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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.*

**April 1, 2008**  
Bulletin 367

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

LOCATION: 252 College Street, 3<sup>rd</sup> 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](mailto:csinfo@camh.net)

## THE VIEW FROM HERE:

### *Budget Leaves People with Disabilities in Poverty*

#### ODSP ACTION COALITION'S RESPONSE TO THE MARCH 25, 2008 PROVINCIAL BUDGET

“Disability should not be a life sentence to poverty, but this budget does nothing to reduce the poverty of people with disabilities” says Denise Vernier of the ODSP Action Coalition. The Coalition, made up of people who receive income support under the Ontario Disability Support Program and organizations that work with recipients, is disappointed that there is only a 2% increase in social assistance rates.

While the Coalition is encouraged that the government is developing a Poverty Reduction Strategy this year, and has taken measures to address some of the issues affecting poor children, they are disappointed that people with disabilities have been barely mentioned. Eighty-six percent of people who receive ODSP do not have dependent children. Single people with disabilities need to be able to eat nutritiously, maintain adequate housing, and cover all of the other necessities of life too. A significant increase to ODSP income support in this budget would have been a strong indicator that the government is truly committed to lifting people out of poverty.

“People with disabilities disproportionately live in poverty compared with other Ontarians. We call on the provincial government to clearly indicate that it will include people with disabilities and the organizations that work with them, in their consultations on the Poverty Reduction Strategy”, says Nancy Vander Plaats, chair of the ODSP Action Coalition.

The Coalition calls on the government to implement an independent Social Assistance Rates Board to make recommendations on social assistance rates which would be adequate to pay for the average costs of shelter, nutritious food, transportation and other necessities. ODSP recipients who are able to work should also have access to the kinds of employment supports they need to overcome the barriers they face in the labour market. Those who are able to work should be allowed to keep all of their earnings, at least until they reach the poverty line.

For more information: Nancy Vander Plaats, chair, ODSP Action Coalition 416 438-7206 or 416 801-4169.

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## **MEMORIAL DESIGN CAMPAIGN FOR LAKESHORE PSYCHIATRIC HOSPITAL CEMETERY**

**PURPOSE:** A design campaign is underway to create a permanent memorial for the 1,511 people buried in the Lakeshore Psychiatric Hospital Cemetery at the northeast corner of Horner Avenue and Evans Avenue in Etobicoke. Most of the people were buried in unmarked graves between 1890-1974. The purpose of this campaign is to create a permanent public marker to remember the people buried here in a dignified and respectful way and to acknowledge their contributions to our community. It is intended to right a grievous historical wrong in which we as a community say to the people buried here: "You are forgotten no longer!"

**ELIGIBLE APPLICANTS:** Any person who self-identifies as a psychiatric survivor, consumer, client or current or former patient of the mental health system and anyone who has a relative who is buried in this cemetery.

**INSTRUCTIONS:** Create an original design that respects the memories and history of the people buried in this cemetery. It should be clearly drawn on a sheet of paper or Bristol board, with all dimensions and materials described. It must be an original submission - photocopies or a faxed copy will be disqualified. Please put your name and contact information on the BACK of your entry so that it will not be visible to the selection committee. People who submit a memorial proposal are strongly encouraged to visit this cemetery before designing a memorial.

**SUBMISSION DATES:** April 1 to June 15, 2008. The chosen applicant will be announced during Mad Pride Week, July 14 to 28, 2008. Send your submission to:

**Attention: *Among Friends***  
**LAKESHORE ASYLUM CEMETERY PROJECT**  
**MEMORIAL DESIGN COMMITTEE**  
**185 FIFTH STREET**  
**TORONTO, ON M8V 2Z5**

**HONORARIUM FOR THE DESIGNERS OF THE ENTRIES CHOSEN:** 1<sup>ST</sup> prize \$650.00; 2<sup>ND</sup> Prize \$250.00; 3<sup>RD</sup> Prize \$100.00

The selection committee will be made up of representatives of the Lakeshore Asylum Cemetery Project and the Psychiatric Survivor Archives Toronto. Members of the selection committee and their relatives/partners/spouses are ineligible to submit a design. The Psychiatric Survivor Archives Toronto and individual donors from the psychiatric survivor community have provided funding for this memorial design campaign.

