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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.*

February 1, 2008
Bulletin 363

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

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RAISE YOUR VOICE

Are you thinking about applying for this year's "Voices from the Street" course sponsored by the Gerstein Centre and the Ontario Council of Alternative Businesses (OCAB)? Want to know more about it? This is Mike's experience...

My name is Michael Creek and I'm a board member of the Gerstein Centre and a graduate of Voices from the Street speaker's bureau. Over the last 12 months I have been on an incredible journey of change and self-discovery. But first I must tell you a little about myself. In 2007, I became a half-century old and no one is more surprised and happier about this small milestone than me. I have survived sexual assault and sexual abuse, physical and mental abuse, cancer and mental illness to name a few labels. But poverty has been the real battle of my life. There is no powerful pill or magic potion that will help you fight poverty. Everyday is a struggle when you live in poverty; you become isolated, marginalized, lonely, and often hungry and that is just the start of it. When you think that poverty can do you no more harm, it has a way to rear its ugly head and take another bite out of your soul.

I must tell you that I'm a psychiatric consumer survivor. I have come to terms with my mental health history. I respect and try to understand others in my community who share this label with me. I've found acceptance and understanding in the consumer/survivor community. I no longer feel alone. Now, you may ask yourself how all this happened to me. I had given up ever receiving support from the psychiatric profession and wanted no part of it. This of course, is my choice. In January 2, 2007 I was visiting my doctor after a really bad year of depression, when I saw a poster for Voices from the Street, advertising for candidates to train in having their voices heard about poverty, homelessness, abuse, mental health, etc. I applied and was accepted into the course, which started in March 2007.

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Voices from the Street (cont'd.)

Little did I know that way down on Queen Street lay the beginning of a new understanding and a chance to start to regain a new life. This journey with Voices from the Street, under the guidance of instructor Pat Capponi, has had a profound affect on me. Emily Fox, Joyce Brown, Becky McFarlane, and of course my fellow classmates, were and are an important part of this transformation. Here at Voices I learned to accept the truths of my life and to just be who I am--there was nothing that I had really done wrong. I learned to express this through public speaking. It was not an easy experience learning to tell my story, and it was heartbreaking and painful to hear others speak of their experiences in life. But, Pat Capponi knew the value of each story and she knew that by being honest with ourselves our lives could change and that we could help to bring changes in society.

Above PARC, in the boardroom of the Ontario Council of Alternative Business, Pat stood and heard me speak. I gave up and surrendered myself, releasing years of pent up denial and frustration, allowing myself to be unshackled from the shame of poverty and realizing that many of my struggles in life were not my fault. Although my battle with depression will be with me forever, my fears and isolation have ended. There will be times of darkness but my exposure to the community of consumer/survivors has had a profound effect on me. I will fight for my rights and for the dignity that we all deserve.

On this journey I have meet the most remarkable people and I've had more eureka moments than the Oprah show will ever have. I've spoken to many organizations over the last months--from university students to doctors, lawyers, and policy makers. I've been involved in issues concerning housing, welfare and ODSP, social inclusion, dental care, health care, legal services, mental health and many others involving social justice. I have a voice and I use it whenever I can to speak out on issues that affect me and my communities. I'm not a failed person but someone who has been failed by bad policies and planning and this we all must change. Today I'm an anti-poverty advocate, still poor but a person with purpose. My life still has struggles and disappointments, but I'm filled with a sense of purpose and can honestly say that 2007 was a happy year!

- Michael Creek

You'll find more details about the Voices from the Street Program and upcoming Information Sessions on page 3 of this issue of the Bulletin.

Wish List

Hi Bulletin Readers,

This issue we are looking for a lamp, a microwave, and still looking for vacuum cleaners for some subscribers.

We're looking for someone who's into upholstery to receive a donation of supplies from someone closing down her business. The donor would prefer the items go to one person as a 'package' that will include things like : button tufting twine, tacking strip, furniture nails, jute webbing, no sag springs, t-braid, spring edging, decking, Dacron throw pillows, Dacron cushion wrap, dust cover fabric. Also, to give away, we have a blue and black knapsack, a Vextra VCR and a 14" Sanyo TV.

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.



RAISE YOUR VOICE!

Voices from the Street, a collective of individuals who use their personal experiences with homelessness and poverty to educate the public and push for change, is looking to recruit new members.

