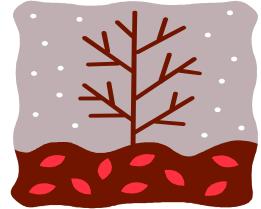


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The Consumer/Survivor Information Resource Centre

Distributed through generous support from CSRU Program (Community Support and Research Unit) of
CAMH (Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

November 1, 2006
Bulletin 334

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

Emily's Speech at Our AGM

My name is Emily Fox and I have been asked to speak to you this evening about information and the importance of sharing information.

One of the reasons I joined Voices from the Street is because I loved the idea of passing information to others by way of our personal narratives. Voices from the Street bring stories from the street. The stories are our product – the positive lessons we have learned from the journey we have taken. It is our hope that these stories will pass information to others in a more gentle way than a policy paper or a document filled with data.

I was diagnosed with paranoid schizophrenia in 1983. If there was any information about schizophrenia floating around in the 80's, I didn't find it. I was thrown into a world that spoke of medications, hallucinations and delusions of grandeur. The texts that I borrowed from the library were few very clinical. They painted a gruesome picture and spoke of chronic, incurable madness.

It took the better part of ten years for me to deal with the whole idea of being insane. I still felt as I had always felt but now there was a name for my eccentricities. In some ways it was a relief because being crazy meant I didn't have to join in the competition of being successful. I didn't have to live up to any expectations because there were no expectations for me.

But that kind of an existence tired me. I focused on achieving the superficial tasks that we had been taught in the mental hospital. Back in the day, we were encouraged to learn to cook and housekeep and make sure our laundry was in order. This was called occupational therapy and it was enhanced by group outings to the grocery store to select nutritious foods on a limited budget.

And it seemed to me that people who had their lives in order were content. It seemed to me that if your home ran smoothly and your clothes were organized and your stomach was full you somehow were happy.

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But I wanted more. I wanted to be able to feel again. I wanted to be able to have a thought and to share that thought with others. I wanted to contribute something to the world around me. And a quick inventory told me I had nothing to offer as a contribution.

Except my stories. I could articulate to others what it feels like to step out of this world of logic and fact and enter the world of psychosis. I could tell people the events leading up to my loss of reality and I could tell them how it altered my life forever. I began to realize that this predisposition that other folks feared was something I treasured. This predisposition allowed me to understand and to value differing perspectives and it taught me to look beyond that first impression; to go deeper into conversations and to listen for the things that are more subtle.

Twenty years ago, I was locked up, drugged and forced to become compliant. The values and the activities that were acceptable social practices were the only option I was offered. As long as I was able to persuade those around me that I embraced their way of life I was allowed the freedom to live outside of an institution.

We have done tremendous work over the past twenty years. We have all come a long way in understanding that differences are not diseases. We readily admit that very real conditions contribute to a person's state of mind. We work in whatever capacity we can to alleviate the underlying causes of madness. Things like poverty and abuse and a world that keeps moving faster and faster.

And look at me. I am standing here this evening telling you how I feel about things without any fear that I will spend the night restrained in an institution. I am not ashamed to admit that I see things in a different way. I am confident that I will not be punished because my world view may not be the way others view the world. I am free to tell my story. I don't have to edit out the parts that people would not like to hear. I am free to share my journey with you

Stories are about sharing. It is in the sharing that we elevate our experience to teaching. It is in comparing our stories that we realize we are all connected. It is through this connection that we realize we all walk a similar road and we all share a common experience.

And the road becomes less difficult. We feel less isolated; less insignificant. As we tell our stories, as we raise our voices, we raise each other. And those that need to hear us will.

I have been accused of having delusions of grandeur since I was diagnosed with schizophrenia. Before my diagnosis, people thought I had great insight, that I was a woman with vision. (The diagnosis changes that). But I am proud of the fact that one of my favourite delusions was always the delusion that one day I could just be myself. I always enjoyed the thought that there would come a day when I could speak freely about the things deep in my heart without fear of being locked up or medicated. Back in the day you had to be really careful about what you said because if you were misunderstood you could be plucked out of what you were doing and hospitalized. It didn't matter whether you were ill or not; it mattered that you were not seeing things correctly.

