

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)*

November 1, 2009 Bulletin 405

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Newsbytes

Ontario Human Rights Commission policy on human rights and rental housing released. Chief Commissioner of Ontario Human Rights Commission, Barbara Hall, released the policy statement on Monday, October 5, 2009. It provides information on rights and obligations for tenants and housing providers under the Ontario Human Rights Code and is intended to address discrimination and improve access to rental housing. Download the report at the Ontario Human Rights Commission Web Site: <http://www.ohrc.on.ca/>.

Mental health and obesity. A study published online in the British Medical Journal on October 6, 2009 indicates that common disorders like depression and anxiety, especially when chronic or involving repeated episodes brings a significantly increased risk of developing obesity. The study followed 4,363 London adults over a period of 19 years. (News "Study links common mental disorders to increased risk of obesity", October 08, 2009, by Patricia Nicholson). Visit

http://www.womenshealthmatters.ca/news/news_show.cfm?number=990461082&theyear=2009 for complete article.

Ireland implements online CBT program for depression. A computerized cognitive behaviour therapy program for treating mild to moderate depression is being made available to some 50,000 people in Northern Ireland. Over £1 million has been put into the "Beating the Blues" program. It offers family physicians an alternative to prescribing psychiatric medications in the treatment of depression. ("Thousands to get new self-help depression treatment", Release Date 09/10/2009, Source Press Association, Country Northern Ireland). Visit <http://www.mentalhealth.org.uk/welcome/> to read full story.

CBT Effective Treatment for Eating Disorders. A review of 48 studies with 3,054 participants supports earlier evidence that cognitive behavioural therapy is an effective treatment for binge eating and bulimia. The treatment involves 15 to 20 sessions with a CBT therapist over 5 months. 37 percent of people who used CBT were able to stop binge eating. The author of the review notes that CBT has a much lower drop-out rate than drug treatment. Some experts view CBT as the treatment of choice for bulimia nervosa. (Latest News - Bulimia, Binge Eating Respond To Talk Therapy, 08 October 2009, Source: Health Behavior News Service). Visit <http://www.medicalnewstoday.com/articles/166653.php> to read article.

Globe & Mail special report on mental health. Visit <http://www.theglobeandmail.com/special-reports/breaking-through/> to read the Globe & Mail's special report on mental health related matters, including an interview with local anti-psychiatry activist Don Weitz.

Health Canada Advisory on Sleep Aid Drugs. There are changes to the labeling information for the following prescription sleep aid medications: flurazepam, nitrazepam, temazepam, triazolam, zopiclone, zolpidem, and zaleplon. The new labeling advises consumers of reports that people under the influence of these drugs have been observed talking, walking, cooking, eating and driving while not fully awake and have been unable to recall the activities afterwards. (“Important Safety Information Regarding the Use of Sleep Aid Drugs and the Risk of Complex Sleep-Related Behaviours”, Information Update – Ottawa, 2009-161, October 7, 2009. For immediate release). Visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_161-eng.php to read the advisory.

Health Canada Advisory on Trazorel and Cesamet. The manufacturer of the antidepressant Trazorel (50 mg) and the anti-nausea medication Cesamet (1 mg) received a report of a bottle of Trazorel being labeled incorrectly as Cesamet. Health Canada advises you to check the bottles to make sure they contain the right medication. Trazorel 50 mg comes in round, peach-coloured tablets engraved with ICN T21. Cesamet 1 mg is sold in blue and white capsules with the number 3101 imprinted on the white part of the capsule. (“Potential Mislabelling of Trazorel and Cesamet Bottles”, Warning - 2009-170, October 20, 2009, For immediate release.) Consumers requiring more information about this advisory can contact Health Canada's public enquiries line at 613-957-2991, or toll free at 1-866-225-0709. Visit http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2009/2009_170-eng.php to read the warning.

Vaccine treatment for Addiction. Drug companies are investing in developing a vaccine to treat and even prevent cocaine and nicotine addiction. This October, the U.S. National Institute on Drug Abuse gave a \$10 million grant, their largest grant to date, to Nabi Biopharmaceuticals to fund clinical trials for a nicotine addiction vaccine (NicVAC). The vaccine would work by producing antibodies against nicotine. Similar anti-smoking vaccines in development have not been successful in reaching the market. The smoking cessation market is anticipated at \$4.6 billion by 2016, \$2 billion of which could be from nicotine addiction vaccines. (Reuters Health, “U.S. backs vaccines for drug, nicotine addiction”, Reuters Health, Tuesday, October 20, 2009, by Julie Steenhuyzen). Visit http://www.nlm.nih.gov/medlineplus/news/fullstory_90849.html for full story.

