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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.*

September 01, 2007

Bulletin 353

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

**The Consumer/Survivor Information Resource Centre
of Toronto Cordially Invites You Back to Where
Our Service Began 15 Years Ago...**



at PARC, 1499 Queen Street West

Wednesday October 3, 2007

5:30 for Food & Mingling

6:30 Meeting & Keynote Speaker

PAT CAPPONI

Switching Our Focus:

Making Community a Viable Alternative

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Announcements

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

PSYCHIATRIC SURVIVOR PRIDE WEEKEND



The MAD PRIDE Organizing Committee, supported by the Friendly Spike Theatre Band, Parkdale Legal Community Services, Parkdale Activity - Recreation Centre, Sound Times Support Services and Houselink Community Homes, presents:

- FRIDAY, SEPTEMBER 28TH
- SATURDAY, SEPTEMBER 29TH
- SATURDAY, SEPTEMBER 29TH
- SUNDAY, SEPTEMBER 30TH

'Now, Who's Crazy Now!', A One-Woman Show About Recovery by Elly Litvak. 6:00 pm to 8:00 pm, Parkdale Library Auditorium, 1303 Queen Street West. Seating is first come, first served. Reservations accepted.

Psychiatric Survivor Day: An Arts and Education Festival.

11:00 am to 4:00 pm at Parkdale Library Auditorium, 1303 Queen Street West.

11:00 am: Opening and Awards Ceremony
11:30 am: Presentation by Erick Fabris on Community Treatment Orders
12:00 noon: Free Lunch, catered by The Raging Spoon, Voices from the Street, and Houselink Community Kitchen
1:00 pm: Presentation by performance artist and clown extraordinaire Linda Carter
1:30 pm: Ninety Minutes: a speak out and sing out
3:00 pm: *The Edmond Yu Project.* A special workshop presentation from the play features Don Weitz, and The Friendly Spike Theatre Band.

Historical Patient-Built Wall Tour with Tour Guide

Geoffrey Reaume. 6:00 pm to 8:00 pm, Centre for Addiction and Mental Health, 1001 Queen Street West, Ossington Entrance.

The Lakeshore Asylum Cemetery Project (LACP). Pay your respects at the burial ground of 1,511 former patients of Lakeshore Psychiatric Hospital during our Fall Visitation. Members of LACP will attend as part of their ongoing goals to remember those who have died and efforts to restore this historic cemetery. Information will be shared by Ed Januszewski about the history of the burial grounds, those buried there and future plans. A vigil will be held. 1:00 pm to 3:00 pm, rain or shine. The cemetery is located at the north-east corner of Evans and Horner Avenue in South Etobicoke.

For more information, call 416 516-4740 or email friendlyspike@primus.ca

**MAD PRIDE TORONTO ORGANIZING COMMITTEE INVITES YOU TO SHARE YOUR WORK
AT PSYCHIATRIC SURVIVOR DAY**

WE ARE OFFERING:

***vending and display opportunities
*presentation and performance spots**

A free and accessible environment.

RSVP to friendlyspike@primus.ca or 416 516-4740.

TENTH ANNUAL MENTAL HEALTH INFOFAIR

Do you need information for yourself, a family member, friend or neighbour about Mental Health and Addiction Services in East Toronto?

Wednesday, October 3, 2007

12:00 pm - 4:30 pm

East York Civic Centre, 850 Coxwell Avenue

New programs highlighted; Information and resources available at attended displays;

Your questions answered; Videos about important mental health issues

Free admission ▶ Light refreshments ▶ Raffle

Sponsored by:

Toronto East General Hospital, Centre for Addiction and Mental Health (CAMH)

St. Michael's Hospital, VHA Home Healthcare, St. Clair O'Connor Community Inc., and COTA Health

PSYCHIATRIC SURVIVORS' SOCCER TOURNAMENT 2007

Hosted by Parkdale Activity - Recreation Centre (PARC)

1499 Queen Street West

On Thursdays at about 1:00 pm, the members of PARC play soccer at Sorauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun! For more information, contact 416 432-9690, or Hume Cronyn or Zephie James at 416 537-2591. The Tournament will be held in September; location and times to be announced. If you belong to an agency or organization, consider setting up your own team and practice sessions. You can register for the Tournament as an agency team.

