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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.*

March 15, 2008
Bulletin 366

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

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HUMAN RIGHTS COMMISSION DRAFT POLICY ON MENTAL HEALTH DISCRIMINATION AND POLICE RECORD CHECKS

The Ontario Human Rights Commission has recently released a *Draft Policy on Mental Health Discrimination and Police Records Checks* for public consultation. The Commission determined that certain policies and practices relating to non-criminal police record checks can have a discriminatory impact on persons with mental health-related disabilities seeking employment and volunteer placements.

The fight for policy change started six years ago with a group of psychiatric survivors who began working to have the sensitive information contained in medical records shielded from prospective employers and volunteer recruiters. They used every available avenue to argue that it is wrong to criminalize a person because of a suicide attempt, adverse drug reaction or a psychiatric episode. Now the Human Rights Commission, which agreed from the beginning with the legitimacy of the complaints brought forward by the psychiatric survivor group, has finally published a set of guidelines for police and other organizations conducting background checks. Organizations requiring police record checks will now have to demonstrate that the mental health history of a potential employee or volunteer is directly relevant to the work he or she will be doing. In addition, police forces will now have to undertake a detailed risk evaluation before determining whether or not to release potentially damaging information.

The policy is not a government ruling; rather, it is a directive on how the Human Rights Code should be applied. But it does make it clear that "the disclosure of information by a police force may be a violation of the code if it goes beyond the bona fide criminal record of an individual or what is reasonably required to assess the safety risk an individual could pose," and adds emphatically that "concerns about public safety should not be based on improper assumptions about mental health." It's a big step in the right direction, and it's long overdue.

The policy has not yet been finalized. The Human Rights Commission will hold public consultations until March 24, 2008, and invites submissions. For submission guidelines and to view the Draft Policy and Backgrounder, visit the Commission's website at www.ohrc.on.ca. If you do not have Internet access, you can drop by the centre to read the documents.

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ANNOUNCEMENTS

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

**Make
a Date
To
Come
In and
Have
Your
Taxes
Done**

TAX CLINIC

You are probably aware that we do income tax returns all through the year for low income people who need help preparing their returns. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by the Canada Revenue Agency:

- Low income is defined as \$20 - \$25,000 for people with no dependants, \$25 - \$30,000 for a couple or one adult with a child, and \$2,000 for each dependant,
- No self employment income,
- No rental income, i.e. no one pays rent to you,
- No complicated returns,
- No widowed people with the tax returns of a deceased spouse,
- No bankruptcies,
- No capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2007, and give us a call to set up your appointment. Please don't call until you have everything in hand. There is no charge for this service.

THE FARLEY FOUNDATION



The Farley Foundation helps sick and injured pets that belong to low income seniors and people with disabilities by offsetting the cost of veterinarian services. The Farley Foundation pays tribute to one of Canada's most famous pets: Farley is the Old English Sheepdog who appeared in the *For Better or For Worse®* comic strip.

Individuals cannot apply for assistance; applications must be made by a veterinarian on your behalf.

You must be receiving federal GIS or ODSP in order to qualify for assistance.

For more information call 1-877-482-5941, email info@farleyfoundation.org
or visit www.farleyfoundation.org

TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK (LHIN) OPEN BOARD MEETING

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) is scheduled for Wednesday, April 9, 2008 from 10:00 am to 12:00 noon at the Toronto Central LHIN offices, 425 Bloor Street East, Suite 201. For more information call 416 921-7453 or 1 866 383-5446.

INCOME SECURITY ADVOCACY CENTRE ACTION ALERT: BACK-TO-SCHOOL AND WINTER CLOTHING ALLOWANCES END IN 2008

Starting in July 2008, the Back-to School and Winter Clothing allowances for families on Ontario Works (OW) and the Ontario Disability Support Program (ODSP) are going to be rolled into the new, monthly Ontario Child Benefit payment. Families will continue to receive the funds, but they will be spread out over the whole year in small, monthly amounts instead of coming all at once in August and November. This change will cause hardship for families since they can't afford to save up for these large annual expenses.

