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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.***

**August 1, 2007**  
Bulletin 351

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday

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## **Helen Talks Tough**

I've done more than my share of hiring in this position, with 2 maternity leaves to fill and most recently, hiring Deb as permanent Assistant Coordinator. I've seen the good, the bad and the ugly and I'd like to give a few tips about applying for work to anyone who'll listen.

1. There has to be a cover letter: If you send in a resume without telling me what you are applying for, why you want the job and why you think you'd be an excellent candidate for it, you are not selling yourself, and believe me, others are.
2. Check over what you are sending: I received a package with 2 cover letters, the first draft with the person's (or someone else's) corrections and suggestions, and the good copy.
3. Send a few pages, not a book: Put in what's relevant to the position you are applying for. I don't need to know about a job you had decades ago if it isn't relevant to the job you are applying for. I do not need copies of your degrees, or certificates of achievement for cooking or public speaking classes you took.
4. Keep some mystery: Applying for a job in a Consumer/Survivor Initiative is a breath of fresh air in that you don't have to hide your history. That doesn't mean, however, that in your cover letter, I need to know about every breakdown you've ever had and why it happened. You are here to sell yourself as a good candidate for the position; that means some disclosure and some how I got through it, how I'm coping now, how I can help others, etc.

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## Helen Talks Tough (cont'd.)

5. Be an adult: If you are grown up enough to be applying for a job, don't get your mother or father to call me or to email your resume. I don't know if you are simply out of touch for a bit, or if your parents are more interested in having you find a job than you are.
6. Think about the kind of job you are applying for: If the position is writing and making a newsletter look good, you cannot send in a resume covered with tape and you have to be meticulous in proofreading all of it - I got a really good resume and cover letter sent by email, and the email cover sheet had 3 errors in it.
7. Find coping strategies for your nervousness: If you get an interview and you know that names are difficult for you, find other ways around it, so you don't get off on the wrong foot by calling the person the wrong thing. Try saying your own name, "Hi, I'm Beth" or "I'm the 2 o'clock interview". Even writing the name on a piece of paper or on your hand and checking it is better than flubbing it at the door. You sound forgetful, incompetent or so anxious that you couldn't possibly deal with a job.
8. Seem interested / do your research: How many times have you heard this at a job search workshop? I interviewed someone who knew she was applying for a position in which doing a newsletter was a big part of the responsibilities, and she didn't bring any copies of the newsletter she had previously worked on.
9. Remember how Tom Hanks said, "There's no crying in baseball" in the movie *A League of Their Own*? Well, there's no white-out in the world of resumes and job applications. None. Not even a little bit. No excuses. There's also one place and one place only for pen, and that's your signature on the cover letter. No matter how busy you are, don't scribble out the job you last applied for and write in the next job title. You are wasting time and paper. No one will look at this type of resume. If you are a person without a computer, there are lots of places to get help with having a good-looking resume, including the Toronto Public Library and Employment Resource Centres funded by the Canadian Government. If you want to hand write it for political reasons, and to make a statement, then hand write the whole thing. That's a different story than scribbling out something.

Good luck with the job search!



## Wish List

We have received two glucometers for testing blood sugar levels (glucose strips not included). If you are interested in having one of the meters, please contact the centre. Also, someone has a futon with a frame and a dark green cover with trains on it to give away to someone who can come and get it from the East York area. Call the centre.

If you have something to donate for 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](mailto:csinfo@camh.net).

## Announcements

Inclusion of an announcement is not an endorsement of the views of any organization or individual.

### 'CULTURALLY COMPETENT HEALTHCARE' MOUNT SINAI HOSPITAL

Are you an individual with mental health and/or addiction challenges?

If so, we want to hear from YOU!

Please come join our FOCUS GROUP to discuss this very important question:

WHAT ARE THE SKILLS, KNOWLEDGE AND ATTITUDES THAT HEALTH CARE PROVIDERS AT A HOSPITAL SHOULD HAVE IN ORDER TO BEST SERVE MEMBERS OF YOUR COMMUNITY?