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C/S Info's AGM Door Prize Winners:

- Set of Black Dishes for 4 - Linda Chamberlain
- Betty Crocker Electric Kettle - Ping Cheung
- Rice Cooker - 5 Cup - Michael Cole
- Shopping Cart (Bundle Buggy) - Phil Hozer
- Sunbeam Mixmaster Hand Mixer - Arlene Kearn
- BlenderPro Blender - Darlene Lucas
- Bound & Lined Journal - Glen McGregor
- V-Tech Cordless Phone - Nick Osborne
- 2 Slice Toaster - Marianne Peck
- Set of 3 Glass Mixing Bowls w Lids - Barbara Perry
- Projection Clock Radio - Beamer Smith
- 18 oz Coffee Mug - "Cats Rule" - Amy Wakelin



C/S Info AGM Pictures

A great evening with a good turnout of new and old members, lots of laughs provided by the Stand Up for Mental Health Comedy Troupe, good food catered by The Raging Spoon, and lots of prizes.



This site may be of interest to consumer/survivors who cannot afford to use the internet. They charge \$2.95 plus tax/per month for internet service (much less expensive than other internet service providers).

Computer Help Available

Free over the phone or online technical support for consumer/survivors. Help with repairs, upgrades, installations and networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean-ups. Contact Martha directly at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

COMMUNITY ANNOUNCEMENTS

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

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. A big thanks to all who have already responded.

ACT – Aids Committee of Toronto presents a Free Community Health Forum: Legal consequences of HIV transmission and exposure

Wednesday, November 11
Light Buffet: 6:30 pm
Presentation from 7 – 9 pm
Ramada Plaza, Essex Room
300 Jarvis Street (South of Carlton)

- Criminalization of non-disclosure/exposure
- When can someone be criminally charged for not disclosing their HIV status?
- What does the law say now, and where might it be going?
- What are community groups doing to address this issue?

No registration required. Wheelchair accessible. Child care subsidy available.

For more information please contact Robin Rhodes at rrhodes@actoronto.org or 416-340-8484 x 219.

Toronto Minimum Temperature By-laws in Effect

In Toronto your landlord is responsible to provide a minimum temperature throughout your rental unit of 21C (70 Fahrenheit) from September 15 to June 1 (according to Chapter 497-2 of the Toronto Municipal Code under by-law 499-2000). If you pay for heat yourself the by-law does not apply. Visit Toronto Apartment Minimum Temperature by-law. The numbers to call are: 416-338-0338 (Access Toronto)

East District:

East York 416-397-4590
Scarborough 416-396-7322

North District: North York 416-395-7000

South District: Toronto 416-392-7539

West District: Etobicoke and York 416-394-8002

(Source: City of Toronto, Telephone Directory, January 2004, Directory of Services, page 291).
Visit www.ontariotenant.ca/index.phtml.



The Hostel Outreach Program, CRCT presents: Wellness Recovery Action Plan (WRAP) Group Women Only



Information Session – Wednesday, October 28 at 1:30 – 3:30 PM

(Registration is Limited)

The group runs for eight weeks (8 sessions) from Wednesday, November 4 until Tuesday, December 22.

All Sessions are from 1:30 PM – 3:30 PM

at

College Street United Church
502 Bathurst Street

(North West corner of College & Bathurst)

*Enter through the side door on Bathurst Street

Refreshments and TTC tokens provided

For more information, please contact Adrianna LeBlanc at 416-482-4103 x 333

Patient-Built Wall Tour

1001 Queen Street West (Queen and Ossington)

Sunday, November 1st

1 – 3 pm

Everyone is welcome to attend a historical tour of the 19th century patient-built asylum boundary walls located at the present day Centre for Addiction and Mental Health (CAMH).

The purpose of this tour is to remember the contributions of the women and men who lived, worked, and died in the Toronto Insane Asylum, as represented by the boundary walls that they built and which stand as an enduring testament to their abilities. We can use the past to challenge the discrimination experienced today by people who have a psychiatric history.

Meet at 1 pm just outside the front doors of CAMH. If you arrive late and the tour has already started, go along the length of the wall to join us. The length of the tour is approximately two hours and is outside so please dress appropriately. The tour is wheelchair accessible.