And every time I was removed from life, the delusion became stronger. I envisioned living in a world where I could speak my mind and not be punished for what I thought. It seemed impossible twenty years ago. But I realize that some delusions are worth fighting for and when I look around this evening I am glad that no amount of Stellezine could erase this thought.

Because when I look around the room, I see that we have accomplished great things. We have achieved our delusion of a better, kinder system. And I am left with the thought that we will achieve much more.

Emily

Wish List. A Reader Has Something to Give Away.

One of our readers is offering a music organ to anyone who would like to have it, and who can come and get it from the St. Clair and Jane area. It's in really good condition. It has pedals and you can put music on it. She says you can probably fit it into the trunk of a car if you have a big trunk. As is usual for this column, there is no money involved in this transaction, she wants to give it to someone who would enjoy having this musical instrument in his or her life and she'll have more space at her place. If you are interested, please contact the centre at:

416 595-2882 or email us at csinfo@camh.net.

So here's what came from the last issue:

We got a call from someone who has a recumbent stationary bike for the person who needed one because she had recently had surgery and was scheduled for more. We put them together and someone has her needs met. I love this !!

Attention: Agency C/S Info Bulletin Subscribers!!!! Help Us Save Costs

If you get the C/S Info Bulletin by mail, we need to have you on our email subscription list (if at all possible). The Community Support and Research Unit (CSRU) at CAMH has been supporting us with the mailing of the Bulletin twice a month up until now. But due to cutbacks, they will be unable to continue to support us with the total costs for postage. Please subscribe by email, if you can so that we will be able to continue to send the Bulletin to consumer/survivors who do not have access to the Internet or a computer.

Thank you to those who have already changed their subscription from mail to email.

To change your subscription to email, contact us at 416 595-2882 or csinfo@camh.net.

Please convert to email now !

Free & Low Cost Events

Wednesday, November 1st

Amelie Movie (2001). Free. Afternoon at the Movies presents this French film with English subtitles. Beaches Library, 2161 Queen Street E. Info: 416 393-7703. 2:00 pm.



Canadian Children's Opera Chorus Music Performance. Free. Scenes from A Dickens of a Christmas with music by Errol Gray. Richard Bradshaw Amphitheatre, Four Seasons Centre for Performing Arts, 145 Queen St. W. Info: 416 363-6671 or www.coc.ca/performances/concerts. 5:30 – 6:30 pm.

Fairness for All: Income Security for the 21st Century Public Forum. Free. University Women's Club of North York presents this public forum to address issues relating to income security in the 21st Century with guest speaker Susan Pigott (St. Christopher House). St. Bonaventure Parish Centre, 1300 Leslie Street. Info: 416 447-7727. 7:30 pm.

Thursday, November 2nd

Canadian Opera Company Ensemble Studio Performance. Free. Songs of Home and Travel. Richard Bradshaw Amphitheatre, Four Seasons Centre for Performing Arts, 145 Queen St. W. Info: 416 363-6671 or www.coc.ca/performances/concerts. 12:00 noon – 1:00 pm.

Paper Clips Movie (2004). Free. Holocaust related film series honouring Holocaust Education Week. Auditorium, Room B, Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 1:00 – 3:00 pm.

Reading Series: Stories from the Past Talk. Free. Ami McKay reads from her novel, The Birth House about a Nova Scotia community during WWI. Also Steven Heighton reads from his historical novel, Afterlands which explores the themes of human complicity. A question and answer to follow. Elizabeth Beeton Auditorium, Toronto Reference Library, 789 Yonge St. Info: 416 395-5577. 7:00 pm.