Wednesday, August 8<sup>th</sup>, 2007 at 2:30 pm to 3:30 pm  
Centre for Addiction and Mental Health  
1001 Queen Street West, Main Administration Building

Training Rooms A & B, Main Floor

\*\*Light refreshments will be served\*\*

\*\*TTC and childcare costs will be reimbursed\*\*

For additional information, please contact Dwain Dollard at 416 586-4800 x 3258 or [ddollard@mtsinai.on.ca](mailto:ddollard@mtsinai.on.ca)

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### POETRY AND SHORT READING 'EXTRAVAGANZA'

Friday, August 17<sup>th</sup>, 2007 at 6:00 pm at PARC

Share your original works of poetry and short prose at this Mad Pride event, sponsored by Project Parkdale Read and PARC. Registration is necessary; call Hume Cronyn at 416 537-2591 on Thursdays and Fridays, or email [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com), Topic: PRE 07.



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### PSYCHIATRIC SURVIVOR PRIDE WEEKEND

Keep September 28<sup>th</sup> and 29<sup>th</sup> open! Look for more details in upcoming issues of the Bulletin.



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### CRACKING UP

CBC Passionate Eye Documentary  
on Using Comedy to Fight Mental Illness

Rescheduled to August 30<sup>th</sup>, 2007 at 9:00 pm on CBC's Doc Zone



Cracking Up is a life-affirming documentary about people with mental illness who embark on a quirky

quest to become stand up comics. The film follows 11 courageous people living with schizophrenia, obsessive compulsive disorder and manic depression as they pursue a year of stand-up comedy. Part fun and part therapy, the course 'Stand Up for Mental Health' is the brainchild of counselor and stand-up comedian, David Granirer. For more information visit [www.standupformentalhealth.com](http://www.standupformentalhealth.com) or [www.cbc.ca/doczone](http://www.cbc.ca/doczone).

**THE EDMOND PLACE FUNDRAISING BOAT CRUISE**  
**PARKDALE ACTIVITY - RECREATION CENTRE INVITES YOU ABOARD**  
**HARLEQUIN CRUISES 'RIVER GAMBLER'**  
**Wednesday, August 15<sup>th</sup>, 2007**  
**Boarding 5:30 pm SHARP, Returning 11:00 pm,**  
**Location: Pier 29, 261 Queens Quay East at Parliament Street**



Includes: 5 Hour Cruise, Buffet Dinner, DJ and Live Music. Tickets are \$75.00 each, or buy a booklet of 10 tickets for \$675.00. For more information call 416 537-2262 extension 194 or 242, or email [edmondplace@parc.on.ca](mailto:edmondplace@parc.on.ca)

*Be a champion of supportive housing. Your \$75.00 will help 29 people move into better housing!*

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## 13th Annual DON RIVER RUN FOR RECOVERY

**Sunday, August 26, 2007, 10:00 am**  
**CAMH, Brentcliffe Road Site, 175 Brentcliffe Road (Laird and Brentcliffe)**  
**RUN.....WALK.....VOLUNTEER.....HAVE FUN!**



The 13<sup>th</sup> Annual Don River Run for Recovery is a 10 kilometer run and 5 kilometer run or fun walk which will be held on Sunday, August 26, 2007 at 10:00 am. It caters to a range of participants: those who are interested in serious competition, those who are interested in fitness, those who are interested in good fun, and those who are interested in helping people. The run will be focussed on creating a fun-filled day for participants, with food, draw prizes and entertainment, while at the same time promoting public awareness about addiction and mental health issues which affect about one in four Canadians. All proceeds from the event will be directed towards making wellness-related activities more accessible to CAMH clients.

Your can win a free registration into the Don River Run for Recovery by telling your story about how exercise has helped you to deal with mental health or addiction issues. For further details about free registration, contact [john\\_malcolm@camh.net](mailto:john_malcolm@camh.net).

For paid registration, go to a Running Room location, visit [www.runningroom.com](http://www.runningroom.com), or visit [www.camh.net](http://www.camh.net) and click on Don River Run for Recovery under Events.

Want to participate but feeling a little out of shape? There is still time to 'warm up' before the event. The Toronto Public Library's Pedometer Lending Program may be able to help you take those first few

steps to fitness. See Page 6 of this issue for further details about the Program. You can do it!



## KNOWLEDGE IS POWER

### **SELF TALK**



Self-talk is what we say to ourselves inside our own minds, the inner dialogue that's based on conditioned ways of thinking about ourselves and the world around us, the automatic and often unconscious 'mind chatter' we all experience. Our whole way of being, acting and feeling is influenced by the nature and content of our self-talk.

