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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 15, 2007
Bulletin 358

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

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THE VIEW FROM HERE: *Guest Appearances*

SWITCHING OUR FOCUS: MAKING COMMUNITY A VIABLE ALTERNATIVE

Keynote Address from the 2007 C/S Information Centre Annual General Meeting
By Pat Capponi

Why did we organize, those years after we were evicted from institutions and left largely to ourselves and rapacious landlords? The hospitals notoriously paid no attention once we left, since everything was biochemical, what did our living conditions matter? It was mental disease that caused the revolving doors to spin, not the lack of any supports out in the mean, poverty-ridden streets. And the government wasn't much better, satisfied in their policy documents that we were being 'maintained' out in the community.

Actually, we were almost comatose, smothered under blankets of heavy anti-psychotics, suffering reality-based depressions caused by boredom, hunger, strain, fear, and isolation. Neither the hospital nor the government wanted things to change. So we fought, and as a consequence of this fight, we became more real, to ourselves, to our caregivers, to the policy markers. We brought change, significant and lasting, to mental health policy in this province. We sat as equals with bureaucrats and politicians, lawyers and naysayers, and demanded a real say in the treatment we were given, demanded a rational look at conditions outside the walls, and later our mantra became a home, a job, and a friend.

We've seen astonishing successes—within the big institutions. And the more successful we've been inside, the less we've needed to be there. So of course, as these things tend to go, now that we're spending the vast majority of our time outside, they're spending millions fixing up the buildings we've deserted in droves. Not to begrudge better conditions for those that are left, but what about *our* buildings, our housing where we spend 90% of our time? And what about the little institutions that have proliferated in response to funding calls? The myriad of agencies with a mandate to serve the seriously mentally ill—that's consumer/survivors in our language—many of whom unknowingly replicate the worst aspects of institutions in their approach to 'care'.

Our community is surprisingly silent. Yes, we're brought out to demonstrations that demand more funding for agencies, given placards and something to shout and often something to eat, and the more successful of us are sometimes profiled in agency newsletters to show how well those agencies do. But real involvement in hiring, program planning (and I don't mean choosing which outings to go on or planning a card tournament) and advocacy efforts, that's a different kettle of fish. I thought that this

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Pat Capponi (cont'd.)

disempowerment was peculiar to mental health agencies until earlier this year, when it dawned on me through wider exposure that it's a by-product of poverty, class prejudice, academic and not experiential knowledge, and a profound failure to appreciate the strengths and achievements and longings of the client base. There are exceptions, yes; but even the exceptions have a way to go and much to learn from us, and we need to learn from each other.

It is not the fault of the front line worker or the client. It is an unintended consequence of the business of managing the poor, whether those poor be labelled mentally ill, or suffering from addictions, physical illness, unemployment, sexual abuse, or homelessness. There are layers of experts in our difficulties, a hierarchy of experts: ranging from executive directors to newly minted staff. And there is the mass of the client group—messy, noisy, demanding, ungrateful, hard-to-help. That's code for chronic, unhelpable by the methods they've come up with.

Much like the staff in the Indian Affairs Bureaus that were put in place to 'help' first peoples, our workers come with little real, on the ground awareness of our communities and our capabilities. They are frequently carrying much of the baggage of their middle class values and expectations, causing them to view us through the eyes of privilege and otherness. There is no innate respect for the challenges we've lived through, for the struggle to stay alive day after day, to overcome all the hurdles placed in our path. Our workers bring us solutions that are inadequate, piecemeal, and imposed. Whether a client deals with Children's Aid, ODSP, corrections, addictions, psychiatry, welfare, or street level drop in, the result is often the same. The client loses more of himself, feels that same disempowerment that haunts him, paralyzes him, silences him.