Moving child benefits out of social assistance and into the Ontario Child Benefit is generally a positive step. It signals that society is taking responsibility for helping low-income families with some of the costs of raising children no matter where their income comes from. And it means that families will not lose these benefits when parents move off assistance and into a job. But ending the Back-to-School and Winter Clothing allowances will hurt families on social assistance. These allowances must be restored! Here's what you can do:

1. Tell your MPP that you want the Back-to-School and Winter Clothing allowances to be restored. Find out who your MPP is by going to the Legislative Assembly website at: www.ontla.on.ca/web/home.do?locate=en
2. Write or email the Ministers responsible. Tell them this is unacceptable and that you want the allowances restored. Write to: The Hon. Madeleine Meilleur, Minister of Community and Social Services, 80 Grosvenor Street, 6th Floor, Toronto ON M7A 1E9, or email mmeilleur.mpp@liberal.ola.org; The Hon. Deb Matthews, Minister of Child and Youth Services, 14th Floor, 56 Wellesley Street West, Toronto, ON M5S 2S3, or email dmatthews.mpp@liberal.ola.org.
3. Get your Municipal Council, District Social Services Administration Board (DSSAB) or Public Health Board to pass a resolution calling for the allowances to be restored. A sample resolution can be found on ISAC's website: www.incomesecurity.org.

For more information call Dana Milne at 416 597-5820 x 5151 or email milned@lao.on.ca.

COMMUNITY FORUM ON THE NATIONAL ANTI-DRUG STRATEGY WEDNESDAY, MARCH 26, 2008, 10:00 AM TO 12:00 PM COUNCIL CHAMBERS, TORONTO CITY HALL, 100 QUEEN STREET WEST

Do you think drug use is a health issue or a criminal justice issue? Do you want Canada to follow the U.S. style "War on Drugs"? Do you agree with the elimination of harm reduction? Come and discuss the implications of the National Anti-Drug Strategy at a Community Forum co-hosted by the Toronto Drug Strategy Implementation Panel, the Toronto Harm Reduction Task Force and the Harm Reduction Action Group. Opening Remarks: Mayor David Miller ~ Moderator: Councillor Kyle Rae ~ Panel Speakers: Eugene Oscapella, Canadian Foundation for Drug Policy; Joanne Dallaire, First Nations Elder, John Howard Society of Toronto; Tara Lyons, Canadian Students for Sensible Drug Policy ~ Open Microphone Session: An opportunity to have your voice heard!

For more information call 416 338-2585, visit www.toronto.ca/health,
or visit the Canadian Harm Reduction Network's website at www.canadianharmreduction.com

Wish List

Hi Bulletin Readers,

This issue we have a reader making a request for a VCR, and another for a 38" wide stand for a musical keyboard (a stool would be nice, too). We also have donations of a goldfish bowl, a toaster, a pair of women's size 7 safety shoes that look like hiking boots (brand new), and 2 black 2-drawer file cabinets - the drawers are a little wonky, but they still work to store files.

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.

**THE MAD PRIDE TORONTO 2008 ORGANIZING COMMITTEE IS DELIGHTED TO ANNOUNCE:
THE BOBBI NAHWEGAHBOW MEMORIAL AWARD**

Bobbi Nahwegahbow was an active member of the Psychiatric Survivor, Mad Pride, Women's and Native rights communities in the city of Toronto. Psychiatric Survivor Archives Toronto, The Lakeshore Asylum Cemetery Project, Parkdale Activity-Recreation Centre, The Native Centre, The Friendly Spike Theatre Band, St. Francis Table, Toronto Rape Crisis Centre, are but a few of the organizations which benefited from this energetic, passionate and righteous human being who was dedicated to equality rights for everyone. Although Bobbi passed on November 4, 2007, her tenacious example will always be remembered by the people she worked with.

In memory of Bobbi Nahwegahbow, The Mad Pride Organizing Committee has established a \$250.00 award in her name, to be presented during Mad Pride Toronto celebrations in July 2008. The Committee requests suggestions from the community in the spirit of who best exemplifies the work which Bobbi so actively nourished. These nominations should be made in the form of a simple statement not more than one page in length, which highlights the person's or group's contributions to our community.

The deadline is **April 20, 2008**. Please send nomination letters to either:
Friendly Spike theatre Band, #210, 2466 Dundas Street West, Toronto ON M6P 1W9 or friendlyspike@primus.ca

**FEDERAL GOVERNMENT PROMISES MENTAL HEALTH COMMISSION OF CANADA
\$110 MILLION FOR RESEARCH TO HELP THE HOMELESS LIVING WITH MENTAL ILLNESS**

The Federal Government has promised \$100 million to the Mental Health Commission of Canada (MHCC) for research projects to help Canadians with mental illness who are homeless. A high percentage of homeless people in Canada have mental health problems.