Self-talk can be positive or negative, kind or critical. All too often, it takes the form of a small but persistent voice inside our heads that puts us down and causes us to doubt ourselves. Patterns of negative self-talk can start early in life in response to damaging experiences or repeated criticisms from others that erode our sense of self worth. Our self-talk 'style' then becomes an echo of what we take away from these early experiences, only to be reinforced in later life by an imperfect world. As psychiatric consumer/survivors, we may also have to contend with the unjust burden of stigma; sometimes, we learn to accept the messages we see, hear and feel, and gradually the stigma becomes internalized as part of our identity and our negative self-talk. Many of us have had to live through things that are outside the realm of 'normal' human experience, or have been subjected to the cutting cruelties of those who seem to find power and pleasure in seeing others diminished. All these things may serve to feed and strengthen a pattern of negative self-talk that can be both demoralizing and debilitating. But negative self-talk is a learned behaviour, and that means it can be 'unlearned' and changed. We can choose to replace it with a positive and supportive inner voice that comforts us, builds our self esteem and empowers us.

### **BEGINNING TO DEVELOP THE POSITIVE SELF-TALK HABIT**

Like any form of personal change, developing a habit of positive self-talk takes time, work, determination, and perhaps a little guidance along the way. It would take more than this space to fully explore the idea of self-talk, and to share all the guidelines and suggestions for change that are available. This isn't intended to be the full or final word on the subject; it is meant to help create awareness, which is always the first ingredient for change. It's a start.

- **Notice Your Patterns:** Many people are not even aware they are talking critically to themselves. Negative self-talk can become so automatic and happen so quickly that the thoughts don't even really register consciously. To begin to change negative into supportive self-talk, you have to catch it, identify it and challenge it.
- **Catch Yourself:** For a week or so, just listen to and try to catch your self-talk. Don't try to change it, and please don't judge yourself for it. Just listen and write down what you 'hear', like a curious observer. Keep some paper available to help you in the process, and when you 'hear' a piece of negative self-talk, write it down. Pretty soon, some themes or a pattern in your self-talk will start to become clear.
- **Challenge Your Self-Talk:** Once you begin to be aware of the negative things you are saying to yourself, you can start to challenge the self-talk as it comes up. When you hear yourself say something critical or unkind to yourself, try to stop it. Say "STOP" in your head, visualize a red stop light or stop sign, or wear a rubber band around your wrist and snap it when you hear a piece of negative self-talk. Then challenge the thought by asking yourself if it is the truth, the real truth. Most of the time, negative self-talk simply isn't true. Question the validity of your self-talk until it begins to lose its power and fade away.

- **Change Your Self-Talk:** As your awareness and your ability to interrupt the negative self-talk develops, you will be in a position to start replacing it with more positive statements. If those negative comments aren't true, what is the truth? If you have one of those inner voices that likes to say, "You're such an idiot!", that's not the truth. Nip that thought in the bud, and decide on a positive and more realistic statement that you will use in its place. Write it down, tape it to your mirror, say it over and over again until it starts to take hold.

## SELF-TALK (cont'd.)

Changing a manner of thinking that has become habitual can be a real struggle, but it is worth the effort. The cycle of negative self-talk that limits potential and chips away at self-esteem may have started outside of us, but it ends within. It ends with us. We must recognize and focus on our strengths, comfort ourselves when things go wrong, congratulate ourselves for accomplishments big and small, take pride in our courage. We can learn to speak to ourselves with all the compassion and respect we deserve, and it's never too late to start.

(Adapted from S. Zimmer/E. Scott/J.E. Pearson)



## Did You Know About...



**The Toronto Disaster Relief Committee (TDRC) Monthly Homeless Vigil.** Gather on the second Tuesday of every month to remember all those who have lived on the streets of Toronto and died as a direct result of homelessness. There are over 500 names of men, women and children on Toronto's Homeless Memorial. Join the vigil to remember those who have lost their lives, and to call on governments in Canada to end homelessness. All vigils are followed by a free lunch (donations are welcome) sponsored by Holy Trinity volunteers. Church of the Holy Trinity, 10 Trinity Square (behind the Eaton Centre). Second Tuesday of the month at 12:00 noon. For more information call TDRC at 416 599-8372.