I've seen this, heard this, felt this. Working with Voices from the Street has been a real eye-opener, showing all of us involved that disrespect and disempowerment is not solely a feature of mental illness. It reaches across diagnostic levels, it crosses borders of care, it has one deep commonality: Poverty. I was working with a group of the simply poor, outside Parkdale, and listened as their workers—nice enough, young and well-meaning—urged them to go out and demonstrate during the elections for more disability money, for more agencies. I had to interrupt, had to say, wait. What's happening with this agency? How much control do you have as users? Do you know that there is such a thing as community economic development? Do you think you should be, as people who have directly experienced poverty, eligible to work here as staff? That grabbed their imagination in ways that their staff had failed. As the clients spoke, it became clear that there were real, long-unspoken grievances—and it wasn't just a case of people bitching, it was thoughtful and painful to listen to. The clients felt dispossessed even in a 'liberal-minded' agency, because they hadn't been listened to, they had never been given the options that I was bringing to them. One woman, who had only spoken briefly and in whispers, sat a little straighter as we continued to talk, turned to the staff and said in a strong, clear voice, "You really do need to listen to us." Mind you, after the meeting, she went to that staff and apologized, fearing repercussions, fearing he wouldn't like her anymore.

We are not free to criticize, not free to dream, we have very little control over our environment and even less control over our helpers. That has to stop. Why is it important that we take control? Because as long as we see ourselves through the eyes of our helpers, as long as we are operated on, we can't have any decent self-image, any sense of our strengths and capabilities. Look at those coalitions working to end homelessness and poverty: how few of them are directed by those who've experienced homelessness and poverty? How few have any homeless or poor sitting at the table? Imposed 'solutions' are no solutions. Continued disrespect for our voices eats away at any gains we make, as those who purport to speak for us keep us mute.

It's funny, those demonstrations we're encouraged to be part of, given TTC and an escort to get there: we're all brothers and sisters (ironically, it's CAS staff, ODSP and welfare workers, probation and parole and corrections officers, hospital staff, housing workers we march in step, in solidarity with) till the shouting and marching in step is over for the day, then we're back to the other side of the desk, either side of the economy, back into the faceless have-nots with the authoritarian haves.

We are so much stronger, so much more capable than we've been allowed to be. We need to organize, as clients, as the poor, to learn together, to get our own union, and express our demands first to those agencies and funding bodies, then civic, provincial and federal governments. We need to speak without the use of intervenors, translators, all those who have usurped our voices. In the last while, I've seen how strong connections can be made when we ourselves talk to police, psychiatrists in training, and the general public. They are more ready to listen, to hear, than are our helpers, who sadly benefit from the status quo.

- Integrated Staffing: experience counts!
- Elected representation in significant numbers on boards of directors
- Renewal and reformatting of policies and directions and operating hours; an emphasis on practical needs and skills
- Access to educational funds previously allocated only to staff
- Wherever possible, divestment into the hands of the client group

Pat Capponi

STRENGTH IN NUMBERS

A Mini Directory of Community Support Resources



You can add some of your own community resource telephone numbers to this list, clip it, and keep it handy just in case.

ANNOUNCEMENTS

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

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT) CALL FOR BOARD MEMBERS

Community Resource Connections of Toronto (CRCT), an agency providing support to people over 16 years of age with severe and persistent mental illness, is currently looking for experienced individuals to join our board of directors. Terms of office are for two years and board members are expected to work a minimum of two to three hours per month.

At present, we have three vacant positions on our board, all of which are reserved for consumer/survivors (individuals having personal experience with mental health issues).

CRCT is a widely respected agency that has been providing services to the community for over 30 years. Membership on the board would give you the opportunity to support our organization, help set program direction, and ensure that client services are delivered in an appropriate, equitable, culturally competent, and effective manner.

If you are interested or would like to discuss board membership further, please call CRCT's Acting Executive Director Sheryl Lindsay at 416 482-4103 extension 240.

We are looking forward to hearing from you and hope that you are willing to share your expertise as a member on our board of directors.

CRCT HOLIDAY HAPPENINGS 2007 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, 2007 in Adobe Acrobat (.pdf) format. Watch the home page of CRCT's web site for a link to the online version of Holiday Happenings. Feel free to download the publication and make as many copies of it as you wish. There will be hard copies of Holiday Happenings available at CRCT and at the Consumer/Survivor Information Resource Centre.

