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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.*

December 1, 2007

Bulletin 359

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

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

ONE OF OUR FOUNDERS TAKES A BREAK...

It is with a lot of admiration and thanks that we say a temporary farewell to one of the people who started the Consumer/Survivor Information Resource Centre of Toronto. Glen Dewar's term on the Board of Directors was up a while ago, but we held our breath and we hoped he wouldn't notice.

A lot of great new people came onto the board both last year and this year at our Annual General Meetings and Glen has decided to pass the torch. He can relax knowing that he leaves the centre in good hands. So we bid him farewell and hope that it is only a temporary and official retirement, because one never knows what may happen in the future and because when you are one of the originators of an agency, that agency stays in your heart forever. We know Glen will keep in touch with the centre through our collaboration on the Wellness and Recovery Newsletter, which is another one of his great ideas. We know, too, that he will send us information for The Bulletin from time to time. He will probably pass on names of good candidates for future board members as all good elder statesmen do. He will keep an eye on his "baby", even if from afar.

Our hearts are full of gratitude for all that Glen Dewar has done for the C/S Info Centre. We wish him well in whatever volunteer work he decides to pursue next.

Table of Contents

Board Retiree
Page 1

Where I Turn
Page 2

Announcements
Pages 3 - 6

Job Postings
Page 6

Activities
Pages 7 - 10

- The Board and Staff of The Consumer/Survivor Information Resource Centre of Toronto

WHERE I TURN FOR SUPPORT

By Jay Marcelle

For the last 2 months I've been attending the For You Program at George Brown College. It's a chance to meet new people and make new friends from all over Toronto and beyond and to learn interpersonal skills, life skills and coping skills. There's also art and a physical ed/gym part of the program. We meet four days a week from Tuesday to Friday, from 9:30 am to 3:30 pm. I really appreciate that I can proceed at my own pace and the 3 instructors value each student as a whole being.

I also work at the Out of This World Café, which is an alternative business at CAMH's Queen Street location. Alternative means that it is owned and run by Consumer/Survivors. Along with working there, I also go to the Peer Support Group for the employees we have. I am also a part of the ODSP Action Coalition and I have a CAMH Community Support Worker and a psychiatrist.

The other support group where I have met new friends is The Secret Handshake, which a friend and I started about 3 years ago. We meet every Friday at Java Jive on Church Street at 7:00 pm. It's a great body of people coming together to share the joy of living.

All these things together are helping me to live a happy, joyful and free-spirited life, which helps me feel better and stay feeling better.

JM

Wish List

Several items have generously been donated to the centre: a dining room table with two chairs; a dresser; 2 floor lamps; a futon couch (frame only); a bedside table; a shoe cupboard with 2 shelves and a place to hang clothes; a grey plastic lawn chair for a full-figured person; a VCR with instruction manual and 2 cassettes. Contact the centre if you are in need of any of these items.

We have a reader who is interested in receiving any books on the Arctic. Call the centre if you have any that you can part with.

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.



ANNOUNCEMENTS

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

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.

The new edition of Holiday Happenings has been completed and is now posted on our web site. Visit CRCT's home page for a link to the online version of Holiday Happenings. Please 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 10 copies will be available at the Consumer/Survivor Information Resource Centre.

VISIT US AT

www.crct.org

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

The Exhibit will be at the Show Gallery, 978 Queen Street West with showings from 1:00 pm to 6:00 pm on Fridays, and 12:00 noon to 5:00 pm on Saturdays and Sundays over three weekends:

November 30 to December 2, December 7 to 9 and December 14 to 16, 2007

For info: www.houselink.on.ca

THE EMPOWERMENT COUNCIL PRESENTS: A FOCUS GROUP

**Tuesday, December 11, 2007, 4:00 pm to 5:00 pm
CAMH, 1001 Queen Street West, Room 2066, 2nd Floor, Administration Building**

If you are a mental health client at CAMH and are Lesbian, Gay, Bisexual, Transgendered, Transsexual, Queer, Intersex or Questioning, we want to talk to you! The Empowerment Council and the CAMH Diversity Department are holding a series of focus groups to discuss ways to improve services to clients of CAMH. Honorariums and refreshments will be provided. For more information, contact Lucy at 416 535-8501 x 3013. Individual meeting times are also possible. If you would like to speak privately, please contact Annemarie at 416 535-8501 x 3418.

