Dr. John Kane of the Zucker Hillside Hospital in New York urges psychiatrists to become "ombudsmen" for their patients, making sure that all aspects of their care are being attended to. However, in the Recovery model, that responsibility would reside with the person.

We need to become stewards of our own health and take control and see a doctor for regular check-ups, eat right, exercise and learn to handle stress. We need to be looking after our whole selves.  
(My lecture for this issue, Helen)

**Wellness and Recovery Newsletter** – A reminder about our new quarterly publication – It isn't an automatic subscription for anyone who gets the Bulletin. Our second issue will be coming out in June. Don't forget to subscribe, if you haven't already. Call us at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).



### Thursday, June 1<sup>st</sup>

**FanFares@Frum – SoundaXis Festival Opening. Free.** This musical performance showcasing new works by composers and quartets from Canada, Norway, Iceland, Finland, Denmark, and Sweden. Sixty-plus trumpet players positioned throughout atrium balconies premiere short works to maximum effect in this soaring space. SoundaXis Festival celebrates architecture, music and acoustics with concerts, interdisciplinary installations, screenings and site-specific musical events throughout Toronto. SoundaXis Festival continues to June 11th. Barbara Frum Atrium, CBC Broadcast Centre, 250 Front St. West. For more information on festival events and locations contact: 416 925-3457 or [www.soundaxis.ca](http://www.soundaxis.ca). 12:00 noon.

**Author Talk. Free.** A talk with slide illustration with author Ken McGoogan, author of Lady Franklin's Revenge and The Ancient Mariner: the Amazing Adventures of Samuel Hearne and more. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 – 3:00 pm.

**Alternative Health Lecture. Free.** A discussion on Anti-Oxydants and Aging with Dr. Shaian Mollaret. Room 212, 2nd Floor, Carrot Common, 348 Danforth Ave. Info: 416 466-2129. 7:00 pm.

**Department of Astromomy and Astrophysics Tour. Free.** A talk and tour of the night sky. Room 134, McLennan Physical Laboratories Building, University of Toronto, 60 St. George Street. (north end doors). Info: 416 946-5832 or [www.astro.utoronto.ca/St.George\\_tours.html](http://www.astro.utoronto.ca/St.George_tours.html). 9:00 pm.

### Friday, June 2<sup>nd</sup>

**History of Toronto Island Talk. Free.** Sally Gibson, author of More Than an Island: A History of the Toronto Island discusses the history of the island. Elizabeth Beeton Auditorium, Toronto Reference Library, 789 Yonge St. Info: 416 393-7131. 2:00 – 4:00 pm.

**The History of the Bicycle in Toronto Exhibition. Free.** From Scorchers to Alley Cat Scrambles: the Amazing History of the Bicycle in Toronto explores the fascinating history of the bicycle in Toronto from 1860's to present. Market Gallery, 2<sup>nd</sup> floor, South St. Lawrence Market, 95 Front Street East. Info: 416 392-7604. 10:00 am – 4:00 pm.

### Saturday, June 3<sup>rd</sup>

**Bike Week Tour of the Don. Free.** Friends of the Don presents a bike week tour of the Don. Travel along some of the trails in the Don Valley Ravine Parks. Meet at the entrance to Victoria Park subway station on Victoria Park Ave., north of the Danforth. Tour ends in Sunnybrook Park. Info: 416 657-2800 or [www.web.net/~fode/calendar.htm](http://www.web.net/~fode/calendar.htm). 10:00 am – 12:00 noon.



**Riverdale Art Walk. Free.** The Riverdale Art Walk is a two-day walking tour of original visual art, which showcases 100 artists at over 33 venues along and Queen St. E. (from Munro St. to Jones Ave.). There will also be an exhibition and display of artists' work at Jimmie Simpson Park (at corner of Queen Street East and Booth Street). Info: 416 465-0302 or [www.riverdaleartwalk.com](http://www.riverdaleartwalk.com). 11:00 am – 6:00 pm.

**The Art of the Graphic Novel. Free.** A hands-on workshop with Writer-in-Residence, Chester Brown. Meeting Room 1, North York Central Library, 5120 Yonge Street. To Register and for more information: 416 395-5639. 1:00 – 4:00 pm.

