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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, 2007

Bulletin 342

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

Foot Clinics

By Mel Starkman

It has come to my attention that the charges for foot care have increased fifty per cent from twenty to thirty dollars a visit. This is at the few general hospitals that provide the service at all. Despite government funding and charitable aid, hospitals under the Liberals in Ontario have been cutting back on incidental care categories or not covering such by OHIP. Free clinics which are few and far between and hard to find and have competent nurse practitioners are going to be flooded as more and more people find their budgets more strapped by incidental charges decided upon by professional bodies.

Ironically charges related to shock treatment which psychiatric tool has never proved its efficacy and are frightening and potentially harmful have credibility and coverage at exorbitant costs regardless of the low price of electricity.

As regards foot care, survivors particularly are going to be effected as among certain sectors of this population there is a lack of social skills to attune needs to available resources and hospitals don't like to deal with potentially difficult even disturbing persons under the influence of medication, drugs or alcohol. I once limped badly for three or more years until I availed myself of a fee for service practitioner.

Many hospitals have cut back on the clinics for incidental but important care and do not provide the appurtenances like canes and other accommodating devices at less than market cost.

In emergencies when you collapse on the street you finally may get care in the tender arms of the police whose cold comfort comes when gangrene sets in and it is too late. Most often survivors are packed off to asylums ill equipped to deal with physical maladies. Even there many the victim has been turned back on to increase the maimed and dying on the streets.

Our Lady of Lourdes Church north of Wellesley on Sherbourne, two blocks south of Bloor East offers a free foot clinic in the basement every Wednesday from 5:30 to 8:00 pm. Look it up. Maybe I will see you there. Mel

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Alternative-Free Foot Clinics in Toronto/GTA - No Waiting List

(Thanks to Anne Johnston Health Centre for providing most of this information)

Rexdale CHC

Service area: N to Steeles, S to Dixon, E to Humber, W 427
8 Taber Rd. Etobicoke - diabetic foot care, contact: 416 744-0066

Humber River Regional Hospital

Service area: N to Steeles, S to Wilson, E to Keele, W to Humber
409-2115 Finch Avenue W, contact: 416 604-2640

Toronto Rehab

Service area: anywhere in TO - must be referred by doctor.
130 Dunn Ave, contact: 416 597-3422

Queen West CHC

Service area: N to Bloor, S to Lakeshore, E to University, W to
Dovercourt
168 Bathurst Street, contact: 416 703-8482

Regent Park CHC

Service area: N to Gerrard, S to King, E to Don River, W to Sherbourne
465 Dundas Street East, contact: 416 203-4507

South Riverdale CHC

Service area: N to Mortimer, S to Lakeshore, E to Coxwell, W to DVP
955 Queen Street East, contact: 416 461-1925

Flemington CHC

Service area: N to Lawrence, S to O'Connor, E to Victoria Park, W to
Laird
10 Gateway Blvd, contact: 416 429-5153

North York General Hospital

Service area: N to Steeles, S to Lawrence, E to Victoria Park, W to Yonge
2 Buchan Court, - senior diabetic foot care only - contact: 416 756-6050 x 8093

East End CHC

Service area: N to St. Clair Avenue East, S to Lakeshore, E to Victoria Park, W to
Coxwell
710 Kingston Road, contact: 416 694-5622

Scarborough Hospital (Grace Division)

Service area: Scarborough must be referred by doctor
3030 Birchmount Road, Scarborough - contact: 416 495-2400 x 5037

West Hill CHC

Service area: N to 401, S to Lakeshore, E to Pickering, W to Markham Road
165 Galloway Road, Scarborough - contact: 416 281-8131

Wish List.

We have a fan on a stand about 3 feet high and we still have some bookshelves to give away. They are black, with a strip of wood coloured veneer at the front, about 6 feet tall, 3 feet wide, like IKEA shelves. You have to have a way to take them home because the Info Centre does not have a van. If you are a consumer/survivor and you are interested in these items, please call or email.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Events

Thursday, March 1st

Good Fats, Bad Fats. FREE. Naturopathic doctor Gabriella Chow discusses good and bad fats and how they affect your health. Don Mills Library, 888 Lawrence Ave East. Register in person or call 416 395-5710. 7:00 pm.

Two-Tone Thursdays: Jazz at the Bata Shoe Museum. PWYC/\$5.00 suggested. Marilyn Lerner & Band. 327 Bloor Street West. Info: 416 979-7799. 6:30 pm.

Felix Russo: Stereovision. FREE. Photography teacher and publisher of a magazine about stereovision gives an illustrated talk entitled The Junction in Stereo. Annette Street Library, 145 Annette Street. Info: 416 393-7692. 7:30 pm.