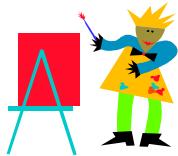
**CSI BUILDER:
A NEW PROJECT TO SUPPORT AND ENHANCE THE ROLE
OF CONSUMER SURVIVOR INITIATIVES (CSIs)**

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@ofcmhap.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.***

**CREATIVE SPIRIT ART CENTRE
is alive and well....**



June of this year we opened in our new home: a public art gallery, studio, resource and information centre and a gift shop for people with visible and invisible disabilities. This is our fifteenth year of delivering services in visual art and disabilities. We welcome visitors to our new home. We welcome new members who need a visual arts centre. We are wheelchair accessible.

Hours: Tuesday to Saturday, 10:00 am to 5:00 pm
Creative Spirit Art Centre
999 Dovercourt Road
Toronto ON M6H 2X7

Ellen Anderson, Executive Director
Telephone 416 588-8801 Fax 416 588-8966 Email csac@creativespirit.on.ca
www.creativespirit.on.ca

~ Join us for ~

**DECK THE WALLS
Holiday Gift & Affordable Art Sale
November 29 to December 21, 2007
Reception Thursday, December 6 from 5:30 pm to 8:30 pm**

Art Gallery and Gift Shop open until December 22
Gallery/Studio closed December 23 through January 7, 2008

**THE FRIENDLY SPIKE THEATRE BAND'S
HOLIDAY AT THE MOVIES**



Friday, December 14, 2007, 6:30 pm to 9:30 pm
May Roberts Auditorium, 20 West Lodge
(one block northwest of Queen/Lansdowne)

FEATURING:

MARKED: LIVING WITH A STIGMA
A woman's journey through the psychiatric system
A Friendly Spike Theatre Band Production

THE TORONTO MAD PRIDE BED PUSH PARADE
An Insane Geniuses Production

THE EDMOND YU PROJECT
The 2007 Psychiatric Survivor Pride Weekend Performance

PSYCHIATRIC SURVIVOR PRIDE WEEKEND
A short documentary by students of Ryerson University Film and Television Arts Program

~ FREE ~ SNACKS ~ PRIZES ~
Wheelchair Accessible

**THE ARTISTS OF SOUND TIMES PRESENT:
EXHIBITION FALL/WINTER 2007**
Featuring Art by Members of Sound Times

On display will be an eclectic array of fine art pieces including landscapes, abstracts and collage. Some lucky attendee will win the draw for a beautiful work on paper by Suzanne. In addition, members have made a beautiful selection of crafts including jewelry, scented soaps, bags, scarves, printed lingerie, note cards and the original 'Cruel Yule' Christmas stockings. The Sound Times Writers' Collective will be selling their two exciting new books, *Inscriptions I and II*.

Exhibition Hours:

Thursday, November 29 to Sunday, December 2, 2007 from 12:00 pm to 5:00 pm daily
Reception:

Saturday, December 1 at 2:00 pm
Cabbagetown Community Arts Centre, 454 Parliament Street just south of Carlton
All are invited. Come and help us celebrate the joy of art!

For more information call 416 979-1700 x 501, Martine Matthews or Jen Cunningham

Many of the participating artists are members of the Sound Times Splinter Cell who continue to create the living artwork titled *OneinFiveOnein....* You can participate in this project by filling out the Splinter Cell Art Form 1. For more information see www.soundtimes.com, Zine Volumes 1-3.



IT'S NOT TOO LATE TO GET YOUR FREE FLU SHOT!

Here's a partial listing of upcoming Flu Vaccination Clinics. Contact Toronto Public Health at 1-877-844-1944 or visit www.toronto.ca/health for more information.

DATE	TIME	LOCATION	ADDRESS
December 1	11:00 am – 4:00 pm	North York Civic Centre	5100 Yonge Street
December 1	11:00 am – 4:00 pm	Eglinton Square	1 Eglinton Square
December 1	11:00 am – 4:00 pm	Loblaws Supermarket	396 St. Clair Avenue West
December 6	3:00 pm – 8:00 pm	Scarborough Civic Centre	150 Borough Drive
December 7	12:00 pm – 4:00 pm	Northern District Library	40 Orchard View Blvd.
December 7	3:00 pm – 8:00 pm	Etobicoke Civic Centre	399 The West Mall
December 8	12:00 pm – 4:00 pm	Northern District Library	40 Orchard View Blvd.
December 8	12:00 pm – 4:00 pm	Scarborough Civic Centre	150 Borough Drive
December 13	3:00 pm – 7:00 pm	Agincourt Library	155 Boris Avenue
January 14	4:00 pm – 8:00 pm	East York Civic Centre	850 Coxwell Avenue
January 15	4:00 pm – 8:00 pm	North York Civic Centre	5100 Yonge Street

JOB POSTINGS

FRESH START CLEANING & MAINTENANCE SERVICES

Fresh Start Cleaning and Maintenance is currently seeking a Consumer/Survivor for office cleaning in the Richmond Hill area every Friday beginning at 5:00 pm. Applicant must have basic cleaning experience and an ability to work alone. If interested, please email resume to karen@freshstartclean.com or call me (Karen) at 416 504-4262 ext. 227; if I am unavailable, please leave a message that you are replying to this ad.