**Naturopathic Medicine: a Career and Health Choice Talk. Free.** A discussion on the health benefits of naturopathic medicine and how to become a naturopathic practitioner. Albert Campbell Library, 496 Birchmont Road. Info: 416 396-8890. 2:00 – 3:30 pm.

### Sunday, June 4<sup>th</sup>

**Run/Walk Group. Free.** Physical Activity for Consumer Survivors (PhACS) weekly 3-5 km run/walk. Meet at the Riverdale Perk (corner of Logan Ave. and Withrow Avenue). Info: 416 604-6973. 10:00 am.

**Fresh Air Fair. Free.** This annual event for families encourages active lifestyle choices and promotes the benefits of improving local air quality and a healthier self with interactive exhibits, activities and workshops. Dundas Square (Yonge St. and Dundas Street). Info: 416 392-6672 or [www.cleanairpartnership.org](http://www.cleanairpartnership.org). 11:00 am – 3:00 pm.

**A Celebration of Herbs. Free.** Herbal Festival with information, workshops, vendors, cooking demonstrations and more. Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4000. 11:00 am – 5:00 pm.

**Cycling the Portlands. PWYC.** This cycling tour explores the Don River, the proposed lakefront parks, improvements to Cherry Beach, and future development sites on the quays. Leader Paul Young. Tour starts at 955 Queen Street East. To register and for more information contact the Toronto Bay Initiative at 416 598-2277 (Child Friendly Event). 1:00 – 3:00 pm.

**Sacred Stones and Steeples Walk. Free.** The ROM walk explores St. James' Cathedral, Metropolitan United Church, St. Michael's Cathedral, First Lutheran Church, and St. George's Greek Orthodox Church. Meet at Church St. and King St. Info: 416 586-8097 or [www.rom.on.ca](http://www.rom.on.ca). 2:00 pm.



**Jazz Ensembles. Free.** The Royal Conservatory of Music presents this student jazz performance. RCM Concert Hall, 90 Croatia St. Info: 416 408-2824 x 321 or [www.rcmusic.ca](http://www.rcmusic.ca). 7:30 pm.

#### **Monday, June 5<sup>th</sup>**

**Music Performance - SoundaXis Festival. Free.** Curran: Inner Cities, 1st set. Stephen Clarke, piano. SoundaXis Festival continues to June 11<sup>th</sup>. Lobby, Toronto Dominion Bank Tower, 55 King Street West. For more information about other free festival events and locations contact: 416 925-3457 or [www.soundaxis.ca](http://www.soundaxis.ca). 12:30 pm.

#### **Tuesday, June 6<sup>th</sup>**

**Vox Humana Music Performance – SoundaXis Festival. Free.** Talisker Chamber Music Players. SoundaXis Festival continues to June 11<sup>th</sup>. Atrium, MaRS Centre, 101 College St. For more information about other free festival events and locations contact: 416 925-3457 or [www.soundaxis.ca](http://www.soundaxis.ca). 4:00 pm.

#### **Wednesday, June 7<sup>th</sup>**

**Memoir Writing 101. Free.** A writing seminar followed by a question and answer period with Nino Ricci. Bridlewood Library, 2900 Warden Avenue. Info: 416 396-8960. 2:00 pm.

**The Joy of Cooking and Healthy Eating. Free.** A cooking demonstration and discussion about healthy eating for seniors with Gail Gordon Oliver, author of Flavours of Home. Don Mills Library, 888 Lawrence Avenue East. Info: 416 395-5710. 2:00 pm.



**Tea with Mussolini Movie. Free.** Afternoon at the movies presents this semi-autographical drama. Beaches Library, 2161 Queen Street East. Info: 416 393-7703. 2:00 pm.

**Mystery Writers' Talk. Free.** A reading, talk and panel discussion about with mystery writers, Rich Blechta, Mary Jane Maffini, Mel Bradshaw, Lou Allin and Mel Malton. Toronto Reference Library, 789 Yonge Street. Info: 416 393-7131. 7:00 pm.

#### **Thursday, June 8<sup>th</sup>**

**Solaris Movie. Free.** Afternoon at the movies presents this Steven Soderbergh's science fiction, Solaris (2002). Barbara Frum Library, 20 Covington Road. Info: 416 395-5440. 2:00 pm.

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

**Alternative Health Lecture. Free.** A discussion on digestive, liver and colon health with Jean Marie Martin. Room 212, 2nd Floor, Carrot Common, 348 Danforth Ave. Info: 416 466-2129. 7:00 pm.