If you need more information, call *Among Friends* at 416 251-8666, or email Deb Quiggin at [deb.quiggin@gmail.com](mailto:deb.quiggin@gmail.com).

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## **Wish List**

Hi Bulletin Readers,

This issue we have two readers looking for tall, standing lamps for reading under and one who has not enough light in her basement apartment looking for a pair of lamps. Other requests are for a violin or flute, small lamp shades, any of the Sweet Valley books, a portable radio/CD player, and a Bowflex machine. This last request is from someone who has had arm surgery. We asked in October for a Bowflex or kettle weights and did not get a response. Are there any fitness wish granters or fitness drop-outs who are willing to donate the equipment they're no longer using?

Also, a subscriber would like to know if there is someone willing to teach her ASL in one-to-one lessons by the half hour. She lives in the downtown core and the lessons could be held in her building's common room, once or twice a month.

We still have one of the two black 2-drawer file cabinets - the drawer is a little wonky, but it still holds files. We have a small TV, a white Ikea coffee table, a Pier One multi-coloured loveseat with sleeper, a student desk with a multi-coloured map of the world on it and a chair, and a double bed with a new Sealy mattress, box spring and headboard - all hardly used.

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](mailto:csinfo@camh.net).

## ANNOUNCEMENTS

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

### THE CITY OF TORONTO HAS PROCLAIMED JULY 14<sup>TH</sup> TO JULY 28<sup>TH</sup> 2008 MAD PRIDE WEEK 2008

This year, the MAD Pride Toronto Organizing Committee is planning a week long celebration of arts and education. We are seeking submissions of live theatre, literature and spoken word, performance art, arts and crafts, film and educational presentations.

If you would like to include your work in Mad Pride Toronto 2008, please send a brief description along with an estimated running time to [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) or Friendly Spike Theatre Band, Suite 210, 2466 Dundas Street West, Toronto ON M6P 1W9. For more information call 416 516-4740. Mad Pride!

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### 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](mailto:friendlyspike@primus.ca).

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### NEW ONLINE MENTAL HEALTH SUPPORT FORUM: [www.BipolarsUnite.com](http://www.BipolarsUnite.com)

An exciting new online resource by and for people living with mental illness has been launched! The website offers an online support forum, the purpose of which is to help users integrate and identify with each other on the common basis of living with a mental illness. Although bipolar disorder is the main theme of the website, there are also discussion groups on other mental health issues as well as on managing money, dealing with symptoms, medications, and so on. You will also find links, articles and other useful mental health information.

Visit [www.bipolarsunite.com](http://www.bipolarsunite.com) to register and get involved in this new online community!  
For more information contact [alpha@bipolarsunite.com](mailto:alpha@bipolarsunite.com).

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**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.

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## THE NATIONAL JOB FAIR ~THE MOST COMPREHENSIVE JOB AND CAREER FAIR IN ONTARIO~

APRIL 8 – 9, 2008  
10:00 AM to 8:00 PM  
METRO TORONTO CONVENTION CENTRE  
255 FRONT STREET WEST

Presented by Jobboom.com in collaboration with The Toronto Sun, the Spring 2008 edition of The National Job Fair and Training Expo is expected to register some 150 booths to present the best show yet. Attend and meet face to face with some 750 human resources professionals, recruiters and career specialists and access an expected 5,000 job and career opportunities from 40 or 50 sectors in a dynamic environment.

The general admission is \$3.50 per person; on-site registration at the General Admission Desk upon your arrival. Once on-site, don't miss the opportunity to get a FREE assessment of your resume at the popular Resume Professional Assessment Centre.

For more information visit <http://www.thenationaljobfair.com/visitors/index.php>

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## SOS! WE NEED VOLUNTEER FOSTER PARENTS!



Become part of an important new service that provides foster care to pets when a consumer/survivor has to go into hospital. If you would like to join our foster parent team, please email Linda Chamberlain at [lchamb5702@rogers.com](mailto:lchamb5702@rogers.com) for more information and application forms.



The C/S Info Centre does not endorse any research studies. We provide the information and you make your own decisions about whether to participate.