Please note: Since the tour is on the grounds of a mental health facility, in order to respect people's privacy we will not be going into the buildings.

You can read about the history of the patient-built wall on the Psychiatric Survivor Archives web site:
<http://www.psychiatricsurvivorarchives.com/wall.html>.

Job Postings

Please note that we have a bulletin board at the Centre where you can view the complete postings as well as many upcoming employment workshops and training opportunities. The jobs listed below are abridged versions with contact info to access the complete posting.

Toronto North Support Services seeks Access 1 Peer Support Facilitator

The Access 1 Peer Support Facilitator will provide people with the support and expertise of someone who has lived experience of mental illness. He or she will help applicants learn how to navigate the mental health system with the goal of helping them successfully apply for and connect to intensive case management or assertive community treatment team services.

This is a full-time permanent position with competitive pay and benefits.

Application deadline: 5:00 pm on Friday, November 6, 2009

Visit http://toronto.oodle.com/job/social_services/ to view complete job posting.

Community-Based Researchers and Facilitators for Change Sought

The Opportunity

Daily Bread Food Bank and Voices from the Street are looking to fill up to 15 part-time positions for a group of Ontarians who are currently on Ontario Works or the Ontario Disability Support Program. As the Ontario government considers its options around a promised Social Assistance review, a new project will hit the ground running on generating ideas for change that needs your help to ensure that this review truly reflects the needs and difficulties experienced by those currently on social assistance. The group will work toward developing a people's blueprint on how OW/ODSP must change.

Members of this team will receive training to allow them to conduct research in their home communities around potential strategies that can decrease barriers and increase opportunities for people living in poverty. The group will be brought together a few days each month in Toronto to share what they are learning from their communities and to increase their knowledge of issues relating to poverty in Ontario. Participants will be compensated for the time they spend working on this project and travel costs will be covered.

What You Will Do:

- Work positively within a group of 15 people to develop research ideas
- Conduct research, which may be in the form of interviews with individual people or groups, within your community.
- Participate in training sessions on community research and use of multimedia (such as video cameras)
- Consult with a research panel for advice when needed
- Analyze and interpret people's opinions
- Communicate the results to the wider public and to the Ontario government

What You Must Bring:

- A willingness to learn new skills and make a difference in your community
- An openness and interest about the experiences of others
- First-hand experience with some of the issues impacting low-income people in Ontario today
- An interest in social policy and social justice
- Great interpersonal and communication skills with a genuine desire to work as part of a team
- An ability to commit to about 5-10 hours per week for 6 to 8 months (hours will be flexible)

How to Apply:

Applicants are invited to send their resumes and their answers to these three questions:

1. What do you see as the biggest challenge to changing social assistance?
2. If you had a magic wand, what are the top three things you would change about social assistance?
3. Why should you be one of the members of this panel? (In the answer to this, please include the length of time on social assistance, and whether its OW or ODSP).

Deadline for resumes is midnight on Tuesday, November 3. Send your applications by email to peoplesblueprint@bellnet.ca or by regular mail to Voices from the Street, 1499 Queen St. W, Suite 203 Toronto, ON, M6R 1A3.

Kids Help Phone seeks Research Writer

Contract, Full Time

Application Deadline: November 3, 2009

As a research writer you will be a key member of Kids Help Phone's Knowledge Management Team. Your primary role will be to research and write clinical, best practice-based content and tip sheets on various children's issues. Qualifications include a minimum of 3 to 5 years writing experience and a post-secondary social sciences education. Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=203535&eng=True&fs=True> to read complete job posting.

Jewish Family and Child Service seeks Technical Analyst

1 year Contract Position

Application Deadline: November 15, 2009

Jewish Family and Child Service is a multi-service agency that addressed many facets of the life and vulnerabilities of our community. You will be responsible for the agency's IT systems. Qualifications include 5 years experience and post-secondary degree in IT or Technical Certification. Visit www.charityvillage.com to view complete job posting.

St. Stephen's Community House seeks Employment Resource Counsellor-Mobilizer Project

Fulltime Temporary

Application Deadline: Friday, November 6, 2009

St. Stephen's Community House is a non-profit multi-service social agency operating out of 8 locations in downtown Toronto. The Employment Resource Counsellor is responsible for assisting users to access the resources of the Mobilizer, a mobile Employment Resource Centre, providing individual guidance, referral and group workshops in various high need neighbourhoods. Qualifications include a BA, B.S.W. or Community College Diploma in Adult Education, Employment/Career Counselling or equivalent and one year experience.

