

BULLETIN

**Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.**

*Distributed through generous support from the Community Support and Research Unit (CSRUs)
of the Centre for Addiction & Mental Health (CAMH)*

December 15, 2008 Bulletin 384

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'n Geseende Kersfees en 'n voorspoedige Nuwejaar Een Plesierige Kerfees Gezuar Krishtlindje I'D MIILAD
 SAID OUA SANA SAIDA Shenoraavor Nor Dari yev Pari aghand Tezze Iliniz Yahsi Olsun Zoriontsu Eguberri.
 Zoriontsu Urte Berri On Bodo Din Shuhb Lamona Vesele Vanoce Nedeleg laouen na bloavez mat Tchestita
 Koleda Tchestito Rojdestvo Hristovo Nod' Dda Kung His Hsin Nien bing Chu Shen
 Tan Gun Tso Sun Tan'Gung Haw 'plik looan na looan blethen noweth

Mitho Makosi Kesikansi

Vesele Vanoce a stastr'

Vrolijk Kerstfeest e

Merry Christmas

Joulu Puhi Crist

Hyvaa joulua J

en in protte Lol

Nollaig chridhe

Froehliche Weit

Kalikimaka Mo'ac

Din Mubarak Ho

unnepeket Gledileg J.

Saidan Wa Sanah

Dhuit Buone Feste Natalizie

Sung Tan Chuk Ha Priecigus Ziemas J.

Nollick ghennal as blein vie noa Meri Kirihi mete Merry Keshmish Matlhatse le matlhogonolo mo
 ngwageng o moswa God Jul Og Godt Nytt Aar Bon Pasku i Felis Anja Nobo Wesolych Swiat Bozego Narodzenia
 Feliz Natal Mata-Ki-Te-Rangi. Te-Pito-O-Te-Henua Craciun Fericit Pozdrevlyayu s prazdnikom Rozhdestva i s
 Novim Godom Hristos se rodi Sretan Bozic or Vesele vianoce La Maunia Le Kilisimasi Ma Le Tausaga Fou Nollaig
 Chridheil agus Bliadhna Mhath Ur Hristos se rodi! Subha nath thalak Vewa. Subha Aluth Awrudhak Vewa Vesele
 Vianoce. A stastlivy Novy Rok Vesele Bozicne Screcno Novo Leto Feliz Navidad! God Jul and (Och) Ett Gott Nytt
 Ar Maligayamg Pasko. Masaganang Bagong Taon Nathar Puthu Varuda Valthukkal Sawadee Pee Mai Noeliniz Ve

Season's Greetings

From everyone at the C/S Info Centre

Newsbytes

A **Financial Post** article reports a growing awareness that individuals who experience various health challenges, including mental health issues, “are more than capable of running their own business and in many cases, are better able to manage their condition when in charge of their own schedules and work commitments”. (For full article see *Financial Post*, Friday November 21, 2008. Daryl-Lynn Carlson.)

Ontario Supports Registered Disability Savings Plans. RDSPs help people who receive social assistance to plan for the future needs of children and adults with disabilities, by allowing family members and loved ones to save money tax-free until withdrawal. Changes in the plan will make RDSP assets and withdrawals fully exempt. Ontario is also increasing the amount that can be received as a gift or trust payment from \$5,000 to \$6,000 per year. In Ontario anyone eligible for the Disability Tax Credit may establish an RDSP. (November 30, 2008 Ministry of Community and Social Services. (For the full article visit: <http://www.mcss.gov.on.ca/mcss/english/>.)