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

NEW HILARY M. WESTON SCHOLARSHIP FOR SOCIAL WORK STUDENTS

The government of Ontario recently announced the creation of the Hilary M. Weston Scholarship, an annual award administered through the Honours and Awards Secretariat of the Ministry of Citizenship and Immigration. Designed to commemorate Weston's term in office as Lieutenant Governor of Ontario (1997-2002), the \$7,500 scholarship will be presented to applicants who are enrolled in a graduate-level social work program at a publicly funded Ontario university. Successful candidates must have a documented commitment to mental health issues, as well as outstanding academic achievements. Two awards will be granted each year. The deadline for applications is December 15.

For more information about submission guidelines or to download an application form, visit
www.citizenship.gov.on.ca/english/honours.

AFFORDABLE HOUSING: FINDING SOLUTIONS!

A ST. LAWRENCE CENTRE PUBLIC FORUM

WEDNESDAY, NOVEMBER 28, 2007 ~ 7:30 PM to 9:30 PM

St. Lawrence Centre for the Arts, 27 Front Street East (2 blocks east of Union Station)

Affordable housing is a powerful positive contributor to the health of Toronto's economy, environment, neighbourhoods and residents. But for some 200,000 families and individuals, affordable housing is a rapidly fading dream. A shocking number of people including single-parent families and low-income earners, Aboriginal and disabled persons, young people and seniors are living in sub-standard or over-crowded housing. They often pay more than 50 per cent of their income on rent. Home ownership is certainly not within their financial reach; indeed, many are in danger of losing their homes.

As the UN's special housing envoy reported in October 2007, the federal and provincial governments need to get back into the affordable housing business across Canada. City Hall has a key role to play, as does the private sector, co-ops, non-profit and charitable organizations.

The City of Toronto is preparing a 10-year affordable housing plan, and this timely Forum will contribute to the shape of Toronto's housing future.

The evening will feature a showing of *Meet the Dream Team*, a short film produced for the Ontario Non-Profit Housing Association. Panelists will include Angie Hains, Executive Director of Ecuhome Corporation and past president of the Ontario Non-Profit Housing Association; David Hulchanski, Director of the Centre for Urban and Community Studies and a Professor with the University of Toronto Faculty of Social Work; Diane MacLean, Board Member of the Regent Park Neighbourhood Initiative; Sean Gadon, Director of Partnerships, City of Toronto Affordable Housing Office, and federal and provincial representatives. The panel will be followed by a question and answer period.

Capacity is limited to 500 people. First come, first seated. For more information call 416 366-1656.

Organized by the St. Lawrence Centre FORUM and the Affordable Housing Office of the City of Toronto



NUTRITION FOR GOOD MENTAL HEALTH

A presentation by Rosalie Moscoe, RNCP, that gives insights into the relationship between nutrition and mental health and its impact on health and productivity. Can our food choices be the culprit for bad moods, low energy and fuzzy thinking? Are there nutrients that can improve mental functioning and even improve mental illnesses? Discover an area of nutrition that is often overlooked.

Learn about:

- Nutrition and the brain
- Hypoglycemia's effects on mental functioning
- Effects of 'non' foods on mental health
- Biological reasons for our food choices
- Allergies, chemicals and the brain
- Optimal diet for good moods
- An overview of supplements that nourish the brain and help provide mental stability



North York General Hospital, Branson Division
555 Finch Avenue West, Auditorium
Friday, November 30, 2007 ~ 9:45 am to 11:00 am

Organized by the North York General Hospital Participants' Council. For further information, please contact Theresa at tclaxton@nygh.on.ca or telephone 416 633-9420 x 1-6967.

CSI BUILDER: A NEW PROJECT TO SUPPORT AND ENHANCE THE ROLE OF CONSUMER SURVIVOR INITIATIVES (CSIs)

The Ontario Federation of Community Mental Health and Addiction Programs is pleased to announce the support of the Government of Ontario and the Ministry of Health in helping to better understand and develop the important role that Consumer Survivor Initiatives play in the success of the mental health system. David Reville & Associates identified in their report entitled, *On Becoming New Best Friends: Integrating Front and Back Offices in Community Mental Health and Addictions*, that Consumer Survivor Initiatives are a best practice in the province, and yet they face many challenges in fulfilling their role within mental health care. The Ministry of Health has supported this recommendation by asking the Ontario Federation of Community Mental Health and Addiction Programs to support a process in the province that will help resolve this issue.