For full job description visit www.charityvillage.com.

Project Canoe seeks Administrative Assistant

Contract Part Time (3 months possibly leading to one year)

Application Deadline: November 15, 2009

Project Canoe uses the outdoors including wilderness canoe tripping to create a transformative environment in which our youth develop skills fostering their success. You will assist the Executive Director with administrative tasks. Qualifications include 3 – 5 years experience and practical working experience with CampBrain, SAGEs 50 or SAGE 100 fundraising database programs. Visit <http://www.charityvillage.com> to view complete job posting.

St. Christopher House Job Fair – UPS

Monday, November 2

10 am – 12:30 pm

1033 King St. West (King and Shaw)

Positions Available:

- Walker positions (Toronto area)
- Package Handler
- P/T Delivery Driver (Concord)
- F/T Auto Mechanic (Mississauga)

UPS is hiring. Please bring your resume. If you need assistance with your resume, register in the Employment Preparation Program. Contact them at 416-848-7980.

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

Free and Low-Cost Events for November 1 – November 15

Art and Architecture

Monday – Sunday, October 26 - November 9 from 10 am – 10 pm. Andrea Stajan-Ferkul - art exhibit presented by Art Square Gallery. **A Room with a View** - a solo exposition of contemporary paintings. 334 Dundas Street West (McCaul & Dundas Street West). Call 905-274-7764 or visit www.artsquaregallery.ca or visit www.andreastajanferkul.com. FREE

November 10, 2009 - January 11, 2010. **Parallel Nippon: Contemporary Japanese Architecture 1996-2006** presented by Design Exchange. Parallel Nippon focuses on 110 representative architectural specimens selected from among buildings constructed primarily in Japan in the 10 years from 1996 to 2006, presenting them against the backdrop of Japan's socio-cultural environment. Design Exchange. 234 Bay Street (King and Bay). Call 416-363-6121 or visit www.dx.org. FREE

Ceremony

November 11 at various times and locations. **Remembrance Day**. November 11th is a time to honour, celebrate and remember those who fought for Canada. This year marks the 70th anniversary of the start of the Second World War. Ceremonies happen at civic centres across Toronto. For more information and locations of ceremonies, go to www.toronto.ca/lestweforget. FREE

Festival

St. Lawrence Market 205th Anniversary. St. Lawrence Hall. 157 King St. East. Visit <http://stlawrencemarket.com/>.

- November 6 at 6 pm. Launch of new night lighting initiative in St. Lawrence Market neighbourhood. FREE
- November 7 from 9 am - 4 pm. Join the festivities to celebrate your city market: food, children's activities, entertainment, cooking demos, history and architecture tours. FREE

November 7 – 8 from noon – 6 pm on both days. **Day of the Dead Festival – A Mexican Celebration.**

Day of the Dead is a time to remember the dead and celebrate the continuity of life – but it is not a morbid occasion. It is a warm social environment with bright decorations and an abundance of food, drink and great company. Music, strolling musicians, a mariachi band, storytelling, folkloric dance, community-created ofrendas, children's crafts, artwork, cooking demonstrations, and more. Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street and Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit www.harbourfrontcentre.com. FREE

November 15 at 12:30 pm. **Santa Claus Parade 2009.** A Toronto tradition for more than 100 years, the Santa Claus Parade returns to put smiles on the faces of families all across the city. 22 floats, 22 bands, 200 clowns and Santa. The Parade will begin at Bloor Street West & Christie Street, move East along Bloor to Avenue Road, head South around Queen's Park, and along University Avenue, turn East on Dundas to Yonge Street, and continue South to Front Street where it will turn East and end at the intersection of Front Street & Church Street. FREE

- Note: From 9 – 11 am. Free pre-parade grab 'n Go breakfast and hot coffee at Yonge-Dundas Square. Visit <http://eventful.com/toronto/events/santa-claus-parade-2009-/EO-001-017070702-3>. FREE

Film

November 5 - November 14. Various times and locations. **Rendezvous with Madness Film Festival 2009 - The Silver Screen Analyzed.**

