

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)*

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Newsbytes

Optimism associated with longevity in Women. Using data from the Women's Health Initiative, an ongoing government study of more than 100,000 women over age 50, researchers from the University of Pittsburgh found that optimistic women were 14% more likely to be living eight years into the study than pessimistic women. Pessimistic black women were found to be 33% more likely to have died during the time period in which pessimistic white women were only 13% more likely. "Taking into account income, education, health behaviors like [controlling] blood pressure and whether or not you are physically active, whether or not you drink or smoke, we still see optimists with a decreased risk of death compared to pessimists" says Dr. Hilary Tindle, lead author of the study. "I was surprised that the relationship was independent of all of these factors." Optimism levels were measured by participants' responses to a questionnaire. Most previous research on the effect of optimism on longevity has been conducted on small numbers of men. ("Study: Optimistic Women Live Longer" by Alice Park, Thursday, March 05, 2009.) For full article visit <http://www.time.com/time/health/article/0,8599,1883402,00.html>.

Philippe Pinel Institute agrees to pay \$1 million in damages to former patients. Montreal's Philippe Pinel Institute has agreed to pay \$1 million in damages to be shared among more than 200 patients. A former patient launched the class-action lawsuit after he was admitted to Pinel in 2001 and allegedly mistreated. As many as 600 former patients claimed they were subject to mistreatment. In accepting the lawsuit in 2003, the Quebec Superior Court ruled it would apply to about 230 patients who claim similar treatment during hospital stays between 1999 and 2002. The lawsuit was led by mental health advocacy group, L'En-Droit de Laval. The \$1-million out of court agreement was ratified by Judge Marc de Wever on Wednesday. "It's a double victory for us because Institute Pinel recognizes their mistake about the treatment. They treated the people like criminals — even people who may be sick or strange or marginal get rights," said Michel Labelle, a spokesman for the group. (CBC News - Last Updated: Thursday, March 19, 2009 | 12:55 PM ET). For full story visit <http://www.cbc.ca/canada/montreal/story/2009/03/19/pinel-settlement.html>.

Community activist urges action on poverty. Graeme Bacque's *Letter to the Editor* was published in The Toronto Star Opinion on March 19, 2009. (Graeme Bacque, *Letter to the Editor*, "Action needed to avert social catastrophe." (<http://www.thestar.com/searchresults?AssetType=article&dt=&stype=genSearch&q=Graeme%20Bacque&r=all:1>). Here is the unabridged version:

Re: Bad economy no reason for cold feet on poverty reduction (Opinion, March 17). The measures proposed by Sarah Blackstock, Pat Capponi and Janet Gasparini are a start but much more is needed to recoup the real losses poor people in Ontario sustained during the Harris years, and to protect low-income households against the looming threat of economic disaster.

The (up to \$250 per person monthly) Special Diet Allowance needs to be preserved, and its availability extended as a matter of course to everyone who applies for OW or ODSP. Social assistance rates themselves need to be increased substantially. The harassment and criminalization of social assistance recipients needs to end. Ontario's minimum wage needs to be increased significantly, a province-wide moratorium on economic evictions imposed and OHIP coverage expanded to include dental and medication costs for everyone.

The almost exclusive focus on child poverty we've been seeing from activists and governments alike only reinforces the myth of the 'deserving' vs. 'undeserving' poor. Aside from doing nothing to address the root issue of economic inequity it demonizes parents and offers Children's Aid Societies a handy pretext for snatching kids from poor families. Ensuring that people have enough income to provide for their children would be a much more effective (and ultimately cheaper) solution.

As well, single people appear to be considered undeserving by definition and have been pretty much left out of the equation altogether. Their not being in some kind of officially-sanctioned relationship does not alter the reality that people living alone also must eat to live.

Bold action is needed to avert what is threatening to become a social catastrophe. Governments need to cease the multi-billion dollar escape hatches being provided to the corporate criminals who created this situation in the first place, and instead offer these monies to those who truly deserve support.

Graeme Bacque
Toronto, Ontario

Premier announces \$1.2 billion investment into affordable housing. On March 20, Ontario Premier Dalton McGuinty and housing minister Jim Watson announced plans to invest \$624.5 million in affordable housing over the next 2 years. This will be matched by federal dollars. The money is to be used for the repair of 50,000 rundown housing units and the creation of 4,500 affordable homes for low-income people. Thousands of construction jobs and related employment are anticipated. (For full story visit <http://wellesleyinstitute.com/>.)

