

# 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

**Purchasing prescription drugs online risky.** In response to a recent RCMP bust on a counterfeit drug network Health Canada is reminding Canadians that buying drugs online may pose serious health risks. Illegitimate online pharmacies may send you counterfeit drugs with incorrect doses, wrong ingredients, or no active ingredients. Some may pose as Canadian and be impossible to track down when a problem arises. To find out if an internet pharmacy is legitimate, contact the licensing body for Ontario: **Ontario College of Pharmacists, 483 Huron Street, Toronto, M5R 2R4, 416-962-4861 or toll free 1-800-220-1921**, <http://www.ocpinfo.com/client/ocp/OCPHome.nsf/>. ("Health Canada Reminds Consumers About the Risks of Buying Drugs Online". Information Update - 2009-127, August 7, 2009 - For immediate release). Visit [http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/\\_2009/2009\\_127-eng.php](http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_127-eng.php) to read the Health Canada reminder.

**Anecdotal support for anti-craving drug.** Baclofen, a drug approved for muscle spasms, is being prescribed more and more by American doctors as an anti-craving drug for treating alcoholism. Currently, the evidence that baclofen actually helps recovering alcoholics resist relapse triggers, resulting in more moderate drinking or even abstinence, is merely anecdotal. Two large, controlled studies are underway. ("Treating Alcohol Addiction: A Pill Instead of Abstinence?" by Maia Szalavitz, TIME, Wed. July 29, 2009). Visit <http://www.time.com/time/health/article/0,8599,1913016,00.html> to read the article.

**Surprising results from study on heavy drinking and prostate cancer.** A University of California clinical trial of 11,000 men over 7 years, published in the journal *Cancer*, found that heavy drinking reduces the effectiveness of a drug called finasteride which is taken to prevent prostate cancer. The study also revealed that 4 or more drinks a day, 5 days a week, doubles the risk of developing an aggressive form of prostate cancer. No difference in prostate cancer risk was found between moderate drinkers and non-drinkers. ("Heavy Drinking Linked to Aggressive Prostate Cancer", By Ed Edelson, HealthDay Reporter, MONDAY, July 13 (HealthDay News). Visit <http://www.medicinenet.com/script/main/art.asp?articlekey=103759> to read article.

**Tricky punchlines good for mood.** WebMD reported August 20, 2009 that a Dutch study supports a new explanation of how humour improves mood. The prevalent explanation has been that humour makes us feel better by replacing negative emotion with positive emotion. The study of 90 students, published in the journal *Emotion*, reveals that jokes create a cognitive distraction as we try to figure out the punchline. Jokes may work by redirecting anxiety. Jokes that are hard to get are more effective mood elevators than jokes that are easy to get. ("Good Jokes Cure Bad Moods", "Dutch researchers discover how a good laugh distracts us from negative emotions". By Kathleen Doheny, Aug. 20, 2009. WebMD Health News. Reviewed by Louise Chang, MD. Reviewed on August 20, 2009. Visit <http://www.medicinenet.com/script/main/art.asp?articlekey=104874> to read article.

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# Milan Kundera's Wisdom

Mel Starkman

Milan Kundera wrote in his novel *Immortality* that ... “without a kernel of madness life [is] not worth living.” That sentence seemed to me to be very significant and similar quotations abound from many an author. It started me off on a chain of thinking. How invalid or tepid is the life of people who gainsay the truth of those words. The narrow conformity and conventional existence that most mental health advisers and caregivers dispense for their clients leaves much to be desired. Those who value their touch of madness are the salt of the earth and there are many more of us than is imagined in the perception of public imagination and the practice of hidebound, straight-laced psychiatrists. Sanity is a misnomer for the creatively maladjusted and the envy of those whose sobriety is only enhanced but marred by alcohol or drugs.

However those of us who, often iatrogenically, have seen the outer edges of madness, the out of control highs or lows, seek the balance of a kernel of madness because we know the devastating loss that more than a smidgeon brings both to ourselves and those for whom we care.

My shrink likes to see me a little hypo manic to use a labelling word. He has seen me when I was flat out comatose, another labelling word, or incommunicative. That is no good but how many young people are entering the desolate mental health system these days with the warning to control themselves, to live up to a model of social behaviour requisite to accepted education or employment to please public convention.