Village of Storytellers. Free. Storytelling circle with Dan Yashinsky. For tellers and listeners. Oakwood Village Library, 341 Oakwood Ave. Info: 416 394-1040. 7:00 – 8:00 pm.

Canada's Role in Afghanistan Public Forum. Free. Public forum on issues related to Canada's role in Afghanistan. St. Lawrence Centre, 27 Front Street East. Info: 416 366-1656 ext. 274 or www.stlc.com. 7:30 – 9:30 pm.

Friday, November 3rd

Manju Japanese Cooking Workshop. Free. Learn to make Doriyakis, Ohagis and other Japanese desserts with chef Shoji. Auditorium, Room B, Barbara Frum Library, 20 Covington Road. Info: 416 395-5440. 1:00 – 4:00 pm.

More Than Just a Yardage Sale. Free. The annual fundraising event for the Textile Museum of Canada sells lengths of decorator fabric, select specialty items, yardage goods and more. Event continues to November 4th. Mezzanine Level, The Textile Museum of Canada, 55 Centre Ave. Info: 416 599-5321 or www.textilemuseum.ca. 11:30 am – 4:30 pm.

Saturday, November 4th

Gallery Hopping Nature Arts Walk. Free. Toronto Field Naturalists Walk explores Yorkville area galleries with leader Mary Cumming and Karen King. Meet at the Cumberland St. exit of the Bay Subway Station. Info: 416 593-2656 or www.torontofieldnaturalists.org. 11:00 am.

Historical Walk. Free. In the Horsesteps of James Ross and Frank Shanley: Railway Builders of Toronto Walk with Ian Wheal. Meet at the north west corner of Front St. W. and Spadina Ave. Info: 416 593-2656. 2:00 pm.

Sunday, November 5th

They're Playing our Song Music Performance. PWYC. Vintage dance tunes by Benny Goodman, Glenn Miller, the Dorsey brothers and others. Lakeside Terrace, York Quay Centre, 235 Queens Quay W. Info: 416 973-4000. 2:00 pm.

Music and the Patterns of the Mind and World Lecture. Free. The Canadian Institute, 2006 Science Sundays series presents this lecture by Jordan B. Peterson. Lecture followed by question/answer and refreshments. Macleod Auditorium, Medical Sciences Building, University of Toronto, 1 King's College Circle. Info: 416 977-2983 or www.royalcanadianinstitute.org. 3:00 pm.

Peace Week 2006 Opening and Concert Event. Free. Peace Prayer Concert Event with drumming performance and tour. Peace week is a week long celebration of Peace with presentations, forums, music, art, film and reflections on the prospects of creating a sustainable culture of peace. Events from Sunday to Friday are free. Festival continues to November 11th. The Great Hall, Hart House, University of Toronto, 7 Hart House Circle. For information on events and times contact: 647 868-3966 or www.peaceweek.com. 7:00 – 9:30 pm.



Monday, November 6th

Found in Translation: Interpreting Elements of Japanese Design Exhibition. Free. Art Exhibit focuses on Japanese design aesthetics and techniques practiced by 4 fibre and paper artists living in Canada. Japan Foundation, 131 Bloor St. W., Suite 213. Info: 416 966-1600 or www.jftor.org. 11:30 am – 4:30 pm.

Knights of the Black and White Book Talk. Free. Interview with Jack Whyte, author of Knights of the Black and White, a historical dramatic trilogy about the rise and fall of the Knights Templar. Library, Hart House, University of Toronto, 7 Hart House Circle. Info: 416 640-7900 or www.uoftbookstore.com. 7:30 pm.

Tuesday, November 7th

Train de Vie Movie (1998). Free. Holocaust related film series honouring Holocaust Education Week. Auditorium, Room B, Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 1:00 – 3:00 pm.



Harps Galore Music Performance. Free. Works by various harp ensembles. Richard Bradshaw Amphitheatre, Four Seasons Centre for Performing Arts, 145 Queen St. W. Info: 416 363-6671 or www.coc.ca/performances/concerts. 12:00 noon – 1:00 pm.