**Friday, June 9<sup>th</sup>**

**2<sup>nd</sup> Annual Distillery Blues Festival. Free.** This annual festival celebrating all kinds of blues music features over 30 bands performing on 5 stages. Festival continues to June 11<sup>th</sup>. The Distillery District, 55 Mill St. Case Goods Bldg #304. For more information on bands and times contact: 416 698-2152 or [www.distilleryblues.com](http://www.distilleryblues.com). 6:00 pm – 11:00 pm.

**Saturday, June 10<sup>th</sup>**

**Riverdale Farm Spring Clean-up. Free.** Join the members of the Farm's Buildings and Grounds Committee for a morning of clean-up activities (hillsides and ponds) and outdoor fun. Riverdale Farm, 201 Winchester St. Info: 416 392-6794 or [www.friendsofriverdalefarm.com](http://www.friendsofriverdalefarm.com). 9:30 – 11:30 am.

**Lakeshore Arts 2<sup>nd</sup> Annual Brass in the Grass Music Festival. Free.** Enjoy the sounds of brass from Latin jazz, salsa, blues, a capella or classical with musicians Chris Whiteley, Alexis Baro, the Lamplight Swing Band and more. Various music and activities for children. Festival continues to June 11<sup>th</sup>. Lakeshore Grounds and Assembly Hall, 1 Colonel Samuel Smith Park Drive (Kipling and Lake Shore Blvd. West). Info: 416 201-7093 or [www.brassinthegrass.ca](http://www.brassinthegrass.ca). 12:00 noon.



**Eglinton: From Farmland to 'Yonge and Eligible' Walk. Free.** Heritage Toronto Walk explores the neighbourhood around Eglinton Park. Meet at the south-west corner of Eglinton Park (Eglinton Ave West and Oriole Parkway). Info: 416 338-0684 or [www.heritagetoronto.org](http://www.heritagetoronto.org). 1:30 pm.

**Improv Comedy Workshop. Free.** Bad Dog Theatre weekly drop-in improv workshop. Studio #1, Bad Dog Theatre, 138 Danforth Ave. Info: 416 491-3115 or [www.baddogtheatre.com](http://www.baddogtheatre.com). 7:00 pm.



**Sunday, June 11<sup>th</sup>**

**Music in the Orchard. Free.** Enjoy an afternoon of music in an outdoor setting. Spadina Historic House and Gardens, 285 Spadina Rd. Info: 416 392-6910. 1:30 pm.

**Whiskey, Wharf and Windmill Walk. Free.** The ROM Walk explores Little Trinity Church, First Firehall, Consumers' Gas Building, Berkeley Castle, Goodherham and Worts. Meet at King St. E. and Trinity St. Info: 416 586-8097 or [www.rom.on.ca](http://www.rom.on.ca). 2:00 pm.

**Tuesday, June 13<sup>th</sup>**

**Bone Up on Bone Health: What's New in 2006 – Health Talk. Free.** Presentation by Dr. Angela Cheung, director of Osteoporosis Program University Health Network. Auditorium, 2<sup>nd</sup> Floor West Wing, Toronto Western Hospital, 399 Bathurst Street. Info: 416 603-6277. 10:30 – 11:30 am.

**Top 100 Unusual Things to See in Ontario Talk. Free.** A discussion with Ron Brown, author of Downtown Ontario: Unusual Main Streets to Explore. Maria A. Shchuka Library, 1745 Eglinton Ave. W. Info: 416 394-1000. 2:00 pm.

**Wednesday, June 14<sup>th</sup>**

**Babette's Feast Movie. Free.** Afternoon at the Movies presents this 1987 Danish film. English subtitles. Beaches Library, 2161 Queen St. E. Info: 416 393-7703. 2:00 pm.

**Parkdale Walk. Free.** The ROM walk explores St. Mark's Anglican Church, Queen Victoria P.S., Queen Elizabeth Hospital, Old Firehall, Masaryk Hall, Melbourne Mews and the homes of Dr. Anderson Abbott and Mazo de la Roche in Parkdale. Meet in front of Parkdale Public Library, 1303 Queen St. West. Info: 416 586-8097 or [www.rom.on.ca](http://www.rom.on.ca). 6:00 pm.