There is a concept of “limits” that should govern personal responsibility but those “limits” should not be narrowly defined. As one who is given sometimes to joy and Janus-like to sadness I can say that I taste of the immortality of which Kundera speaks. The result of being administered pills and shock in the mental health system years ago placed limits on my life the like of which I do not wish others to experience. Shrinking your consciousness is not an enjoyable experience. You need the latitude to be creative, to enjoy and even to be sad to more appreciate the meaningful things in life.

Psychiatry today particularly in its biological and social control mode denies the locus of responsibility and decision-making residing in personal agency. Years ago that was taken from me in my most creative days and while that is all water under the bridge I cannot but begrudge the opportunity to grow and be productive in my best years. However each day is an eternity and I can only hope that I have many more eternities left. That will only happen if I am an informed consumer and on the cusp of my old age reduce my intake of psychiatric medication to the lowest level that I and my psychiatrist agree on. Immortality of my name by my works is denied but a quality of mortality will be assured me by both of us being responsible, him in his professional abilities and me in my life choices.

Mel Starkman

## Wish List

Requests: help with a website (setting up the search engine and uploading some text), a couch in good condition, A plug-in AM/FM radio with cassette player, a compact record player and speakers, and a set of encyclopedias.

Items available: a 26" TV, a computer, a VCR, a sofa bed, a couch, a wooden table with two leafs, 2 wooden chairs, an IKEA wardrobe, and a large set of dishes.

## C/S Online

<http://www.freecycle.org/group/Canada/Ontario/Toronto>

The Freecycle Network™ is a grassroots, nonprofit network of people who give and receive things for free. The Toronto network currently has 16,306 members. Membership is free. Visit their site to sign up and let the treasure hunt begin.

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# COMMUNITY ANNOUNCEMENTS

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

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Dear Readers,

Please let us know about upcoming or ongoing mental health and/or addictions-related support groups and workshops. You are our best resource for accessing this information. Thank you!

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## Mental Health & Addiction Services in East Toronto Info Fair

East York Civic Centre  
Wednesday, October 7  
12:00 - 4:30 pm

Quality  
of Life

This year's fair (the twelfth) will be held on Wednesday, October 7, and is co-sponsored by Mental Health Services at Toronto East General Hospital and St. Michael's Hospital, COTA Health, VHA Home HealthCare, the St. Clair O'Connor Community Centre, and the Centre for Addiction and Mental Health.

The Fair will provide:

- information about a wide range of mental health, addiction, and related services available in East Toronto and a number of services helpful for improving quality of life
- an excellent opportunity to increase awareness of resources among service providers, consumers, families, teachers, and the public
- approximately 65 attended displays with information on more than 100 programs
- free admission and light refreshments
- an opportunity to highlight new initiatives and services

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## Making Gains in Mental Health and Addictions 2009 The Future Is Now Conference

November 2 – 4  
Hyatt Regency Toronto (formerly the Holiday Inn on King)  
370 King Street West

The 2009 Making Gains in Mental Health and Addictions Conference is a time for community mental health and addictions service providers, consumers, family members and volunteers to come together and exchange ideas and knowledge. This is one of the largest conferences of its type in Ontario and Canada.

### Keynote Speakers:

- The Honourable David Caplan, M.P.P. Don Valley East, Minister of Health and Long-Term Care for Ontario (Invited)
- Mary Walsh (This Hour Has 22 Minutes)
- *Mental Health, Addictions and Poverty* – Keynote Panel Presentation: David Reveille, Psychiatric Survivor and Teacher
- Jeff Turnbull, President-Elect of CMA; Brad Mulder, Mike Creek, Representatives of Voices from the Street; Vivian Labrie, Poverty Activist from Quebec

Registration for full conference **on or before October 2 is \$420.**

View flyer with details at [http://www.makinggains.ca/MakingGains09\\_eFlyer\\_04.htm](http://www.makinggains.ca/MakingGains09_eFlyer_04.htm).

## The Central LHIN Consumer/Survivor Network Recovery in Action Recovery Education Workshops

September 9, 10, 16, 17 and October 29. **Like Minds - Peer Support Recovery Education:** Developed and delivered by Peers - 4 +1 day curriculum

October 7 – 9. **Pathways to Recovery Facilitator Training:** Learn the skills to become a facilitator in delivery - *Pathways to Recovery*, a strengths-based, self-help workbook.

October 23. **Recovery Education for Allies - Building & Supporting Recovery Orientation for Clinical Services Workshop:** Mainstream service providers are invited to join us for this one-day workshop on becoming agents of change to create a culture of recovery systemically in their organizations and personal practice.