Wednesday, November 8th

Life is Beautiful Movie (1998). Free. Afternoon at the Movies presents this Academy Award winning dramatic/comedy set in WW2 Europe directed and starring Roberto Benigni. Beaches Library, 2161 Queen St. E. Info: 416 393-7703. 2:00 pm.

In Conversation: Lisa Rochon, Mark Kingwell with Larry Richards (moderator). Free. Panel discussion exploring a wide range of issues relating to public space, art and design. East Common Room, Hart House, University of Toronto, 7 Hart House Circle. Info: 416 978-2452 or www.harthouse.utoronto.ca. 6:00 pm.

50 for 50: Golden Oldies Animated Shorts. Free. A compilation looking back to the National Film Board's first 2 decades. Prizes and refreshments served following screening. Pape Danforth Library, 701 Pape Ave. Info: 416 393-7727. 6:30 – 8:30 pm.

Thursday, November 9th

Disability Tax Credit Seminar. Free. The Consumer/Survivor Information Resource Centre is having a speaker from Revenue Canada come to talk about applying for this designation which allows you to claim tax credits on your annual income tax return. To make sure we have enough materials for everyone, please register by calling 416 595-2882 or emailing csinfo@camh.net. CAMH, 33 Russell Street, Room T321. 2:00 – 4:00 pm.

Holocaust Education Week Speaker. Free. Fay Schulman shares her experiences during the Holocaust. Forest Hill Library, 700 Eglinton Ave. W. Info: 416 393-7706. 1:30 pm.

Jazz Music Performance. Free. Steppin' Out Thursdays presents the jazz sounds of Rita di Ghent and Jason Crawford. Bata Shoe Museum, 327 Bloor St. W. Info: 416 979-7799 or www.batashoemuseum.ca. Free museum admission, 5:00 – 8:00 pm. Performance, 6:30 pm.

Storytelling Atelier with Dan Yashinsky. Free. Workshop for new and experienced storytellers. Oakwood Village Library, 341 Oakwood Ave. Info: 416 394-1040. 6:30 – 8:15 pm.

Ballet 101: Lecture and Demonstration. Free. A question and answer talk covering various aspects of Ballet from its history to dancers and performances. Richard Bradshaw Amphitheatre, Four Seasons Centre for Performing Arts, 145 Queen St. W. Info: 416 363-6671 or www.coc.ca/performances/concerts. 12:00 noon – 1:00 pm.

Friday, November 10th

Building Blocks: Queen Street West 1847-1890 Exhibition. Free. Exhibition of photographs, maps, plans and drawings focussing on "tender calls" for buildings from Yonge St. to Roncesvalles. Exhibition continues to February 25, 2007. The Market Gallery, South St. Lawrence Market, 95 Front St. E. Info: 416 392-7604 or www.stlc.com. Saturdays, 9:00 am – 4:00 pm. Sundays, 12:00 noon – 4:00 pm. Wednesdays – Fridays, 10:00 am – 4:00 pm.

Comedy on the Danforth. PWYC. Improv Comedy from Better Than Nothing (BTN). Timothy's WorldNews Café, 320 Danforth Ave. Info: www.fastanddirty.com. 9:00 pm.

Saturday, November 11th

Remembrance Day Ceremonies. Free. Toronto Civic Remembrance Services. Cenotaph, Toronto Old City Hall, 60 Queen St. W. For more information on this and other civic services contact: 416 392-8191 or www.toronto.ca/events. 10:30 am.



Mount Pleasant Cemetery Walk. Free. The Toronto Field Naturalists Nature Walk with Roger Powley. Bring lunch. Meet at the Davisville Subway Station exit. Info: 416 593-2656 or www.torontofieldnaturalists.org. 10:30 am.