**PARTICIPANTS NEEDED FOR RESEARCH STUDY**  
**DO INSTITUTIONAL MODELS PROVIDE EFFECTIVE TREATMENT SETTINGS**  
**FOR PEOPLE LIVING WITH MENTAL ILLNESS?**  
**INSTITUTIONAL EXPERIENCES OF ADULT SURVIVORS OF MENTAL HEALTH TREATMENT SYSTEMS**  
*Changes are needed. Want to help make a difference?*

The purpose is to develop an understanding of the experience of adult survivors of mental illness who have been treated in institutionalized settings - to hear your stories, thoughts and recommendations about the institutional model of treatment and your ideas around more effective treatment systems. The focus will be to determine effective changes to current treatment and ways to help make those changes.

**What is involved?** Participants will attend a brief, one-hour individual interview.

**To be eligible** you must be 35 years or older; you must have spent some time in an institutionalized setting/hospital for the treatment of mental illness; you must sign an informed consent form.

A \$20.00 honorarium will be paid for participation. For more information, please call Joanne at 416 929-1387 or 416 535-8501 x 6785 or email [jwshort@sympatico.ca](mailto:jwshort@sympatico.ca).

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**MOOD DISORDERS ASSOCIATION OF ONTARIO PRESENTS**  
**HEAD STRONG**

**April 24, 2008 7:00 pm to 10:00 pm**  
**Northern District Library 40 Orchard View Boulevard, Room 200**

Head Strong is a project of the Mood Disorders Association of Ontario (MDAO) in which people who have mood disorders talk about their successes. Head Strong is an opportunity for people who know what they are talking about to talk, and for the world to listen. It is for people who have taken the beast that is their mood disorder and subdued it, or learned how to live and deal with it, to speak out in communities across Ontario.

As part of the Head Strong "express" that will be visiting ten communities this year, Karen Liberman, Executive Director of the Mood Disorders Association of Ontario and survivor of her own journey past the secrecy and darkness of severe depression will present her story as part of a free public forum.

For more information about Head Strong, or to print an application to be a Head Strong Spokesperson, visit [www.mooddisorders.on.ca](http://www.mooddisorders.on.ca) or call 1 888 486-8236.

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**TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK (LHIN)**  
**OPEN BOARD MEETING – Date & Time Change !!**

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) previously scheduled for April 9, 2008 10:00 am to noon has been changed to Thursday April 10, from 2:00 to 4:00 pm. Still at the Toronto Central LHIN offices, 425 Bloor Street East, Suite 201. For more information call 416 921-7453 or 1 866 383-5446.

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**COMPUTER HELP**



Free over the phone or online technical 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](mailto: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 4<sup>th</sup> of June 2008 at the May Robinson Auditorium, for more information e-mail [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com)**

For more information and a full Registration Package contact: Brian McKinnon at [bmckinnon@iprimus.ca](mailto: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.



### **TUESDAY, APRIL 1**

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. Seaton House, Hostel Library, 339 George Street. Wheelchair Accessible. 10:00 am. For more information call Kathryn or Criss at 416 323-0223.

York University Department of Music: *Music at Midday*. FREE. Mediaeval and Renaissance Ensembles featuring works from the 12<sup>th</sup> through 16<sup>th</sup> centuries. York University Department of Music, Room 235, Accolade East, 4700 Keele Street. 12:00 pm. For more information call 416 736-5186.

Taddle Creek Fiddlers. FREE. Players of all levels are welcome to join this acoustic music session which takes place on the first and third Tuesday of each month in the upstairs Chapel. The repertoire is Canadian fiddle folk music with a special nod to those tunes written by Canadians. Church of the Holy Trinity, 10 Trinity Square, outside the south doors of the church, behind the Eaton Centre. 7:00 pm to 9:00 pm. For more information call 416 598-4521 or visit [www.holytrinitytoronto.org/fiddle](http://www.holytrinitytoronto.org/fiddle).



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, APRIL 2**

Double Recovery Meeting for Women Only. FREE. The Double Recovery program offers those with both mental health and addiction issues safe and anonymous support through informal peer-based meetings. Adelaide Resource Centre for Women, 67 Adelaide Street East, Room 208-C. Wheelchair accessible. 10:30 am. For more information call Kathryn or Criss at 416 323-0223.