Embrace the Nordic Lifestyle: FREE. Torontonians are invited to show how they embrace the Nordic lifestyle for the chance to win a NordicTrack Elliptical Trainer valued at \$1,000.00. Best yodel or Yak call wins. Also free Gay Lea Nordica Single Serve Cottage Cheese. Yonge Dundas Square, south east corner of Yonge & Dundas. Info: www.gayleafoods.com. 11:30 – 2:00 pm.

COC: Richard Bradshaw Amphitheatre Piano Virtuoso Series - La Valse. FREE. Waltz from Faust, Chopin, Ravel. Ellen Annor-Adjei piano. Four Seasons Centre for the Performing Arts. 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.

Friday, March 2nd

West Scarborough Seniors: [55+] \$30.00 for March to September. Aquafit, recreation, swim, yoga, fitness, computers and more. 313 Pharmacy Ave. Info: 416 755-9215 x 237.



Saturday, March 3rd



Snowshoeing. \$6.36 per person. Join interpreters to learn a few things about the history of snowshoeing before trying it for yourself in this 100 hectare park. Humber Arboretum Nature Centre, 205 Humber College Blvd. Etobicoke. Info: 416 675-5009. 12:00 – 4:30 pm.

Old Spice Urban Rail Jam: FREE. Old Spice joins forces with Whistler to bring trucked in snow, a custom constructed rail and top pro snowboarders and skiers to create the ultimate show as they compete for the top prize. Yonge Dundas Square, south east corner of Yonge and Dundas. Info: www.experienceoldspice.ca. 3:30 – 8:30 pm.



Sunday, March 4th

Science on Sundays: Cultural Acceleration of the Biological Evolution of Behaviour.

FREE. Some behavioural propensities have a genetic basis; many can be overridden by cognitive agents. This ability to override combined with the human capacity for cultural transmission of new behaviours makes rapid evolution possible. J.J.R. Macleod Auditorium, Medical Sciences Building, U of T, 1 King's College Circle. Info: 416 977-2983. 3:00 pm.

Sunday Serenades: FREE. North Toronto Community Band performs at the Scarborough Civic Centre. 150 Borough Drive, [McCowan & Ellesmere] Info: 416 864-5551. 2:00 pm.

Ontario Music Centre Participant's Concert. FREE. Northern District Library, 40 Orchard View Blvd. Info: 416 421-0779. 2:00 pm.

Monday, March 5th

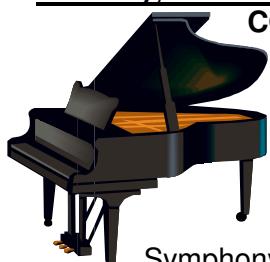
Popular Feminism Lectures. Feminist Bookstores, Radical Literacy. FREE. Anjula Gogia and Kristen Hogan in conversation with each other exploring the historic and ongoing work of feminist bookstores. Info: 416 923-6641 x 2204. Also, see the announcements section of the Bulletin. OISE, 252 Bloor Street West, Room 12-199. 7:30 pm.

York University Department of Music. FREE. Music at Midday: Ensemble Vivant. Catherine Wilson, piano/artist director; Sharon Prator, cello; Erica Beston, violin. Recital Hall, Accolade East, YU, 4700 Keele Street. Info: 416 736-5188. 12:30 pm.

NFB – Mediatheque. FREE. View films from the National Film Board's collection at the personal viewing stations. NFB, Mediatheque, 150 John Street. Info: 416 973-3012 or www.nfb.ca. Monday & Tuesday 1:00 pm – 7:00 pm, Wednesday 10:00 am – 7:00 pm, Thursday – Saturday 10:00 am – 10:00 pm, Sunday noon – 5:00 pm.

CBC Museum. FREE. A multi media museum in the Canadian Broadcasting Centre documents the history of Canadian broadcasting. Watch clips from shows such as Wayne and Shuster. CBC Building, 40 Front Street West. Info: 416 205-5574

Tuesday, March 6th



COC: Richard Bradshaw Amphitheatre Piano Virtuoso Series - La Valse. FREE. Waltz from Faust, Chopin, Ravel, Prokofiev. Philip Chiu piano. Four Seasons Centre for the Performing Arts. 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.

Wednesday, March 7th

COC: Richard Bradshaw Amphitheatre Chamber Music Series – Mixed Program. FREE. From brass fanfares to string quartets Chamber ensembles of the Toronto Symphony Youth Orchestra. Four Seasons Centre for the Performing Arts. 145 Queen Street West. Info: 416 363-8231. 5:30 pm.