October 27 – 30. **WRAP Facilitator Certification:** For anyone who has taken a WRAP course. Learn to become a recovery educator as a WRAP facilitator.

Contact Theresa Claxton, Coordinator, Central LHIN Consumer/Survivor Network at 647-203-3726 or by email at [chlincsnetwork@gmail.com](mailto:chlincsnetwork@gmail.com) for further information.

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### Ethno Racial People with Disabilities Coalition of Ontario (ERDCO) Invite Participants

Are you an Ethno-cultural or racialized person with a disability? Then apply to participate in ERDCO's Capacity Building and Advocacy Project (CAP).

Our project aims to advance the voices, issues, talents and giftedness of ethno-cultural and racialized people with disabilities and offer a series of workshops, including interesting guest speakers, opportunities to enhance communication skills and organize public meetings and advocacy initiatives, from this Summer to Spring 2010.

Participation in this project will expand the capacity to do public education and advocacy on such issues as human and disability rights, anti-oppression practice, cultural sensitivity and anti-ableism. It will be led by inspirational speakers, facilitators and engaged advocates with disabilities.

ERDCO is currently taking names of people interested in applying to participate. Contact ERDCO at 416-657-2211 or email us at [erdco\\_ca@yahoo.ca](mailto:erdco_ca@yahoo.ca). Visit <http://www.erdco.ca/index.htm>.

An honorarium will be provided to participants. Funded by the Access, Equity and Human Rights grants program, City of Toronto.

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### Centralized Assessment, Triage and Support Program (CATS) and the Women's Program at CAMH are proud to host An Education Group for Family Members

This education group is being offered to *family members* (partners, spouses, siblings and children) and *friends* of individuals who experience mental health and/or substance use disorders. The sessions are held every Monday from October 19 to November 16 at 6:00 pm. The sessions will be 90 minutes in length. You may attend any number of sessions you like. All sessions are located at the Centre for Addiction and Mental Health at 250 College St. Room 845. Call Susan Green, RN at 416-535-8501 x 4089 or Ellie Munn, RSW at x 4549.

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### AIDS Committee of Toronto (ACT) presents HIV and Aging: how does this affect me?

The Ramada Plaza Hotel  
300 Jarvis Street (corner of Carlton and Jarvis)  
Wednesday, September 9  
Light Buffet at 6:30 pm. Presentation from 7 – 9 pm.  
FREE

Guest speakers: Dr. Sean Rourke, Scientific and Executive Director, Ontario HIV Treatment Network, Jim Truax, Community Member, Author and Activist.

Contact Robin Rhodes, HIV Health Promotion Coordinator, AIDS Committee of Toronto (ACT) at 416-340-8484 x 219.

## Not Far From the Tree

Not far From the Tree is a fruit harvesting program started in 2008 by Laura Reinsborough. It is currently running in the St. Paul/St. Clair West neighbourhood, the Parkdale-High Park neighbourhood and East York. Last year saw 300 volunteers harvest 3,000 pounds of food from local residences. Homeowners make their trees available for volunteers to harvest and the harvest is shared by the homeowner, the volunteers and a local agency. The organizers are planning preserving workshops so that the fruit that is not eaten right away will not go to waste. Homeowners can register at [www.notfarfromthetree](http://www.notfarfromthetree) and for details please visit [www.notfarfromthetree.org](http://www.notfarfromthetree.org). (Source: The Mirror, Friday, August 14, 2009. "Food sharing program helps harvest community spirit", [www.insidetoronto.com](http://www.insidetoronto.com)).

## The Registered Disability Savings Plan (RDSP)

"A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long-term financial security of a person who is eligible for the Disability Tax Credit (disability amount)."