Get active in summer. Kick the ball.



ALL-PARTY DEBATE ON POVERTY AND HEALTH

Tuesday, September 25, 2007 at 7:00 pm, Innis Town Hall

Northwest corner of St. George Street and Sussex Avenue, just south of Bloor Street

The Liberal, New Democratic and Progressive Conservative Parties will be participating in a debate on poverty and health with moderator Carol Goar of the Toronto Star. The event is sponsored by Health Providers Against Poverty, Income Security Advocacy Centre and the Registered Nurses' Association of Ontario. For more information contact Kate Melino at kmelino@rnao.org or 416 408-5613.

Wish List

We've had someone offer donations of a VCR and a humidifier. Does anyone have a need for either of these items? Also, we're cleaning up and we found all the manuals (just the books, not the disks) for the accounting software M.Y.O.B. Please call the centre if you are interested in any of these items. We have a request for a couch.

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.

QUEER WITHIN THESE WALLS

A CAMH Lunch Literary Event
Presented by the CAMH LGBTTIQ WORKING GROUP
At CAMH's Russell Street Site Cafeteria, 33 Russell Street,
Wednesday, September 19th, 2007 from 12:00 pm to 1:00 pm
All are welcome to this free event!



The CAMH LGBTTIQ Working Group is proud to present **Queer Within These Walls**, a literary event in which three local queer authors will read from their novels on themes of living and working within mental health institutions. Short Q&A afterwards. **Books will be on sale and authors will be available to sign books.**

The event will feature:

Debra Anderson – author of *Code White* (McGilligan Books, 2005)

Pat Capponi – author of *Last Stop Sunnyside* (HarperCollins, 2006)

Farzana Doctor – author of *Stealing Nasreen* (Inanna Publications, 2007)

Debra Anderson is an award-winning writer and graduate of the York University Creative Writing Program, Ryerson's Publishing Program, as well as Simon Fraser's Summer Book Publishing Immersion Workshop. Under the name **Three Ring Paper Productions**, she is currently the organizer and promoter of the literary series **Get Your Lit Out**. She works in Toronto as a freelance editor and publicist and will be facilitating a Creative Writing Workshop at **Word on the Street 2007**. *Code White* (McGilligan Books, 2005) is her first novel. For details, drop by www.debraanderson.ca

Pat Capponi has carved a career for herself as an author, public speaker, group facilitator, and anti-poverty activist. Her five works of non-fiction and her new mystery series all centre around issues of poverty, mental illness, abandonment, and struggle. Check out www.patcapponi.ca for more information.

Farzana Doctor is a South Asian, queer writer whose work has been published in *Siren Magazine*, *Trikone*, *Sightlines* 7 Anthology, and *Aurat Durbar*. She has also had chapters, reviews, and articles published in edited books and journals, has co-written a manual for therapists, co-written plays, and co-produced a documentary video. *Stealing Nasreen* (Inanna Publications, 2007) is her first novel. She is currently working on her second. She is also a social worker, educator, and consultant based in Toronto. For more information, check out www.farzanadoctor.com

The **CAMH LGBTTIQ Working Group** is a group of queer-identified and queer-allied staff at the Centre for Addiction and Mental Health (CAMH). The working group raises awareness about homophobia, biphobia, and transphobia and works to create an inclusive environment at CAMH.

For further inquiries about Queer Within These Walls, please contact Lorrie Simunovic at 416 535-8501 x 2693.
The venue is wheelchair accessible.

**DIABETES SELF-MANAGEMENT PROGRAM
FOR MENTAL HEALTH CONSUMER/SURVIVORS**

Mondays from September 10th to October 1st, 2007, 2:00 pm to 4:00 pm
South Riverdale Community Health Centre, 955 Queen Street East (at Carlaw)

DEC NET is pleased to offer a program to the East Toronto community especially tailored to meet the needs of individuals experiencing mental illness and diabetes.