**The Pedometer Lending Program** at the Toronto Public Library. Walking can be an easy way to exercise for many people. 10,000 steps a day will increase your physical fitness level and overall health. The Library can help you on your path to fitness. Visit one of the branches listed below, borrow a pedometer and learn to count the steps to a healthier you. An information package with walking guidelines, a calendar to track progress, a physical activity sheet and other information on walking trails and suggested books to read are all part of the package. For more information, contact one of the participating branches, the Toronto Public Library Answerline at 416 393-7131, or Toronto Public Health at 416 338-7600.

Albion  
Maria A. Shchuka  
Flemington Park  
Weston

Malvern  
Cedarbrae  
North York Central  
Lillian H. Smith

Bridlewood  
Morningside  
Kennedy/Eglinton  
York Woods

Thanks so much for the positive feedback on F.Y.I. We value your opinions and suggestions, and hope you'll keep them coming! - Deb



**What do we **live** for,  
if it is not to make **life**  
less difficult for each other?**

-George Eliot

## Free & Low Cost Activities

### **WEDNESDAY, AUGUST 1**

City of Toronto Fresh Wednesdays. Farmers' Market and live entertainment. FREE. Today: reggae by I.AN.EYE. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon to 2:00 pm. For more information call 416 395-0490.

Summer Serenades at Yonge-Dundas Square: Emilie-Claire Barlow. FREE. This Juno Award nominee has been called "the next big thing in jazz". 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Art Gallery of Ontario. FREE. Applies to permanent collections only, including the Henry Moore Sculpture Centre, In Your Face, and Swing Space displays. 317 Dundas Street West near University Avenue. 6:00 pm to 9:00 pm. For more information call 416 979-6648.

Hump Day Bump. No cover charge. Dance at The Gladstone Hotel's neighbourhood queer night with DJ'd music. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635.

### **THURSDAY, AUGUST 2**

Summer Music in the Garden: Garden Grounds. FREE. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 974-3000.

City of Toronto Tasty Thursdays: Selasee. FREE. Featuring reggae music with a mix of English and West African lyrics. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 pm to 2:00 pm. For more information call 416 395-0490.

### **FRIDAY, AUGUST 3**

World Routes 2007: Island Soul Festival. FREE. Savour Caribbean cuisine, enjoy the sounds of reggae, calypso, soca and salsa, or check out the Latin urban dance and culture showcase and the history of Jamaican and Caribbean dance. The Festival continues through Sunday, August 6<sup>th</sup> at Harbourfront Centre, 235 Queens Quay West. For more information and event times, call 416 973-4000 or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com)

Movies Under the Stars at Downsview Park. FREE movies and FREE food. Tonight's feature: *Happily N' Ever After*. Downsview Park, 35 Carl Hall Road (corner of Keele Street and Sheppard Avenue). 8:00 pm, rain or shine. For more information call 416 482-0973 or email [info@ezrock.com](mailto:info@ezrock.com)

Ballet in the Park. FREE. Ballet Jorgen Canada presents The Emperor's New Clothes and Cinderella. Earl Bales Park, 4169 Bathurst Street south of Sheppard Avenue West. Performances continue through Sunday, August 7<sup>th</sup> at 4:00 pm, 6:00 pm and 7:30 pm. For more information call Earl Bales Community Centre at 416 395-7673, Ballet Jorgen at 416 961-4725, or email [info@balletjorgen.ca](mailto:info@balletjorgen.ca)

### **SATURDAY, AUGUST 4**

Irie Music Festival. FREE. Now in its sixth year, this popular cultural extravaganza features a variety of activities and music performances in Nathan Phillips Square and Queen's Park. Events are scheduled in Nathan Phillips Square on August 4<sup>th</sup> from 6:30 pm to 10:30 pm and on August 5<sup>th</sup> from 2:00 pm to 7:00 pm; the festivities in Queen's Park run from 4:00 pm to 10:00 pm on August 5<sup>th</sup> and from 3:00 pm to 9:00 pm on August 6<sup>th</sup>. A new addition to the Festival

this year is Tastes of the Tropics: a celebration of food from tropical countries around the globe. Enjoy sample size portions from some of Toronto's top ethnic food restaurants, and learn how to make some of the dishes at home. Tastes of the Tropics takes place at Queen's Park on August 5<sup>th</sup> and 6<sup>th</sup>. For information call 416 870-8000 or visit [www.iriemusicfestival.com](http://www.iriemusicfestival.com).

