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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.*

**September 1, 2008**  
Bulletin 377

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

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## Yak and Snack

Hello Bulletin Subscribers,

Our first Yak and Snack will be on Thursday, September 25<sup>th</sup> at 2:30. Come down and yak about being a consumer/survivor and looking for work. This isn't a formal workshop, it's a chance to chat, share tips and war stories, get a bit of support and maybe have a few laughs along the way. We'll be there and so will Diana Capponi, the Employment Works Coordinator at CAMH.

If you are a consumer or survivor of the mental health or addictions system, please join us in the meeting room of the West Wing at the Queen Street site at 2:30 on September 25<sup>th</sup>. That's at the far south and west corner of the site, at the bottom of the new street, called White Squirrel Way (don't get me started).

Nothing set in stone, but if you call and put your name down, we'll at least have an idea of how much Snack to buy for our very first Yak & Snack. 416 595-2882.

If you want to talk about looking for work, we'll see you there,

Helen & Colleen

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## Wish List

Hello Bulletin Readers,

This issue, we have donations of a used toaster oven that still works and two sofa cushions. In addition, a Lexmark Z 11 colour printer, a 14 x 14 two-drawer file cabinet, and a set of 4 drinking glasses still in the box are available.

We have received a request for a rice cooker, a large stainless steel pot and a woman's bicycle in good condition. Kitchen items like blenders and microwaves continue to be much appreciated. If you would like to donate any of these items please call the centre.

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).

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## ANNOUNCEMENTS

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

### **The Friendly Spike Theatre Band invites you to express yourself in an 8 week drama workshop and Halloween Performance**

The group will be led by Ruth Ruth Stackhouse, an experienced director and acting coach. Participants will form a troupe of actors who will develop scenes from lived experiences. **NO EXPERIENCE NECESSARY! EVERYONE IS WELCOME!** Wheelchair accessible. Thespians looking for a venue to develop existing work are encouraged to take part in this great opportunity.

**Workshop Times:** Fridays 6:30 to 9:30 pm, September 5<sup>th</sup> to October 24<sup>th</sup>

**Performance:** Friday Oct. 31<sup>st</sup> (Halloween) 6:30 to 9:30 pm

**Location:** May Robinson Auditorium, 20 Westlodge (one block east of Lansdowne, one block north of Queen)

Register at [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) or call 416 516-4740

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## VOLUNTEER PET FOSTER PARENTS!



Become part of an important new service that provides foster care to pets when a consumer/survivor has to go into hospital. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda Chamberlain at [lchamb5702@rogers.com](mailto:lchamb5702@rogers.com) for more info 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](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 come out at the end of September. 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 and Colleen,  
C/S Info

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## Psychiatric Survivor Pride September 27 & 28, 2008

252 Bloor Street West, 7<sup>th</sup> Floor Peace Lounge, Toronto

The Coalition Against Psychiatric Assault presents Psychiatric Survivor Pride Weekend, a celebration of psychiatric survivor resistance and community empowerment. This year's Psychiatric Survivor Pride marks CAPA's five-year anniversary. It will feature the first presentation of the CAPA Award for Lifetime Antipsychiatry Activism, premiere film screenings, an art installation, and discussion groups about psychiatric survivor community and resistance.

All events are at OISE, 252 Bloor Street West. All events are free and are wheelchair accessible. The schedule is as follows:

### Saturday, September 27<sup>th</sup>

- **Psychiatric Survivor Pride Opening and Greetings from CAPA.** 1:00 pm to 1:30 pm.
- **Premiere Documentary Film Screenings.** Featuring Bombarded By Drugs and The Electroshock Report. 1:30 pm to 3:30 pm.
- **Presentation of CAPA's Award for Lifetime Antipsychiatry Activism.** 3:30 pm to 4:00 pm.