Poverty is making us sick. A comprehensive study released by the Wellesley Institute, the University of Toronto's Social Assistance in the New Economy Project, and the Community Social Planning Council of Toronto uses Canadian Community Health Survey and income files to paint the most comprehensive picture to date of our nation's health. The Community Social Planning Council conducted a 'scan' of available information on anticipated inflation rates and changes to income for the coming three years (2008-2011), to support organizations in planning for budgeting and funding proposals. The report provides some of the extremely limited information available regarding recent, current, and projected inflation rates and trends in salaries for Ontario. (December 2, 2008. For full text visit <http://www.socialplanningtoronto.org/>.) [Download the complete report in PDF format.](#)

Ontario's Poverty Reduction Strategy released on December 4, 2008. According to the Wellesley Institute, the strategy “marks a significant change from the terrible policies and practices of the past 15 years that have punished people who are poor for their poverty. The Wellesley Institute has released a detailed backgrounder that examines what's in the latest announcement and sets out the crucial next steps. Overall, Ontario is to be congratulated for turning its back on “poor-bashing”. There are even some new and innovative ideas – such as strengthening the province's third sector. But there is plenty of work to do, and major new investments are required. The bare foundation set out in the December 4 announcement, along with the limited new investments, set the stage for the vital next steps.” (To view Wellesley Institute's full backgrounder visit <http://www.wellesleyinstitute.com/node/>.)

Wish List

This issue the Centre has received a donation of a handsaw, a white mailbox decorated with pictures of ducks, and a bucket with a handle. A box of miscellaneous cookware including a set of good quality pots and pans is available. We have received a donation of a Pentium II computer with internet accessibility and lots of games loaded on it, a pink Brother sewing machine in good working order and a coffee maker. A small framed mirror approximately 18" has been donated.

We have received a request for a toaster and a small (3 quart or less) crock-pot. A member of Inspiration Studios has requested a computer with monitor and laser printer to produce her art prints.

If you can fulfill any of these requests or have something to donate or would like to make a request for something, please call us at 416-595-2882 or email us at csinfo@camh.net.

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<http://www.pdf995.com/>.

Just a note to let everyone know that we are now sending out the Bulletin as a PDF file *and* a Word document. This means that subscribers who can't open the Bulletin as a Word document can open it using the FREE Acrobat reader software. You can download the Acrobat Reader (and the Acrobat printer too) for free at: <http://www.pdf995.com/>. The Reader is the program that enables you to open and read PDF files. The Printer is the program that allows you to save documents as PDF files.

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

A reader contacted us to let us know about another free software that you can download from the Internet. The program is called Open Office and it is described as "the leading open-source office software suite for word processing, spreadsheets, presentations, graphics, databases and more. It is available in many languages and works on all common computers. It stores all your data in an international open standard format and can also read and write files from other common office software packages. It can be downloaded and used completely free of charge for any purpose."

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 or call the C/S Info Centre at 416-595-2882 and we'll put you in touch. **By the way, thank you so much Martha for providing this wonderful service, free of charge, to our subscribers.**

Yak & Snack

The December 3rd Yak and Snack at CRCT was fantastic. Colleen and I enjoyed being able to put faces to the names of some of our readers. We snacked on holiday-inspired treats like apple cider and homemade mint chocolate chip cookies, while we chatted about free and low cost things to do in Toronto. Glen Dewar of the CRCT handed out *Holiday Happenings*, his popular listing of great events: and we all agreed that it is good to get out and about in the winter instead of staying cooped up inside. *Holiday Happenings* is available to download for free as a PDF file at <http://www.crct.org/>. We have some copies at our 1001 Queen West location too, if you would like to drop in and pick one up.

Job Postings

Kerry's Place Autism Services seeks an Autism Support Assistant

- This is a part-time position in the Metro Toronto Area requiring flexible hours including weekends.
- The salary range is \$14.36 - \$17.94 per hour.
- The closing date for applications is 4:30 pm on December 19, 2008.
- Listed qualifications include (but are not limited to):
 - Practical experience supporting people with Autism Spectrum Disorder.
 - Post-secondary degree/diploma, preferably in Human Services.
 - CPI certification, First Aid, DPR Pharmacology and crisis intervention skills.

Contact Kelly West, Manager, by email at kwest@kerrysplace.org. Visit <http://www.kerrysplace.com> for more information.

GERSTEIN CENTRE

Community Crisis Worker Training Position Available

The Gerstein Centre is offering a **training position** for a **consumer/survivor of the mental health system** who has demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

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 counseling 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.

