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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 15, 2008
Bulletin 368

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

LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

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: 1ST prize \$650.00; 2ND Prize \$250.00; 3RD 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.

Table of Contents

**Memorial
Design
Campaign**
Page 1

Wish List
Page 2

Announcements
Pages 2 - 4

Job Postings
Page 5 & 6

Activities
Pages 6 - 10

Wish List

Hi Bulletin Readers,

This time we have donations of a forest green couch with maroon and gold cushions. It's in good shape and needs to be picked up by April 30th as the person is moving by then. There's also a round table - formica and stainless steel. As well, all the equipment and supplies for a hamster, everything but the little animal itself, and a step machine for fitness. It's big and bulky and again you have to arrange transportation. There's also a brown blind for a window, and a scanner (software included). The scanner is an older model and was used with Windows ME. The donor believes it will work with ME or earlier, say Windows 98, but not XP or later.

We received 3 requests for the double bed that was in the last Bulletin and of course it goes to the first person who calls. So if there is anyone out there with another bed to donate, bed bug free, of course, you would be making someone very happy and much more comfortable.

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.

In a display of shameless usage of the Bulletin for her own personal uses, Helen announces: I am a grandmother!!! My son and his wife had their child a month early, but he is fine and healthy and ever so beautiful. His name is Noah Wei Cheng Cummings and he weighed in at 6.1 lbs on April 4th.

EARTH DAY AT SOUTH RIVERDALE COMMUNITY HEALTH CENTRE



South Riverdale will celebrate Earth Day this year with a heap of exciting events, including a community clean up and garden clean up, the bike repair clinic, a seed exchange and seedling give away, and a barbecue. Join us rain or shine to get your hands dirty and celebrate spring! For more information contact Caryn Thompson, Environmental Health Promoter, at 416 461-1925 x 253 or cthompson@srhs.ca.

**TUESDAY, APRIL 22, 2008
12:30 PM TO 2:30 PM FOR COMMUNITY CLEAN UP ~ 3:00 PM TO 6:00 PM FOR ALL OTHER EVENTS
SOUTH RIVERDALE COMMUNITY HEALTH CENTRE, 955 QUEEN STREET EAST (AT CARLAW)
RAIN: INSIDE SRCHC ~ SHINE: IN THE PARK BETWEEN SRCHC AND THE CHURCH AT CARLAW**

THE CITY OF TORONTO HAS PROCLAIMED JULY 14TH TO JULY 28TH 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 or Friendly Spike Theatre Band, Suite 210, 2466 Dundas Street West, Toronto ON M6P 1W9. For more information call 416 516-4740. Mad Pride!

NEW ONLINE MENTAL HEALTH SUPPORT FORUM:
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 to register and get involved in this new online community!
For more information contact alpha@bipolarsunite.com.

WHAT NEXT LIVE!
A TALENT SHOWCASE



MUSIC, COMEDY AND MORE! REFRESHMENTS AFTER THE SHOW!

FRIDAY, APRIL 18, 2008 AT 6:00 PM
1859 LESLIE STREET (North of York Mills Road)
Located in the Red Cross Building; Free Parking

Admission is \$2.50 for members and \$5.00 for non-members. Purchase tickets in advance or at the door. For tickets and information call 416 449-4555. What Next! is partnered with the Canadian Mental Health Association.

WHEN WORRY TAKES OVER:
ANXIETY & ITS RELATED PROBLEMS
FREE CONFERENCE ON GENERAL ANXIETY DISORDERS

SUNDAY, APRIL 20, 2008 ~ 1:00 PM to 4:00 PM
METRO HALL, 55 JOHN STREET 3RD FLOOR, ROOMS 308 AND 309

Speakers include Dr. Martin Katzman on Generalized Anxiety Disorder and Panic Disorder; Dr. Monica Vermanti on Post Traumatic Stress Disorder; Dr. Adam Radomsky on Obsessive Compulsive Disorder; Madalyn Marcus on Social Phobia. Space is limited. Please reserve by email at contactus@anxietycanada.ca or by phone at 1 888 223-2252. For more information visit www.anxietycanada.ca.