### Sunday, September 28<sup>th</sup>

- **Resistant Art: Understanding and Exploring Psychiatric Oppressions.** Open only to survivors and mad people. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 10:00 am to 12:00 noon.
- **What was, what is and what will be: Looking at psychiatric survivor, antipsychiatry, and mad organizing and action.** Open only to artists and activists involved in the psychiatric survivor, antipsychiatry or mad movements. RSVP before event at [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) 1:00 pm to 3:00 pm

### Call For Artists

Psychiatric survivors, mad people and allies are invited to display their art at the Psychiatric Survivor Pride Art Exhibit. If you are interested in submitting your art for display, please email [capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) or call 647 345-4810.

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## **Wellness Recovery Action Planning (WRAP) New at Gerstein Centre**

WRAP is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity for participants to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, people develop a list of wellness tools that can be used to plan how they will keep themselves feeling well in day-to-day life, employment, volunteering or education and training opportunities.

WRAP can benefit anyone. The focus of WRAP is developing personal wellness tools that help you cope with stress, manage crises and enjoy life more fully.

Information Session - Monday September 8<sup>th</sup> - 12 noon – 2:00 pm. Please call Nicki to register 416 929-0149.

### **Next WRAP Session:**

Date: Every Monday from September 15<sup>th</sup> – November 3<sup>rd</sup>, 2008  
Time: 12 noon – 2:00 pm  
Location: Gerstein Crisis Centre, 100 Charles Street East

**TTC Fare and Refreshments Provided**

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## **BIZ Futures**

For the first time ever we are offering our ODSP Employment Supports funded **BIZ Futures Self-Employment Training Program for Persons with Disabilities** at our **Toronto Business Development Centre - Etobicoke Location** (located near the Kipling Subway Station). We are excited about the increasing demand for our self-employment training program and look forward to supporting entrepreneurs develop their businesses.

We will be having two Information Sessions at our **Etobicoke Location** for the BIZ Futures Self-Employment Training Program for Persons with Disabilities

- Wednesday September 10, 2008
- Monday September 15, 2008
- **Please contact Maureen Kelly, Community Programs Coordinator at 416 345 - 9437 to reserve a seat.**

We will also be providing another BIZ Futures Self-Employment Training Program at our **downtown King Street West Location**. The August session is over, but you can still catch us on:

- Friday September 12, 2008
- **Please contact Maureen Kelly, Community Programs Coordinator at 416 345 - 9437 to reserve a seat.**

Toronto Business Development Centre - Etobicoke Location - 105 Judge Road,  
- Downtown Location - 1071 King Street West

Maureen Kelly, Community Program Coordinator, Toronto Business Development Centre, Email: [mkelly@tbdc.com](mailto:mkelly@tbdc.com)

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## **LHIN News**

The next Open Board Meeting of the Toronto Central Local Health Integration Network (LHIN) will be on September 17, 2008 from 4:00 pm to 6:00 pm at 425 Bloor Street East, Suite 210. For more information call 416 921-7453 or 1 866 383-5446.

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Skills for Change  
Employment Resource Centre  
Is hosting  
**Workers Rights**  
Sept 3<sup>rd</sup> at 2:00 pm

Learn the basics of the Employment Standards Act, Occupational Health and Safety, and WSIB Compensation. The workshop is facilitated by Carl Kaufman. It will be held on Wednesday September 3<sup>rd</sup> at 2:00 at the Skills for Change ERC at 1139 College Street. To get more information and to register, call 416 572-0790.

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## Job Postings

Hi Bulletin Readers,

We don't seem to have gotten any specific to our community postings for this Bulletin; you know the ones where we put the whole posting in. But there seems to be a lot of interesting things out there. Here's a sampling of what we found and their closing dates. If you want more information, you can drop in to the centre and check out our bulletin board, or call us and we'll read the posting to you or mail it to you if there's time before the closing date. Some are on the posting agency's website, of course. Remember, we're putting these here for you to find out more if you're interested in any of these positions, and don't send your resume to the C/S Info Centre.

*Helen & Colleen*

Program Worker at the Meeting Place, St. Christopher House. Full-time. 35 hours per week, \$40,813.21. Closes September 4.

Community Engagement Specialist at Community Microskills Development Centre. Full-time two-year contract. Closes September 5.

Residential Counsellor, Level 1 at Humewood House Association. Full-time permanent, rotating shift schedule, seven days a week. \$34,780. and 21% benefits. Closes September 5.