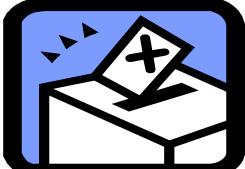
Yoga and Meditation. Free. Learn gentle physical exercises, breathing and meditation techniques. College/Shaw Library, 766 College St. Info: 416 393-7668. Ongoing weekly classes Wednesdays, 6:30 – 8:00 pm and Saturdays, 10:30 am – 12:00 noon.

Sunday, November 12th

Walk/Run Group. Free. PhACS Walk/Run Group for Consumer/Survivors, 3-5 km circuit for all levels. Meet at The Riverdale Perk, 633 Logan Ave (at Withrow). Info: www.accentonability.org/phacs or 416 604-6973 10:00 am.

Merging the Nature/Nurture Dichotomy Lecture. Free. The Canadian Institute presents this lecture by Susannah Varmuza. Lecture followed by question/answer and refreshments. Macleod Auditorium, Medical Sciences Building, University of Toronto, 1 King's College Circle. Info: 416 977-2983 or www.royalcanadianinstitute.org. 3:00 pm.

Monday, November 13th

 **City of Toronto Municipal Election 2006.** Vote for your candidate to fill the positions of Mayor, City Councillor and School Board Trustees in the City of Toronto. For candidate listings, eligibility and voting locations contact: 416 338-1111 or www.toronto.ca/elections. Polls open, 10:00 am – 8:00 pm.

Tuesday, November 14th

Golden Age of Jazz Music Performance. Free. Music from Jazz greats such as Duke Ellington, Charles Mingus, Thelonius Monk and Charlie Parker, performed by the Humber Mainstream Jazz Ensemble. Richard Bradshaw Amphitheatre, Four Seasons Centre for Performing Arts, 145 Queen St. W. Info: 416 363-6671 or www.coc.ca/performances/concerts. 12:00 noon – 1:00 pm.

Pandemonium is Here: Are We Ready? Free. A discussion about current pandemic influenza virus plaguing our civilization. Topics include what we can do to survive both the pandemic influenza and the hype surrounding it. Panel: Andrew Nikiforuk (journalist), Dr. Vincent Lam (author) and Dr. Colin Lee (Public Health). Library, Hart House, University of Toronto, 7 Hart House Circle. Info: 416 640-7900 or www.uoftbookstore.com. 7:30 pm.

Announcements

Mood Disorders Association of Ontario, **Distinguished Speaker Series presents:**

Out of the Darkness: The Modern Treatment of Seasonal Depression

Speaker: Anthony Levitt, Psychiatrist-in-Chief, Sunnybrook Health Sciences Centre

When: November 1, 2006 from 7:00 – 9:00 pm.

Location: 40 Orchard View Blvd., Suite 200 For more information call, 416 486-8046

14th Annual Rendezvous with Madness Film Festival

The festival runs this year from November 9th to the 18th in the Workman Theatre at 1001 Queen Street West in Toronto. This year they have films that explore eating disorders, substance abuse, depression and suicide, as well as special programs for youth and children.

One of the Festival's highlights is the post-screening panel discussions with local and visiting filmmakers, artists who deal with mental illness and/or addiction and mental health professionals. The **Rendezvous with Madness Film Festival** is perhaps the only fully accessible film festival in Toronto, with a **PWYC** policy ensuring that everyone can attend.

Shannon Quesnelle, Outreach Coordinator, Rendezvous with Madness Film Festival
Workman Arts, 1001 Queen Street West, Toronto, Ontario M6J 1H4
416 797-2626, 416 583-4339, shannon_quesnelle@camh.net

For a complete listing of screenings, locations and times check out, www.rendezvouswithmadness.com

CRCT Holiday Happenings 2006 Edition. Once again this year, Community Resource Connections of Toronto (CRCT) is producing its popular Holiday Happenings publication which lists many free and inexpensive things for consumer/survivors (and everyone else!) to do in Toronto during the month of December and on New Year's Day.