- Small group classes are offered in 4 meetings of 2-hour duration in a community setting led by a Nurse and Dietician
- Family members, case managers, and caregivers are invited to accompany participants
- Programs are offered at no cost to participants; TTC tickets will be provided to participants

**PLEASE PHONE DENISE AT 416 469-6580 X 3157 FOR MORE INFORMATION OR TO REGISTER
PSYCHIATRIC PATIENT ADVOCATE OFFICE**

2007 PUBLIC EDUCATION CAMPAIGN ON MENTAL HEALTH LEGISLATION

The Psychiatric Patient Advocate Office will host a series of free workshops across Ontario in Fall 2007 regarding mental health legislation. Of interest to clients, families, caregivers, health practitioners and service providers, the workshops will be held in Kingston, London, North Bay, Peterborough, Sault Ste. Marie, St. Catharines, Sudbury, Toronto, Whitby and Windsor.

Topics include

Form 1: Application for Psychiatric Assessment ~ Treatment and Informed Consent ~ Community Treatment Orders ~ Personal Health Information ~ Involuntary Status ~ Rights Advice

Toronto Workshop

Wednesday, November 14, 2007, 1:00 pm to 4:00 pm
Superior Room, The MacDonald Block, 2nd Floor
900 Bay Street, Toronto

Registration: Email Dorothy.Bursey@ontario.ca

or call 1-800-578-2343 (9:00 am to 5:00 pm Monday to Friday)

Details on workshops in other areas of Ontario can be found at www.ppaao.gov.on.ca

CHANGES TO REPORTING RESPONSIBILITIES FOR ODSP

Effective September 2007, the Ontario Disability Support Program is changing how you report your earnings. These changes affect when and how you report any earnings that you – or your spouse or adult dependants – receive from a job or training program.

Reporting earnings you receive from a job or training program:

Right now, you report any earnings received between the 16th of the month and the 15th of the next month. The due date to report your earnings is the 22nd of the month.

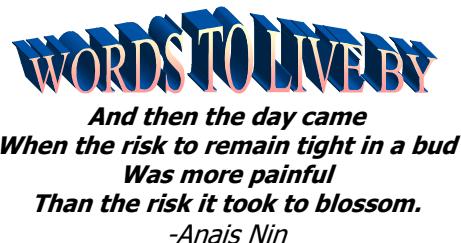
Under the new rules, you will report earnings received between the first day of the month and the last day of the month. You will report this by filling out the Employment/Training Income Report (ETIR), and getting it into your local ODSP office by the 7th day of the next month.

For example: you will report the earnings you receive between September 1st and September 30th by filling out the ETIR form and getting it into your local ODSP office no later than October 7th. To help make this change, there will be a special two-week reporting period for any earnings that you receive between August 16th and August 31st. **Here's what you have to do:**

- **In August:** you will report any earnings you receive between July 16th and August 15th by August 22nd
- **In September:** you will report any earnings you receive between August 16th and August 31st by September 7th; this is the one-time special reporting period
- **In October:** you will begin the new schedule; you will report any earnings you receive between September 1st and September 30th by October 7th

This new deadline also applies to letting ODSP know about any changes to your personal situation. So, now the Changes Report has to be in by the 7th of the month, too.

FOR MORE INFORMATION, CONTACT YOUR WORKER THROUGH YOUR LOCAL ODSP OFFICE OR THE ODSP SUPPORT GROUPS. CALL 416 441-1764 x 31 FOR DATES AND LOCATIONS.



RESEARCH STUDIES

THE INCLUSION IN THE BULLETIN OF RESEARCH STUDIES IS NOT INTENDED TO PROMOTE PARTICULAR STUDIES OR TO ENCOURAGE CONSUMER/SURVIVORS TO PARTICIPATE AS RESEARCH SUBJECTS. YOUR FEEDBACK ON THIS TOPIC EARLIER IN THE YEAR TOLD US THAT YOU WANT US TO PROVIDE THIS INFORMATION, AND LET YOU BE THE JUDGE.

1. ARE YOU TAKING BENZTROPINE (COGENTIN) AND ARE YOU 50 YEARS OR OLDER?

Participants are needed for a study investigating the effects of reducing the dose of benztropine. Persons eligible for a screening interview must meet the following criteria: 50 years of age and older; taking benztropine (Cogentin); taking risperidone (Risperdal), olanzapine (Zyprexa), quetiapine (Seroquel), or clozapine (Clozaril); schizophrenia, schizoaffective disorder, schizophreniform disorder, delusional disorder, or psychotic disorder NOS.

Financial compensation will be provided. If you are interested in participating, please contact Regina Simon, Research Nurse at 416 535-8501 x 2911, or email regina_simon@camh.net.