Presented by Workman Arts. 30 programs of feature and short films and artists' talks. The Rendezvous with Madness Film Festival explores cinematic representations of mental health and addiction. Film and video programs are followed by post-screening panel discussions with people who receive mental health and addiction services, as well as writers, directors, actors, health care professionals and academics. Workman Theatre. 1001 Queen St. West and Workman Arts' new home at 651 Dufferin St. Call 416-583-4339 or email info@rendezvouswithmadness.com or visit <http://www.rendezvouswithmadness.com/>. Tickets available at the door and in advance online at www.rendezvouswithmadness.com. General admission for the festival is \$10 and a limited number of PWYC tickets are available one hour before each screening. Suggested PWYC is \$2.00

November 6 from 1:30 – 3 pm. **Holocaust Survivor: Inge Spitz's Personal Testimony.** Screening of

Pigeon, a Holocaust documentary, followed by the testimony of survivor Mrs. Inge Spitz. Toronto Public Library. York Woods Branch. 1785 Finch Ave. West. Call 416-395-5980 to register or visit

<http://www.torontopubliclibrary.ca/>. FREE

November 7 and 8 from 11 am – 5 pm. **Road to Asia Festival 2009** presented by the Japanese Canadian Cultural Centre. Celebrate the diversity of Asian culture at the Japanese Canadian Cultural Centre's annual Road to Asia Festival. Experience regional food, community and cultural displays, and see ongoing martial arts demonstrations from many participating countries, including Japan, China, Tibet, Taiwan, Sri Lanka, the Philippines, Indonesia, India and Thailand. Japanese Canadian Cultural Centre. 6 Garamond Court (Don Mills and Eglinton). Call 416-441-2345 or email jccc@jccc.on.ca or visit www.jccc.on.ca. Adult: \$5 Senior: \$3 Child: Free

November 10 from 1:30 – 4 pm. Screening of the documentary film **Into the Arms of Strangers:**

Stories of the Kindertransport. For Holocaust Education Week. Toronto Public Library. Barbara Frum Branch. 20 Covington Rd. Call 416-395-5440 or visit <http://www.torontopubliclibrary.ca/>. FREE

November 13 at 1 pm. **Toronto reel asian International Film Festival. My Name is ... (Youth Programming).** In the face of being cast as "outsiders," these subjects stand out and stand strong in this

selection of moving stories and documentaries. Presenting Sponsor: CANWEST. The following films will be included: *Jolly Melancholies*, *My Name is Tuan*, *Travels With my Brother*, *When I Grow Up*, *Motoo*, and *A Song for Ourselves*. NFB Cinema. 150 John St. Call 416-703-9333 or visit www.reelasian.com. \$4.00

Fitness and Recreation

Ongoing extended classes, back by popular demand for CS/Info members. Ralph Thornton Centre. 765 Queen St. East. Call Marlene Kennedy at 416-406-0054 or visit www.YourBodyTellsTheTruth.ca.

- Fridays from 11 am - noon. **Moving Out of Pain: Retrain Your Brain**. Relaxation and stress relief class. Reconnect your body through gentle movement and awareness. FREE (voluntary donation appreciated)
- Mondays from 11 am - noon. Tuesdays and Thursdays from 6:30 - 7:30 pm. **Learn to Meditate: How the Mind Can Heal the Body**. Live life abundantly! Profoundly grounding and balancing half hour of walking and sitting meditation using movement, mantra and body awareness. FREE (voluntary donation appreciated)

November 9 from 6:30 – 8 pm. **Calm Your Mind, Relax Your Body**. Learn how to reduce stress and increase energy and inner serenity through yoga, meditation and breathing. Toronto Reference Library. Elizabeth Beeton Auditorium. 789 Yonge St. Call 416-395-5577 or visit <http://www.torontopubliclibrary.ca/>. FREE

Tuesdays from August 26, 2009 - February 24, 2010 from 5:45 – 6:45 pm. **Free Dance Class** for adults. Adult dance classes, no partner required. Choreographed warm up, instruction in waltz, tango, salsa, and more). Practice time and individual assistance. Ben Navaee Gallery. 1111 Queen Street East (between Pape & Jones, at Caroline). Call 416-999-1030 or email hiromi@bennavaeegallery.com or visit www.bennavaeegallery.com/FreeAdultDanceClasses.aspx. FREE

Peer Support

Fridays from 6:30 – 8:30 pm. **Peer Support for Mental Health**. Friendly talk over tea and coffee. Java Jive. 585 Church Street (Church and Isabella). In our 6th year and still celebrating our lives. Call Jay at 416-934-0660. FREE