Wish List

A subscriber has requested a bed and sofa. We have received donations of a TV stand for a flat screen TV (too narrow for a regular TV) and a solid wood desk (6' x 3') with lockable drawers (including a file drawer). If you can fulfill a request, would like to make a request, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882 or email us at <mailto:csinfo@camh.net>.

C/S Online

<http://www.resiliency.com/htm/resiliencyquiz.htm>

Website owner, Nan Henderson, describes resiliency as "the ability to spring back from and successfully adapt to adversity." She reports "researchers are concluding that each person has an innate capacity for resiliency, "a self-righting tendency" that operates best when people have resiliency-building conditions in their lives." The site has a resiliency quiz and tips on how to build resiliency.

Job Postings

Out of this World Café seeks Café Helper

You must be available to work 2 - 3 afternoons a week. Applicants should be outgoing and ready for a fast-paced, demanding environment. Pay is \$10/hour.

Please drop off resumes and contact information to the Café in the Paul Christie Community Centre at 1001 Queen St. West or by email at <mailto:Donovan@otwcafe.com>. No phone calls please.

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PARKDALE GREEN THUMB ENTERPRISES ***The Psychiatric Survivor-Run Business That Grows***

ARE YOU A CONSUMER SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff. If you are interested in working with us please come by and fill out an application.

Parkdale Green Thumb Enterprises
Ontario Council of Alternative Business
1499 Queen Street West, Suite 203
Or email us at greenthumb@on.aibn.com

No phone calls please

Na-Me-Res Seeks Client Support Worker

Application Deadline: 4/2/2009

(3 full time positions available and 1 part-time)

Na-Me-Res (Native Men's Residence), located in Toronto, is a diverse, multi-service organization. It offers a 65-bed men's shelter, a soon to open transitional housing program, and delivers a distinct package of outreach services to people who are homeless.

Main Function: The Client Support Worker will, in partnership with other members of the Client Care Team, support the delivery of clients' care plan that will address their physical, mental, emotional and spiritual needs. These are evening, overnight and weekend positions only. Na-Me-Res. 14 Vaughan Rd. Toronto, ON, M6G 2N1
Call 416-652-0334 or fax 416-652-3138. For details email egorenak@nameres.org or visit <http://nameres.org>.

Habitat Services Seeks Housing Support Worker

Application Deadline: 4/14/2009

The successful applicant will work with tenants living with mental health issues who reside in private sector boarding homes monitored by Habitat Services. Housing support work is conducted both on and off-site in homes in various locations in the city of Toronto.

The salary is \$38,740.16 per annum (pro-rated), with an increase to \$41,740.16 plus benefits after the six-month probationary period is completed.

Applications must be submitted by 12:00 noon on Tuesday, April 14th, 2009. Contact by Fax or mail. Applicant should quote Job# Housing Support Worker.

The Hiring Committee
"Housing Support Worker"
Habitat Services
2238 Dundas Street West, Suite 301
Toronto, ON M6R 3A9
Fax: (416) 537-2894

For full job posting visit <http://www.charityvillage.com/applicant/jobs.asp>.

Employment Matters

The National Job Fair & Training Expo

Final day of the National Job Fair & Training Expo presented by: The National Job Fair & Training Expo. Canada's largest recruitment event. Meet face to face with over 160 exhibitors at the spring 2009 fair. Over 7,000 job, training, entrepreneurship, and education offers; plus all career services. Meet with over 800 recruiters. Sponsored by Toronto SUN, 24 Hours, Employment Ontario and New Brunswick Government.

Metro Toronto Convention Centre. North Building - Exhibiton Hall C
255 Front Street West (Front Street between John & Simcoe Streets)
April 1 at 10 am – 7 pm.

Call 450-971-0857 or email: info@thenationaljobfair.com or visit www.thenationaljobfair.com. Tickets are \$3.75

Have you heard about Seneca College's Work on Track (WOT) program?

Work on Track is a 24-week program, which equips graduates with Career Planning, Employability Skills, Work Experience and Job Support.