YOU GET: 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity, and facilitation ~ A small cash honorarium of \$60 per week for participating ~ A TTC Metropass ~ A hearty lunch on the days you are training ~ Childcare subsidy ~ A connection to others who have similar experiences and a desire for change.

YOU GIVE: Your time (every Tuesday, Wednesday and Thursday between 10:00 am and 3:00 pm from March 18th to June 5th) ~ A desire to speak openly and publicly about your personal experiences with homelessness and poverty ~ An ability to work well with others and a respect for diversity ~ A passion for social justice and a desire for change ~ Your leadership skills back to your community.

If you are interested in becoming a member of Voices from the Street, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you would bring to the group, any leadership experience you have, and details about your previous or current involvement in the community. Letters should be submitted by February 22, 2008 to:

VOICES FROM THE STREET
C/O ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES
203-1499 QUEEN STREET WEST
TORONTO, ON M6R 1A3
FAX: 416 504-8063
E-MAIL: speakersbureau@bellnet.ca

For those interested in more information, Information Sessions will be held on February 7th at 1:30 pm at the Gerstein Centre (100 Charles Street East) and on February 13th at 1:30 pm at the Ontario Council of Alternative Businesses (1499 Queen Street West, Suite 203). Attendance at these sessions is encouraged, but not mandatory. TTC tickets will be available.

Did You Know?

Certain medications, notably ACE inhibitors (Vasotec, Capoten, etc.) used in treating high blood pressure, can cause a dry, chronic cough that can be quite severe in some people. If you take an ACE inhibitor and have developed a persistent cough, check with your doctor; a change in medication might be the solution.



The Dental Hygiene Program at Kent College of Business, Health and Technology offers dental x-rays and cleaning services for as little as \$20.00. The College is located at 344 Dupont Avenue, near Spadina. For more information call 416 929-1800.



EMPOWERMENT COUNCIL PRESENTS: QUEEN STREET PATIENT ROUNDS

"EVERYTHING YOU WANTED TO KNOW ABOUT
PRIVACY LEGISLATION BUT WERE AFRAID TO ASK"

Wednesday, February 6, 2008, 3:30 pm to 5:00 pm

Empowerment Council Office, Room 160, CAMH Queen Street Site, 1001 Queen Street West
Call 416-535-8501 x 3013 if you have any questions

Attendance at Queen Street Patient Rounds is for **clients, psychiatric survivors, consumers** connected to services of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment.

THE SHOCK OF THE TASER: A PUBLIC DISCUSSION ON THE POLICE USE OF SHOCK AND STUN GUNS



The Toronto Police Accountability Coalition is sponsoring a public discussion on the use of Tasers by police. Guest speakers will include **David Reville**, advocate and builder of the psychiatric survivor movement; **Naomi Klein**, author of 'The Shock Doctrine' and 'The Rise of Disaster Capitalism'; and **Andy Buxton**, chair of Amnesty International Toronto.

Wednesday, February 6, 2008 at 7:00 pm

Innis College Town Hall, 2 Sussex Avenue (at St. George Street, south of Bloor)
For more information contact Anna Willats, Toronto Police Accountability Coalition
a.willats@sympatico.ca

WOMEN WADING THROUGH THE WEB: A HEALTH TOOLKIT

More and more Canadian women rely on the Internet as a source of health information. Are you one of these women? Whether you are a beginner or an experienced Internet user, the sheer volume of information can be daunting for all of us at times. The womenshealthmatters.ca team at Women's College Hospital, in partnership with the Women's College Research Institute and the Ontario Women's Health Network, has produced a new 'Toolkit' to help women navigate the often confusing maze of health information on the Web.

By visiting <http://www.womenshealthmatters.ca/toolkit/index.html>, you can download *Women Wading Through the Web* in PDF format, view a list of recommended health websites, participate in moderated discussion groups, and have your questions answered by women's health care experts.