"Very little is known about the most effective ways of providing services to people living with mental illness who are homeless," said Michael Kirby, Chair of MHCC. "What they require is a complex basket of services including supportive housing, access to primary health care and a wide range of other supports."

The Commission will set up five demonstration research projects across Canada. Vancouver, Winnipeg, Toronto, Montreal and Moncton have been selected as sites for the research programs. Each project will focus on a distinct group of homeless people living with mental illness such as those who also have a substance abuse problem, Aboriginal Canadians and non-English speaking new immigrants. The demonstration projects will run simultaneously over a four year period.

"Collectively, the projects will develop a body of evidence which will enable Canada to lead the world in providing services to people living with mental illness who are homeless," said Kirby.

The research will also contribute to the Commission's development of a national mental health strategy as well as to its efforts to reduce the stigmatization of mental illness and eliminate the discrimination that many people living with mental health problems and illnesses face on a daily basis. The Mental Health Commission also looks forward to collaborating on these projects with a variety of partners: provincial and municipal governments, regional health authorities, service providers and service users. For further information contact Michael Pietrus, Director of Information Services, at 403 620-6154.

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.

The Leadership Project and INTAR present
International RECOVERY Perspectives:
ACTION ON ALTERNATIVES
**Critical and creative exploration of leading edge
approaches in Mental Health Recovery**

Hart House - University of Toronto - Toronto – Ontario
Thursday, June 5 and Friday, June 6, 2008

**The conference will include these
workshops:**

- First Admission: Treatment or Trauma?
- Psychotherapy and Extreme States of Distress
- Subjective Experiences of Psychosis
- Diversity and Mental Health: Margins to Mainstream
- Critical Psychiatry:
Promoting/Developing Alternatives
- Trialogue Experience: Consequences for Daily Practice
- Creating Public-Funded Peer-Run Alternatives
- The Icarus Project (USA)
- Family and Community Roles in Alternatives
- Peers in the Workplace: Realizing the Potential
- Peer Leadership and Ownership of Research
- Indigenous Healing as a Self-Recovery Method
- Gaining Autonomy with Medication (GAM)

and others ...

The PSY'COZY'UM, a free Consumer/Survivor only Pre-Conference Day on the 4th of June 2008 at the May Robinson Auditorium, for more information e-mail heinz_klein@hotmail.com

For more information and a full Registration Package contact: Brian McKinnon at bmckinnon@iprimus.ca or 416 285 7996 extension 227



**The following
international speakers
will present:**

Paddy McGowan (Ireland)
Dr. Philip Thomas (UK)
Peter Lehmann (GER)
Dr. Johan Cullberg (SWE)
Dan Taylor (Ghana)
Bhargavi Davar (India)
Salma Yasmeen (UK)
Dr. Peter Stastny (USA)
Norma Friedman (USA)
David Cameron PhD (Ireland)
Jim Gottstein LLB (USA)
Celia Brown (USA)
Will Hall (USA)
Jasna Russo (GER)
Oryx Cohen (USA)
Ron Bassman PhD (USA)
Thomas Bock PhD (GER)
Ron Unger (USA)
Jan Wallcraft PhD (UK)
Anne Marie DiGiacomo (USA)

and others

Community Resource Connections of Toronto, Alternatives and the Family Outreach and Response Program are sponsoring this conference.

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.



SATURDAY, MARCH 15

Yoga Meditation Workshops. FREE. A yoga teacher from the Canadian Meditation Centre provides basic methods of meditation and simple yoga exercises. Participants are required to wear loose clothing and to bring a yoga mat or towel. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 11:00 am to 12:30 pm. Call 416 396-8890 to register.

TVOntario's Best Lecturer Competition. FREE (televised). University of Toronto psychology professor Marc Fournier is one of the top 10 finalists of TVO's Best Lecturer Competition. His televised lecture, titled *Dominance and Depression*, focuses on the psychology of personality, dominance hierarchies, and vulnerability to depression. 4:00 pm; continues on March 16th. For more information email askTVO@tvontario.org or call 416 484-2600.