If interested, please call Karen at 416 504-4262 x 227 or email karen@freshstartclean.com

PROGRESS PLACE WARM LINE SUPPORT WORKERS

Applications are now being accepted for Warm Line Support Workers for the Progress Place Warm Line. We are seeking consumer/survivors to provide telephone peer support. These positions will be part time, one to two evenings per week from 8:00 pm to midnight at a hourly rate of \$10.82 per hour.

Applicants for this position should have: six months of employment, volunteer or educational experience in any field within the past year; demonstrated an interest in the helping field; a good support system for themselves; flexibility, with the ability to work under pressure. There will be a training period for this position.

Please send resume by December 21, 2007 to the Warm Line Hiring Committee c/o Diane Baldwin at Progress Place, 576 Church Street, Toronto ON M4Y 2E3. Fax: 416 323-9843.

We wish to thank all applicants in advance for their response, however only those selected for an interview will be contacted. Interviews will be scheduled in January 2008.

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, DECEMBER 1

Reception for the Sound Times Fall/Winter Exhibition. FREE 454 Parliament Street. 2:00. See the announcement on page 5 of this Bulletin for all the dates and times.

The Brick Works Farmers' Market. FREE admission. This is the last Farmers' Market for 2007, so come out and enjoy Ontario grown produce, socially and environmentally conscious goods, artists, entertainers, storytelling and educational activities that appeal to kids and grown ups alike. A shuttle bus is available to and from Broadview subway station every 1/2 hour from 8:00 am to 1:00 pm. Meet 1/2 block north at Erindale Avenue to board the bus. Don Valley Brick Works, 550 Bayview Avenue. 8:00 am to 1:00 pm. For more information call 416 596-1495 or email info@evergreen.ca.

Phoenix Poets Workshop. FREE. Bring copies of one poem for constructive critique, and hear other poets read their work. All ages are welcome. Toronto Public Library, College/Shaw Branch, 766 College Street. 2:00 pm to 4:30 pm. For more information call 416 393-7668.

City of Craft: A Celebration of All Things Crafty in Toronto. FREE. This event and sale is a place to buy, observe, experience, chat about, share and imagine all things handmade. The Theatre Centre, 1079 Queen Street West (near Ossington). 11:00 am to 8:00 pm. For info cityofcraft@gmail.com or www.cityofcraft.com.

Winter Kidzfest. FREE. Winter Kidzfest, part of the Urban Lights/Festive Sights series, is a winter wonderland for children aged 2 to 12. Children will be entertained for hours with fun activities and exciting performances throughout the weekend in the heart of the city. The lineup includes a Pop-Star Contest, Holiday Crafts Station, Jungle Cat World 'Safari', Celtic Step Dancing, Snoopy, Max & Ruby, along with face painting, train rides, hockey target practice, a laugh and learn play centre, and a bounce n' slide. Yonge and Dundas Square. 12:00 noon until 6:00 pm. For more information call 416 597-0255 x 6 or email marketing@downtownyonge.ca.

SUNDAY, DECEMBER 2

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: *Dukes of Harmony*. FREE. Scarborough Civic Centre, Rotunda, 150 Borough Drive. 2:00 pm. For more information call 416 338-3295.

Winter Kidzfest. FREE. The fun continues from 12:00 noon to 6:00 pm at Yonge-Dundas Square. See December 1st for more details.

MONDAY, DECEMBER 3

International Day of People with Disabilities. FREE. The City of Toronto, along with community and business partners, invites you to a celebration. The event will celebrate the achievements of unsung heroes, and feature a showcase of Toronto success stories, the "Invitation to Poetry" event, information sharing, and displays and demonstrations. Refreshments will be served. Attendant services and captioning provided. Variety Village, 3701 Danforth Avenue, east of Birchmount Road. 10:00 am to 2:00 pm. Space is limited; RSVP by calling 416 338-4756 / TTY 416 338-0889 or emailing cwong5@toronto.ca. For more information visit www.toronto.ca/diversity.

TUESDAY, DECEMBER 4

Richard Bradshaw Amphitheatre Vocal Concert Series: *'Tis the Season*. FREE. Artists of the Canadian Opera Company Ensemble Studio, with Liz Upchurch on piano. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm. For more information call 416 363-8231 or visit www.coc.ca.