Applicants must have:

- experienced barriers to employment due to personal mental health issues
- at least 6 months of part-time employment, volunteer work or educational experience within the past year
- a demonstrated interest in the mental health field
- 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 an ability to work under pressure
- availability to work shift-work including nights, weekends and holidays

How to apply:

Please send your resume to:

Nicki Casseres
Coordinator of Training and Community Education
Gerstein Centre
100 Charles St. East
Toronto, Ontario M4Y 1V3
Fax: 416-929-1080
Email: ncasseres@gersteincentre.org

Deadline for applications:

Friday, January 9, 2009

Salary:

\$37,700 plus benefits

We regret that only those selected for an interview will be contacted.

Upcoming T.T.C. Employment Information Sessions

Find out about employment opportunities with the Toronto Transit Commission.

Referral through employment counselor, Youth Employment Toronto Worker or social service caseworker is required.

Session 1: January 22, 2009 in North York Civic Centre at 5100 Yonge St. (Council Chambers). 10 am.

Interviews will be held on January 23, 2009.

Session 2: January 27, 2009 in Metro Hall at 55 John Street. (Room 308 and 309). 10 am.

Interviews will be held on January 28, 2009.

Session 3: February 3, 2009 in Scarborough Civic Centre at 150 Borough Drive. (Council Chamber and Members Lounge). 10 am. Interviews will be held on February 4, 2009.

For information call: 416-392-0101.

Mock Interview Sessions

December 19, 2008

9:45 am – 12 noon

St. Stephen's Employment Resource Centre
1415 Bathurst Street, Suite 100

This is a one-on-one Mock interview with an expert Employment Resource Specialist. Come and receive tips and suggestions that will help you achieve results. Please bring your resume, cover letter and a job posting to practice with. Sessions are by appointment only. Call 416-531-4631 to register.

Employment Opportunity
CAMH Volunteer Resources & Spiritual and Religious Care
Volunteer Assistant

Initial Assignment: Volunteer Resources

Reporting to the Manager of Volunteer Resources & Spiritual and Religious Care, the Volunteer Assistant will be responsible for overseeing the volunteer activities and programs of the Patients' Library.

Listed qualifications include (but are not limited to): Experience working with individuals with mental health issues; personal history of mental health and/or addiction challenges; knowledge and experience with volunteer management strategies.

- This is a part-time, permanent position. Part of the OPSEU Bargaining Unit.
- Salary Range: \$19.50 - \$24.16 per hour
- Closing Date: Friday, December 19, 2008 by 5 pm
- Quote File Number 08688 on your application.

Please forward resume to:

Human Resources
Centre for Addiction and Mental Health
1001 Queen Street West
Toronto, Ontario
M6J 1H4
Fax: 416-583-4316
Email: jobs@camh.net

**Fred Victor Centre seeks a Program Worker
for Concurrent Disorders Support Services**

This is a full time, 14-month contract position in the metro Toronto area with potential for renewal.

- The application deadline is January 12, 2009.
- Listed qualifications include but are not limited to:
 - A degree or diploma in health, social service, social work or a related area.
 - A minimum of 4 years experience providing service in a social services setting and with mental health/addictions issues.

Lynn Hillman, Manager, Concurrent Disorders Support Services,
Fred Victor Centre,
145 Queen Street East Toronto, Ontario M5A 1S1

Email: lhillman@fredvictor.org. Visit www.working-with-concurrent-disorders.ca for more information.

ANNOUNCEMENTS

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

The Krasman Centre's Board of Directors

is currently recruiting consumer/survivors who have an interest and passion for consumer/survivor-operated organizations, as well as certain practical skills such as finance, fundraising strategies and operations, human resources, legal expertise, academic relationships and/or experience working with various funders in a LHIN setting.

If interested in finding out more or to receive an application form, please contact Tanya Shute, Executive Director, at 905-780-0491, x114, or <mailto:tanya.shute@krasmancentre.com>.