## Announcements

### **AluCine: Toronto Latino Media Festival June 1 – 10, 2006**

The festival will open on **Thursday, June 1, 2006 at 7:00 pm at the Joseph Workman Auditorium, 1001 Queen St. W.** with Sinara Rozo's Eulogy, a commemoration of the life and work of Canadian artist Pedro Alderete, who died in an accident last fall while painting a mural. Also screening 8 other short features at this event. The aluCine Festival is a 10 day celebration showcasing over 200 short films and videos from Latin America, Canada and across the world. Admission to events are \$3.00 or \$0.99 for students and unemployed. For more information about the festival events, locations and times contact: **416 966-4989 or [www.alucinefestival.com](http://www.alucinefestival.com).**

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### **Queen Street Patient Rounds presents, Guest Speaker, Caroline Fei-Yeng Kwok**

Caroline will be sharing her personal story of navigating the psychiatric system. She will be discussing: Client Rights; How to make sure you have a two-way conversation with your psychiatrist; How to discuss meds with professionals; Racism in the System.

Caroline has a BA from the University of Minnesota. In 1982, she received a Masters of Education from the Ontario Institute for Studies in Education. She also teaches English as a Second Language at Across Boundaries to psychiatric survivors of colour. She is a successful author, her first book The Tormented Mind was published in 2000. In 2001 she received CAMH's Courage to Come Back Award.

**Tuesday, June 6, 2006 at 2:00 pm** in Room 160, Empowerment Council Office, Queen St. Site, The Centre for Addiction and Mental Health, 1001 Queen St. W.

For more information contact: **416 535-8501 Ext. 3013**

**All Psychiatric Survivors and Consumers Welcome To Attend**

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The Centre for Addiction and Mental Health, There is Help... There is a Hope Community Forums present,

### **Meeting the Challenges of Borderline Personality Disorder (BPD)**

**Tuesday, June 6, 2006 from 6:30 – 8:30 pm**

This **free** forum will provide information on Borderline Personality Disorder that will be relevant to health care professional, consumers and families. **Speakers include:** **Dr. Robert Cardish**, MD., FRCPC, Senior Psychiatrist, BPD Clinic, CAMH; **Dr. Shelley McMain**, Ph.D., C.Psch, Assistant Professor, Department of Psychiatry, University of Toronto, Clinic Head, BPD Clinic, CAMH; **Melissa Bender** (personal perspective); **Sonia Veg** (family perspective). **Moderator:** **Shira Green** M.S.W., R.S.W., Therapist in the Anger and Addictions Clinic and the Borderline Personality Disorder (BPD) Clinic, CAMH

**Location:** **Meeting Room Centre (Room 2029), Centre for Addiction and Mental Health, 33 Russell St.**

For more information contact: **416 535-8501 ext. 4553**

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Mood Disorders Association of Ontario (MDAO) Distinguished Speakers series presents,

### **Dr. Andrea Levinson, Speaking on Early Intervention in Mood Disorders**

When: **Wednesday, June 7, 2006 from 7:00 – 9:00 pm**

Where: Library Program Room 200, Northern District Library, 40 Orchard View Blvd.

For more information contact: **416 486-8046 or [www.mooddisorders.on.ca](http://www.mooddisorders.on.ca)**

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## **A Journey to Work and Recovery: A Supported Employment Story**

The Vocational Resource and Training Forum (VRTF), Toronto East Counselling and Support Service (TECSS), and the Work Initiative Network (WIN) invites mental health workers, consumer/survivors, family members, employers and community leaders to a **FREE** day of information about recovery through supported employment.

**Wednesday, June 7, 2006 from 9:00 am – 4:00 pm.  
Council Chambers, The East York Civic Centre, 850 Coxwell Avenue**

To register by **June 5, 2006** and for more information contact:  
Karen Thorogood at (phone) **416 693-2116 ext. 211**, (fax) **416 693-2119** or  
(e-mail) [karen\\_thorogood@can.salvationarmy.org](mailto:karen_thorogood@can.salvationarmy.org)

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## **OCD Ontario presents Do-It-Yourself Cognitive Behavioural Therapy For Obsessive Compulsive Disorder Workshop**

**Saturday, June 10, 2006 from 9:00am – 3:30 pm** at Room 200, Northern District Library,  
40 Orchard View Blvd. \$60.00 admission. For registration and more information contact: **416 410-4772**  
or [www.ocdontario.org](http://www.ocdontario.org).