CALL FOR PROPOSALS

GOVERNMENT OF CANADA ANNOUNCES FUNDING FOR
COMMUNITY INITIATIVES WORKING TO REDUCE ILLICIT DRUG USE

The Federal government has made more than \$7 million available for communities across Canada to tackle the increasing challenge of drug use among our young people. Funding is available through the Drug Strategy Community Initiatives Fund for 2008/2009 initiatives, and the deadline for proposals is February 29, 2008. This project funding supports Canada's new Anti-Drug Strategy, which was announced by the Prime Minister in October 2007. Successful proposals could, for example, focus on: Informing and educating the public about illicit drugs and the adverse health and social effects of use among youth; Facilitating the development of healthy attitudes, resiliency and coping skills among youth to avoid engaging in drug use; promoting healthy behaviours and supportive environments that discourage drug use, and improving access to proven approaches to reduce drug use among vulnerable groups. For more information on the National Anti-Drug Strategy, visit: www.nationalantidrugstrategy.gc.ca. Enquiries: Laryssa Waler, Office of the Honourable Tony Clement, Federal Minister of Health, 613 957-0200 or 1 866 225-0709.

The 6th Annual
BrainStorm
Poetry Contest
for mental health consumers



You hold the answers

January 7 to March 28, 2008

First prize: \$250.00
Second prize: \$150.00
Third prize: \$75.00

It's Time to BrainStorm...

It's that time again, when poets pick up their pencils and enter the BrainStorm Poetry Contest for individuals living with mental illness. You can join in, too, by entering your best poetry by March 28, 2008.

The top three poems, judged by a panel of mental health consumers and family members with literary interests, will be awarded prizes and be published in *Open Minds Quarterly*, a literary journal dedicated to publishing the writing of individuals living with mental illness.

The BrainStorm Poetry Contest is organized by the Northern Initiative for Social Action (NISA), a consumer-run mental health organization in Sudbury, Ontario.

**RULES AND ENTRY FORMS ARE AVAILABLE AT
WWW.NISA.ON.CA OR BY CALLING 1 705 675-9193 X 8286.**

CONSTRUCTION CRAFT WORKER EXTENDED TRAINING (CCWET) INFORMATION SESSION

WEDNESDAY, FEBRUARY 27, 2008 AT 1:00 PM

GEORGE BROWN COLLEGE, CASA LOMA CAMPUS, BUILDING C, 160 KENDAL AVENUE, ROOM E321



ARE YOU INTERESTED IN A CAREER IN THE CONSTRUCTION INDUSTRY? IS AN ADDICTION OR MENTAL HEALTH PROBLEM HOLDING YOU BACK? CHECK OUT THE CONSTRUCTION CRAFT WORKER EXTENDED TRAINING PROGRAM AT GEORGE BROWN COLLEGE.

Construction Craft Worker Extended Training (CCWET) is a new program at George Brown College being launched in partnership with the Centre for Addiction and Mental Health (CAMH). The goal is to help people with an addiction and/or mental health history take the first steps toward a job in Toronto's construction industry. This two semester certificate program runs from April to February, and includes classroom and construction lab instruction, work placements and workshops. Up to 30 participants will be selected into the program. There is no program cost to participants.

Acceptance into the program is based on: Completed application form; School qualifications; Recent life history and community support; Interviews; Skills-Assessment with CCWET Instructor; College Assessment; Strong desire to be employed.

Attendance at the Information Session is recommended but not mandatory.

If you are unable to attend, you can call the CCWET Program office for an application package at 416 415-5000 x 6790 or email a request to auged@georgebrown.ca

TAKE THE FIRST STEPS TOWARD YOUR FUTURE

JOB POSTINGS

THE RAGING SPOON CATERING DRIVER/DELIVERY PERSON

The Raging Spoon Catering is looking for a consumer/survivor to join their team in the position of Driver/Delivery person. **Hours:** part-time/casual/flexible hours **Salary:** \$9.50 per hour to start **Qualifications:** must be a consumer/survivor and possess a Class G License with no restrictions **To Apply:** Fill out an application at the Raging Spoon Catering, 761 Queen Street West (west of Bathurst Street). For more info, contact Michael at 416 504-6128.

ONTARIO PEER DEVELOPMENT INITIATIVE (OPDI) EXECUTIVE DIRECTOR

The Ontario Peer Development Initiative (OPDI) is a membership-based organization, which represents Ontario's consumer/survivor initiatives and peer support organizations that work with the mental health system. OPDI is a grassroots organization currently looking for an Executive Director who will be responsible for the successful leadership and day to day management of the organization according to the strategic directions set out by the Board of Directors.