Deadline for last information session/interviews: Thursday, April 2

Who is Eligible? Individuals with mental health issues, who currently receive social assistance including:

- O.W.
- Ontario Works
- O.D.S.P. (Ontario Disability Support Program)
- O.D.S.P. - Employment Supports
- E.I. (Employment Insurance)
- Private Insurance

Career Planning & Employability Skills. In the first 12 weeks of the program, students focus on developing skills that will help them succeed in the workplace. Students will learn to:

- identify areas of vocational strength and interest
- build career planning skills
- learn effective resume-writing and interviewing skills
- recognize job market trends
- gain an understanding of employer/employee rights and responsibilities
- develop communication and conflict resolution strategies
- become familiar with technology in today's workplace
- cultivate stress management and wellness techniques.

Work Experience & Support. In the final 12 weeks of the program, students enter an unpaid work placement that provides a means for them to:

- develop new skills and/or upgrade existing skills
- explore potential areas of work interest
- network within their field of interest
- gain current work references
- gradually integrate or re-enter into the work world.

What is the Referral/Application Process? We welcome applications and inquiries from both professionals and individuals in the community. We accept referrals from:

- Family Doctors
- Psychiatrists
- Social Workers
- Occupational Therapists
- Nurses
- Counsellors
- Individuals in the Community
- and others...

Contact us at 416-491-5050 x 2800 or by email: admissions@senecac.on.ca. For more information visit <http://www.senecac.on.ca/counselling/wot/index.html>.

Students earn a Seneca College Certificate upon successful completion of the program.

COMMUNITY ANNOUNCEMENTS

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

The Mad Pride Toronto 2009 Organizing Committee is delighted to announce: The Bobbie Nahwegahbow Memorial Award.

Bobbi Nahwegahbow was an active member of 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, and Toronto Rape Crisis Centre. These 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 Nahwegahbow passed on November 4th, 2007, her tenacious example will always be remembered by the people she worked with.

In her memory, the Mad Pride Organizing Committee has established a \$250.00 award in her name, to be presented during Mad Pride Toronto celebrations in July 2009.

The committee requests suggestions from the community in the spirit of who best exemplifies the work which Bobbi 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 or group's contributions to our community. Please send to either friendlyspike@primus.ca or Friendly Spike Theatre Band, #210-2466 Dundas Street West, Toronto M6P 1W9.

Nominations will be reviewed and decided on by the Mad Pride Organizing Committee.

Please submit nominations along with your and your nominee's contact info not later than April 30th, 2009.

Nominators/recipients may choose to remain anonymous.

From Monica Waldman at Streets to Homes...

On April 15th the City of Toronto (Streets to Homes program) is conducting a Street Needs Assessment with all homeless people in Toronto. I am looking for people to sign up to be decoys on that night (approximate start time 4:30 or 5 pm to whenever you are found by the researchers or midnight at the latest). Decoys are essentially 'faux' homeless people for quality assurance purposes in this research. As a decoy you would need to come to a 30-minute training and then be deployed to various sites throughout the city where you will wait to be approached by the research volunteers who will conduct a survey with you (provided they find you). You don't have to dress in any particular way. In the event you are approached you will have to stay in character and answer the needs assessment/survey questions. Afterwards, you let them know you are a decoy and then you check in with me and go home. If you're not found, you'll have to stay to midnight to be sure. However long it takes, you get a \$100 prepaid visa card as a honourarium. For safety reasons, everyone will be in close proximity to at least one person throughout the night.

I need TONS of people for this so if you're interested or know someone (or lots of people) who is, please get back to me ASAP. If you need more info you can email me (Monica) at mwaldma@toronto.ca. It should be an interesting night!

Lunchbox Speakers' Series: Food Security

Wednesday, April 1, 2009

Noon - 1:30 pm.

University of Toronto, Ontario Institute for Studies in Education, Room 5 - 280
252 Bloor St. West

Debbie Field (Food Share). With world hunger growing, there is a need to look at the ways governments and communities can work together to ensure sustainable and affordable access to food - for everyone. Debbie will explore a variety of food security options.

Michael Oliphant (Daily Bread Food Bank). Will speak to the efforts Daily Bread Food Bank has made to address the underlying cause of hunger, poverty, through public policy and political advocacy.

Lorie Stahlbrand (Local Plus). Will discuss how growing local sustainable food systems that preserve agricultural land and ensure that farmers can make a decent living, is key to food security.