Toronto Field Naturalists Guided Nature Walks: *Mount Pleasant Cemetery*. FREE. Explore the birds, squirrels, trees and tombstones in one of the city's most beautiful green spaces. This walk is morning only. Meet at 10:00 am at the Davisville Subway Station. For more information contact 416 593-2656 or visit www.torontofieldnaturalists.org/t-walks.htm.

The Yellow Door Learning Centre presents *The Artist in Everyone: Learning to Draw and Paint with Confidence*. FREE. This introductory drawing and painting class supports aspiring artists in the pursuit of some technical facility for seeing and rendering a variety of subjects. Each week facilitator Dan Buckley suggests a new subject and the class works on it in a variety of media: acrylic paint, chalk pastel, pencils, etc. The course offers a supportive environment that makes it easy for newcomers, while providing a creative atmosphere for the more seasoned artist. All materials are supplied, or feel free to bring your own. 6 St. Joseph House, 6 St. Joseph Street. 3:00 pm to 5:00 pm; ongoing. For more information contact Darlene Desveaux at 416 923-8836 or darlenedesveauxoffice@sympatico.ca, or visit www.6stjoseph.ca.

THURSDAY, DECEMBER 6

WOW! Creative Gift Wrapping. FREE. Ming Su from The Kingsway gift shop Living Sense Wow demonstrates gift wrapping techniques for the holiday season. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 7:00 pm to 8:00 pm. For more information call 416 394-5240.

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.

Reception for the Creative Spirit Deck The Walls Art Show. FREE. Dovercourt Road. 5:30 to 8:30. See announcement on page 4, for this and all show dates and times.

Holiday Marketplace. FREE. The creative community at 401 Richmond Street welcomes you to come and see—and of course purchase—their wares at the Fifteenth Annual Holiday Marketplace. 401 Richmond Street West near Spadina Avenue. Thursday and Friday from 11:00 am to 8:00 pm, and Saturday and Sunday from 11:00 am to 5:00 pm. Café on site. For information contact Erin Mackeen 416 595-5900 or marketplace@401richmond.net.

FRIDAY, DECEMBER 7

First Light: 12 Trees of Christmas. FREE TODAY. Toronto's Top Designers have decorated a dozen Christmas trees in everything from elegant to just plain fun. They will be auctioned off, but until December 10th they are on display at the Gardiner Museum of Ceramic Art, 111 Queen's Park Crescent between Bloor and Charles Streets. While the museum is usually \$12 to get in, it is free on Fridays from 4:00 pm to 9:00 pm, and on the first Friday of every month, it's free all day - 10:00 am until 9:00 pm. For more info call 416 586-8080 or www.gardinermuseum.com



SATURDAY, DECEMBER 8

Kyoto Now: Global Day of Action to Stop Climate Change. FREE. In December, 190 countries will meet for the UN Kyoto Climate Talks to negotiate our future. On December 8th, join hundreds of thousands of people in at least 50 countries (and counting) who will be on the streets to demand that world leaders take urgent action to stop climate chaos. Actions are being planned in cities and communities across Canada, to call on our government to recommit to Kyoto. Contact the Stop Climate Chaos Coalition to get involved. Save Kyoto. Save the World. In Toronto, there will be a March, Rally and EcoFair at 12:00 noon at the Yonge Dundas Square, corner of Yonge and Dundas Streets. The event is open to everyone. For more information email campaigns@actfortheearth.org.

Library Customer Appreciation Day. FREE. Come into the library for some cookies and hot chocolate, and help create some decorations for their Christmas tree! Toronto Public Library, Jones Branch, 118 Jones Avenue. 11:00 am to 3:00 pm. For more information call 416 393-7715.

Cavalcade of Lights. FREE. The upcoming 41st Annual Cavalcade of Lights sets Toronto aglow, featuring lighting displays, pyrotechnics, a skating party, live music and more. There's a variety of entertainment every Saturday night until December 15. 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/.

Holiday Marketplace. See Thursday, December 6th.

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.

Toronto Field Naturalists Guided Nature Walks: *Taylor Creek Park*. FREE. Explore Taylor Creek Park and learn about restoration sites and environmental challenges. This walk is morning only. Meet at 10:00 am in the parking lot of Stan Wadlow Park, at the end of Haldon Avenue which runs north off Cosburn Avenue east of Woodbine Avenue. # 87 bus. For more information contact 416 593-2656 or visit www.torontofieldnaturalists.org/t-walks.htm.