The successful candidate will have extensive administrative and managerial experience in a leadership capacity, ideally within a community mental health not-for-profit organization. In addition the Executive Director will have the capacity to explore innovative approaches to seek out new solutions in order to better respond to the complex needs of a community with limited resources. This is an exciting opportunity to work with our developing organization. The organization has identified the following priorities:

- Influence public policy and promote positive system change in Ontario
- Promote awareness of OPDI, its role and values

Experience:

- Thorough knowledge and proficiency in strategic planning, program development and evaluation
- A history of budget negotiation and management, program administration and financial development
- Proven ability to approach new challenges with creativity
- Experience with consumer/survivor and peer support organizations
- Proven skills related to policy development and advocacy
- Demonstrated commitment to and knowledge of community development and community-based health care within a determinant of health framework
- Excellent communication, interpersonal and leadership skills
- Proven ability to establish and maintain productive relationships with other community-based organizations, a board of directors and government agencies
- Sound knowledge and application of human resource management and accounting policies and principles

Direct experience with the mental health system is an asset.

OPDI wishes to be a culturally competent and diverse organization. We encourage applicants from all backgrounds. For more information visit: www.opdi.org. All inquiries and resumes will be held in strict confidence. Please submit your resume by February 8th, 2008 to:

The Hiring Committee
1881 Yonge Street, Suite 614
Toronto Ontario M4S 3C4
Fax: 416 484-9669
Email: board@opdi.org.

Only those candidates chosen for interviews will be contacted.

FREE AND 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.

FRIDAY, FEBRUARY 1

Computer Training: *Email Made Easy*. FREE. Communicate with your friends and family by email. Learn to use web-based email services, set up a free email account and send your first message. Basic mouse and keyboarding skills are required in this hands-on class. Toronto Public Library, Lillian H. Smith Branch, 239 College Street, 10:00 am to 11:30 am. Call 416 393-7746 to register.



Music at Midday: *Oo La La!* FREE. French melodies, performed by young singers from the studios of Catherine Robbin, Janet Obermeyer and more. York University Faculty of Music, Tribute Communities Recital Hall, Accolade East, York University, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.



Nights of Fire. FREE. Experience the enchantment of France's acclaimed fire art troupe in Toronto for their North American premiere. Over three hours, clay pots will be individually lit until 1500 burn in unison, radiating heat and reflective beauty across the urban landscape. Haunting musical performances will accompany the fire installation, delicately enhancing the magic of the flames. Nathan Phillips Square, 100 Queen Street West at Bay Street. 6:00 pm to 9:00 pm; repeat performance February 2nd. For more information call 416 395-0490.

SATURDAY, FEBRUARY 2

Saturday Writers' Group. FREE. Read from and discuss works in progress. Poetry, prose 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.

Sahaja Yoga Meditation. FREE. Experience the joy of peace within, through self-realization and awakening of the dormant energy within called Kundalini. Sahaja Yoga presents an ongoing meditation program and welcomes everyone to join each Saturday morning. Sahaja Yoga will help you relax and manage your physical, mental and emotional stress. Toronto Public Library, New Toronto Branch, 110 Eleventh Street. 10:00 am to 12:00 noon; ongoing. To register call 416 394-5350; for more information call 416 201-7649.

Family Chinese New Year Fair. FREE. Bring your family and friends to this exciting Chinese New Year Fair featuring a lion dance, calligraphy demonstration, and free New Year scrolls. A lion dance team will kick off the celebrations. You might even win a free dough-sculpture from the demonstration of this traditional craft. Toronto Public Library, Lillian H. Smith Branch, 239 College Street. 2:00 pm to 4:00 pm. For more information call 416 393-7746.



SUNDAY, FEBRUARY 3

Jazz Vespers: *Nancy Walker Trio*. FREE; donations welcomed. Featuring Nancy Walker on piano, Kieran Overs on bass and Brian Barlow on drums. Christ Church Deer Park, 1570 Yonge Street. 4:30 pm. For more information call 416 920-5211.

Glenn Gould School: *Student Recital – Sturgess Micajah*. FREE. Featuring the sounds of the French horn. Royal Conservatory of Music Concert Hall, 90 Croatia Street. 8:00 pm. For more information call 416 408-2824.

Alice in Wonderland. FREE. Netherlands-based troupe Theatre Gajes bring their award-winning open-air theatre to Toronto to tell the fantastical story of *Alice in Wonderland*. Follow Alice into the weird but wonderful world of Wonderland, amid odd creatures and whimsical characters who try to convince you that they only exist in your imagination. The unexpected story line twists and turns promise to entertain fans of all ages! Nathan Phillips Square, 100 Queen Street West at Bay Street. 2:00 pm to 3:00 pm; repeat performance 5:00 pm to 6:00 pm. For more information call 416 395-0490.