For more information contact Lisa White at secspeaker@oise.utoronto.ca or visit our website at <http://socialeconomy.utoronto.ca>. This event will be web cast live on the Internet. Please see our website for detailed instructions. Bring your lunch and a mug – coffee, tea and water will be provided.

Empowerment Council Presents Focus Group for Law and Mental Health Clients

April 15, 2009
2 pm - 3 pm

Law and Mental Health Clients / Ex-clients:

Do You Have Things To Say About:

Forensic Services • ORB Hearings • Lawyers • Housing • Your Rights?

All thoughts, feelings, opinions welcome.

Please call 416-535-8501 x 3013 for room location or to leave a confidential message.

Queen West Community Health Centre
ID Clinic OHIP Kiosk – for people who are homeless
Queen West Community Health Centre
168 Bathurst Street (Queen & Bathurst)

As of January 2009 our ID clinic dates changed. The new dates are the 2nd Monday of every month from 10 am – 1:30 pm. April 13th, 2009 is the date of the next clinic. There may be a long wait and we appreciate your patience. Drinks and snacks will be served while you wait. For more information please contact Judy at 416-703-8482 x 114.

York University Consumer/Survivor Seeks Research Participants for Graduate Thesis

Consumer/survivor student at York University seeks participants who identify as low socioeconomic status (i.e., poor, low income) and who are currently experiencing a mental health problem (i.e. schizophrenia, anxiety, depression, etc.) for approximately 1-hour interview. Receive \$30. The purpose of this study is to explore the lived experiences of individuals who identify themselves as having mental health issues and a low socioeconomic status. This study seeks to understand how resiliency, access to resources, and the ability to implement coping strategies can be affected by low socioeconomic status for individuals who are experiencing mental health issues. You will be asked to discuss your experiences related to this topic.

For complete information about the study contact Danuta Stala, Social Work Graduate Student at 416-427-6237 or email mhresearch1@gmail.com.

If you have questions about the research in general or about your role in the study, please feel free to contact me at <mailto:mhresearch1@gmail.com> or at 416-427-6237 or my supervisor Dr. Sarah Maiter either by telephone at 416-736-2100 x 20567 or by e-mail smaiter@yorku.ca.

Note: The C/S Info Centre does not endorse research studies. We post announcements and you make your own decision about whether to participate.

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

Free and Low-Cost Events for April 1 - April 15

Art

March 19 - April 3. **University of Toronto Celebration of the Arts.** Creativity takes centre stage during the U of T Celebration of the Arts. A spotlight illuminates a vibrant range of artistic expression across numerous disciplines at all three University of Toronto campuses. With more than 80 events in music, theatre, visual arts, dance, film, and multimedia, the Celebration showcases the diversity and richness of U of T's vibrant arts scene. Various locations: Scarborough Campus/ St. George Campus/University of Toronto at Mississauga. Call 416 946-3813 or email artszone@utoronto.ca or visit www.arts.utoronto.ca. Most events are FREE. Some of the events have a fee so please see the website for details.

- April 2 at 9 am – 11 pm. **Happily Queer After.** Interactive visual art. University of Toronto. St. George Campus. Hart House. 7 Hart House Circle. FREE
- April 2 at 7 pm. **Jazz Night! Jazz concert.** Performances by UTSC Jazz Band and Jazz Combo in collaboration with the UTSC Music Ambassadors Program and the Arts & Events Programming. University of Toronto. Scarborough Campus. Bluff's Restaurant Student Centre. 1265 Military Trail. FREE
- April 3 at 8 – 11 pm. **Open Dance Class.** Folk dance with Balkan emphasis. Organized by U of T International Folk Dance Club. University of Toronto. St. George Campus. Gym at U of T Schools. Room 122. 371 Bloor St. West (southeast corner of Bloor and Spadina). After 8 pm go to the parking lot south of the building and enter by the back door closest to Spadina Ave. FREE for first timers.