SUNDAY, MARCH 16

St. Patrick's Day Parade. FREE. The parade begins at Bloor Street West and Devonshire Place (near St. George subway station, Bedford Road exit), moves along Bloor Street, down Yonge Street, and finishes at Nathan Phillips Square. 12:00 noon. For more information call 416 923-1171.



Lost River Walks: *Humber River for World Water & International Rivers Day*. FREE. Start at the northeast corner of Eglinton Avenue and Scarlett Road; end at Weston Road and St. Phillips Road intersection. The Humber is nationally designated as a Heritage River. 1:30 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

The Natrel Rink. FREE. It's last call for the skating season as the Natrel Rink closes today. 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.

Poetry Book Launch & Reading. FREE. Join Donna Langevin (*In the Café du Monde*), Rosemary Clewes (*Thule Explorer: Kayaking North of 77 Degrees*), and Kate Marshall Flaherty (*String of Mysteries*) as they read from their works. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 3:00 pm to 5:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

MONDAY, MARCH 17

MDAO Older Adult Peer Support Group. FREE. This support group meets on the first and third Monday of every month. Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:30 pm to 3:30 pm. For more information visit www.mooddisorders.on.ca or call 416 486-8046.

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, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Two-hour sessions once weekly between 12:30 pm and 8:30 pm. To register call 416 395-5555.

TUESDAY, MARCH 18

Canadian Diabetes Association Scarborough Diabetes Chapter Meeting. FREE. Free refreshments and snacks; free parking. Please bring Sobeys grocery tapes if you have some. Scarborough Village Recreation Centre, 3600 Kingston Road at Markham. 7:30 pm. For more information call 416 363-0177 x 7407.



Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. St. Joseph Community House, 6 St. Joseph Street. 2:30 pm. For more information call Kathryn or Criss at 416 323-0223.

Amateur Night at Yuk Yuk's. \$3.00. Enjoy two great comedy shows at a great price! Students from the Humber School of Comedy perform at 7:30 pm, and at 9:30 it's New Talent Night for Up and Coming Amateurs. Yuk Yuk's Comedy Cabaret, 224 Richmond Street, West of University Avenue between Simcoe and Duncan. Reservations are not required; arrive any time after 7:00 pm. For more information call 416 967-6425.

WEDNESDAY, MARCH 19

Older Women's Network (OWN) Book Discussion. FREE. Today's selection is *Heart Matters* by Adrienne Clarkson. 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.



DVD Wednesdays at MDAO. FREE. Today's feature flick is *A Family Thing*. Each screening is limited to 10 viewers and sign up is required. Popcorn is on the house! Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:00 pm to 3:00 pm. Call 416 486-8046 to sign up.

Artist Trading Card Session. FREE. Don't miss out on this fun way to meet other artists and start your own unique art collection! The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 6:30 pm to 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

This is Not a Reading Series: Paul Quarrington. \$5.00. Every childhood contains at least one 'ravine' or episode where the monsters we usually keep locked inside burst loose. Phil McQuigge, the protagonist of Paul Quarrington's latest novel, *The Ravine*, is a middle-aged failed TV producer who goes to increasingly absurd lengths to atone for the consequences of such an incident. Quarrington will perform with his blues band, Pork Belly Futures, to celebrate the joint release of his new book and their new CD, *Way Past Midnight*. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 7:30 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

The 8 O'Clock Show. FREE. Don't go to bed yet: it's the 8 O'Clock Show! A hilarious comedy night featuring seasoned performers and up and comers in the Toronto comedy scene. The 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.ca.

Poetry Group: Broken Throats Poetry Circle. FREE. Bring copies of your work for positive, useful feedback. Toronto Public Library, Runnymede Branch, 2178 Bloor Street West. 6:00 pm to 8:15 pm. For more information call Neil Muscott at 416 876-1513.

THURSDAY, MARCH 20

Richard Bradshaw Amphitheatre World Music Series: *Global Rhythms*. FREE. Featuring the TorQ Percussion Ensemble. 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.



Colonel Mustard in the Library: Mystery Book Club. FREE. If you love a good mystery, this might be just the book club you've been looking for! Toronto Public Library, St. Lawrence Branch, 171 Front Street East. 7:00 pm. For more information call 416 393-7655.