MONDAY, FEBRUARY 4

Reading the Classics. FREE. Be part of a stimulating reading and discussion group on the classics, both ancient and modern. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 2:00 pm to 4:00 pm; meets until the end of March. Register in person or by calling 416 393-7657.

Strong Words Reading Series. Pay What You Can. Indiepolitik's reading series plays host to an eclectic bill of writers, poets, spoken word artists, rappers, playwrights and activists. This month's event features performance poet Zaffi Gousopoulos and a variety of readers. A collection of new and used books in resale condition will be held on behalf of the Metro Toronto Movement for Literacy; donations are welcome. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:30 pm to 10:30 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.



TUESDAY, FEBRUARY 5

Locating Reliable Health Information on the Internet. FREE. Learn how to find health information you can trust and understand using the Internet, the *Virtual Reference Library*, and TPL's health databases. Basic mouse and keyboarding are skills required. Toronto Reference Library, 789 Yonge Street. 10:00 am to 12:00 noon. For more information call 416 395-5577.

Richard Bradshaw Amphitheatre Piano Virtuoso Series. FREE. Featuring Mendelssohn's *Songs without Words*, Medtner's *War Sonata* and more. Four Season Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit www.coc.ca.

Music at Midday: *New Music by Young Composers*. FREE. Original compositions by students. York University Faculty of Music, Tribute Communities Recital Hall, Accolade East, York University, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

WEDNESDAY, FEBRUARY 6

Richard Bradshaw Amphitheatre Dance Series: *Movement*. FREE. Featuring Giuseppe Condello and the Via Salzberg Orchestra. Four Season Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit www.coc.ca.

Feminist Book Discussion Group: *An Audience of Chairs* by Joan Clark. FREE. The GTA Chapter of the Older Women's Network invites midlife and older women to meet and share ideas about selected books. The focus is on feminist issues. New members are welcome. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Room 1. 1:30 pm to 3:30 pm. For more information call 416 395-5535.



Knitter's Circle. FREE. Everyone from beginner to expert is invited to bring knitting needles and a ball of yarn. Let's get clicking! Toronto Public Library, Northern Elms Branch, 1238 Rexdale Boulevard. 7:00 pm; meetings continue until March 19th. For more information call 416 394-5230.

Glenn Gould School: *Student Recital – Matthew Bagasao*. FREE. Featuring the sounds of piano. Royal Conservatory of Music Concert Hall, 90 Croatia Street. 8:00 pm. For more information call 416 408-2824.

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, FEBRUARY 7

Voces from the Street Program Information Session. FREE. Gerstein Centre, 100 Charles Street East. 1:30 pm. For more information see the announcement on page 3 of this issue of the Bulletin.

Richard Bradshaw Amphitheatre Chamber Music Series: *String Classics*. FREE. Featuring the Glenn Gould Studio String Ensemble with popular favourites to rarities. Four Season Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. For more information call 416 363-8231 or visit www.coc.ca.



Scrabble Night. FREE. Are you a fan of this incredibly popular game? Bring your own board and meet other Scrabble players for an evening of word-making fun. Toronto Public Library, Victoria Village Branch, Auditorium, 184 Sloane Avenue. 6:00 pm to 8:00 pm. Register in person or by calling 416 395-5950.

Black History Month Kickoff Event. FREE. Toronto Public Library celebrates Black History Month 2008. Join versatile poet Afua Cooper, award-winning youth poet Boonaa Mohammed, Toronto Sun and CBC Radio producer Nick Davis, author, broadcaster and journalist Dalton Higgins, author and OISE associate professor Rinaldo Walcott and poet, actor and playwright Dbi Young at the kickoff event. Toronto Reference Library, 789 Yonge Street. 7:00 pm to 9:00 pm. For more information call 416 395-5577.

FRIDAY, FEBRUARY 8

Computer Training: *Word Basics*. FREE. Basic mouse and keyboarding skills are required. Toronto Public Library, Lillian H. Smith Branch, 239 College Street, 10:00 am to 11:30 am. Call 416 393-7746 to register.