Deadline for Submissions: Tuesday, April 14, 2009. **World Hepatitis Day 2009 Poster Competition.** The Canadian Society for International Health, in collaboration with the Canadian Liver Foundation, the Canadian Haemophilia Society, the Canadian Ethnocultural Council and other national and local community organizations, is organizing a national poster contest to mark World Hepatitis Day (May 19, 2009). Amateur or professional Canadian youth (under 18 years) and adults are eligible to enter. Posters may be computer-generated/enhanced or done by hand and then scanned for e-mailing to <mailto:WHD@csih.org> or mailed to WHD Poster Contest, Canadian Society for International Health, One Nicholas Street, Ottawa, Ontario K1N 7B7. The winner in each category receives a cash award of \$200. Email Maureen Johnson, WHD Coordinator, at WHD@csih.org for details. Visit www.whdcanada.ca for more information on hepatitis B or C. FREE

Fitness

Fridays at 2:30 to 4 pm. **Women's Gentle Yoga** classes. Parkdale Community Health Centre. 1229 Queen St. West. Register by calling 416-537-2455 x 308. FREE

Wednesdays and Fridays at 7 to 8:30 pm. YOGA CLASSES. Wear comfortable clothing. Mats provided. Everyone welcome. Mount Dennis United Church. 71 Guestville Ave. Call 416-763-2893 or email mduc@bellnet.ca. FREE

Ongoing. Mondays at 6:30 to 8:30 pm. **Strength to Walk in Freedom Together (SWIFT)**, is a free self-help group for those with marital problems, anxiety, phobias, panic attacks and anger management. Open to all age groups and walks of life. The group meets Monday evenings at Kennedy Nursing Lodge. 1400 Kennedy Rd. Call 905-707-5691.

Saturday, April 28 at 11 am. Ongoing. Soccer: Footyball. Trinity Bellwoods Park on the big playing field. 1053 Dundas St. West. Open to anyone. Hope to see you there. Bring friends! FREE

Lectures/Talks

Monday, April 6, 2009 at 3 pm. **Telling Our Stories. The first 38 years.** Dexter Roberts, a new volunteer with the drop-in centre, will share his story relating to his life working with older adults, the difficulty in finding elders in the community and how his experience of acknowledging his first 40 years of life have influenced his ideas on what is needed for communities to share, engage and heal. The Older LGBTTQ Resource Centre. 519 Church St. The 519 Community Centre. Light Refreshments will be served. FREE

April 7 at 2 - 4 pm. Colloquium Series on Mathematics and Interdisciplinary Science presented by York University. **Climate Change: Can Mathematics Help Clear the Air?** by Christopher Jones. This second lecture in the series will examine how climate change is about the future and mathematical models are the best way we have of extrapolating from past and present climates. York University - Keele Campus. Senate Chamber, Ross Building. 4700 Keele Street (Keele & York Boulevard). Call Huaiping Zhu at 416-736-2100 x 66085 or email huaiping@mathstat.yorku.ca or visit www.lamps.yorku.ca/node/39. FREE

Thursday, April 9 at 7 – 8:30 pm. F.A.M.E. Educational Speaker Series. **CONCURRENT DISORDERS.** Discussion of concurrent disorders (co-occurring mental health/addiction), Research on treatment options, the impact of concurrent disorders on families, and introduction to a new CAMH study: "An Online Facilitator-led Educational/Support Group for Family Members of Persons with Mental Health and Substance Abuse Problems". Islington United Church, Room 6. 25 Burnhamthorpe Rd. (Dundas/Burnhamthorpe Intersection). For more information and to register call Mary at 416-207-5032 x 29. Visit www.fameforfamilies.com. FREE

March 30 - April 9. **Refugee Rights Week. Events in the Rotunda.** Toronto City Hall. 100 Queen St. West (northwest corner of Queen Street West and Bay Street). Call 416-351-0095 or email info@socialplanningtoronto.org or visit <http://socialplanningtoronto.org/category/communitynews/>. FREE

- March 30 – April 3. **Refugee Rights Art Exhibition.** Diverse collection of art that speaks to issues of refugee rights or to other aspects of the refugee experience. Curated by Michelle Clarke.
- April 2 at 5:30 – 6:30 pm. **Meet the Artists & Reception.**
- April 8 at 1 – 4 pm. **Workshop 1. Refugee Determination Process in Canada.** Francisco Rico-Martinez. Committee Room #3.