A.J. Casson: Behind the Scenes: adults \$2.50. This exhibition will include 50 works highlighting Casson's painting, prints and sketches in addition to photographs, letters and documentation from private and personal collections. Peel Heritage Complex, 9 Wellington Street East, Brampton. Info: 905 791-4055. Ongoing to April 15th Monday to Friday 10:00 am to 4:30 pm. Saturday and Sunday 12:00 noon to 4:30 pm.

Locating Reliable Health Information. FREE. This workshop highlights locating reliable resources for researching health and wellness. Learn to use Virtual Reference Library, The Canadian Health Network, MEDLINEplus, and other databases subscribed to by the library. Toronto Reference Library, 789 Yonge Street. 416 395-5577. 1:00 – 3:00 pm.

Beyond Sherlock Holmes: The Golden Age of Detective Fiction. FREE. Staff from the Library's Arthur Conan Doyle Collection introduce some great early detective fiction writers. Runnymede Library, 2178 Bloor Street West. Info: 416 393-7697. 7:00 – 8:00 pm.

Thursday, March 8th

Brown Bag Poetry Reading. FREE. International Women's Day Poetry Reading by Ayanna Black who will reflect upon and share her personal experience as a feminist poet, anthologist and one of the founding members of CANBAIA (Canadian Artists Network – Black Artists in Action). She is one of the pioneering black women poets and was one of the founding members and editor of Tiger Lily journal, Canada's first magazine by Women of Colour. Info: 416 923-6641 x 2204. OISE, 252 Bloor St West, Room 12-199. Noon.

Transitions to Employment. FREE. Get help finding a job. Group sessions for clients who are unemployed or under employed. Get information on job loss cycle, basic labour market info, job search, applying for jobs, interviews and employment benefits. Sessions are held Monday through Thursday at 21 St. Clair Ave. East. Suite 203. Info: 416 395-8783. 9:00 am - 3:00 pm.



Friday, March 9th

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 pm.



Saturday, March 10th

International Women's Day March and Rally. Free. Raise Your Voice and Raise Minimum Wage. Rally at 11:00 am at OISE Auditorium 252 Bloor Street West (St. George subway station). March 1:00 to the IWD Fair at Ryerson, 55 Gould Street. The fair runs from 3:00 pm to 5:00 and has over 50 exhibitors. Info: www.iwdtoronto.com or 416 969-8463.



Sugarbush Maple Syrup Festival. Adults \$7.00. All day pancakes, free sap samples, horse drawn wagon rides woodcarvers and guided nature hikes. Kortright Centre for Conservation, 9550 Pine Valley Drive, Vaughan. Info: 905 832-2289. Weekends 9:00 am - 5:00 pm.

Sunday, March 11th

Sunday Serenades: FREE All Star Big Band performs at the Scarborough Civic Centre. 150 Borough Drive, [McCowan & Ellesmere] Info: 416 864-5551. 2:00 pm.

Monday, March 12th

Public Speaking and Leadership Skills. FREE. Development by WCB Toastmasters. Watch or participate in meetings every week excluding holidays. The "Y" Building, 42 Charles Street East, 4th Floor, Conference Room, Info: 416 727-4946. 5:30 to 7:30 pm.



Tuesday, March 13th

Digging for Historical Fiction. FREE. Discover new authors and learn how to use the library's online database. Hands-on group session. North York Central Library, 5120 Yonge Street, 416 395-5535. 2:00 – 3:00 pm.

Wednesday, March 14th

Seniors Lunch: \$5.50/per person. North Toronto Memorial Community Centre, 200 Eglinton Avenue West. Info: 416 481-6411. 12:00 noon.

Thursday, March 15th

How to Prepare your Personal Income Tax Return. FREE. A Canada Revenue Agency representative provides information and tips on how to prepare your 2006 personal income tax form. Learn about T4's and T5's and tax credits you can claim. This is an information session only. North York Central Library, 5120 Yonge Street. Info: 416 395-5535. 6:30 – 8:00 pm.

Surfing Seniors Drop-in. FREE. Have you taken one of the Internet sessions but feel that you need more help? Come meet other seniors who are exploring the World Wide Web. No registration required. Toronto Reference Library, 789 Yonge Street. Info: 416 395-5577. 10:00 – 12:00 noon.