Caribana 2007 Parade. FREE. A 3.6 kilometer street party moves along Lakeshore Boulevard to Sunnyside, showcasing an amazing display of colours and pageantry as the Caribana Festival celebrates its 40<sup>th</sup> Anniversary. Parade starts at Exhibition Place at 10:00 am; viewing along Lakeshore Boulevard is free. For more information on this and other Caribana events, visit [www.caribanafestival.com](http://www.caribanafestival.com)

Arts at the Heart. Artisan Market running in conjunction with the Turkish Bazaar. FREE. Yonge-Dundas Square. 10:30 am to 9:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

### **SUNDAY, AUGUST 5**

Arts at the Heart. Artisan Market running in conjunction with the Turkish Bazaar continues. FREE. Yonge-Dundas Square. 12:00 noon to 7:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

### **MONDAY, AUGUST 6**

Simcoe Day at Gibson House. FREE. Costumed guides will welcome you to this 1851 farm house where you can enjoy tastes of home-made ice cream, children's activities, and samples of 19<sup>th</sup> century cookery in the historic kitchen. 12:00 noon to 5:00 pm. Gibson House Museum, 5172 Yonge Street (at Park Home Avenue between Sheppard and Finch Avenues). For more information call 416 395-7432 or email [gibsonhouse@toronto.ca](mailto:gibsonhouse@toronto.ca)

Tour of Osgoode Hall. FREE. Visit one of the oldest buildings in Toronto and the hub of all legal life in Ontario. Highlights include heritage courtrooms, the Great Library and Convocation Hall, a Romanesque space housing ten beautiful stained glass windows tracing the development of law from ancient times. Osgoode Hall, 130 Queen Street West at University Avenue. 1:15 pm. For more information call 416 947-3315.

### **TUESDAY, AUGUST 7**

Outdoor Movies at Yonge-Dundas Square. FREE. Tonight's futuristic feature: *Gattaca*. Outer space in an outdoor place! 9:00 pm to 11:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

The Gardens of Casa Loma: Garden Access Days. FREE. Visit the fabulous gardens of Casa Loma from 4:00 pm until dusk. Casa Loma, 1 Austin Terrace (Spadina and Davenport Roads). For more information call 416 923-1171.

The Parkdale Revolutionary Orchestra: Chamber Ensemble in Concert. Pay What You Can; \$5.00 suggested. Original material and edgy reworkings. 9:30 pm. Mitzi's Sister, 1554 Queen Street West. For more information call 647 435-9068.

### **WEDNESDAY, AUGUST 8**

ROMWalk 2007: Cabbagetown. FREE. Highlights of the walk include Victorian houses, former Trinity College Medical School, Riverdale Park, The Necropolis, and Wellesley Park. Meet at 6:00 pm at Parliament and Spruce Streets. Look for the blue umbrella. For more information call 416 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

Summer Serenades at Yonge-Dundas Square: Elizabeth Shepherd Trio. FREE. A unique blend of jazz-funk, soul, blues and samba, added to the fundamentals of jazz. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

City of Toronto Fresh Wednesdays. Farmers' Market and live entertainment. FREE. Today's feature: Americana string music by The Creaking Tree String Quartet. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon to 2:00 pm. For more information call 416 395-0490.

Twilights Concerts-in-the-Park. FREE. Applewood Homestead, 450 The West Mall, Etobicoke. For more information call 416 622-4124.

### **THURSDAY, AUGUST 9**

City of Toronto Tasty Thursdays: The Weber Brothers. FREE. Featuring original rock inspired by The Band, Bob Dylan, Ronnie Hawkins, and many more. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon to 2:00 pm. For more information call 416 974-3000.

Summer Music in the Garden: Biber RePass. FREE. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 974-3000.

#### **FRIDAY, AUGUST 10**

Taste of the Danforth Festival. FREE. This annual Street Festival in the heart of Toronto's Greektown features mouth-watering food, live entertainment and an array of activities. One of Toronto's best multicultural events, the Festival runs Friday from 7:00 pm to 11:00 pm, Saturday from 2:00 pm to 11:00 pm, and Sunday from 2:00 pm to 8:00 pm. Danforth Avenue, between Donlands Avenue to the east and Broadview Avenue to the west. For more information and a complete listing of events, visit [www.toronto.com/tasteofthedanforth/entertainment](http://www.toronto.com/tasteofthedanforth/entertainment).