York University Department of Music: *Music at Midday*. FREE. York University Men's Choir performs works by Bach, Erb, Mendelssohn and more. York University Department of Music, Tribute Communities Recital Hall, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.



DVD Wednesdays at MDAO. FREE. Today's feature flick is *The Illusionist*. 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.

University of Toronto Joint Centre for Bioethics Seminar Series. FREE. Dr. Ann Robertson, Professor of Public Health Sciences, will present on "Designer Babies" and the Governance of Life Itself: The Case of Pre-Implantation Genetic Diagnosis (PGD). University of Toronto, Joint Centre for Bioethics, 88 College Street, Great Hall. 4:10 pm to 5:00 pm. For more information call Rhonda Martin at 416 978-1906.

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](mailto:info@gladstonehotel.ca).

### **THURSDAY, APRIL 3**

University of Toronto Faculty of Music: *Thursdays at Noon*. FREE. Featuring advanced student wind ensemble performances. Edward Johnson Building, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. For more information call 416 978-3744.



Richard Bradshaw Amphitheatre Dance Series. FREE. Heidi Strauss performs *After*. 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](http://www.coc.ca).



Speakeasy's Spring Craft Show. Pay What You Can (\$4.00 suggested). The Speakeasy Craft Shows are notorious for bringing Crafters, Artists and Designers together in a unique venue to share their creations with the community. Our vendors are chosen for their unique style, quality and originality of design. Jump on down to the Gladstone this April for a one-of-a-kind experience. 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](mailto:info@gladstonehotel.ca).

#### **FRIDAY, APRIL 4**

York University Department of Music: *Music at Midday*. FREE. Featuring York University Chamber Strings. York University Department of Music, Tribute Communities Recital Hall, Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

Talk to the Pie Series. FREE. Join Toronto-based artist G.B. Jones for a conversation with Allyson Mitchell about her 15-years in the making Super 8 feature *The Lollipop Generation*. Pie (while it lasts) is on the house! The Gladstone Hotel, Art Bar, 1214 Queen Street West. 4:00 pm to 6:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca).



Gladstone World Music Series: *Groovebone*. FREE. From London, Ontario, Groovebone is comprised of four top R&B soul players who play a funk and soul gumbo with a New Orleans twist. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 7:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca).

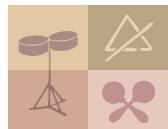
#### **SATURDAY, APRIL 5**

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

#### **SUNDAY, APRIL 6**

City of Toronto Parks, Forestry & Recreation: *Sunday Serenades*. FREE. Featuring the Ink Spots. Scarborough Civic Centre, 150 Borough Drive. 2:00 pm. For more information call 416 338-3294.

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](mailto:info@gladstonehotel.ca).



University of Toronto Faculty of Music: Student Performances. FREE. Featuring Percussion Ensemble performances. Edward Johnson Building, Walter Hall, 80 Queen's Park Crescent. 7:30 pm to 9:30 pm. For more information call 416 978-3744.

#### **MONDAY, APRIL 7**

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](http://www.mooddisorders.on.ca) or call 416 486-8046.

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, 1<sup>st</sup> Floor Common Room. Wheelchair accessible. 1:00 pm. For more information call Kathryn or Criss at 416 323-0223.

#### **TUESDAY, APRIL 8**

Homeless Memorial. FREE. Come together to remember those who have died homeless or through homelessness. Lunch is provided after the vigil. The 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.

This is Not a Reading Series: Rachel Sontag. FREE. In the tradition of *Running With Scissors* and *The Glass Castle*, Sontag's memoir *House Rules* paints a portrait of dysfunctional family dynamics lurking behind the guise of upper-middle class stability. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 7:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca).



Women's Family Law Legal Clinic. FREE. During a private 30 minute session, a lawyer can offer advice and guidance on many family law issues including separation/divorce; child/spousal support; violence/abuse; child custody/access. By appointment only. North York Women's Centre, 201 Caribou Road. 7:00 pm to 9:00 pm. For more info call 416 781-0479 or email [info@nywc.org](mailto:info@nywc.org).