Community Engagement Worker at Jane/Finch Community and Family Centre. Full-time contract until August 2009. \$21.21 per hour plus benefits. Closes September 5.

Coordinator Communications and Marketing at the Canadian AIDS Treatment Information Exchange (CATIE). Full-time. Closes September 5.

Director of Finance at Sistering. Part-time 3 to 4 days per week, negotiable. Salary \$58,887 to \$64,486 prorated to number of days. Closes September 15.

Accounts Payable Clerk at Bloorview Kids Rehab. Full-time. Closes September 20.

## Online Resources

<http://www.littlegeeks.org/>

Does your child need a computer? The folks at Little Geeks can help:

Little Geeks is a philanthropic organization and registered Canadian charity that collects, refurbishes and redistributes donated home computers to children in need. These computers are given free of charge, and are coupled with an Internet connection to the child's home. The program is currently only available in the Greater Toronto Area. It is our goal to expand this program throughout Canada, the United States, and internationally. The Mission of Little Geeks is to provide free computing technology and education to children and families who cannot afford this resource on their own.

Call their voicemail at 1-416-637-4660 or visit their website!

### Computer Help Available

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.

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## FREE AND LOW COST ACTIVITIES

### Monday, September 1

HISPANIC FIESTA 2008. Local and international **Hispanic performers** from 20 different Spanish-speaking countries. Mel Lastman Square, 5100 Yonge Street. August 29th to September 1<sup>st</sup>. Call 416-240-9338 or visit [www.hispanicfiesta.com](http://www.hispanicfiesta.com). FREE

MUSIC MONDAYS. The Cafe Ole, **a Latin jazz group**. The Church of the Holy Trinity just behind the Eaton Centre. 12:15 pm to 1 pm. Visit [www.musicmondays.ca](http://www.musicmondays.ca). Suggested donation of \$5, however, please let folks know they are welcome to come whether they can pay or not. FREE

ASHKENAZ FESTIVAL. Kinder Kapers. Music and song, arts and crafts, musical instruments, toys, storytelling, playtime, and best of all pretend **for pre-school aged toddlers** (18 months to 4 years) and their grown-ups, designed to foster a beginning familiarity with Yiddish. Lakeside Terrace Tent. 12:00 noon and 12:30. FREE

ASHKENAZ FESTIVAL. Hailing from St. Petersburg, Russia, Nayekhovichi is the world's leading (and perhaps only) **Klezmer garage band**, mashing classic rock, Soviet pop, punk, and psychedelic influences with Yiddish and Russian folk roots. 2 pm. Harbourfront Centre. Toronto Star Stage. Visit [www.nayekhovichi.ru](http://www.nayekhovichi.ru). FREE

### Tuesday, September 2

YUK YUK'S. TORONTO AMATEUR NIGHT. Two Amateur Shows. 224 Richmond St. West. 7:30 and 9:30 pm. Call 416 967-6425. \$3 for 2 shows.

### Wednesday, September 3

SOCIETY OF SINGERS. **Singers wanted** for the Society of Singers, a four-part **non-auditioned choir** that entertains seniors. Blythwood Baptist Church, 80 Blythwood Rd. Rehearsals are Wednesdays 1:30 to 3:30 p.m. Call Ed Gilmore at 416 783-9490. FREE

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JUNCTION ARTS FESTIVAL. Features the Visual **Art Exhibits** (starts Wed. Sept. 3), the Movieola **Movie Night** (Thurs. Sept. 4), and the **Live Music** Stages, the Dance/Street **Performance Artists**, the **Poetry Peepshow**, the **KidZone**, the Green Village, and the Historic City. Central West. Dundas West and Keele. Wednesday to Sunday. Call Michael Menegon at 416 767-5036 or visit [www.junctionartsfest.com](http://www.junctionartsfest.com). FREE

### **Thursday, September 4**

TORONTO MUSIC GARDEN. Winona Zelenka performs **Bach's Suite No. 1 in G Major** for unaccompanied cello. 475 Queen's Quay West. (Waterfront between Bathurst Street and Spadina Avenue). 7:00 pm. Call 416 973-4000. FREE