If all goes well, we hope to have this new edition of Holiday Happenings completed and posted to our web site www.crct.org sometime on or shortly after December 1, 2006 in Adobe Acrobat (.pdf) format. Watch the home page of CRCT's web site for a link to the online version of Holiday Happenings.

If your organization plans to hold an event, or you know of any such events, which could be listed in Holiday Happenings (there is no charge for listing an event in Holiday Happenings), please send the information to Glen Dewar at CRCT as early as possible.

Email: gdewar@crct.org fax 416 482-5237 or phone 416 482-4103 x 229

Diabetes Self-Management Program for Mental Health Consumers/Survivors

The Diabetes Education Community Network of East Toronto (DEC NET) is pleased to offer **free diabetes education** for individuals dealing with diabetes and mental health issues. Small group classes are offered in 4 sessions of 2 hours duration in a community setting. Learn about managing your diabetes in a positive and supportive environment. Family members, case managers and caregivers are welcome to accompany participants. TTC tickets provided to participants. Please phone Denise at 416 469-6580 x 3157 for info or to register for the upcoming group:

Mondays from November 20th to December 11th
2:00 - 4:00 pm
South Riverdale Community Health Centre
955 Queen Street East (Queen at Carlaw)

November is Diabetes Month. The theme is Diabetes Care for Everyone.

The Empowerment Council Presents:

Community Treatment Orders (CTOs)

Update from CMHA and CAMH's Survey on Client Experiences of CTOs

November 14, 2006 4:00 – 6:00 pm

The Empowerment Council Office, Room 160, 1001 Queen St. West (Queen and Ossington)

This presentation is for clients on CTOs and /or clients connected with the mental health system.

A Community Treatment Order (CTO) is a legal order, initiated by a doctor and consented by the person (client) or his or her substitute decision maker. The CTO describes the conditions a person (client) must meet to live outside of hospital and in the community. The plan usually includes a mental health worker, doctor, substitute decision maker and family members. Over the years CTOs have created much debate from people who believe that CTO's represent forced treatment in the community.

CAMH and CMHA have conducted a Client survey to evaluate how Clients on CTOs feel about CTOs. CAMH and CMHA have also done a survey with hospitals to evaluate how hospitals feel about CTOs.

Come hear the Results of the Client and Hospital Survey!

For more information contact: Lucy Costa, 416 535-8501 x 3013.

Vote

If you live in Toronto, are a Canadian citizen and are 18 years of age or older you can vote on **November 13, 2006** in the **City of Toronto Municipal Election 2006** for Mayor, Councilors and School Trustees. If you would like to see if you are on the voters' list go to the City Clerk's Office on the Main Floor, City Hall, 100 Queen St. W. (Bay and Queen St. W.) If you are not on the list you can fill out a revision form there or at the voting location. If you do not, you will have to swear an oral oath before you are allowed to vote.

For more information contact: Elections Toronto, 416 338-1111 or www.toronto.ca/elections

The City is trying to encourage homeless people to vote by setting up voting locations at some hostels and drop-ins. Homeless persons can declare a shelter, drop-in or park bench as their address for the purpose of voting. To do this, they must fill out a form to be included on the voters' list. If they do that on Election Day, they will be given a ballot. If they do this beforehand, they must bring their Voter Information Card or ID to the voting location. If they do not have it, they will be asked to swear an oral oath before they will be given a ballot.

Making Gains Conference

November 5 – 8, 2006

REGISTRATION REMINDER NOTICE

If you have not already done so, register online at www.makinggains.ca for the 2006 Making Gains in Mental Health and Addictions: Healthcare Transformation in Ontario, Evolution or Revolution?