2. BRAIN IMAGING AND GENETICS STUDY

Participants are needed for a study investigating how regions of the brain are connected, and the role of genes in these connections. Persons eligible for a screening interview must meet the following criteria: 25-80 years of age; diagnosis of schizophrenia, schizoaffective disorder, schizophreniform disorder, delusional disorder, or psychotic disorder NOS; no significant head injury; no metal implants.

Financial compensation will be provided. If you are interested in participating, please contact Dielle Miranda, Clinical Coordinator 416 535-8501 x 3120 or email dielle_miranda@camh.net.

3. ARE YOU TAKING RISPERIDONE (RISPERDAL) AND ARE YOU 50 YEARS OR OLDER?

Participants are needed for a study investigating dopamine function in older people using positron emission tomography (PET). Persons eligible for a screening interview must meet the following criteria: 50 years of age and older; taking Risperidone; diagnosis of schizophrenia, schizoaffective disorder, schizophreniform disorder, delusional disorder, or psychotic disorder; no current or lifetime serious medical illness; no significant head injury; no metal implants.

Financial compensation will be provided. If you are interested in participating, please contact Dielle Miranda, Clinical Coordinator 416 535-8501 x 3120 or email dielle_miranda@camh.net.

4. DO YOU HAVE BIPOLAR DISORDER? IS YOUR MOOD ELEVATED? DO YOU FEEL 'HIGHER THAN NORMAL'? ARE YOU OVER 60 YEARS OLD?

Investigators at the Geriatric Mental Health Program at CAMH are conducting a study on Bipolar Disorder.

- You may be eligible if you: are 60 years of age or older; suffer from Bipolar Disorder (Manic Depression); currently have an elevated mood.
- Study Requirements: the study will last 9 weeks; you will receive treatment with a mood stabilizer, either Lithium or Divalproex (Epival). You will have a 50/50 chance of receiving either medication.

You will be compensated for your time and will be reimbursed for travel. If you are interested in participating, please contact Dielle Miranda, Clinical Coordinator 416 535-8501 x 3120 or email dielle_miranda@camh.net.

5. STUDY ON THE RELATIONSHIP BETWEEN COGNITIVE STATUS AND EVERYDAY FUNCTIONAL ABILITIES IN OLDER ADULTS WITH BIPOLAR DISORDER

Participants are needed for a study being conducted to learn more about how Bipolar Disorder affects memory, attention and other aspects of cognitive abilities in middle-aged and older adults, and how these abilities are related to the ability to do everyday activities, such as using the telephone or balancing a cheque book.

- Participants must: be age 50 years and above; meet the DSM-IV TR criteria for a current diagnosis of Bipolar I or II Disorder; be able to speak and read English; be willing to provide informed consent; have corrected visual ability that enables reading of newspaper headlines and hearing capacity that is adequate to respond to a raised conversational voice.

A cash honorarium and travel reimbursement will be provided. If you are interested in participating, please contact Dielle Miranda, Clinical Coordinator 416 535-8501 x 3120 or email dielle_miranda@camh.net.

Free & Low Cost Activities

We will make every effort to indicate if a venue is not wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

SATURDAY, SEPTEMBER 01

Canadian National Exhibition. General Admission \$14.00; \$10.00 for seniors and children under 13. Price includes admission to Ontario Place. Summer winds down with Labour Day weekend at The Ex, featuring the traditional Air Show. The Ex continues through Monday, September 3rd at Exhibition Place, 10 Princes' Boulevard. Gates are open from 10:00 am to 10:00 pm, grounds from 10:00 am to midnight, and the Casino opens at 12:00 noon. For more information call 416 393-6300 or visit www.theex.com.

SUNDAY, SEPTEMBER 02

Beachfest 2007. FREE. The 16th annual Beachfest will feature performances by Chantal Kreviazuk, 2006 Canadian Idol Kalan Porter, the cast of We Will Rock You, and more. Sunnyside Park, 1755 Lakeshore Boulevard West. 12:00 noon to 9:00 pm. For more information visit www.999mixfm.com.