### **WEDNESDAY, APRIL 9**

Richard Bradshaw Amphitheatre Chamber Music Series: *Hommage a Brahms*. FREE. Featuring the sounds of horn, violin and 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](http://www.coc.ca).

DVD Wednesdays at MDAO. FREE. Today's feature flick is *Juno*. 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.



Uptown Author Series. FREE. Philip Slayton Rhodes Scholar, former corporate lawyer and Dean of Law, discusses his book *Lawyers Gone Bad: Money, Sex and Madness in Canada's Legal Profession*. Question and answer period to follow. 7:00 pm. Toronto Public Library, North York Central Branch, 5120 Yonge Street. 7:00 pm. For more information call 416 395-5535.

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](mailto:info@gladstonehotel.ca).

### **THURSDAY, APRIL 10**

Richard Bradshaw Amphitheatre Chamber Music Series: *At First Light*. FREE. Featuring the New Music Ensemble 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](http://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, 2<sup>nd</sup> Floor. Wheelchair accessible. 3:15 pm. For more information call Kathryn or Criss at 416 323-0223.



Celtic Studies Speakers Series. FREE. Poet Paul Muldoon will speak about and read from his work. University of Toronto, Carr Hall, 100 St. Joseph Street, Robert Madden Auditorium. 6:00 pm to 8:00 pm. For more information call Jean Talman at 416 926-7145.

### **FRIDAY, APRIL 11**

Queer Within These Walls. FREE. Sherbourne Health Centre and Toronto Women's Bookstore present three local queer authors reading from their novels on themes of living and working within mental health institutions. Q&A and discussion afterwards. Authors will sign copies and books will be for sale. Featuring Pat Capponi, author of *Last Stop Sunnyside*, Debra Anderson, author of *Code White* and Farzana Doctor, author of *Stealing Nasreen*. Toronto Women's Bookstore, 73 Harbord Street. 7:00 to 9:00 pm. All welcome.

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, North York Central Branch, 5120 Yonge Street. Adult volunteer tutors meet with learners for two hours weekly between 9:00 am and 5:00 pm. Ongoing. To register call 416 395-5555.

### **SATURDAY, APRIL 12**

Mad Students Society Presents: *David Reville is a Mad Politician in Recovery – from Politics*. FREE. In a reflection on a political career, David looks at some of the costs and benefits and some of the wins and losses. He wonders aloud whether among the Mad Students there are some who'd consider tossing their hats into the ring and, if they did, how could we support them. Ontario Institute for Studies in Education (OISE), 252 Bloor Street West, Room 11204. 3:00 pm to 5:00 pm. For more information contact [reid.jenna@gmail.com](mailto:reid.jenna@gmail.com).



Artists Against War. FREE. Panel discussions on Canada's present role in Afghanistan and war resistance efforts at home and abroad. Guest speakers include NDP Member of Parliament Olivia Chow and Khaled Mouammer, head of the Canadian Arab Federation. University of Toronto, International Student Centre, 33 St. George Street. 11:00 am to 5:30 pm. For more information contact Kathryn Palmateer at 416 532-8176 or email [aaw@sympatico.ca](mailto:aaw@sympatico.ca).

### **SUNDAY, APRIL 13**

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](mailto:info@gladstonehotel.ca).

### **MONDAY, APRIL 14**

This is Not a Reading Series: David MacFarlane. FREE. No one would dispute that Toronto is undergoing a major transformation. For award-winning author and editor David MacFarlane, the debate starts with the corollary question: Where is it headed? MacFarlane asked ten of the city's leading writers, architects and academics to address this issue, then assembled their essays in *Toronto: A City Becoming*. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 7:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca).

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**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](mailto:csinfo@camh.net). The Bulletin is published twice a month on the 1<sup>st</sup> and 15<sup>th</sup>. 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](http://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



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 1<sup>st</sup> issue of the Bulletin, it's not too late! 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!*

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## **WORDS TO LIVE BY**

**PROMISE ME YOU'LL ALWAYS REMEMBER: YOU'RE BRAVER THAN YOU BELIEVE,  
AND STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK.**

~Christopher Robin to Pooh Bear