**EMPOWERMENT COUNCIL PRESENTS:
QUEEN STREET PATIENT ROUNDS**



**WEDNESDAY, APRIL 16, 2008 ~ 3:00 PM to 4:00 PM
CAMH EMPOWERMENT COUNCIL OFFICE
QUEEN STREET SITE, ROOM 160, 1001 QUEEN STREET WEST**

Are you a client at CAMH? Want to upgrade your education? Want to go back to school? Never finished high school? No problem! Come out and learn more about how to upgrade your education and learn some skills to help you get 'school ready' with guest speaker Janet Procter from CAMH Employment Support and Development.

Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, and 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. Call 416 535-8501 X 3013 if you have any questions.

**Come
On
Down
and
Have
Your
Taxes
Done
For
Free**

TAX CLINIC

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 SOCIAL ECONOMY CENTRE (OISE/UT) PRESENTS
LUNCHBOX SPEAKERS' SERIES:
THE FUTURE OF SOCIAL HOUSING PROGRAMS IN CANADA**

**WEDNESDAY, APRIL 23, 2008 ~ 12:00 PM to 1:30 PM
ONTARIO INSTITUTE FOR STUDIES IN EDUCATION, UNIVERSITY OF TORONTO
252 BLOOR STREET WEST, ROOM 12-199**

Guest speaker David Hulchanski, Director, Centre for Urban and Community Studies and Professor, Faculty of Social Work, University of Toronto, will discuss deficits in Canada's approach to social housing and what the need for social housing actually is. David Peters, Special Advisor, Ontario Non-Profit Housing Association on Policy and Government Relations, will share a new model for delivering housing services, where things are going and where he thinks they should go. Dale Regan, Managing Director of the Ontario Region of the Co-operative Housing Federation of Canada, will talk about co-operative housing and its future in Canada. Bring your lunch and a mug; coffee, tea and water will be provided. For more information, contact Lisa White at secspeaker@oise.utoronto.ca or visit our website at <http://socialeconomy.utoronto.ca>.

JOB POSTINGS



GERSTEIN CRISIS CENTRE

COMMUNITY CRISIS WORKER TRAINING POSITION – MULTICULTURAL

The Gerstein Centre is offering a training position for an individual from an ethno-racial community who has experience in the mental health field in his/her country of origin, but due to resettlement issues and a lack of Canadian work experience, has encountered barriers to employment in the mental health field in Canada. The position is a one-year contract designed to train the individual as a Community Crisis Worker, to work as part of a team providing telephone support, mobile team visits, and supportive counselling in the residential setting. While most of the training will be on-the-job, workshops, conferences and educational opportunities will be a part of the training. The trainee will receive one-to-one supervision. Salary: \$37,699. plus benefits.

APPLICANTS MUST HAVE:

- Experience in the mental health field in their country of origin
- Experienced barriers to employment in the mental health field in Canada
- At least 6 months of full-time employment, volunteer work or educational experience in any area within the past year
- A good support system for themselves
- A personal philosophy compatible with that of the Gerstein Centre
- Working ability to speak, read and write English
- Flexibility, with the ability to work under pressure
- Availability to work shift-work including nights, weekends and holidays (after 6 months of employment)

Please send your resume by April 18, 2008 to: Elaine Amsterdam, Training and Education Coordinator, Gerstein Crisis Centre, 100 Charles Street East, Toronto, Ontario M4Y 1V3. Fax 416 929-1080; email jobs@gersteincentre.org.

COMMUNITY CRISIS WORKER, FULL-TIME SHORT-TERM RESIDENTIAL CRISIS BED PROGRAM

Gerstein Centre is a voluntary, non-medical 24-hour mental health crisis intervention service located in the downtown Toronto area. The Short Term Residential Crisis Bed program (14 beds) offers short-term crisis support to adults with mental health issues who have also become involved in the criminal justice system and women dealing with mental health issues and/or homelessness. This program is located in the Bloor and Dovercourt area and serves individuals from downtown Toronto. Salary: \$50,187. per annum.