### **Friday, September 5**

BIRCHMOUNT BLUFFS NEIGHBOURHOOD CENTRE. Youth Centre. A new location opens for youth with disabilities. Drop-in activities, social networking, free attendant services offered for specific events. All day event. 2849 Kingston Rd. Call 416 396-7606. FREE

VEGETARIAN FOOD FAIR. **Toronto chef Jae Steele** proves veganism can be cool. Harbourfront Centre. 235 Queens Quay W. Call 416 973-4000 or visit <http://www.harbourfrontcentre.com>. FREE

### **Saturday, September 6**

CARIBBEAN CONNECTION. Authoritative, Informative but Very Entertaining Radio. Caribbean Dateline. Comprehensive **Caribbean newscast** every Saturday night. CHIN International Radio. FM 100.7. 9:05 pm to 9:35 pm. Call Jai at 416 705-3961 or visit [jai@chinradio.com](mailto:jai@chinradio.com). FREE

### **Sunday, September 7**

SUNDAY DROP-IN. A year round programme featuring meals, movies, meeting place, and resource information for homeless people. The 519 (Church and Wellesley St.). Sundays 10 am - 3:30 pm. Lunch is served at 1pm. Call 416 392-6878 x 105. FREE

### **Monday, September 8**

MEAL TRANS PROGRAM. Meal Trans is a multi-service drop-in primarily for lower-income and street-active transsexual and transgendered people. A place for ts/tg people to get together over a healthy meal, learn with and from each other, and build a stronger community. Mondays 6-10 pm at The 519 Church Street Community Centre. Contact 416 392-6878 x 104 or email [mealtran@the519.org](mailto:mealtran@the519.org). FREE

### **Tuesday, September 9**

TORONTO RECREATION AND FACILITIES. Cool off this summer at one of our many outdoor pools. Toronto boasts forty **outdoor pools**, 64 **splash pads**, and 10 **wading pools** for enjoying an outdoor aquatic experience! Call 416-338-POOL (7665) for pool locations and times. FREE

### **Wednesday, September 10**

SCARBOROUGH WRITERS ASSOCIATION. Meets every Wednesday to discuss personal writing and poetry. Jack Goodlad Centre. 929 Kennedy Road. 7:30 to 9:30 pm. Call Eugenie at 416 759-3340. FREE

BUDDIES QUEER YOUTH PROGRAMME. Young, queer and creative? **Buddies in Bad Times** invites all queer-identified youth ages 15 to 25 to take part in our weekly Wednesday night events. Between September and June, you can take workshops with some of Canada's finest theatre artists, see shows on Buddies' mainstage, and get onstage yourself at [QueerCab](http://QueerCab), our monthly open-mic. And it's all FREE!

### **Thursday, September 11**

TORONTO MUSIC GARDEN. Dancer and choreographer Keiko Kitano joins musician and composer Aki Takahashi to present the world premiere of ***Yanagi: Spirit of the Willow Tree***, a collaboration inspired by Japanese ghost stories. Kitano will perform under the garden's beautiful weeping willow to live flute music played by Takahashi.

475 Queens Quay W. Call 416 973-4000 or visit <http://www.harbourfrontcentre.com>. FREE

ARCH AND COMPANY FINE ARTS. Come As You Are and Arch & Company present **A Collection of Male Nude and Erotic Photography** by Drasko Bogdanovic. Come As You Are, 701 Queen St. West. 11 am – 9 pm. Call 416 476 8343 or visit [www.draskobogdanovic.ca](http://www.draskobogdanovic.ca). FREE

### **Friday, September 12**

QUEEN WEST ART CRAWL. Grassroots celebration of art in Queen West, Roncesvalles, and Parkdale plus the Gladstone Hotel, the CAMH grounds and Trinity Bellwoods Park, where there's an outdoor show and sale. Live music and beer garden. Queen St. W from Spadina to Roncesvalles. Sep. 12/08 - Sep. 14/08. Call 416 516-8301 or visit [www.queenwestartcrawl](http://www.queenwestartcrawl). FREE

### **Saturday, September 13**

TORONTO SALSA PRACTICE. Dancers of all levels attend, from beginners to professionals, and everybody dances with everybody. Trinity-St. Paul's Church. 427 Bloor Street West (between Dominion and Kinko's). Every Saturday. 3:30 to 5:30 and 5:30 to 8:00 pm. Call Jim Gronau at 416 536-7663 or visit [www.TorontoSalsaPractice.com](http://www.TorontoSalsaPractice.com). Cost is \$3.00 at the door.