CAMH CLIENT LEARNING BURSARY

Are you a CAMH client thinking about taking a course? Consider applying for a Client Learning Bursary. Two funds currently accepting applications are:

- The Reay & Lynda Mackay Family Endowment Fund for Client Learning. Contact Sarah Manson at 416-535-8501 x4407, or Karen Fournier x4937
- The Mary Tweedie Fund. Contact Jim Davey at 416-535-8501 x6238.

To obtain an application form contact Sarah Manson at 416-535-8501 x4407.

The next deadline for applications is: Friday, January 16, 2009.

The Vaughan Community Health Centre (VCHC)

is a not-for-profit organization that will be opening in early 2009 at 9401 Jane Street, just north of Rutherford Road. The VCHC will provide healthcare, social services and health promotion programs to the people of Vaughan. Although we will serve everyone, our main focus will be on youth, seniors and people with mental health and addiction issues. For further information please call 905-303-8490 or email fteixeira@vaughanhealthcare.com.

Community Resource Connections of Toronto (CRCT) presents its popular **Wellness and Recovery Newsletter**

The *Wellness and Recovery Newsletter*, a joint project of the Consumer/Survivor Information Resource Centre of Toronto and the Health Promotion Program of Community Resource Connections of Toronto (CRCT), is running a survey to gather people's thoughts about wellness and recovery.

Here's your chance to have your say: just go to CRCT's home page at <http://www.crct.org/> and look for the link labeled "Share your views about wellness and recovery". Responses to the survey will be printed in the *Wellness and Recovery Newsletter*, and on CRCT's web site. We hope to hear from you.

Centre for Addiction and Mental Health

Research Participants for a Decision Making Study Reimbursement will be provided

- 18 – 45 years of age
- Cigarette smokers & non-smokers needed.
- No substance use problems beside cigarettes.
- Willing to participate in a series of decision-making tasks.
- Come to CAMH twice, once for assessment and once for testing session.

Contact Taryn @ 416-535-8501 x 4103 or email at mailto:Taryn_Moss@camh.net.



STAND UP FOR MENTAL HEALTH

Winter 2009 Program

Participants Will Learn How To:

- face their own particular mental health challenge(s)
- use humour to cope more positively with their illness
- communicate more effectively
- break down isolation and anxiety
- convert their experiences into a stand-up comedy routine
- build self-esteem

The program concludes with a *Comedy Showcase* featuring performances by STAND UP FOR MENTAL HEALTH Winter 2009 Program graduates. Participants perform short comedy routines for friends, family and other supportive guests (in early April 2009).

When: Monday Evenings from 7:00 pm - 9:45 pm for 15 weeks

Starts: Monday, January 12, 2009

Where: Mood Disorders Association of Ontario

36 Eglinton Avenue West, Suite 602 (Yonge and Eglinton)

- Applications must be received by Monday, January 5th 2009.
- The course is limited to 15 people.
- Selected applicants will participate in a short interview to assess suitability and commitment.
- This is a FREE program.

For Terms of Agreement and Application Form please contact:

Emma Ardal, Project Facilitator
Stand Up for Mental Health Program
c/o Mood Disorders Association of Ontario
36 Eglinton Ave. West, Suite 602 Toronto, Ontario M4R 1A1
Fax: 416-486-8127 Phone: 416-486-8046

The Toronto Harm Reduction Task Force invites you to participate in an Outstanding Public Series

2009 Front Line Workers' Series Based on the documentary film BEVEL UP: Drugs, Users and Outreach Nursing

All segments in this series will run on the
second Wednesday of the month
1:00 - 4:00 pm.
Metro Hall, Room 308

Each segment in this series will focus on a different aspect of working with people who use drugs; will include screening of the relevant part(s) of the Documentary; and will be followed by an interactive discussion facilitated by people with expertise in that area, including service users.

There is NO FEE to attend these sessions but registration is required.
Email torontoharmreduction@yahoo.ca or call 647-222-4420.