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The Secret Handshake, Schizophrenia Peer Support Network presents,

## **Revolution # 9**

**The film, which takes you into the Schizophrenia Experience.**

“Utterly Absorbing!” Roger Ebert

Date: **June 14, 2006 from 7:00 – 9:00 pm** (includes discussion)

Place: **National Film Board, 150 John St.**

Admission: **\$10.00** at the door.

The screening is a fundraising event for the Secret Handshake, a peer support network for those diagnosed with Schizophrenia. There will be an additional screening on **June 19, 2006 from 7:00 – 9:00 pm**.

If you are a consumer survivor and are in financial need, admission is free although you must register.

For more information or to register e-mail, [thesecrethandshake@hotmail.com](mailto:thesecrethandshake@hotmail.com).

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Mood Disorders Association of Ontario (MDAO) presents,  
**Stand Up for Mental Health Comedy Showcase**

**Stand Up for Mental Health** teaches people with mental illness to take control by turning their problems into comedy. Led by Michael Cole, “The Humour Coach”, Stand Up for Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment.

**When: Wednesday, June 14, 2006 at 7:00 pm. Where: 40 Orchard View Blvd., Room 200.**

Admission is **FREE**. For more information contact: **416 486-8046**

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## **Sound Times 1<sup>st</sup> Annual Art and Craft Show and Sale**

**June 15<sup>th</sup> to 18<sup>th</sup> from 12:00 noon – 5:00 pm.**

There will be a reception on **Saturday June 17th at 1:00 pm.**

**Cabbagetown Community Centre for the Arts, 454 Parliament St.** (north of Gerrard St)

For more information contact: **416 979-1700** or [www.soundtimes.com](http://www.soundtimes.com)

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**CAMH Rainbow Services Group for  
Lesbians, Gay Men, Bisexual and Trans People**  
Dealing with substance use concerns

Three-week intensive treatment program for lesbian, gay men, bi and trans people. This program includes group therapy and psycho-educational sessions. Topics include coping with feelings, assertiveness, self-esteem, stress management, relapse prevention, nutrition and recreation therapy. LGBT specific topics include coming out, relationships, health, sexuality and oppression. This program is available on a residential or out patient basis. These sessions are available approximately three times a year. Next group, June 28/06. This group is held at the Brentcliffe site (Eglinton and Bayview) at the Centre for Addiction and Mental Health - (CAMH) and is covered by OHIP. Out of town clients welcomed. Medical detox available if necessary.

For further information contact:

**Jocelyn Urban – Addiction Therapist 416 535-8501 x 7066.**

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**The Canadian Harm Reduction Network launches a new and updated website**

The Harm Reduction Network is a virtual meeting place for individuals and organizations dedicated to reducing the social, health and economic harms associated with drugs and drug policies. The website new website has a wide variety of related news, articles, links to resources, a blog and much more.

Check it out at [www.candianharmreduction.com](http://www.candianharmreduction.com)

**Training Opportunities**

**The Assistant Cook Extended Training Program (ACET) Information Session**

**June 14, 2006 at 12:00 noon at George Brown College, St. James Campus,  
Hospitality Building, Room 112, 300 Adelaide Street East**

For more information contact, Faye Sutton at **416 415-5000, ext. 6790.**

**Volunteer Opportunities**

**Rekai Centre (Drs. Paul & John) Seniors Residence** at Sherbourne St. and Carlton St. is looking for volunteers in their Life Enrichment department as program assistants, visitors, medical appointment escorts, special events and outings assistants and more. Flexible hours/ long and short-term opportunities available. For more information contact: Marina Ketavong, 416 964-1599 or [marina.ketavong@rekaicentre.ca](mailto:marina.ketavong@rekaicentre.ca).

**Pride Toronto** is looking for volunteers for Pride Week, **Monday June 19 to Sunday June 25, 2006.**

Orientation sessions will be held at Ryerson Student Campus Centre 55 Gould Street, Room 115 on the following dates: Thursday, June 8<sup>th</sup> from 7:00-9:00 pm; Saturday, June 10<sup>th</sup> from 1:00-3:00 pm; Monday, June 12<sup>th</sup> from 7:00-9:00 pm and Wednesday, June 21st, 7:00-9:00 pm. Please note that doors open one hour in advance to allow for registration and/or sign-up. For more information contact: 416 927-7433 or [www.pridetoronto.com](http://www.pridetoronto.com).