Tea and Entertainment. FREE. Enjoy a wide variety of films and special seasonal programs. A film list is available each month from the library's 2nd floor information desk. Toronto Public Library, North York Central Branch, Auditorium, 5120 Yonge Street. 2:00 pm to 4:00 pm; ongoing. For more information call 416 395-5639.

Diaspora Dialogues Common Denominator: Reading the New Toronto. FREE. As part of the *Keep Toronto Reading 2008* celebrations, Jill Andrews hosts an evening of poetry, plays, fiction and spoken word. Toronto Public Library, Palmerston Branch, 560 Palmerston Avenue. 8:30 pm. For more information call 416 393-7680.

SATURDAY, FEBRUARY 9

Adult Literacy Program. FREE. Need a little help? One-on-one instruction with volunteer tutors in basic reading, writing and math for English-speaking adults. Toronto Public Library, Danforth/Coxwell Branch, 1675 Danforth Avenue. Two-hour sessions once weekly between 10:00 am and 5:00 pm. To register call 416 395-5555.

Deer Park Writers' Group. FREE. Members read and discuss their works in progress: poetry, short stories and novels welcome. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 11:00 am to 1:00 pm; ongoing. For more information and to register call Barry Clegg at 416 485-6777.

SUNDAY, FEBRUARY 10

Prodigal Sundays with the Backstabbers. FREE. The Backstabbers Country Stringband is a Queen West institution, its members having purveyed their own original take on old time acoustic country music for almost a decade on that street. *Prodigal Sundays* will showcase the Backstabbers doing their thing the way nobody else does it: mining the best of the old school and making it new again. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 5:00 pm to 8:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com



MONDAY, FEBRUARY 11

The Natrel Rink. FREE. Enjoy music while you skate on the waterfront at Canada's largest artificially cooled outdoor ice rink. The rink stays icy in temperatures up to 8C. Indoor lockers and change rooms on site; hot food and drinks at EATS (closed Mondays); skate rentals on the premises (a drivers' license, credit card, passport or birth certificate is required for rentals). Harbourfront Centre, 235 Queens Quay West, south of York Quay Centre. 10:00 am to 10:00 pm. For more information call 416 973-4866.

TUESDAY, FEBRUARY 12

Monthly Homeless Memorial Vigil. Donations welcome. Gather to remember those who have died homeless or as a result of homelessness. Church of the Holy Trinity, 10 Trinity Square, outside the south doors of the Church, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521.



Employment Workshop: *Get an Apprenticeship Career*. FREE. Join us for this informative workshop on employment and apprenticeship career development. Toronto Public Library, Morningside Branch, 4279 Lawrence Avenue East. 1:30 pm to 3:30 pm. For more information and to register call 416 396-8881.

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

BookArtBookArtBook. FREE. Ontario College of Art and Design professors George Walker and Peter Sramek, and Toronto Public Library's Bill Hamade discuss the metamorphoses between books and art. Toronto Reference Library, 789 Yonge Street. 6:30 pm. For more information call 416 395-5577.

WEDNESDAY, FEBRUARY 13

Voices from the Street Program Information Session. FREE. Ontario Council of Alternative Businesses, 1499 Queen Street West, Suite 203. 1:30 pm. For more information see the announcement on page 3 of this issue of the Bulletin.



Computer Training: *Move that Mouse, Web Basics I and II, Web Basics for Seniors, and Email Made Easy.* FREE. Choose your course and book a one-hour training session. Toronto Public Library, St. James Town Branch, 495 Sherbourne Street. 11:00 am to 12:00 noon; ongoing Wednesdays until March 26th. For more information and to register call 416 393-7744.

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, FEBRUARY 14

Knit and Crochet Group. FREE. Bring your work and knit or crochet with a new group of friends! Share collective expertise while working on your own project. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 7:00 pm; ongoing. For more information call 416 393-7657.

Cantonese Book Club. FREE. A trained leader conducts discussions in Cantonese on books from various subjects in literature. Pre-registration is required. Toronto Public Library, Room C, Fairview Branch, 35 Fairview Mall Drive. 11:00 am to 12:30 pm. For more information and to register call 416 395-5750.



Computer Help

Free over the phone or online tech support for fellow survivors. Help with repairs, upgrades, installations, networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416 595-2882 and we'll put you in touch.

Helen & Deb,
C/S Info

WORDS TO LIVE BY

You can't stop the waves, but you can learn to surf.
~ Jon Kabat-Zinn

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