Inspirations Studio Upcoming Events

Inspirations Studio is an art-based micro-business incubator program for low-income women who have experienced homelessness. We have 3 events coming up soon:

Blue Banana Market: November 10 – January 3, 2009 at 250 Augusta Ave, Kensington Market.
Call 416-594-6600.

Metro Hall Rotunda: December 15 at 55 John St. (at King). 9 am – 5 pm. Call 416-367-2728.

WonderWorks: December 12 – December 18 at 79A Harbord St (at Spadina) from 6 – 8 pm.
Call 416-323-3131.

Inspirations Studio
761 Queen St. West, Suite 201
416-367-2728
www.inspirationsstudio.ca

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for December 15 - January 1

Art/Exhibits

October 25, 2008 – February 28, 2009. Tuesday – Friday: 10 am – 4 pm. Saturday: 9 am – 4 pm. **Over Any Distance Imaginable: The Royal Mail from York.** The Market Gallery. South St. Lawrence Market. 2nd Floor. 95 Front Street East. Call 416-392-7604. FREE

Cultural

Ongoing. **Sun Life Financial Museum and Arts Pass (MAP)**. This holiday season catch up on some arts and culture. Borrow a MAP pass from the library to get in free at 14 different Toronto venues, including the [Royal Ontario Museum](#), the [Textile Museum of Canada](#) and [The Bata Shoe Museum](#). You need a valid adult library card to borrow the pass. Each pass admits one family for free. Each participating library branch has a limited quantity of the passes (about 5) so it is important to contact the library and find out the best time to pick one up. For further information including a list of libraries that have the passes visit [Sun Life Financial Museum and Arts Pass \(MAP\)](#) or call the library info line at 416-393-7131 or visit your local library. FREE

Dance

Thursday, December 18 at 7:30 pm. Friday, December 19 at 7:30 pm. Saturday, December 20 at 1:30 pm and 7:30 pm. Sunday, December 21 at 1:30 pm. **THE NUTCRACKER**. The Pia Bouman School for Ballet and Creative Movement invites Toronto to be a part of its 23rd annual performance of the Nutcracker. With over 100 dancers, a massive effort from performers and volunteers is undertaken to mount this unique production, where dancers often share the stage with siblings, parents and grandparents – and your entrance actually becomes part of the opening scene. Using over 1,000 props and costumes, this staging of Nutcracker takes community theatre to a must-see level of complexity and professionalism. Lismore Hall, Humberside Collegiate Institute. 280 Quebec Avenue. Call Pia Bouman at 416-532-8705 or email info@piaboumanschool.org or visit www.piaboumanschool.org. FREE

Festival/Celebration

Now until December 24. Open Tuesday to Friday from noon to 4 pm and weekends from noon to 5 pm. Closes at 3 pm on Christmas Eve. [Write a Letter to Santa Claus](#). Kids can select a card printed on an 1845 printing press, and then write a personal message with old-fashioned pen and ink. Mackenzie House. 82 Bond St. Call 416-392-6915 or email mailto:machouse@toronto.ca. \$5.71 for adults, \$3.33 for children (plus GST).

December 24. 1 pm – 7 pm. Meal served at 4 pm. **Krasman Centre Holiday Dinner**. The dinner is open to everyone and anyone. We don't have a membership model so everyone is always welcome. We are also open Xmas day, Boxing day and New Year's day from noon – 4 pm. Again, all are welcome! 10121 Yonge St. Richmond Hill. For further information call Tanya Shute at 905-780-0491 x114. FREE

December 21 at 6 pm. [Kensington Market Festival of Lights](#). Celebrate the winter solstice in Kensington Market with Red Pepper Spectacle Arts. Join a cavalcade of costumed characters, giant puppets, stilt-walkers and fire-breathers in a lantern-lit carnival. South of College Street, West of Spadina Avenue. Meet at the corner of Oxford Street and Augusta Avenue at 6 pm. Call 416-598-3729 for further details. FREE