Announcements

Exploring Empowerment and Recovery

March 1, 2007 9:00 am – 1:00 pm

George Brown College is holding its 8th annual Mental Health conference. This year's theme is "**Exploring Empowerment and Recovery**". The keynote speaker is Dr. Dan Fisher, the well-known survivor activist and critical psychiatrist. He is the co-founder of the National Empowerment Center, the co-author of the PACE model of recovery, and a recent member of the (American) President's New Freedom Commission on Mental Health (known for its controversial but recovery-friendly report). Date and time is **Thursday, March 1, 2007, 9:00 am – 1:00 pm**. The location is George Brown College, St. James Campus, Centre for Financial Services Education, 290 Adelaide Street East, Room 406, Toronto, ON. The price includes breakfast - \$50 or \$15 (for consumers/survivors). (Note: +GST). See the website link below for registration info.

<http://www.georgebrown.ca/mental-health-conference/index.aspx>

For more information, contact 416 415-5000 x 4141 or wmhd@georgebrown.ca.



Centre for Women's Studies in Education

Ontario Institute for Studies in Education ~ University of Toronto

Popular Feminism Lecture Series All are welcome. Admission to all lectures and art installations is free.

Mon Mar 5 2007, 7:30 pm, OISE 12-199 Feminist Bookstores, Radical Literacy In conversation with each other, **Anju Gogia**, former manager of the Toronto Women's Bookstore for ten years, and **Kristen Hogan**, feminist bookstores historian and current manager of the Toronto Women's Bookstore, explore the historic and ongoing work of feminist bookstores. They will take up key points in the history of the 33-year-old Toronto Women's Bookstore and put these moments in the context of a transnational feminist bookstore movement. Gogia and Hogan will discuss the space of TWB as a part of key changes in Toronto's feminist

movement, how feminist bookstores have gotten and kept women's books in print, the development of TWB's identity as a women of colour-centered feminist space, the projects of feminist bookstores internationally, the political activism of TWB, and the future for feminist bookstores as significant spaces for activism, women's words, scholarship, and public education.

The Advisory Board of Central Link is looking for New External Community Board Members. If you are interested in becoming a board member please call Paula at the Central Link Clinic at 416 535-8501 x 7670.

**Mood Disorders Association of Ontario
Distinguished Speakers Series Presents:**

Topic: It's All Relative: A Panel Discussion with Families about Mood Disorders and Psychosis
Starring: Pamela and Blair Kinsman, and a variety of family members.

When: March 7, 2007, 7:00 - 9:00 pm
Free Admission, All are welcome

40 Orchard View Blvd, Room 200 Toronto ON M4R 1B9
Info: 416 486-8046 x 300

**Turning Urban Fortunes Around
Thursday March 8, 7:30 - 9:30 pm**

A free public discussion St. Lawrence Centre Forum
27 Front Street East, 2 blocks east of Union Station

Who delivers what public services and how they are paid for is one of Canada's enduring political problems. With one election behind us and two more still on the way, we have a rare opportunity to discuss visions for the GTA region. Mayors across the GTA say they don't have the resources they need to deliver roads, sewers, garbage, parks and water in addition to downloaded services like social assistance and affordable housing. Ontario has given Toronto some new taxing options: are they enough and should they be extended to others? Has the time come for the GST to morph into a municipal sales tax? What services should cities continue to provide? What is the federal and provincial vision for cities and how are they moving forward?

Panel, Confirmed:

The Hon. John Gerretsen: Ontario Minister of Municipal Affairs and Housing
Mayor David Miller: City of Toronto
Mayor Susan Fennell: City of Brampton

Invited: The Hon. Rona Ambrose: Federal Minister of Intergovernmental Affairs.
(If neither she nor her designate or able to attend, an open invitation will be issued to the GTA caucus)

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Info: Carolyn Langdon, STLC Forum, 416 366-1656 x 274 <http://forum.stlc.com>

Upcoming Forums: Precarious Employment. Tues. March 20, 7:30 - 9:30 pm

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The **Complementary and Alternative Mental Health Care** workshop on March 7<sup>th</sup> from 12:30 to 4:00 with Dr. Hung Fat (Ted) Lo still has some spaces available, including the subsidized consumer spaces. See the last Bulletin for more information and a registration form or call Elizabeth O'Malley at 416 482-4103 x 315. Hosted by the Alliance for Education in Community Mental Health.

Registration extended to March 2<sup>nd</sup>.

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## Job Postings

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### Short Term Contract 2-3 months **Evaluation of Community-Based Mental Health Program**

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*Street Health* is seeking proposals from individuals to evaluate its mental health program.