World Routes 2007: Hot and Spicy Food Festival. FREE. Local, international and celebrity chefs dish up spicy cuisine. Workshops, panel discussions and tutored tastings, along with a Hot and Spicy Iron Chef Competition and an array of music and dance performances. The Festival continues through Sunday, August 13<sup>th</sup> at Harbourfront Centre, 235 Queens Quay West. For more information and event times, call 416 973-4000 or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com)

Historical Walking Tours of University of Toronto's St. George Campus. FREE. Departures at 10:30 am, 1:00 pm and 2:30 pm from the Nona Macdonald Visitors Centre, 25 King's College Circle. For more information call 416 978-5000.

Movies Under the Stars at Downsview Park. FREE movies and FREE food. Tonight's feature flick: *Spiderman 3*. Downsview Park, 35 Carl Hall Road (corner of Keele Street and Sheppard Avenue). 8:00 pm, rain or shine. For more information call 416 482-0973 or email [info@ezrock.com](mailto:info@ezrock.com)

#### **SATURDAY, AUGUST 11**

COLOURblind Art Exhibition. FREE. Featuring works by up-and-coming African-Canadian artists from the GTA and surrounding areas. Blue Dot Gallery, The Distillery, 55 Mill Street, Building 47, Suite 101. 10:00 am to 8:00 pm. For more information call 905 201-2836 or visit [www.colour-blind.ca](http://www.colour-blind.ca)

#### **SUNDAY, AUGUST 12**

ROMwalk 2007: Entertainment District. FREE. Highlights of the walk include St. Andrew's Church, Roy Thomson Hall, Royal Alexandra Theatre, Princess of Wales Theatre, Convention Centre, Rogers Centre (SkyDome) and the CN Tower. Meet at 2:00 pm at King and Simcoe Streets. Look for the blue umbrella. For more information call 415 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

St. James Cathedral Summer Sundays: Summer Delights II. FREE. The Mahon Sisters: trios for a summer afternoon. 4:00 pm. 65 Church Street. For more information call 416 364-7865 x 224.

In the Footsteps of the Black Victorians Part II: A Walking Tour. FREE. Heritage Toronto and Mackenzie House continue the exploration of Toronto's black heritage with another walking tour. Learn about the members of the black community in the neighbourhood that surrounded Mackenzie House – their lives, businesses, pastimes, tribulations, and achievements. Begins and concludes at Mackenzie House, 82 Bond Street, at Yonge and Dundas. Walk length: 2 hours; level of difficulty: easy. 1:30 pm to 3:30 pm. For more information call 416 392-6915 or email [machouse@toronto.ca](mailto:machouse@toronto.ca)

#### **MONDAY, AUGUST 13**

The Gardens of Casa Loma: Garden Access Days. FREE. See the fabulous gardens of Casa Loma from 9:30 am to 4:00 pm. Casa Loma, 1 Austin Terrace (Spadina and Davenport Roads). For more information call Lou Seiler at 416 923-1171.

#### **TUESDAY, AUGUST 14**

Toronto Disaster Relief Committee (TDRC) Homeless Memorial. Lunch provided; donations welcome. Church of The Holy Trinity, 10 Trinity Circle (behind the Eaton Centre). 12:15 pm outside the south doors of the Church. For more details about the Homeless Memorial, see page 6 of this issue.

**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. The next issue will be out at the end of September. 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 & Debora, C/S Info

**The C/S Info Centre's Annual General Meeting will be held on October 3, 2007.**

Please mark the date and stay tuned for further details. It's free to become a member of the Consumer/Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

## **General Membership Application**

### **Consumer/Survivor Information Resource Centre**

### **of Toronto**

**If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing**

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system;
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community;
3. To provide information outreach services to consumer/survivors in the community;
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services;
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps;
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member from the Greater Toronto Area only (consumer/survivor)  
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature\_\_\_\_\_

Date\_\_\_\_\_

Name (please print)\_\_\_\_\_

Organization (optional, if applicable)\_\_\_\_\_



Address \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.

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