Music

April 2, 3, 5, 7 at 7:30 pm. **Royal Conservatory of Music. Rising Stars Series: Cosi fan tutte.** Mozart. Glen Gould School Opera Ensemble; Royal Conservatory Orchestra; Mario Bernardi, music director; Jennifer Parr, stage director. Mazzoleni Hall. 273 Bloor St. West. Call 416-408-2824 x 321. FREE (donations accepted)

April 2 at 8 pm. **Hart House Orchestra. In Concert.** Rimsky-Korsakov: Scheherazade; Arutiunian: Trumpet Concerto. Joanna Tang, violin; Tim Hendrickson, trumpet; Henry Janzen, music director. Hart House. 7 Hart House Circle. 416-978-2452. FREE

April 5 at 2 pm. City of Toronto. **Sunday Serenades: North Toronto Community Band.** Scarborough Civic Centre. 150 Borough Drive. Call 416-486-3001. FREE

April 5 at 7 pm. **Victoria College Chorus. In Concert.** Celtic music, folksongs from Africa and Asia, and medley from *My Fair Lady*. Taylor Sullivan, director. Isabel Bader Theatre. 93 Charles St. West. Call 416-585-4521. FREE

April 7 at noon. **Canadian Opera Company Virtuoso Piano Series.** *Russian four-hands repertoire.* Two-piano suites by Rachmaninov and Arensky. Todd Yaniw and Petya Stavreva, pianos. Four Seasons Centre for the Performing Arts. Richard Bradshaw Amphitheatre. 145 Queen St. West. Call 416-363-8231. FREE

April 14 at 12 – 1 pm. **Canadian Opera Company Chamber Music Series.** *Maniac Star: Music of Japan.* Under the inspired direction of Brian Current, the talented young artists of the GGS New Music Ensemble explore contemporary traditions in Japanese music. The program also features a newly commissioned work by Canadian composer Andrew Staniland. Four Seasons Centre for the Performing Arts. Richard Bradshaw Amphitheatre. 145 Queen St. West. Call 416-363-8231 FREE

Peer Support/Support Groups

Various and Ongoing. **Sheena's Place** is a support centre for people affected by eating disorders. Men are welcome to all groups unless otherwise specified. Sheena's Place offers a variety of facilitated peer support groups that are ongoing and year round. The groups that fall under this category are **Adult Support, Young Adult Support, Family, Friends and Partners, Binge-Eating Support, University and College Support, and Women's Feelings and Life Stages.** If someone is interested in attending the ongoing groups they are welcome to come on the night that the group is taking place and fill out all the necessary forms before the group begins. Sheena's Place also offers seasonal groups on body image, expressive art, skill building and support that require early registration. 87 Spadina Road. Call 416-927-8900 or visit www.sheenaspplace.org for more information. FREE

Film and Photography

March 5 - May 31. An artist talk and book signing will be held on Wednesday, April 8 at 6:30 pm in the OCAD Auditorium. **Roger Ballen: Boarding House** presented by Ontario College of Art & Design. The OCAD Professional Gallery presents an exhibition honouring the launch of photographer Roger Ballen's eighth book, *Boarding House Phaidon*. This show places key images from his latest book beside other decisive works from the past three decades. While Ballen's pictures from the late 1970s to early 1990s draw from the photo-documentary tradition, they prefigure his interest in formal refinement and psychological complexity, traits that have become central to his art in the last 15 years. All are welcome. Ontario College of Art & Design (Level 2). 100 McCaul Street (Dundas and McCaul). Call 416-977-6000 or email general@ocad.ca or visit www.ocad.ca. FREE

March 26 – April 18. Tuesdays through Saturdays. Tues – Friday at 11 am – 6 pm. Saturdays at 12 – 5 pm. **Flowers: Photographs by Mark Siddall.** Twenty photographs from gardens in North America are included, perfectly capturing the flowers and plants of North America in seasonal splendor. Mark Siddall Gallery. 40 Wynford Drive. Suite 106. (North of Eglinton just minutes from Ontario Science Centre). Call Corrado De Luca at 647-728-4700 or email info@marksiddall.com or visit <http://www.marksiddall.com/>. FREE

April 2 - April 25. Opening Event on April 2 at 6 – 8 pm. **Bull Rush Quartet** by Robert Sprachman presented by Toronto Image Works Gallery. These richly detailed photographs are inspired by the artist's deep respect for nature. These oddly shaped works of art draw the viewer into the symphony of sounds and textures of the natural world including the hand-made frames constructed by the artist. Toronto Image Works Gallery. Suite 207. 80 Spadina Avenue (King & Spadina). Call 416-703-1999 x 0 or email gallery@torontoimageworks.com or visit www.torontoimageworks.com. FREE