Evaluation activities could include, but are not restricted to:

- Meet with staff and Executive Director
- Create evaluation design in consultation with staff and ED
- Coordinate and conduct one on one interviews with program participants
- Coordinate and conduct focus groups (2-3) with (same) program participants
- Conduct analysis of interviews and focus groups and write short report based on the results
- Follow up meeting with staff and ED

Attributes of the successful candidate(s) include: experience with group facilitation, an understanding and/or direct experience with the mental health system as well as homelessness, and computer skills. Demonstrated ability to examine the Ontario mental health system from a social justice perspective.

Preference will be given to two evaluators working together throughout the contract, thus applicants are encouraged to apply in pairs.

Compensation: \$3000-3500

Time Frame: Approximately 100 hours over 2-3 months

Applications should e-mail a covering letter and resume to Laura Cowan [laura@streethealth.ca](mailto:laura@streethealth.ca) or mail to 338 Dundas Street East, Toronto ON M5A 2A1 by March 16, 2007.

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To **subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net). The Bulletin is published twice a month on the 1<sup>st</sup> and 15<sup>th</sup>. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at [www.crct.org](http://www.crct.org). Both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the internet. Helen Hook, C/S Info



Houselink Community Homes, a non-profit organization providing supportive housing to people who live with serious mental illness, is seeking to fill these positions.

## **Supportive Housing Workers** ***Full-time, Permanent***

### **Duties and Responsibilities:**

- Support and informal counselling
- Liaising with other mental health service providers
- Community development, group facilitation and conflict mediation
- Function as landlord's agent and ensure safety and security of buildings and occupants

### **Qualifications and Experience:**

- Experience working with marginalized women and men facing mental health issues
- Work experience in the areas of housing, and/or mental health
- Relevant education in social services, community development or a related field
- Excellent written and verbal communications skills
- Working experience in criminal justice, addictions and harm reduction
- Commitment to anti-oppression and working in a recovery framework

Starting salary is \$42,425 per annum with a benefit package.

**For more information about this position, see the complete job description at:**  
**[www.houselink.on.ca/careers](http://www.houselink.on.ca/careers)**

**No phone calls please.** Only those selected for an interview will be contacted.

Please mail cover letter and resume, Quoting File # SHW222 by March 5, 2007 to:  
Hiring Committee  
Houselink Community Homes  
805 Bloor Street West  
Toronto, ON  
M6G 1L8

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



## **PEER RECOVERY FACILITATOR (Revised) Mood and Anxiety Program**

### **Position Description:**

The Mood and Anxiety Program is currently seeking to enhance the services of the inpatient unit and the day treatment program with the addition of a Peer Recovery Facilitator. This program provides care for clients with serious and persistent mood and anxiety disorders using both group programming and individual support to help clients strengthen coping strategies and reduce the risk of relapse. The Peer Recovery Facilitator will work in partnership with the multidisciplinary team to facilitate and support clients in their recovery process. Drawing from your lived experience of mental health and/or addiction challenges you will facilitate clients in their determination of their own unique goals and objectives. You will also be responsible for linking clients to community supports, liaising with community providers, advocacy and participating in the education of clients and their families and mental health providers both within and outside the Centre. Reporting to the Manager of the Mood and Anxiety Program you will be expected to contribute to program development, research and educational activities of the service. This position is located at 1001 Queen Street West.

### **Qualifications:**

The successful candidate will have lived experience of mental health and/or addictions challenges and have a strong understanding of the psychiatric consumer/survivor community and its' history in Ontario. You will have a minimum of 6 months of experience supporting/connecting with mood and anxiety clients, an advanced understanding of principles of self-care and self-determination, and communication skills that inspire hope and self-empowerment. You possess strong organizational and interpersonal skills. The ability to work effectively as a team member in a dynamic and a fast-paced multidisciplinary environment is essential. You will provide services reflective of the needs of the clients and their families resulting in some evening and/or weekend hours as part of your routine. You possess demonstrated knowledge in the areas of group work, community linkages and advocacy. Familiarity with MS word, the internet and email are required. Experience working with clients, staff, and organizations of diverse ethnoracial backgrounds are required. Bilingualism is considered an asset.

**Please note:** This part-time position is part of the OPSEU Bargaining Unit.

**Salary range:** \$16.25 - \$20.04 per hour

### **Please forward your resume to:**

Human Resources  
Centre for Addiction and Mental Health

1001 Queen Street West  
Toronto, Ontario  
M6J 1H4

Fax: (416) 583-4316

Email: [jobs@camh.net](mailto:jobs@camh.net)

**Please remember to include the file number when applying**

**Posting Date: February 19, 2007.**

**Closing Date: March 9, 2007.**

**File Number: 06323**