SUCCESSFUL APPLICANTS WILL HAVE:

- At least 5 years experience in community mental health and crisis intervention or experience in a related field
- An extensive knowledge of community supports available in the City of Toronto
- Experience with the mental health, criminal justice and shelter systems
- Experience running groups and programs
- Demonstrated capability to be flexible and to work under pressure
- Good written and verbal communication skills (a second language would be an asset)

THE COMMUNITY CRISIS WORKER:

- Screens and assesses referrals to short-term residential crisis beds
- Provides short term crisis support, case management, advocacy and community referrals for individuals staying in the short-term residential crisis beds
- Provides crisis intervention and exercises good judgment in emergency and/or crisis situations
- Can work independently and within a team and shares responsibility for 14 high-support beds within a residential setting

PLEASE NOTE: The position involves regular shift work which includes overnights, weekends and holidays. The position also includes some light housekeeping and cooking. Consumer/survivors from the psychiatric system, members of ethno-racial communities and Native Canadians are encouraged to apply.

Please send resumes by April 18, 2008 (resumes must be received by the closing date) to: Selection Committee, Gerstein Crisis Centre, 100 Charles Street East, Toronto, Ontario M4Y 1V3. Fax 416 929-1080; email jobs@gersteincentre.org. We thank all applicants, but will contact only those to be interviewed.

There are a couple of other job postings at the centre on our Job Board. There was not the space to put them into the Bulletin. We're putting the titles here for you and if you want more information about them, feel free to drop in to the centre from 1:00 to 4:00 Monday to Friday, or call the centre and we'll tell you more about them. If there's time before the closing date, we'd be happy to mail the posting out to you.

Helen & Deb

1. KAIROS: Ecumenical Justice Initiatives. **Program Coordinator** - Canadian Social Development. 10 month contract. Closes April 18th.
2. Common Ground Partnership. **Crisis Support Worker**. Full-time. Closes April 30. (See Charity Village, April 2, 2008)
3. Saint Elizabeth Health Care. **Community Crisis Workers** - Mobile Support. Full & Part-time positions available. Closes June 8, 2008. (See Charity Village April 8, 2008)
4. Central Eglinton Community Centre. **On Call Receptionist/Secretary**. No closing date posted. \$10 per hour.
5. Jane Finch Community and Family Centre. **HOST Project Worker**. Contract until March 2009, possibility for renewal. Full-time. Closes April 25, 2008.

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 15

Developing a Professional Resume and Cover Letter. FREE. A facilitator from Centennial College Job Connect provides a workshop on how to develop an effective resume and cover letter to help you to get a job faster. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 4:00 pm to 6:00 pm. Register in person or by calling 416 396-8890.



Shakespeare Lecture Series. FREE. Learn more about Shakespearean plays as internationally renowned, academic experts talk about their favorite plays. Today's feature: Jill Levenson on *Romeo and Juliet*. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 7:00 pm to 8:00 pm. For more information call 416 395-5577.

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 emphasis on 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.



WEDNESDAY, APRIL 16

DVD Wednesdays at MDAO. FREE. Today's feature flick is *Walk the Line*. 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.

Spirituality Group. FREE. Spirituality is thought by many to be an important part of their recovery. If you would like to explore your own spirituality, this group can help. 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.



Nutrition for Parents. FREE. Public Health and Flemington Park Library present a program on nutrition for parents, which includes cooking demonstrations and child minding. Toronto Public Library, Flemington Park Branch, 29 St. Dennis Drive. 1:00 pm to 3:00 pm; program continues through May 21st. Register in person or by calling 416 395-5821.

Older Women's Network (OWN) Book Discussion. FREE. Today's selection is *Moral Disorder* by Margaret Atwood. 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.

Consumer Health Information Service Seminar: *Sunshine, UV Exposure and Vitamin D*. FREE. This seminar, part of CHIS's *You and Your Health* series, will feature guest speaker Dr. Aileen Mason talking about playing it safe in the sun while getting what you need. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 6:30 pm to 7:30 pm. For more information call 416 395-5577.



Food and Environmental Allergies Information Session. FREE. In this informative talk Dr. Makato Trotter, ND, will teach you how to better understand your body's allergic responses to food and environmental allergies. Also learn about various allergy testing techniques, conventional treatments and natural allergy treatment options that can help you have a clearer and happier spring season. The Big Carrot, 348 Danforth Avenue, Room 212, 2nd Floor, Carrot Common (entrance by Book City). 7:00 pm. For more information call 416 466-2129.