Women's Fiction Author Readings. FREE. Gil Adamson reads from her first novel, *Outlander*, set in the Canadian West in the early 1900s, where the outlaw is a grief-stricken nineteen year-old woman. Well known author of *A Recipe for Bees* and *A Cure for Death by Lightening*, Gail Anderson-Dargatz's new novel, *Turtle Valley*, transports us to British Columbia, where a woman uncovers long-buried secrets when she returns to her childhood home. Question and answer period to follow both readings. Toronto Reference Library, Beeton Auditorium, 789 Yonge Street. 7:00 pm. For more information call 416 395-5577.



FRIDAY, MARCH 21



Scenes from a Lawyer's Subconscious on Trial: Opening Reception. FREE. Christopher Nowlan, a reputed criminal lawyer, scholar and author of *Judging Obscenity*, launches his debut novel *To See the Sky* against a backdrop of his paintings. Drawing from his conviction that ultimately nothing in the world makes sense, Nowlan uses mixed media to create visual and literal stories that reflect the enigmatic side of human experience. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm to 10:00 pm; the show continues through March 31st. For more information call 416 531-4635 or email info@gladstonehotel.ca.

Lost River Walks: *Lost Creeks in Sam Smith Park*. FREE. Start at the southeast corner of Kipling and Lakeshore Boulevard. Some sections of the creek remain, while others have been lost quite recently. The walk will explore them. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



SATURDAY, MARCH 22

Lost River Walks: *Toronto in the Age of Cholera I – Walk and Workshop*. FREE. Start at Ireland Park at the foot of Bathurst Street and end at 215 Spadina. 1:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



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

SUNDAY, MARCH 23

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast “the best comedy deal in town”. 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, MARCH 24

Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. Loft Community Services, Simon Apartments, 32 Grenville Street, 1st Floor Common Room. Wheelchair accessible. 1:00 pm. For more information call Kathryn or Criss at 416 323-0223.



TUESDAY, MARCH 25

French Language Book Club. FREE. Discuss selected books in French. Today's selection is *Suite Francaise* by Irene Nemirovsky. Toronto Public Library, Richview Branch, 1806 Islington Avenue. 7:00 pm. To register call the French Services Specialist at 416 395-5762.

Java Knights. FREE. ACT Toronto and the Gay West Community Network have formed a partnership to present *Java Knights* – a monthly west-end social event designed 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, MARCH 26

Richard Bradshaw Amphitheatre Piano Virtuoso Series: *19th Century Masterpieces*. FREE. Featuring Baharak Beizaei on piano. 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.



Author Reading. FREE. Meet author Lynn Rae as she shares her experience with depression and bipolar disorder in her book, *My Journey Back to Myself*. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. 6:30 pm to 8:00 pm. For more information call 416 394-5270.

DVD Wednesdays at MDAO. FREE. Today's feature flick is *An Unfinished Life*. Each screening is limited to 10 viewers and sign up is required. Popcorn is on the house! Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602. 1:00 pm to 3:00 pm. Call 416 486-8046 to sign up.

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.ca.

How to Create Effective Resumes. FREE. Do you know what the components of an effective resume are? What is the best format for you – chronological, functional, or a combination? Get important information in order to produce a resume that gets results! Pre-registration required. Toronto Public Library, Fairview Branch, Le@rning Centre, 35 Fairview Mall Drive. 10:00 am to 12:00 noon. To register call 416 395-5750.



THURSDAY, MARCH 27

Richard Bradshaw Amphitheatre Chamber Music Series: *String Classics 2*. FREE. Featuring String Ensembles from the Glenn Gould School of the Royal Conservatory of Music. 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.

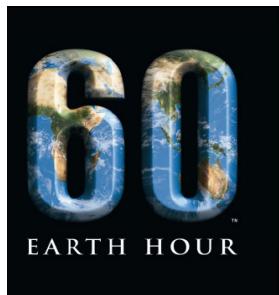
Double Recovery Meeting. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. 519 Church Street Community Centre, 519 Church Street, Old Wing, 2nd Floor. Wheelchair accessible. 3:15 pm. For more information call Kathryn or Criss at 416 323-0223.