1. You can apply as long as you are under 60 years old **and** are eligible for the Disability Amount.
2. To be eligible for the Disability Amount you must fill in the T2201 Form (federal Disability Tax Credit Certificate) -- available from Canada Revenue. This form must be filled out by a qualified practitioner who certifies that you have a prolonged impairment.
3. You can get the form from Canada Revenue by calling 1-800-959-2221 or visiting [www.cra.gc.ca/disability](http://www.cra.gc.ca/disability).  
Note: It can take several months for the form to be processed.
4. If your household net income is under \$21,816 and you register for an RDSP but cannot contribute to it you may still apply to receive a government bond for \$1,000.
5. If you can only contribute small amounts to your RDSP you can benefit from federal matching grants. To receive a grant your annual household income must be under \$77,664. You receive \$3 for every \$1 contributed to the first \$500. You receive \$2 for every \$1 contributed on the next \$1,000 contribution (up to \$3,500 each year).
6. If your household income is above \$77,664, the government matches contributions dollar for dollar up to \$1,000 each year.
7. To clarify, the bonds and grants go into your RDSP and are subject to the RDSP payment plans (annual payment when beneficiary turns 60) or monthly payment when beneficiary turns 27 (under certain conditions). This is where it gets complicated and you need to call Revenue Canada for details.
8. To establish an RDSP, the person who is a holder of the plan must contact a participating financial institution.

Note: If you need more detailed information than what we have provided here please visit <http://www.cra-arc.gc.ca/menu-eng.html> or call 1-800-959-8281 to speak to an expert at Canada Revenue.

## Job Postings

Please note that we have a bulletin board at the Centre where we post jobs that we don't receive in time to include in the *Bulletin*. We also regularly post many upcoming employment workshops and training opportunities on the bulletin board.

### The Silver Brush seeks an Enterprise Manager

**Application Deadline: September 11, 2009**

The Silver Brush, a joint initiative of Houselink Community Homes and Parkdale Activity-Recreation Centre is looking for an Enterprise Manager to lead the development of The Silver Brush.

The Silver Brush – a social purpose enterprise and winner of the 2008 Toronto Enterprise Fund Business Plan Competition -- will provide painting services to the commercial residential market. Its social purpose is to provide long-term employment to psychiatric consumer/ survivors and others at risk of homelessness in Toronto. This is a non-bargaining unit position.

**This position requires an individual who can:**

- Provide leadership in planning and ensure that all business functions and operations are developed
- Demonstrate strong decision-making capability
- Implement organizational initiatives and goals

**Key Skills and Experience include:**

- Proven experience in painting or related property management or construction sectors
- Progressive experience in a business development role, preferably at least two years
- Experience and applied understanding of marginalized community, its challenges and opportunities
- Valid Ontario Driver's License & good driving record

Salary Range: Competitive salary with performance incentives and benefits

Please send resume and cover letter (e-mail only) to [aholeton@parc.on.ca](mailto:aholeton@parc.on.ca) to Andrew Holeton, Parkdale Activity - Recreation Centre Employment Program.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians.

**Note: Please visit [http://www.torontoenterprisefund.ca/\\_bin/resources/Job\\_postings.cfm](http://www.torontoenterprisefund.ca/_bin/resources/Job_postings.cfm) to view the complete job description.**

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### Community Resource Connections of Toronto Seeks Community Support Workers (East Team)

**Application Deadline: September 8, 2009**

1 Fulltime permanent position, 1 20-month contract position

Community Resource Connections of Toronto (CRCT) is a community mental health organization that assists individuals with severe mental health problems by working directly with them and indirectly through our community work.

Community Support Workers provide support for individuals with serious mental health problems and their families. Travel is required throughout Scarborough, and a car is required for this position.

**Key Responsibilities**

- Engage with clients and their families in order to explain the assessment process and the role of the community support worker and the agency
- Assess the client's community support needs and wishes (i.e. daily living skills, housing, finances, social networks, vocational and educational goals, environmental resources)
- Assist clients to identify and achieve their goals, including developing a supportive social network, crisis intervention, etc

**Qualifications**

- A degree/diploma or training in health or social services preferred
- Significant work experience with people with serious mental health problems, including working with traditional and non-traditional mental health services preferred
- Direct personal experience with the mental health system preferred

In order to serve the diversity of individuals with whom we work, the successful applicant will have an understanding of anti-oppression work and a familiarity with issues affecting ethno-racial communities.

A valid Ontario driver's license, reliable car and third party \$1 million business insurance is required for this position.