To meet the Ministry's goal of supporting this important part of the mental health system, the Federation is pleased to announce the launch of **Consumer Survivor Initiative Builder**. CSI Builder will involve interested consumers of mental health services to develop, lead, and guide recommendations to the government on how to best support and enhance the role of CSIs.

Presently the Federation invites interested consumers of mental health services to register their interest in participating at csibuilder@ofcmhaph.on.ca or to call 416 490-8900 to become involved in the process of supporting building Consumer Survivor Initiatives in the province of Ontario.

\$PENT: NOT BROKE/N AN ART EXHIBIT FEATURING WORKS IN DIFFERENT MEDIA CREATED BY CONSUMER/SURVIVORS

OPENING NIGHT

November 27, 2007 ~ 5:00 pm to 7:00 pm

**Parkdale Public Library
1303 Queen Street West**

The regular exhibit will open on November 29, 2007 at the Show Gallery, 978 Queen Street West with showings on Fridays, Saturdays and Sundays from 12:00 noon to 5:00 pm.

THE REVA GERSTEIN LEGACY FUND

Thanks to the generous donation by Reva's sons, Irving and Ira Gerstein, the Gerstein Centre will set up the Legacy Fund to honour Dr. Gerstein's commitment to psychiatric survivors. The fund will be used to help projects that are run by and for psychiatric survivors that reflect Reva's interest in education, research and other projects that support the independent spirit of the survivor community.

The funds will be dispersed annually by a Committee consisting of the Executive Director of the Gerstein Centre, the Chair and Vice Chair of the Gerstein Centre Board, and a representative of the psychiatric survivor community who is not a member of the Gerstein Centre Board of Directors. The Committee will determine the process for receiving applications and insure that the spirit of the Legacy Fund is honoured.

The initial Committee shall consist of Paul Quinn, Executive Director; Jennifer Orange, Chairperson; Henry Roth, Vice Chair; Pat Capponi, Psychiatric Survivor Advocate. **The Legacy Fund** will allocate a total of \$10,000.00 annually for one time projects. Each project will have a budget of \$500.00 to \$4,000.00. **Who May Apply:** Applications will be considered that are from any agency or group that is run by and for psychiatric survivors or from any individual psychiatric survivor. **How to Apply:** An initial application should consist of a one page outline of the project which should include who will benefit from the project and an expected budget and timeline. It could also include how the project will be monitored. Applications should be emailed to admin@gersteincentre.org or sent to: **The Reva Gerstein Legacy Fund, 100 Charles Street East, Toronto, ON M4Y 1V3. DEADLINE FOR APPLICATIONS IS 5:00 PM ON FRIDAY, NOVEMBER 30, 2007.**

Wish List

We have a donation of a metal cane with four little feet to help with balance. Call and let us know if you are in need of this type of cane. 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.

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.

THURSDAY, NOVEMBER 15

Rendezvous with Madness Film Festival. \$10.00 or Pay What You Can. For fifteen years Rendezvous with Madness has shown ground breaking films and videos on mental illness and addiction. Celebrate with them as they continue to show thought provoking films that redefine 'normal'. Post-screening panel discussions involve filmmakers, artists, and people with professional and personal experience with mental illness and addiction. The Festival runs through November 17 at the Workman Theatre, 1001 Queen Street West. For more information and a complete line-up visit www.rendezvouswithmadness.com or contact Shannon Quesnelle at shannon_quesnelle@camh.net or 416 583-4339 x 7.

University of Toronto Faculty of Music: *Small Jazz Ensembles*. FREE. Walter Hall, 80 Queen's Park Crescent. 7:30 pm. For more information call 416 978-3744.

The 8 O'Clock Show. FREE cover charge. This hilarious new comedy night features seasoned performers and up and comers in the Toronto comedy scene. Gladstone Hotel, Art Bar, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

FRIDAY, NOVEMBER 16

Word Basics. FREE. Learn to create, edit and save writing documents using Microsoft Word XP. Basic keyboarding and mouse skills are required. Toronto Public Library, Le@rning Centre, Lillian H. Smith Branch, 239 College Street. 9:30 am to 10:45 am. To register call 416 393-7746.