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## Job Postings

**Toronto Votes 2006 staff.** Individuals are needed to work on Municipal Election Day, **Monday, November 13, 2006.** To apply and for more information on available positions contact: **416 338-1111 (press 2) or [www.toronto.ca/elections](http://www.toronto.ca/elections).**

**Community Based Support Worker.** Part Time/Contract/Overnight. \$15.00/hour. Concerned Parents Inc is an organization that supports people with disabilities, their friends and families. **Responsibilities** include: working one-to-one and/or in teams to carry forward planned outcomes with the intent of assisting a person with a disability to live independently and connect to their community; taking direction from the supported person and their circle to achieve goals in their homes and the community; assisting with activities of daily living and the maintenance of meaningful relationships. **Qualifications** include: ability to think of opportunities outside of traditional services; maturity, enthusiasm, adaptability and creativity; creativity to explore new ideas and experiences in the community; tenacity to stay with difficult situations; eager and willing to go into the community. **Training is provided.** **E-mail**, Marine Dykstein, Concerned Parents Inc, [bdykstein@rogers.com](mailto:bdykstein@rogers.com). **Posted:** [www.charityvillage.ca](http://www.charityvillage.ca). **Deadline: June 30, 2006**

**Telephone Sales/Mail Order Clerk.** Part Time (25 hrs/week). Remenyi House of Music requires an individual responsible for handling print music and booking customer inquiries through e-mail, and over the phone, and processing outbound shipments. Preference will be given to candidates with classical music interest or background, and retail or call centre experience. **Apply** to Doug Armstrong, 210 Bloor St. W., Toronto, ON M5S 1T8. **E-mail**, [musicbooks@remenyi.com](mailto:musicbooks@remenyi.com). **For more information, 416 961-3111 or [www.remenyi.com](http://www.remenyi.com).** **Posted:** [www.workinculture.ca](http://www.workinculture.ca)

**Hostel Support Worker.** Full Time/Shift/Weekend/Holiday/occasional on-call. \$20.79/hour plus benefits. **The Fred Victor Centre** is looking for an individual to assist at its Women's Hostel. **Responsibilities** include: supporting residents, hostel maintenance, cooking and administration. **Qualifications** include: experience working with marginalized women facing mental health issues and addictions with a special focus on harm reduction; enthusiasm and energy for creating a supportive environment for marginalized women; excellent crisis intervention skills, sound judgment and strong negotiation skills; experience working in a team; experience in case management; strong interpersonal skills; ability to prepare and serve meals; experience performing administrative and light maintenance duties; ability to prioritize, set goals and be flexible; experience in Word, internet and databases and training in First Aid, CPR and WHIMIS is an asset. **Apply by mail** to Hostel Hiring Committee, Fred Victor Centre, 86 Lombard St., Toronto, ON M5C 1M3. **Refer to Job # HO2006-06. For more information, [www.fredvictor.org](http://www.fredvictor.org).** **Posted:** [www.charityvillage.ca](http://www.charityvillage.ca). **Deadline: June 9, 2006.**

**Front Desk/Administrative Assistant.** Part Time/Contract - Maternity leave/Afternoon/Evening Shift (35 hrs/week). **St. Alban's Boys and Girls Club** offers a broad range of services to children, youth and families in the Seaton Village, Annex, Frankle-Lambert and Palmerston neighbourhoods in Toronto. **Responsibilities** include: track and maintain membership database; front desk security and supervision; registration for new members, children's programs and aquatic programs; in-person and telephone reception; answer general and program inquiries; manage payment transactions and complete reports for special events. **Qualifications** include: ability to multi-task in a busy environment; work as part of a team; customer service and experience in telephone reception; experience in MS Office – Excel, Word and Publisher; experience with children and youth is an asset. **Apply by mail**, Laurie Taniguchi, Office Manager, St. Alban's Boys and Girls Club, 843 Palmerston Ave. Toronto, ON M6G 2R8. **Fax, 416 534-8860. E-mail, [laurie@stalbansclub.ca](mailto:laurie@stalbansclub.ca).** **For more information, [www.stalbansclub.ca](http://www.stalbansclub.ca).** **Posted:** [www.charityvillage.ca](http://www.charityvillage.ca). **Deadline: June 23, 2006**