THURSDAY, APRIL 17

Midtown Author Series: *Susan Glickman*. FREE. Literary critic and poet Susan Glickman reads from her award winning debut novel *The Violin Lover*. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 7:00 pm. For more information call 416 393-7657.

Ontario Disability Support Program: ODSP Information Session. FREE. This information session will discuss the income and employment supports that are available to people with disabilities through the ODSP program. Discover how ODSP can help you get and keep a job. St. Stephen's Employment and Training Centre, Ground Floor, 1415 Bathurst Street, one block south of St. Clair Avenue West. 2:30 pm to 4:00 pm. Reserve your spot in advance by calling 416 531-4631 or register at the door.

FRIDAY, APRIL 18

Documentary Fridays: *An Inconvenient Truth* (100 minutes) by Al Gore. FREE. We owe it to ourselves, our planet and future generations to see this academy award winning documentary on global warming. 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.

Eating Disorder Support Group for Adults. FREE. This is a loosely structured support group where you are the expert of your own experience. Registration is required. Sheena's Place, 87 Spadina Road. 10:00 am to 11:30 am. For more information and to register call 416 927-8900.

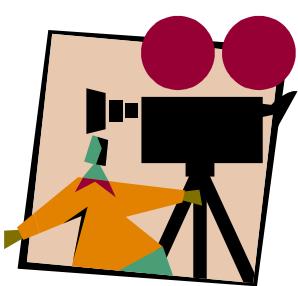
SATURDAY, APRIL 19

Hungarian Friendship and Writers Circle. FREE. Participants discuss their own written material or other published works. Conversation is in Hungarian. Toronto Public Library, Barbara Frum Branch, 3rd Floor, 20 Covington Road. 2:00 pm to 4:00 pm. For more information call 416 395-5440.

Sahaja Yoga Meditation. FREE. Reawaken the dormant energy within called Kundalini. Sahaja Yoga presents an ongoing Meditation program to help you in relaxing and managing physical, mental and emotional stress. Toronto Public Library, New Toronto Branch, 110 Eleventh Street. 10:00 am to 12:00 noon. To register call 416 394-5350 or 416 201-7649.



SUNDAY, APRIL 20



Rendezvous with Madness Film Festival is pleased to co-present *Must Read After My Death* at the 15th Hot Docs Canadian International Documentary Festival. \$10.00 to \$12.00. When an unconventional 1960s Connecticut couple turn to psychiatry for help with their troubled marriage, their lives spiral out of control. Allis and Charley submit themselves and their four children to a daily barrage of group and individual therapies, but things get worse. Pills are prescribed, family members are sent away. Isabel Bader Theatre, University of Toronto, 93 Charles Street West. 7:00 pm; repeat screening on Tuesday, April 22 at 11:30 am. For ticket sale information call 416 637-5150 or visit www.hotdocs.ca.

Lost River Walks: *Leslie Spit for Wildlife Week & Earth Day*. FREE. Beaches and the Lakeshore, past, present and future – a walk from Cherry Beach to the Leslie Street Spit, and a chance to find out about plans for “Lake Ontario Park”. Start at the entrance to Cherry Beach; end at the entrance to Tommy Thompson Park. 2:00 pm to 4:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

MONDAY, APRIL 21

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.

TUESDAY, APRIL 22

EARTH DAY. Think Green and Reduce, Reuse, Recycle to Restore and Replenish!

Richard Bradshaw Amphitheatre Vocal Series: *A Singer's Almanac*. FREE. Featuring baritone Brett Polegato. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

Shakespeare Lecture Series. FREE. Learn more about Shakespearean plays as internationally renowned, academic experts talk about their favorite plays. Today's feature: Alexander Leggatt on *The Taming of the Shrew*. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 7:00 pm to 8:00 pm. For more information call 416 395-5577.

WEDNESDAY, APRIL 23

Richard Bradshaw Amphitheatre Vocal Series: *Fetes Galantes*. FREE. Featuring soprano Virginia Hatfield and baritone Jesse Clark. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 5:30 pm to 6:30 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

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.