Salary Range: \$49,806 – \$54,811 (plus benefits) as per the Collective Agreement

Reply in writing to: Hiring Committee at [hiringcommittee@crct.org](mailto:hiringcommittee@crct.org) or by fax to 416-482-5237

**Note: Please visit <http://www.crct.org/> to view the complete job description.**

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

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

### ART



September 1 - October 1. Tuesdays through Sundays. Noon – 6 pm. Gallery Opening is September 1 at 7 pm. **Dolls in the City**. Doll Collection Corp. presents the first gallery in Toronto that displays handmade one-of-a-kind, limited edition dolls made by contemporary world-renowned artists. The best of international, national, and regional art doll work. The mission of our gallery is to bring to light the art doll as a respected genre in Canadian art culture. Open to the general public. Distillery Historic District. 55 Mill Street. Building 59. Suite #304. Call Nina Kniazeva at 1-289-221-2737 or email [dollcollection@live.ca](mailto:dollcollection@live.ca) or visit [www.dollcollection.ca](http://www.dollcollection.ca). FREE

September 18, 2009 Deadline. **Call for Entries**. Mood Disorders Association of Ontario Touched by Fire. The Mood Disorders Association of Ontario would like to remind you that we are now accepting submissions for the 2009 Touched by Fire art show and sale, an event to stimulate and celebrate the work of artists with mood disorders. To find out more about how to submit artwork, please visit <http://www.touchedbyfire.ca/submit.html>. Over 350 works of art submitted in 2008 and 45 chosen for the live show. All proceeds from the sale of the art go directly to the artists. For more information, please visit call 416-486-8046 or visit Touched by Fire website.

## Festivals



September 11 from 5 - 9 pm. September 12 from noon - 9 pm. September 13 from noon - 7 pm. **25th Annual Vegetarian Food Fair** presented by Toronto Vegetarian Association. Over 100 exhibitors presenting new products and services. Harbourfront Centre. 235 Queen's Quay West (Lower Simcoe Street & Queen's Quay West). Call 416-544-9800 or email [kasia@veg.ca](mailto:kasia@veg.ca) or visit [www.veg.ca](http://www.veg.ca). FREE

September 4 – September 7 from noon – 10 pm. Harbourfront Centre World Routes Summer 2009 Festival. **Hot & Spicy Food Festival**. Hot food and flavours from around the globe. Performances by C R Avery, Irmas Thomas, Burnt Sugar, Bill Wharton, the New Orleans brass band, and more. Brazilian martial arts, artist lectures, chef contests, a Hoop workshop, circus performances, and more. Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). Call 416-973-4000 or email [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com) or visit [http://www.harbourfrontcentre.com/worldroutes/festivals.cfm?festival\\_id=42](http://www.harbourfrontcentre.com/worldroutes/festivals.cfm?festival_id=42). FREE

September 7 from 2 – 7:30 pm. Brazilian Independence Day Celebration. **Samba on the Square!** Brazilian Day Canada celebrates Canada's multiculturalism through one of the most vibrant cultures in the world. Sway to the rhythms of Brazilian superstars, Carlinhos Brown and Elba Ramalho. Yonge-Dundas Square. Email [contact@braziliandaycanada.ca](mailto:contact@braziliandaycanada.ca) or visit <http://www.braziliandaycanada.ca/>. FREE

September 12 from 10 am. September 13 to 5 pm. **6<sup>th</sup> Annual Beach Celtic Festival**. This family event welcomes all nationalities and ages to come and experience the Celtic community. Vendors, food and live entertainment featuring music of Scotland, Ireland and Wales as well as the East Coast of Canada. Bring your lawn chairs and blankets. The Beaches. Kew Gardens Park (Queen Street East and Lee Avenue). Visit [www.thecelticfestival.com](http://www.thecelticfestival.com). FREE

September 5. **Mid Autumn Festival 2009** presented by Vietnamese Women's Association of Toronto. Also known as the Moon or Lantern Festival it marks the end of the harvest and is a time of celebration. Traditional and contemporary performances, fashion show, music and children's games. Nathan Phillips Square (Queen Street West and Bay Street). Call 416-539-0152 or email [info@vwat.org](mailto:info@vwat.org) or visit <http://www.vwat.org/pagelinks/upcoming.php?language=eng#11>. FREE

September 4 from 3 – 10 pm. September 5 from 3 – 10 pm. September 6 from 3 – 9 pm. September 7 from 3 – 10 pm. **Hispanic Fiesta 2009**. Local and International Hispanic performers covering 20 different Spanish-speaking countries. Mel Lastman Square. 5100 Yonge Street (north of Sheppard). Call 416-240-9338 or email [info@hispanicfiesta.com](mailto:info@hispanicfiesta.com) or visit [www.hispanicfiesta.com](http://www.hispanicfiesta.com). FREE