Every Thursday at 4 to 6:30 pm. **Newcomer Youth Film Club.** A new film each week. Discussions to follow. Open to youth aged 13 to 24. Parents welcome to attend. Hosted by Mount Dennis Community Association. 1267 Weston Rd. Call 416-884-4791. FREE

Spiritual

Thursday, April 2 at 10:30 am. **Passover Seder Celebration.** CAMH. Worship Room. 1001 Queen St. West. Please join Rabbi Weiss and the Volunteers from Adath Israel Synagogue. FREE

April 5, 10 and 12 at 11 am. **Easter Services** at the Centre for Addiction and Mental Health Spiritual and Religious Care Services. Palm Sunday – April 5; Good Friday – April 10; Easter Sunday – April 12. Services will be held at the College Street Site Meditation Room. FREE

Volunteer



Pet Volunteer Foster Parents. Become part of an important 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 Ichamb5702@rogers.com for information and application forms.



Community Care East York is looking for **seniors to share crafts or hobbies** in their neighbourhood school with grades 4 and 5 students. One afternoon a week for seven weeks starting in the spring. Call 416-422-2026 x 239.

Caring Canine Doctor Dogs seek volunteers to bring their friendly dogs to visit patients, children with special needs and seniors. Visit www.caringcanine.ca/volunteer.html.

The Secret Handshake Schizophrenia Peer Support Network is looking for a **new Director/Manager** with a background in Administration. If you would like more information about the group the website is <http://www.thesecrethandshake.ca/>. Please forward your resume to <mailto:thesecrethandshake@hotmail.com>.

Workshops

April 7 at 5:30 – 9 pm. **Dragon's Den @ Toronto City Hall** presented by Economic Development, Business Services, Enterprise Toronto. Whether you're a fan or need financing, this free event is not to be missed! Meet Dianne Buckner. Practice your pitch. Ask an expert about business valuation or market sizing. Toronto City Hall. City Hall Rotunda. Main Floor. 100 Queen Street West (Queen & Bay). Call 416-392-6646 or email abellanz@toronto.ca or visit www.cbc.ca/dragonsden. Registration required. FREE

April 6 at 7 to 8 pm. Find out what you need to know about **preparing your tax return**, and whether you should tackle the job yourself or take it to a professional. Toronto Public Library. Annette Street Branch. 145 Annette St. Call 416-393-7692 or visit <http://programs.torontopubliclibrary.ca/listings/current.html?branch=annette-street>. FREE

Monday evenings from April to June at 6 – 7:30 pm. CATS & the Women's Program at CAMH are proud to host an **educational group for family members** (partners, spouses, siblings, children) and friends of individuals who experience mental health and/or substance use disorders. You may attend any number of sessions you like. Topics include Crisis Intervention, Caring for the Caregiver, Stigma, Communication & Problem Solving, Concurrent Disorders, and Community Resources. All sessions are located at 250 College St. Room 845. Call Susan at 416-535-8501 x 4089 or Ellie at 416-535-8501 x 4549. FREE

Ongoing. People and Organizations in North Toronto (POINT) offers free computer and Internet access, as well as free **one-hour Internet-based classes**. Call 416-487-2427. FREE

Runs until June 25. **Learning Centre Computer Courses**. Programs include Move That Mouse, Web Basics I, Web Basics II, E-mail Made Easy, Word Basics I and Word Basics II. Toronto Public Library. Parkdale Branch. 1303 Queen St. West. For dates and times, call 416-393-7686. FREE

Ongoing. **Computer Access Program**. Five computers with Internet connection and printing capabilities available for use by anyone in the community. Mount Dennis United Church. 71 Guestville Ave. Various times and days throughout the week. Call Mount Dennis Community Association at 416-884-4791 or visit www.piczo.com/mountdenniscommunity. FREE

Every Thursday night at 6:45 pm. **Etobicoke Goodyear Toastmasters** meetings. Etobicoke Civic Centre. Email <mailto:info@goodyeartoastmasters.org> or visit <http://www.goodyeartoastmasters.org/>. FREE

Mondays from 7 to 9 pm. **Stained Glass Course**. 19 Cadillac Ave. (Wilson and Bathurst). To register call Francine at 416-635-6122 or email <mailto:fkalif0403@rogers.com>. Cost \$5.