FRIDAY, MARCH 28

Documentary Fridays: *Extra Ordinary People—Shadows of the Mind* (109 minutes) by Laura Sky/Skyworks and The Building a Culture of Recovery Project. FREE. Laura Sky's latest documentary contains richly layered portraits of people recovering from mental illness. These are stories of courage and suffering, dignity and hope from individuals who have emerged from mental illness determined to reclaim their lives as healthy people. *Extra Ordinary People* challenges us to lift the weights of stigma and discrimination imposed on psychiatric survivors and gives us a better understanding of what it needed to help facilitate the process of recovery and transformation. A discussion will follow the film. The Krasman Centre, 10121 Yonge Street, Richmond Hill. 2:00 pm to 4:00 pm. For more information call 905 780-0491 or visit www.krasmancentre.com.

Salsa Dance Lessons. FREE. Get active, meet new people and learn some new dance moves! The lessons are free, but participants are asked to bring juice or cookies to share if you can (optional). 6 Trinity Square (beside the Church of the Holy Trinity, behind the Eaton Centre). Ring basement doorbell. 6:00 pm to 8:00 pm. For more information call 416 735-5772 or email iglesiastesteban@hotmail.com.



SATURDAY, MARCH 29

Earth Hour with Nellie Furtado. FREE. Multi-platinum Grammy and Juno Award winner Nelly Furtado will perform a free concert to celebrate Toronto's Earth Hour. At 8:00 pm, cities around the world, including Toronto, will turn off their lights for Earth Hour to raise awareness about climate change. Millions are expected to participate. Earth Hour is a WWF initiative that has grown from a single event in Sydney, Australia in 2007 to a global phenomenon that will occur across six continents and in more than 20 major cities this year. In the heart of Toronto, people gathered at Nathan Phillips Square will witness hundreds of buildings in the downtown core turn off their lights, including City Hall. Nathan Phillips Square, 100 Queen Street West at Bay Street. 7:30 pm. For more information visit www.earthhour.org.

Lost River Walks: *Natural History of the Don Valley*. FREE. Start at Bayview Avenue at Moore, on the southeast corner outside Loblaws. Proceed down Bayview, into the Don Valley, and end at the Science Centre. Bring a packed lunch and eat it at a lunch stop along the way. 11:00 am. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

Personal Peace Through Meditation. FREE. Join our safe circle where we will learn the simple art of Meditation to help us take a break from stress and anxiety, learn mindful awareness and more. Child minding may be available; pre-registration is required. North York Women's Centre, 201 Caribou Road. 1:00 pm to 4:00 pm. To register call 416 781-0479 Monday through Thursday from 10:00 am to 4:00 pm, or register online at www.nywc.org.

Lost River Walks: *Irish Heritage in Toronto*. FREE. Start from outside St. Paul's Basilica at Queen and Power Streets. Walks run from Corktown to the Don pinnacle. The environmental component of this heritage walk includes the lower Don. 2:30 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

TVO's Best Lecturer Competition. FREE (televised). University of Toronto psychology professor Gerald Cupchik is one of the top 10 finalists of TVO's Best Lecturer Competition. His televised lecture, titled *Two Faces of Emotion*, focuses on sensory awareness and emotional processes. 4:00 pm; continues on March 30th. For more information email askTVO@tvontario.org or call 416 484-2600.



SUNDAY, MARCH 30

Sunday Night Old Time Banjo Picking Jam. FREE. Hosted by Parkdale's own banjo master Matt Elwood. Join the jam – it's finger pickin' good! The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 8:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.ca.

MONDAY, MARCH 31

Introduction to Mantra Meditation. FREE. Worried, stressed or just need to relax? A representative from the Canadian School of Meditation will discuss the philosophy and benefits of meditation and will teach simple techniques to achieve peace of mind, satisfaction and happiness. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 7:00 pm to 8:00 pm. To register call 416 394-5240.



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 March. 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



JUST A LITTLE REMINDER...

Many thanks to those of you who took the time to send back your completed reader survey. If you haven't already completed the questionnaire that was in the March 1st issue of the Bulletin, please take a few minutes to do so and send it back to us. If you need another copy of the survey or if you would like us to send you a self-addressed stamped envelope to use for returning the questionnaire, please call the centre. *Thanks for your help!*

WORDS TO LIVE BY

A diagnosis is best viewed as an interruption in the life course – best viewed as a comma – not as a period or a sentence.

~ Russell D. Pierce, *A Narrative of Hope*