ROMwalk 2007: Along the Front. FREE. Highlights of the walk include exteriors of St. Lawrence Market, Old Warehouses, Flatiron Building, Berczy Park, BCE Place, Dominion Public Building, Royal Bank Plaza, Royal York Hotel, and Union Station. Meet at 2:00 pm at Front and Jarvis Streets. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

MONDAY, SEPTEMBER 03

Music Mondays at the Church of the Holy Trinity. \$5.00 suggested donation. Made in Canada: 100% Canadian repertoire. 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521 x 304.

WEDNESDAY, SEPTEMBER 05

Summer Serenades at Yonge-Dundas Square: Jake Rude. FREE. Featuring jazz tunes reminiscent of the smooth and sophisticated styles of the New York jazz artists of the 1950's. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

This is Not a Reading Series: *Kerouac's Legacy* with Ray Robertson and David Creighton. No Cover Charge. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 7:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, SEPTEMBER 06

Summer Music in the Garden: Bach at Dusk. FREE. Winona Zelenka on cello. Short concert due to early sunset. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 973-4000.

Natural Food Lecture: Raw Food Made Easy. FREE. Raw food chef Jennifer Cornbleet will deliver a lecture on the nutritional benefits of raw foods and a cooking demonstration. Come and enjoy the delicious samples! The Big Carrot Natural Food Market, Room 212, 2nd Floor, Carrot Common, 348 Danforth Avenue (entrance by Book City). 7:00 pm sharp! For more information call 416 466-2129 or email health@thebigcarrot.ca.

Junction Arts Festival 2007. Most events and attractions are FREE. With over 100 street vendors, 700 works of art in the Juried Art Exhibit, 120 street performers and 12 of the hottest new bands, the 15th Annual Festival is more active than ever! Thursday 6:00 pm to 12:00 am, Friday 12:00 noon to 10:00 pm, and Saturday 12:00 noon to 7:00 pm. Dundas Street West between Keele Street and Quebec Avenue. For more information and event times, call 416 767-5036 or visit www.junctionartsfest.com/2007.

FRIDAY, SEPTEMBER 07

2007 Cabbagetown Short Film and Video Festival. FREE. The 16th annual Festival features works from Canada, the United States, Europe, South America, Australia, Hong Kong and Japan. Doors open at 7:00pm; screening from 8:00 pm to 11:00 pm. Winchester Dance Theatre, 80 Winchester Street. For more information call 416 924-3514 or visit www.cabbagetownshortfilmandvideofestival.com.

Global Grooves at Yonge-Dundas Square: The Souljazz Orchestra. FREE. Featuring jazz, funk, African and Latin sounds, with messages touching on politics and spirituality. 8:00 pm to 10:00 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

23rd Annual Vegetarian Food Fair. FREE. Come and sample vegetarian cuisine, discover new ways to add variety to your meals and expand your knowledge of nutritious and ethical foods at the Toronto Vegetarian Association's 23rd Annual Vegetarian Food Fair. The Fair runs from 4:00 pm to 9:00 pm on Friday, 11:00 am to 8:00 pm on Saturday, and 11:00 am to 6:00 pm on Sunday. Harbourfront Centre, York Quay Centre, 235 Queens Quay West. For more information call 416 973-4000 or visit www.harbourfrontcentre.com or www.veg.ca.

SATURDAY, SEPTEMBER 08

Electoral Reform Information Forum: What Will MMP Mean for Ethno-Racial Communities in Ontario? FREE. Ontario voters face a referendum question on October 10, 2007 on a new way to elect our Members of Provincial Parliament. If you are eligible to vote, you will have a decision to make: whether to endorse the proposed Mixed Member Proportional system (MMP), or to maintain the Single Member Plurality system. This referendum question has particular salience for racialized and newcomer communities in Ontario, as well as women, and other groups that have been historically under-represented within the existing political institutions. The proposed electoral reform holds the potential to correct this under-representation. The workshop will examine the proposed MMP electoral system, and discuss its implications for ethno-racial communities in Ontario. 1:00 pm to 4:00 pm. Centre for Social Innovation, 215 Spadina Avenue, Suite 120 Boardroom. For further information, contact Dr. Karen Bird at 905 525-9140 x 23701 or email kbird@mcmaster.ca.