Writing/Books

April 6 at 2 pm. **Lit City: Antanas Sileika** reads from *Buying on Time*, a funny poignant look at growing up in the suburbs in the 50s and 60s. Toronto Public Library. Richview Branch. 1806 Islington Ave. Call 416-394-5120. Visit [What's On @ Lit City](http://www.toronto.ca/litcity) or www.toronto.ca/litcity. FREE

April 14 at 7 pm. **Lit City: Classics**. Enjoy dramatic readings from the writings of Timothy Findley (Headhunter), Morley Callaghan (Strange Fugitive), Isabelle Hughes (Serpent's Tooth), Gordon Stewart Anderson (The Toronto You Are Leaving), Daniel Jones (The Brave Never Write Poetry), and others. Readings by actors from the East Side Players. Toronto Public Library. S. Walter Stewart Branch. 170 Memorial Park Ave. Call 416-396-3975. Visit [What's On @ Lit City](http://www.toronto.ca/litcity) or www.toronto.ca/litcity. FREE

Sunday April 5. **Stories for Everyone**. Part of Toronto Festival Storytelling 2009. Presented in Partnership with Harbourfront Centre. All of the following events are located at York Quay Centre. 235 Queen's Quay West. For more information call 416-656-2445 or email admin@storytellingtoronto.org or visit www.torontofestivalofstorytelling.ca. All events are FREE.

- 11 – noon. **Fins and Claws and Spiny Tales**. Join us in telling, singing and saying tales of creatures and critters, from far and wide. Jody James and Sandra Carpenter-Davis. Miss Lou's Room. For children ages 2-8 years with their families.
- 11 – 1 pm. **Storybookarts**. A seminar about Korean culture. Bring your children. Hear traditional Korean stories. Eun Ae Kim (Kaitlyn). Marilyn Brewer Community Space.
- 12 – 1 pm. **Funny You Should Say That!** A lively mix of stories guaranteed to warm your heart and tickle your funny bone. Kathy Jessup. Lakeside Terrace. Family.
- 12 – 1 pm. **Around the World in Sixty Minutes**. Folk and fairy tales from real and virtual travels around the globe. Joan Meade. Studio Theatre. General audience.
- 12 – 2 pm. **Story Jam Stage**. A celebration of Toronto's finest young storytellers. Featuring students from schools in the Toronto District School Board. Brigantine Room. Family.
- 2 – 4:30 pm. **Korean Storytelling Concert**. Come hear Korean traditional folktales, rhymes, finger plays, chants and songs! Experience Korean dance and art. Join the artists who have come all the way from Korea to bring you a taste of Korean culture. Eun Ae Kin (Kaitlyn), Goam Jung, Mhin Suk Song (Choomsae). Brigantine Room. Family.
- 3 – 4 pm. **Tales from my Travels**. Come participate in a round-the-world adventure. Share in stories and songs from England, Canada, USA, Africa and Australia.
- 3 – 4 pm. **Tales from Newfoundland**. Collaboration from 2 exciting east-coast tellers. Dale Jarvis and Kelly Russell. Lakeside Terrace. Family.
- 1:30 – 2:30 pm. **Stories of the People of the Muskeg**. Teachings and stories of the Swampy Cree people. Pennishish (Louis Bird). Lakeside Terrace. Family
- 1:30 – 2:30 pm. **Glass Boots and Wedding Rings**. Three journey tales from Ireland, Scotland, and Brittany. Judy Caulfield and Jo-Ann Ras. Studio Theatre. General.
- 1:30 – 3:30 pm. **Story Swap**. Come and pass the talking stick! Featuring anyone and everyone! Marilyn Brewer Community Space.

Noteworthy Dates for the Month of April 2009

April 2 - 8. **Refugee Rights Awareness Week**. Recognizes that refugee claimants are entitled to protection under the Canadian Charter of Rights and Freedoms and the right to an oral hearing, which is a fundamental principle of justice.

April 13. **Passover (Jewish)**. One of the most important Jewish religious festivals. Jews celebrate the Feast of Passover (Pesach in Hebrew) to commemorate the liberation of the Children of Israel who were led out of Egypt by Moses.

April 14. **Good Friday (Christian)**. Good Friday is the Friday before Easter. It commemorates the execution of Jesus by crucifixion.

April 16. **Easter Sunday (Western – Christian)**. Christians celebrate the Resurrection of Jesus Christ – his return from death after the Crucifixion. The most important Christian festival. Orthodox Christians celebrate Easter on a different date.

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. 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.