September 12 from 10 am – 11 pm. **Ethiopian-Canadian Day Celebration**. Activities will include traditional dance performances, Cultural Fashion Show, Taste of Ethiopian Cuisine, Cultural Exhibits and much, much more! All are welcome. Christie Pitts Park. 859 Bloor Street West (Bloor West and Christie). Call 416-694-1522 or email [office@ethiocommun.org](mailto:office@ethiocommun.org) or visit [www.ethiocommun.org](http://www.ethiocommun.org). FREE

## Film and Photography

September 10 – 19. Throughout the afternoon and evenings. **FOR THE LOVE OF FILM**. 10 days of silent film screenings and live concert performances as part of the Toronto International Film Festival. Visit <http://tiff.net/filmsandschedules/programmes/yongedundassquare> for schedule of movies. Yonge-Dundas Square. FREE

## Museums

September 13 from 1 - 2:30 pm. **Fort York Historic District Walking Tour.** Explore the history and evolution of Fort York, the Garrison Common and the nearby Lake Ontario shoreline from the early British colonial era to the present day. Some stairs, hills and rough ground. Fort York National Historic Site. 100 Garrison Rd. Call 416-392-6907 or email [fortyork@toronto.ca](mailto:fortyork@toronto.ca) or visit <http://www.fortyork.ca/index.htm>. Free admission to Fort York following the tour.

## Music and Dance Performances

September 4 from 8 – 10 pm. **Cassava.** Experience the rhythm of Cuba. Cassava's music is rich with the colour and flavour of Latin styles such as Salsa, Cha cha-cha, Bolero, Bossa Nova, Samba and Cumbia mixed with contemporary Latin-Jazz and Fusion. Yonge-Dundas Square. Visit [www.ydsquare.ca](http://www.ydsquare.ca). FREE

September 2 from 5 – 8 pm rain or shine. **Mosaic does Jazz** presented by Danforth Mosaic BIA. Carin Redman Quartet featuring George Koller and Mark Kieswetter perform. Open to all local residents as well as Jazz enthusiasts from across Toronto. Bring a lawn chair or blanket and listen to the music. Coxwell Parkette (southwest corner of Coxwell and Danforth). Call 416-849-6688 or email [info@danforthmosaicbia.com](mailto:info@danforthmosaicbia.com) or visit [www.danforthmosaicbia.com](http://www.danforthmosaicbia.com). FREE

## Recreation and Fitness

Now until Thanksgiving (weather permitting). **Free Outdoor Park Yoga classes.** Call 416-466-8152 or email [trixie.montanile@gmail.com](mailto:trixie.montanile@gmail.com).

- Saturdays from 10 – 11 am. Riverdale Park (north of Gerrard off Broadview) by the Dr. Sun Yat-Sen statue near Bridgepoint Hospital. FREE
- Sundays from 9:30 – 10:30 am. Greenwood Park (corner of Dundas and Greenwood off Alton) in front of skating arena. FREE
- Sundays from 11 – noon. Withrow Park (between Carlaw and Logan off Withrow) under the trees at south end of soccer field. FREE

7 Days a Week. **Discovery Walks** is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Informative signage will help you experience an area's heritage and environment. In this edition of the Bulletin we feature **Downtown Toronto**. Discover parks, gardens and streetscapes from traditional to contemporary, from pastoral to urban, including Cloud Gardens, Simcoe Park, Olympic Gardens, a Victorian garden, a sculpture garden, a cloud forest in a greenhouse, a historic railway round-house park and ceremonial squares, all within the core of the city. The suggested start and end point is Union Station. Call 416-338-0338 or visit [http://www.toronto.ca/parks/recreation\\_facilities/discovery\\_walks/discover\\_index.htm](http://www.toronto.ca/parks/recreation_facilities/discovery_walks/discover_index.htm) or [http://www.toronto.ca/parks/brochures/walks/DW\\_Downtown.pdf](http://www.toronto.ca/parks/brochures/walks/DW_Downtown.pdf) to download free map brochure. FREE

## Silly Fun

September 11 to October 31. Weekends only. Seasonal (weather permitting). Take a ride on the **Trackless Train in High Park.** A 25-minute scenic ride slowly weaves through the park with one stopover privilege. The train runs every 25 minutes from 10:30 am to dusk. Tickets can be purchased from the train operator. High Park (Bloor Street West to High Park and turn south). For further information or special group tours call 647-438-0077 or 416-392-8186. Adults: \$4.00. Children & Seniors: \$3.00