THURSDAY, APRIL 24

Art Show Opening. FREE. Reflections from Haliburton County. Photographs by Ramesh Kamath. Ramesh will be at the gallery Thursdays and Fridays from 5:00 pm to 9:00 pm and on Saturdays from 1:00 pm to 6:00 pm. The show is in appreciation of the on-going support available through the Good Shepherd agency. The exhibit will run for three weeks at the Show Gallery, 978 Queen Street West. The opening reception will be today from 7:00 pm to 9:00 pm.

Afternoon at the Movies. FREE. Today's feature is *Goodbye Lenin*. Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3rd Floor, Room B, Auditorium. 2:00 pm to 4:00 pm. For more information call 416 395-5440.



Midtown Author Series: *Rosemary Aubert*. FREE. Meet Rosemary Aubert, a professional criminologist and author of the Ellis Portal mystery series set in Toronto. Winner of the Arthur Ellis Award. Toronto Public Library, Deer Park Branch, 40 St. Clair Avenue East. 2:00 pm. For more information call 416 393-7657.



FRIDAY, APRIL 25

2nd Annual June Callwood Lecture: *Wrongful Convictions in Canada*. FREE. Lawyer James Lockyer will speak on the subject of the Canadian justice system and wrongful convictions. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 7:00 pm. For more information call 416 395-5577.

Sheena's Place Reading and Lending Library. FREE. Find books and videos on eating disorders and related issues. Sheena's Place, 87 Spadina Road. 10:00 am to 10:30 am. For more information call 416 927-8900 or visit www.sheenaspplace.org.

Poetry Reading. FREE. Come and enjoy two Canadian poets: Penn Kemp & bill bissett reading for the first time at CAMH as part of the Poetry Without Borders Series. Penn has been proclaimed as a foremother of Canadian poetry by The League of Canadian Poets, and writer and publisher bill bissett is known as "a one-man culture...". CAMH, Malcolmson Lecture Theatre, 1001 Queen Street West. 12:00 noon.

Employment Assistance. FREE. Need help finding a job? Talk to a YMCA Employment Services Information Warehouse worker. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. 2:00 pm to 4:00 pm. For more information call 416 395-5440.

SATURDAY, APRIL 26

Lost River Walks: *Rouge River: Railways and Horse Thieves*. FREE. This Heritage Walk starts at Pearse House (1749 Meadowvale Road) at the second to last bus stop before the Toronto Zoo, on the 85 bus route. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.



SUNDAY, APRIL 27

Lost River Walks: *Toronto Islands, 150 Years*. FREE. This walk coincides with the 150th anniversary of the storm that turned the Toronto peninsula into a group of islands. 1:00 pm. For more information call the Toronto Field Naturalists at 416 593-2656 or visit www.lostrivers.ca/WalkSched.htm.

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, APRIL 28

Eating Disorders Support Group for Adults. FREE. This is a loosely structured support group where you are the expert of your own experience. Registration is required. Sheena's Place, 87 Spadina Road. 6:30 pm to 8:00 pm. For more information and to register call 416 927-8900.

TUESDAY, APRIL 29

Shakespeare Lecture Series. FREE. Learn more about Shakespearean plays as internationally renowned, academic experts talk about their favorite plays. Today's feature: Brian Parker on *All's Well that Ends Well*. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 7:00 pm to 8:00 pm. For more information call 416 395-5577.

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, APRIL 30

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



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

Getting a Good Night's Sleep Naturally. FREE. Do you struggle with sleeping through the night? Hear licensed naturopathic doctor Caroline Meyer explain the causes and treatment for troubled sleep. Toronto Public Library, High Park Branch, 228 Roncesvalles Avenue. 7:00 pm to 8:00 pm. For more information call 416 393-7671.



WORDS TO LIVE BY

The strongest oak of the forest is not the one
that is protected from the storm and hidden from the sun.
It's the one that stands in the open where it is compelled to struggle for its existence
against the winds and rains and the scorching sun.

~ Napoleon Hill

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 for more information and application forms.



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 first issue of Volume Three just came out. 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



If you haven't already completed the questionnaire that was in the March 1st issue of the Bulletin, it's still 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!*