Shared Citizenship Series: *The Wealth of First Nations*. FREE. The 2007-08 theme for this annual series is economic development in Aboriginal communities in Canada. This annual series will honour the former Lieutenant Governor of Ontario, the Honourable James K. Bartleman. Also featured will be Grand Chief Stan Beardy of the Nishnawbe Aski Nation, and others. University of Toronto, Munk Centre for International Studies, 1 Devonshire Place. 1:00 pm to 3:00 pm. For more information call Mary Liston at 416 978-6369.

SATURDAY, NOVEMBER 17

Saturday Writer's Group. FREE. Read from and discuss a work in progress – prose, poetry and essays welcome. Toronto Public Library, High Park Branch, 228 Roncesvalles Avenue. 9:30 am to 11:00 am, ongoing. For more information call 416 393-7671.

University of Toronto Faculty of Music: *World Music Ensembles*. FREE. Featuring African drumming and dancing, folk roots, Balinese gamelan, Klezmer and Steel Pan. MacMillan Theatre, 80 Queen's Park Crescent. 7:30 pm. For more information call 416 978-3744.

SUNDAY, NOVEMBER 18



2007 Toronto Santa Claus Parade. FREE. The Santa Claus Parade is a Toronto institution that has been thriving for 100 years. A fantastic series of animated floats leaves the north end of Bloor Street West in the company of two dozen marching bands, 150 clowns, and more than a thousand costumed kids. The parade runs from the junction of Bloor and Christie Streets via Bloor Street and University Avenue to Queen Street. From there it passes along Yonge Street, ending at the junction of Front and Church Streets. If you are in a wheelchair, the best way to view the parade is from the special tiers on Front Street, across from the Hummingbird Centre. 12:30 pm. For more information visit www.thesantaclausparade.ca.

Sleep, Stay or Fly Away! An Outdoor Guided Walk. Adults \$3.50; Adults 60+ and students \$2.25. Explore how the birds, plants and animals of the Don Valley prepare for the cold winter months ahead. Refreshments provided after the walk. Todmorden Mills Historical Museum and Arts Centre, 67 Pottery Road (Bayview Extension and Broadview Avenue). 1:30 pm to 2:30 pm. For more information call 416 396-2819.

Hart House: *Sunday Concerts*. FREE. Piano music from the classical, romantic and contemporary eras. Su Jeon on piano; the Eckhardt-Gramatte Winner National Tour. University of Toronto, Hart House, Great Hall. 3:00 pm. For more information call 416 978-2452.

Sunday Concert Series: *Two for the Show*. FREE. Scarborough Civic Centre, Rotunda, 150 Borough Drive. 2:00 pm. For more information call 416 338-3295.



MONDAY, NOVEMBER 19

Alchemy: *An Hour of Chamber Music*. FREE. Featuring the works of Hayden, Bartok, Debussy and more. New Horizons Tower, 1140 Bloor Street West. 2:30 pm. For more information call 416 398-0555.

Writer's Group. FREE. Interested in joining a dynamic writer's group? New members are welcome. Toronto Public Library, Parliament Branch, 269 Gerrard Street East. 6:30 pm to 8:00 pm, ongoing. For more information call 416 393-7663.

TUESDAY, NOVEMBER 20

2007 Grey Cup Festival Kick Off. FREE. Toronto will play host to the 2007 Grey Cup, so bundle up and come join the party as the festivities begin. Toronto City Hall, 100 Queen Street West at Bay Street. 12:00 noon. For more information call 416 395-0490, 416 322-9650 or visit www.toronto.cflgreycup.ca.

Women's Storytelling and Spirituality. FREE. Join Timeless Books as they host the launch of *The Glass Seed* by Eileen Delehanty Pearkes. Pearkes, along with Joanna Manning (author of *the Magdalene Moment*) and Sue Kenney (*My Camino*) will read from their books and talk about the role of spirituality and feminism in the movement towards inner understanding and global peace. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm. For more information call 416 531-4635, email info@gladstonehotel.com, or visit www.timeless.org.

7 O'Clock Swing Band. FREE. Enjoy the great sounds of Swing with director John Jasavala. University of Toronto, Faculty of Music, Edward Johnson Building, Walter Hall, 80 Queen's Park Crescent. 7:30 pm to 9:30 pm. For more information call 416 978-3744.