2007 Cabbagetown Festival. FREE. The possibilities for fun are endless at this annual Festival in the heart of Old Cabbagetown, featuring the People's Parade, the Parliament Street Party, lots of live entertainment, arts and crafts vendors, and much more. Events take place from 8:30 am to 8:30 pm in the area of Parliament Street from Wellesley south to Gerrard Street, and Carlton Street from Parliament west to Berkeley Street. For more information and event times visit www.oldcabbagetown.com, call Doug at 416 921-0857, or email doug@oldcabbagetown.com.

Riverdale Farm Annual Fall Harvest Festival. FREE (food costs extra). Traditional country celebration in the heart of Toronto. Corn Roast from 12:30 pm to 3:30 pm and 5:00 pm to 7:00 pm; corn is \$1.00 per cob. Barn Dance from 5:00 pm to 8:00 pm, featuring live music by Duncan Fremlin. Riverdale Farm, Winchester and Sumach Streets. For more information call 416 392-6794.

SUNDAY, SEPTEMBER 09

2007 Cabbagetown Festival. FREE. The festivities continue with lots of live entertainment, craft shows, a walking tour, and the Danny Marks Cabbagetown Music Festival. Events take place from 10:30 am to 8:30 pm in the area of Parliament Street from Wellesley south to Carlton Street. For more information and event times visit www.oldcabbagetown.com, call 416 921-0857, or email doug@oldcabbagetown.com.

Riverdale Farm Annual Fall Harvest Festival. FREE (food costs extra). Traditional country celebration in the heart of Toronto. Festival Pancake Brunch from 9:30 am to 12:30 pm; brunch consisting of pancakes, sausages, juice or coffee is \$5.00 per person. Corn Roast from 12:30 pm to 3:30 pm; corn is \$1.00 per cob. Riverdale Farm, Winchester and Sumach Streets. For more information call 416 392-6794.

Heritage Toronto Walks: The Danforth. FREE. The Danforth used to pass through open fields and market gardens. Today we find an interesting mix of structures and sites. Start at the front lawn of City Adult Learning Centre, 1 Danforth Avenue, West of Broadview subway station; end at Pape subway station. Degree of difficulty: long walk, some hills. 1:30 pm to approximately 3:30 pm. For more information call 416 338-1338 or visit www.heritagetoronto.org.

ROMwalk 2007: Mount Pleasant Cemetery, Part I. FREE. Highlights of the walk include exteriors of St. Andrew's Society Monument, Massey Mausoleum, Mt. Pleasant Mausoleum, Millionaires' Row, Empress of Ireland Monument. Meet at 2:00 pm at Yonge Street Cemetery Entrance, Yonge Street north of St. Clair. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

WEDNESDAY, SEPTEMBER 12

Summer Serenades at Yonge-Dundas Square: Basia Bulat. FREE. Featuring pop and folk music. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

ROMwalk 2007: Historic Toronto. FREE. Highlights of the walk include exteriors of Toronto's first Post Office, Bank of Upper Canada, St. Lawrence Market, St. James Cathedral, St. Lawrence Hall, Courthouse Square. Meet at 6:00 pm at 260 Adelaide Street East. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

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 or email info@gladstonehotel.com.

Social Phobia Support Group. FREE. This peer-based support group for people living with social phobia meets weekly at the Centre for Addiction and Mental Health (CAMH), 250 College Street, Room G50. 7:00 pm to 8:30 pm. For more information call Earla Dunbar at 416 850-8778, or email earladunbar@rogers.com.

THURSDAY, SEPTEMBER 13

Natural Food Lecture: Ayurvedic 'Yogic' Cleansing. FREE. Come learn the principles of Ayurvedic Cleansing and Detoxification. In this lecture, principles of toxic buildup and digestive theory as well as daily, seasonal, life-change cleansing practices and detoxification diet will be discussed. The Big Carrot Natural Food Market, Room 212, 2nd Floor, Carrot Common, 348 Danforth Avenue (entrance by Book City). 7:00 pm sharp. For more information call 416 466-2129 or email health@thebigcarrot.ca.



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. The Bulletin is published twice a month on the 1st and 15th. 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. 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 & Deb, C/S Info

The C/S Info Centre's Annual General Meeting will be held on October 3, 2007 at 5:30.

We're celebrating our 15th Anniversary and we'll go back to where we first started delivering service – at PARC, 1499 Queen Street West. 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 for membership.

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.

You do not need to be a member to continue to receive your subscription to the Bulletin.