SUNDAY, DECEMBER 9

Sunday Concert Series: *Royal Regiment of Canada Band*. FREE. Scarborough Civic Centre, Rotunda, 150 Borough Drive. 2:00 pm. For more information call 416 338-3295

Bharat Photo Exhibit. FREE; donations welcome. World Heritage Project presents Bharat, a visual celebration of the heritage, culture and people of India. This photographic exhibit will feature never before seen images from top international photographers. National Film Board, 150 John Street at Richmond Street. 12:00 noon to 5:00 pm; continues through January 31st. For more information contact Malcolm Armstrong at 416 231-2228 or info@worldheritageproject.org, or visit www.worldheritageproject.com/bharat.asp.

MONDAY, DECEMBER 10



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, DECEMBER 11

YMCA Employment Services Information Warehouse Drop-in Centre. FREE. Need help finding a job? An employment worker from the YMCA answers questions and provides referrals to free employment related services. Toronto Public Library, North York Central Branch, 5120 Yonge Street. 2:00 – 4:00 pm. For more information call 416 395-5535.

Art Exhibition: *Reincarnation*. FREE. Through painting, sculpture, video installation and photography by artists from China, the United States, Tibet and Korea, *Reincarnation* demonstrates how Buddhist imagery has been adopted in contemporary art practice and how close it is to our daily life in the context of globalization. Doris McCarthy Gallery, 1265 Military Trail, Scarborough. 10:00 am to 4:00 pm Tuesday through Friday; 12:00 pm to 5:00 pm on Sundays to December 16 2007. For more information call 416 287-7007 or email dmg@utsc.utoronto.ca.

Richard Bradshaw Amphitheatre Vocal Series: *Celebration*. FREE. Featuring soprano Joni Henderson and baritone Peter McGillivray, with Liz Upchurch on piano. Four Season Centre for the Performing Arts, 145 Queen Street West at University Avenue. 5:30 pm to 6:30 pm. For more information call 416 363-8231 or visit www.coc.ca.

WEDNESDAY, DECEMBER 12

Richard Bradshaw Amphitheatre Chamber Music Series: *Festivity*. FREE. The Via Salzberg Chamber Ensemble performs works by Vivaldi and Valentini. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm. For more information call 416 363-8231 or visit www.coc.ca.

Seniors' Wednesday Afternoon at the Movies: *Oscar an Lucinda*. FREE. Starring Cate Blanchette and Ralph Fiennes, this 1998 film is based on the Booker Award winning novel by Peter Carey. 132 minutes; rated R. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 3:00 pm to 5:30 pm. For more information call 416 394-5240.

THURSDAY, DECEMBER 13

Richard Bradshaw Amphitheatre Urban Music Series: *Pandora's Locker*. FREE. This new urban opera by Dean Barry features the New Music Ensemble from the Glen Gould School of the Royal Conservatory of Music. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm. For more information call 416 363-8231 or visit www.coc.ca

Black and Caribbean Authors Book Club. FREE. All are welcome! Toronto Public Library, Cedarbrae Branch, 545 Markham Road. 6:30 pm. For more information call 416 396-8850.

FRIDAY, DECEMBER 14



Tea and Entertainment. FREE. Enjoy films and special seasonal programs with sing-alongs and treats. A film list is available each month from the library's information desk. Toronto Public Library, North York Central Branch, 5120 Yonge Street. 2:00 pm to 4:00 pm. For more information call 416 395-5639.

The Friendly Spike Theatre Band's *Holiday at the Movies*. FREE. Movies, snacks and prizes! May Roberts Auditorium, 20 West Lodge, one block northwest of Queen and Lansdowne. For details see page 5 of this issue of the Bulletin.

SATURDAY, DECEMBER 15

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.

Cavalcade of Lights: Saturday Night Concert & Fireworks 2007. FREE. Enjoy live entertainment, spectacular fireworks, and skating in Nathan Phillips Square to DJ'd music. Nathan Phillips Square, 100 Queen Street West at Bay Street. Concerts start at 7:00 pm; fireworks at 9:00 pm; skating at 9:10 pm. For more information call 416 395-0490 or visit http://www.toronto.ca/special_events/.

Toronto Field Naturalists Guided Nature Walks: *Leslie Street Spit*. FREE. Explore the birds and plant life of the Leslie Street Spit. Meet at 10:00 am at the park entrance at Leslie Street and Unwin Avenue. Bring your lunch and binoculars, if you have them. For more information contact 416 593-2656 or visit www.torontofieldnaturalists.org/t-walks.htm.



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

*Hope begins in the dark,
the stubborn hope that if you just show up and try to do the right thing,
the dawn will come.
You wait and watch and work: you don't give up.*

~ Anne Lamott