The conference venue is the Delta Toronto East Hotel, 2035 Kennedy Road Scarborough, Ontario

Disability Tax Credit Seminar

You're all invited. We're having a speaker from the Canada Revenue Agency come to talk about disability tax credits, applying for the disabled designation which allows you to claim tax credits if you receive CPP, employment, or some other types of income. Come and find out more about this topic in time to get forms signed and in before next year's tax season. To make sure we have enough materials for everyone, please **register by calling Helen or Carolyn at 416 595-2882 or emailing csinfo@camh.net.** The workshop will be held at :

CAMH, 33 Russell Street, Room T321.
November 9, 2006
2:00 – 4:00 pm.
Free, of course

The Leadership Project presents a FREE Conference day for Consumer/Survivors

Recovery PSY-'COZY'-UM 2006

A day to talk about: Our Struggles and Strengths / Our Stories and Environment / Our Health and Human Rights / Our Creativity and Courage / Our Contacts and Connections / Our Involvement with Peers

Making Recovery Happen in our communities. Exploring possibilities and actions in an interactive setting with local facilitators. Our 'Open Space' Sessions will include international guests.

Wednesday, November 15th 2006 from 8:00 am – 7:30 pm

United Steelworkers Hall, 25 Cecil St.

(1 block south of College and Spadina St. – east on Cecil St. – 3 blocks)

Registration is necessary as seating is limited. Refreshments and Entertainment are provided.

For registration forms email: heinz_klein@hotmail.com

For more information contact: 416 482-4103 x 510 or
e-mail, heinz_klein@hotmail.com and meliqstarkman@yahoo.ca.

PSY-'COZY'-UM is a Pre-Conference leading up to the Leadership Project Conference:

International Recovery Perspectives: Implications, Innovations, Implementation

Critical and creative explorations of groundbreaking approaches in Mental Health Recovery

Thursday, November 16 and Friday, November 17, 2006

Hart House, 7 Hart House Circle, University of Toronto

Cost for the conference is \$300.00.

Registration for the International Recovery Perspectives conference (November 16 and 17) is \$300; **\$150 registration fee (50 per cent discount) for members and staff of Consumer/Survivor Initiatives (CSIs).**

Contact: Brian McKinnon at bmckinnon@iprimus.ca or 416 285-7996 X 227
for more information and a registration form.

Did you know that the Employment Resource Centre at Skills for Change offers a Resume and Cover Letter Critique Service? Monday to Friday

That's right, first come first served, starting at 9 am, you can bring in your resume and get it reviewed before you send it out. They'll do up to a maximum of 4 critiques a day, so you have to get there early, but what a great service! They are located at 1139 College Street. 416 572-0790. erc@skillsforchange.org

Training Opportunity

Assistant Cook Extended Training

ACET is accepting applications from candidates interested in enrolling in the program for January 2007. The ACET program is for people interested in working in the cooking industry and who have had mental health and /or addictions histories. The training is 36 weeks long with a work placement component and help to find work after the training is complete. ACET is a partnership of George Brown College and the Centre for Addiction and Mental Health.

Applications can be submitted by MAIL or FAX to: FAX: 416 415-2432

George Brown College, ACET Program, 200 King Street East, Room 534 E Toronto ON M5T 2T9

The application deadline is **Friday, November 3, 2006**.

Please contact us at 416 415-5000 x 6790 to RSVP or if you require any other information.

Job Posting

Full Time Marketing Manager

A-WAY Express Courier is seeking a full-time, permanent Marketing Manager. This position will involve developing and implementing a marketing strategy for A-WAY. The successful candidate will be responsible for supervising marketing staff, planning marketing events, managing the marketing budget and increasing business income. We are looking for someone who has direct experience with the mental health system (a consumer/survivor) and who has marketing experience, in particular with a small business or non-profit.

Please review our website for more information about A-WAY Express: www.awaycourier.ca.

Deadline for applications is Friday, November 10, 2006.

Please mail your resume to:

A-WAY Express, Attn. Hiring Committee, 2168 Danforth Ave., Toronto, ON M4C 1K3.

Please note that only those selected for an interview will be contacted.