December 7 – 30. [Centennial Park Christmas Winter Show](#). Centennial Park. 151 Elmcrest Rd. Enjoy horse and buggy rides, cider and cookies, Victorian choral singers and special events for children. The opening ceremonies will take place on December 14 from noon to 7 pm. The Christmas floral display is open everyday from 10 am to 5 pm. Special candlelit evenings are offered December 15, 23, 26 and 30 from 5 to 7 pm. Call 416-394-8543. FREE

Thursday, December 18. Starts at 10:30 am. [Hanukkah Party for Children](#). Stories, songs and crafts to celebrate Hanukkah. Wychwood Library. 1431 Bathurst St. Call 416-393-7683. FREE

Now until January 4, 2009. Tuesdays to Fridays from noon to 4 pm. Saturdays and Sundays from noon to 5 pm. Closes at 3 pm on New Year's Eve and Christmas Eve. [An Edwardian Christmas](#). Spadina Museum. 285 Spadina Rd. Call 416-392-6910. \$7.62 for adults, \$4.48 for children (plus GST).

Saturday, December 20 at 7 pm. **Outdoor Concert and Fireworks 2008**. Serena Ryder performs. Skate on the famous skating rink to popular music by local DJ's. Nathan Phillips Square (Queen & Bay). FREE

December 25 from 1 pm – 4 pm. **Christmas Day Open House**. Food provided. Everyone welcome. Gerstein Crisis Centre. 100 Charles Street East (Bloor & Jarvis). Call 416-929-0149. FREE

December 25 and January 1, 2009 at 10:30 am and 11:30 am. **Free sit-down meals**. Two sittings. Scott Mission. 502 Spadina Ave at College Street. Call 416-923-8872. FREE

December 25 from 3 pm to 8 pm. **THE FRIENDLY SPIKE THEATRE BAND** invites you to a **CHRISTMAS DAY POT LUCK PARTY**. Bring your own plate and cutlery. Food contributions welcome! May Robinson Auditorium. 20 WESTLODGE. Wheelchair Accessible. ALL ARE WELCOME. RSVP to RuthRuth at 416-516-4740. FREE

Wednesday, December 31. 10:30 pm to midnight. **CityTV's New Year's Eve Bash**. An open-air concert featuring some of Canada's hottest musical talent. You can watch the live broadcast from 10:30 pm on City TV and CP24. Nathan Phillips Square. FREE

Thursday, December 18. 10:30 am. **Hanukkah Celebration**. Come and Celebrate HANUKKAH with Rabbi Weiss and the Volunteers from Adath Israel Synagogue in the Worship Room. CAMH. Queen Street Site. FREE

Music

December 17 at noon. Toronto Mass Choir's **A Gospel Christmas**. Suitable for all ages. Roy Thompson Hall. 60 Simcoe Street. King Street and Simcoe Street. Call 416-872-4255 or visit <http://www.roymthomsonhall.com>. FREE

Peer Support

Wednesdays at 3 pm. **Double Recovery Group**. For people wanting support with addiction and mental health concerns. A self-help meeting that supports the needs of individuals with chemical addictions and mental health concerns. CAMH. College Street Site. Room #851. FREE

Recreation

Now - January 15, 2009. Starts at 5:00 pm. **Urban Lights**. For a full winter experience, do not miss the three-dimensional sleigh and reindeer and the numerous trees uniquely illuminated at the Yonge-College median. Or, stroll down Yonge St. and gaze upwards to find a resplendent showcase of shimmering lights suspended over a long stretch of the street. FREE

Writers

Saturdays (ongoing). 11 am – 1 pm. **Deer Park Writers Group**. Toronto Public Library. Deer Park Branch. 40 St. Clair Avenue East (Yonge & St. Clair Avenue E.). Call Barry Clegg at 416-485-6777. FREE

Saturday, December 27 from 1 – 4 pm. Toronto Public Library. **Haiku Deer Park**. Join people interested in writing haiku. Deer Park Branch. 40 St. Clair Avenue East (Yonge & St. Clair Avenue E.) FREE

C/S Words to the Wise - "We cannot hold a torch to light another's path without brightening our own."