KOREAN HARVEST FESTIVAL. Korean food, music, dance and much more. Mel Lastman Square, 5100 Yonge Street. Sept. 13 and 14. Call 416 395-7482

TORONTO UKRAINIAN FESTIVAL. Parade, beer garden, art, a midway, karate demos, polka band. Popular street party. Bloor St. West, from Runnymede to Jane. Sept. 13 – Sept. 14. Call 416 410-9965 or visit

<http://www.ukrainianfestival...> FREE

### **Sunday, September 14**

VINTAGE HOLLYWOOD. Bob Willoughby's original vintage prints from great classic films of the 1950s, 60s, and 70s. Stephen Bulger Gallery. 1026 Queen Street West. 10 am – 6 pm Call 416 504-0575 or email <mailto:info@bulgergallery.com>. FREE

### **Monday, September 15**

SENIORS TABLE TENNIS. North York Seniors Centre, Active Living. 21 Hendon Ave. 7 pm to 9 pm. Call Mimi at 416 733-4111. FREE

Have you attended any free or low cost event in the last month or so? How was it?

I'll go first. I went to Monarch Park pool last week. I really enjoyed it. The water wasn't too cold and it was fun to splash around in the open air. I told the lifeguard that I'm training to swim Lake Ontario but I don't think she believed me... My front crawl needs a LOT of work. Colleen

Your turn!

## Untitled

I lost my dreams. I am sixty-six, not twenty-something. Two years ago I still had dreams. They were present in my thoughts. It had never occurred to me that one day I would lose my dreams. When I was twenty-something, my dreams were within reach. I was sure I would realize them all; then I would dream bigger and better dreams and convince myself they would give me hope for a better, fuller life.

I do not know the exact moment I dreamed my last dream. I do know how sad I felt when I realized my dreams were gone. You see, I was not prepared for such an event in my life.

Then one day I picked up a pen and began to write a poem. Then I wrote a play. After I had written the play I decided to write a children's story. And when I looked at a recent picture of my youngest grandchild, I found myself daring to dream again.

The lesson I learned from all this? We are never too old to dream!

*Arlene Kearn – mother, grandmother, psychiatric survivor*

### TAX CLINIC

Never  
Too  
Late To  
Come  
In and  
Have  
Your  
Taxes  
Done...  
For  
Free

Even though April 30 has come and gone, the C/S Info Centre is still doing tax returns for Consumer/Survivors. We do the current tax year - 2007 - and we go back as far as Canada Revenue Agency will allow, that's 10 years, folks!! 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. Make sure you tell us when making the appointment if we'll be doing more than one year.

### WORDS TO LIVE BY

I'd like to continue Deb's *Words to Live By* feature but with a small twist. I'd like to close each edition with one of *your* favourite quotations. Call or email them to us and we'll make sure that consumer/survivors and their friends have the final word !!

THANKS!

**The C/S Info Centre's Annual General Meeting is coming up on October 22nd.**

Please stay tuned for further details. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

**General Membership Application**  
**Consumer/Survivor Information Resource Centre**  
**of Toronto**

**If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing**

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system;
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community;
3. To provide information outreach services to consumer/survivors in the community;
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services;
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps;
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member from the Greater Toronto Area only (consumer/survivor)  
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature\_\_\_\_\_

Date\_\_\_\_\_

Name (please print)\_\_\_\_\_

Organization (optional, if applicable)\_\_\_\_\_

Address\_\_\_\_\_

City/Prov.\_\_\_\_\_ Postal Code\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.**

**You do not need to be a member to continue to receive your subscription to the Bulletin.**