## Spiritual and Religious

September 10 at 10:30 am. Come Celebrate with the Spiritual and Religious Care Office as they honour their new worship space. Food, fun and festivities. CAMH. 1001 Queen St. West. Worship Room Dedication. Old Worship Room, QS. Email [biruta\\_pearcy@camh.net](mailto:biruta_pearcy@camh.net). FREE

## Workshops



September 21 from 9:30 am – noon. HOW TO START A FOOD BUSINESS SEMINAR. Michael Donahue (Toronto Business Development Centre), and Michael Wolfson (City of Toronto Economic Development's Food & Beverage Sector Specialist), discuss how to start a business, brand your identity, develop your products, and more. The Toronto Food Business Incubator (TFBI) is a newly formed, not for profit organization that supports small entrepreneurs interested in starting new food companies. North York Civic Centre, Council Chambers. 5100 Yonge Street. Please complete the registration form and email it to [mwolfso@toronto.ca](mailto:mwolfso@toronto.ca) or fax it to 416-395-7573. For more information call 416-392-3830. FREE but pre-registration is required.

September 22 from 6:30 pm - 8:30 pm. **BASIC CAR CARE & MAINTENANCE FOR WOMEN.** Learn how to maintain your car properly (which means doing more than just an oil change!) and other basic maintenance items. Facilitated by Emily Chung of Autoniche Inc., Women's Auto Repair Service. Scarborough Women's Centre. 2100 Ellesmere Road. Suite 245. To register call 416-430-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or visit <http://www.scarboroughwomenscentre.ca/>. FREE (\$2.00 donation welcome)

## Writers/Spoken Word

October 1, 2009 Deadline. **Call for Submissions.** Northern Initiative for Social Action is a member driven not-for-profit organization created and run by consumer/survivors. One of its projects is a Writer's Circle which publishes a quarterly literary magazine for mental health consumers: Open Minds Quarterly – Your psychosocial literary journal. They are currently calling for creative Canadian nonfiction/personal essays and memoirs that address personal experiences with mental health issues for an anthology they hope will be published. Compensation to writers will depend on negotiations with publishers. For project and submission details please email [openminds@nisa.on.ca](mailto:openminds@nisa.on.ca) or visit <http://www.nisa.on.ca/>. FREE

Saturday September 12th, 10 a.m. - 4 p.m. A **Science Fiction/Anime Flea Market.** A flea market of second-hand (and maybe one-of-a-kind) SF and anime merchandise and collectables. Sponsored by the Friends of the Merril Collection. The Merril Collection of Science Fiction, Speculation and Fantasy (formerly known as The Spaced Out Library) is Canada's major collection of "contemporary speculative literature, including science fiction, certain aspects of fantasy fiction, satire, surrealist, and other speculative, future oriented, and conceptually experimental work." The Beeton Auditorium of 789 Yonge St. Call 416-395-5577 or click on Toronto Reference Library.

Ongoing. **Call for Submissions.** TRANSITION magazine is published twice a year by The Canadian Mental Health Association in Saskatchewan. Manuscripts must be 15 pages max for articles, 10 pages for other prose or poetry. They are also interested in visual art, including cover art. They pay \$25 per printed page, \$12.50 per half page, \$20 per piece of visual art work, and \$100 for cover art that is accepted for publication. Email submissions as attachment to [contactus@cmhask.com](mailto:contactus@cmhask.com) or to Ted Dyck, editor, at [tdyck@sasktel.net](mailto:tdyck@sasktel.net). You can send submissions by regular mail to: TRANSITION magazine, 2702 12th Avenue, Regina, SK, S4T 1J2.

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**To subscribe** to the *Bulletin* or *The Wellness and Recovery Newsletter*, call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net). The Bulletin is published twice a month on the 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](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.

The C/S Information Resource Centre of Toronto  
**Annual General Meeting**

Our AGM will be held on October 19, 2009. The business meeting will begin at 6 pm and our special guests, the Stand Up for Mental Health Comedy Troupe, will perform immediately afterwards.

Please join us. Everyone is welcome.

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**General Membership Application**

It's free to become a member of the Consumer/ Survivor Information Resource Centre. Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain 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 - You must be a consumer/survivor from the Greater Toronto Area.  
 Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature \_\_\_\_\_

Date \_\_\_\_\_

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

Organization (optional) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Please Note: We must receive your signed application **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 the Bulletin.