WEDNESDAY, NOVEMBER 21

Uptown Author Series: *Janice Kulyk Keefer*. FREE. Meet the award-winning Canadian author as she reads from her latest novel, *The Ladies Lending Library*. A question and answer period will follow the reading. Toronto Public Library, North York Central Branch, Auditorium, 5120 Yonge Street. 7:00 pm. To register, call 416 395-5639.

Older Women's Network (OWN) Book Discussion. FREE. Meet new friends and discuss *Suite Francaise* by Irene Nemirovsky. Toronto Public Library, Northern District Branch, 40 Orchard View Boulevard, Room 224A. 2:00 pm to 4:00 pm. For more information call 416 393-7610.

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.

THURSDAY, NOVEMBER 22

2007 Grey Cup Festival: Calgary Pancake Breakfast. FREE. Calgary's annual Grey Cup Pancake Breakfast features live country music, Charlie Horse the mascot, and the Calgary Stampede Queen. Front Street, in the area of the CN Tower. 11:00 am to 1:00 pm. For more information call 416 322-9650 or visit www.toronto.cflgreycup.ca. This free event repeats on Friday November 23rd.

Yoga and Meditation. FREE. Gentle physical exercises, breathing techniques and meditation. Please bring a mat. Toronto Public Library, College/Shaw Branch, 766 College Street. 6:00 pm to 7:30 pm, ongoing. For more information call 416 393-7668.

FRIDAY, NOVEMBER 23

2007 Grey Cup Festival: VIA Rail Bremner Boulevard Festival. FREE. The party continues with a children's interactive area, football toss, food, beverages and more. Bremner Boulevard, south of Front Street, east of Spadina Avenue, near the Rogers Centre. 12:00 pm to 7:00 pm. For more information call 416 322-9650 or visit www.toronto.cflgreycup.ca.



Andre Roy Jazz Trio. FREE cover charge. Enjoy lyrical jazz improvisation with classical, rock, blues and latin stylings with one of Canada's few 7 string guitar players. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 6:00 pm to 9:00 pm. For more information call 416 531-4635, email info@gladstonehotel.com, or visit www.andreroy.com.



SATURDAY, NOVEMBER 24

Cavalcade of Lights Opening Celebration. FREE. The upcoming 41st Annual Cavalcade of Lights sets Toronto aglow with a month-long celebration featuring lighting displays, pyrotechnics, a skating party, live music and more. The celebration begins November 24 with the annual tree lighting ceremony, and offers fireworks and a variety of entertainment every Saturday night until December 15. Come see why this award-winning event is considered one of the nation's foremost festivals of light. Nathan Phillips Square, 100 Queen Street West at Bay Street. 7:00 pm. For more information, call 416 395-0490 or visit http://www.toronto.ca/special_events/.

Christmas in the Park. Adults \$4.50; Seniors and Youth \$4.00; Children \$3.50. Tour charming Colborne Lodge, home of the founders of High Park, which is decorated in Victorian style for the season. Learn about Christmas traditions during the mid-19th century in Toronto, and enjoy a warm beverage and a traditional Christmas treat. Colborne Lodge, south end of High Park. 12:00 noon to 4:00 pm. Christmas in the Park runs on Tuesdays and Saturdays through January 6, 2008. For more information call 416 392-6916.

Winter Artfest. FREE admission. Neilson Park Creative Centre hosts its annual Winter Artfest Arts and Crafts Show and Sale, featuring unique creations from talented artisans and artists. To add to the enjoyment of the Artfest weekend, there will be special music, a craft event for children, and a silent auction. Visitors will enjoy the Gallery exhibits and can relax in the Tea Room for lunch, sweet treats, coffee and soft drinks. Neilson Park Creative Centre, 56 Neilson Drive, one block north of Dundas Street West in Etobicoke. Saturday 10:00 am to 5:00 pm and Sunday 11:00 am to 4:00 pm. For more information call 416 622-5294 or email info@neilsonparkcreativecentre.com. The venue is wheelchair accessible.

SUNDAY, NOVEMBER 25

2007 Grey Cup Festival: Scotiabank Cross Canada Tailgate Party. FREE admission. This traditional tailgate party will feature live entertainment, food, beverages and more. Bremner Boulevard, south of Front Street, east of Spadina Avenue, near the Rogers Centre. 12:00 pm to 5:00 pm. For more information call 416 322-9650 or visit www.toronto.cflgreycup.ca.

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". Recently nominated for four 2007 Canadian Comedy Awards, the show features a cast of some of the best comedy improvisers in the world. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com

MONDAY, NOVEMBER 26

Taiko Drumming Performance. FREE. Enjoy the unique sounds of Taiko Drumming, directed by Gary Kiyoshi Nagata. University of Toronto Faculty of Music, Edward Johnson Building, 80 Queen's Park Crescent. 12:00 pm to 1:00 pm. For more information call 416 978-3744.

TUESDAY, NOVEMBER 27

32nd Watts Lecture: Professor Jean Clottes. FREE. University of Toronto Scarborough presents its annual premier lecture featuring Professor Jean Clottes speaking about the discoveries of the Earliest Rock Art Found in the Chauvet Cave. The Watts Lecture Series was established in 1970 with the intention of having a wide appeal, both within the university and the community and that distinguished speakers be invited from all walks of life. University of Toronto Scarborough Campus, 1265 Military Trail. 7:00 pm to 9:00 pm. For more information call Hilda Seedanee at 416 287-7080.

Java Knights at the Gladstone Hotel. No Cover Charge. ACT Toronto and the Gay West Community Network have formed a new partnership to present Java Knights, a monthly west-end social event to bring forth a group of individuals interested in discussions on various topics of interest. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

WEDNESDAY, NOVEMBER 28

 Toronto Western Hospital Patient and Family Library Information Session: *Genetics and Family Health*. FREE. Join Dr. Mary Jane Espen and Kara Semotiuk to learn more about genes, genetic testing, genetic research and health implications for individuals and family members. Toronto Western Hospital, West Wing, Auditorium, 2nd Floor, 399 Bathurst Street. 1:30 pm to 3:30 pm. For more information call Miu Lin Wong at 416 603-5800 x 2661 or email miulin.wong@uhn.on.ca.

Housing Help. FREE. Meet a housing counsellor who will assist you with subsidized housing applications and landlord-tenant laws. Toronto Public Library, Victoria Village Branch, 184 Sloane Avenue. 3:00 pm to 5:00 pm. For more information call 416 395-5950.

Seniors' Wednesday Afternoon at the Movies: *The Taming of the Shrew*. FREE. Based on the play by William Shakespeare, this 1967 movie stars Elizabeth Taylor, Richard Burton and Michael York. Rated G; 122 minutes. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 3:00 pm to 5:30 pm. For more information call 416 394-5240.

THURSDAY, NOVEMBER 29

Toronto Western Hospital Patient and Family Library Workshop: *Finding Reliable Health Information on the Web*. FREE. Hospital Librarian Valeria Raivich will show you how to cut through the maze of Internet-based health information. Toronto Western Hospital, Patient and Family Library, Room 420, 399 Bathurst Street at Dundas Street. 11:00 am to 11:45 am. For registration or more information, call 416 603-6277 or email twpfl@uhn.on.ca.

Elder Care Fair. FREE. Obtain information on services and resources related to elder care by visiting display tables from organizations such as the Alzheimer Society of Toronto, Centre for Studies in Aging, The Family Service Association of Toronto, and the Parkinsons Society of Canada. University of Toronto, Koffler Student Services Centre, 214 College Street. 12:00 pm to 2:00 pm. For more information call 416 978-0951.

FRIDAY, NOVEMBER 30

 Nutrition for Good Mental Health. FREE. This presentation will give you insight into the relationship between nutrition and mental health and its impact on health and productivity. North York General Hospital, Branson Division, 555 Finch Avenue West, Auditorium. 9:45 am to 11:00 am. For more information contact Theresa at tclaxton@nygh.on.ca or 416 633-9420 x 1-6967. See the announcement on page 5 of this issue of the Bulletin for additional details.

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 December. Both are posted on the CRCT website at www.crct.org, and 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

WORDS TO LIVE BY

Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centres of energy and daring, these ripples build a current that can sweep down the mightiest walls of oppression and resistance.

~Robert F. Kennedy