Presentations/Shows/Talks

November 3 at 1:30 pm. **Holocaust Education Program: My Personal Testimony**. Leslie Meisels speaks about his experiences surviving the ghetto in Debrecen, deportation, slave labour and the Bergen-Belsen concentration camp. Toronto Public Library. Deer Park Branch. 40 St. Clair Avenue East. Call 416-393-7657 or visit <http://www.torontopubliclibrary.ca/>. FREE

November 5 from 2 – 3 pm. November 19 and 25 from 2 – 3 pm. **Italy at the Library: Leggere e Cantara; Mangiare; Viaggiare**. Program series in 3 parts. Explore Italy's culture through literature, music, art and design. The November 5th session is held at the Spadina Branch and the November 19th and 25th sessions are held at the Yorkville Branch. FREE

Toronto Public Library. Spadina Road Branch. 10 Spadina Rd. Call 416-393-7666.

Toronto Public Library. Yorkville Branch. 22 Yorkville Ave. Call 393-7660.

Visit <http://www.torontopubliclibrary.ca/>.

November 5 at 3:30 pm. New College Disability Studies Speakers Series. Dr. Catherine Frazee, Professor of Distinction, Co-director, Ryerson-RBC Institute for Disability Studies Research & Education: **Disability in Dangerous Times**. OISE Library. 252 Bloor St. West. ASL provided. Call 416-978-0451. FREE

November 7 from 2 pm - 4:30 pm. **Dharma Talk - The value and meaning of life** presented by Huayen Buddhist Community of Ontario. A Dharma Talk in Mandarin with English translation by Venerable Master Haiyun Jimeng of Da Huayen Monastery of Taiwan. All are welcome. North York Civic Centre. Committee Room #3. 5100 Yonge Street (West of Yonge Street and North of Sheppard Avenue). Call 416-447-5129 or email info@huayenontario.org or visit www.huayenontario.org. FREE (registration required)

November 13 – 15 from 11 am – 4 pm. **Fall 2009 National Postage Stamp Show** presented by Canadian Stamp Dealers' Association. The Canadian Stamp Dealers' Association brings together dealers

from across Canada, the United Kingdom and the United States. Canada Post, society and club information, stamps for kids, hourly draw prizes, and more. Exhibition Place. Queen Elizabeth Building (Strachan & LakeShore Boulevard West). Call 519-681-3420 or email director@csdaonline.com or visit www.csdaonline.com. FREE

Silly Fun

November 5 – November 15 from 7 am – 5 pm. **Scavenger Hunts in the GTA** presented by Leisurerules. Each treasure hunt event can be done during your free time (coffee breaks, lunch time, walking to work/school...) If you are the first to solve the treasure hunt, you win the prize of \$100. It's free to register so start hunting today! Downtown Toronto. Call 647-895-8924 or visit www.leisurerules.ca to register. FREE

Workshops

Tuesdays now until December 29 from 3:30 – 8 pm. **Free Settlement Services**. Talk to a Settlement counselor for info, counseling and form-filling related to citizenship, housing, legal matters, childcare, education, and employment. Call 416-266-7200 to book an appointment. Toronto Public Library. Bendale Branch. 1515 Danforth Rd. Call 416-396-8910 or visit <http://www.torontopubliclibrary.ca/>. FREE

November 7 from 2 - 2:45 pm. **Clutter Busters**. Professional organizer Judy Chamney shares her tips on decluttering. Toronto Public Library. Danforth/Coxwell Branch. 1675 Danforth Ave. Call 416-393-7783 or visit <http://www.torontopubliclibrary.ca/>. FREE

November 4 – 18 from 1 – 2 pm. **Puzzles and Crosswords**. Larry Humber, one of Canada's top crossword puzzle creators, discusses solving tips and gives advice on how to create your own puzzles. Toronto Public Library. Richview Branch. 1806 Islington Ave. Call 416-394-5120 or visit <http://www.torontopubliclibrary.ca/>. FREE

Scarborough Women's Centre. 2100 Ellesmere Road. Suite 245. 6:30 pm – 8:30 pm. To register call 416-430-7111 or email adminassist@scarboroughwomenscentre.ca or visit <http://www.scarboroughwomenscentre.ca>.

- November 3 from 6:30 pm - 8:30 pm. **How to Move from Victim to Victor**. Do you feel powerless to change and find yourself spiraling through the same negative experiences again and again? In this workshop, you'll learn to understand the ways the victim has embedded itself in your life and learn powerful ways to take positive action by overcoming self-doubt and using creative techniques to empower yourself to action in all areas of your life. Facilitator: Darlene Montgomery. \$5.00
- November 10 from 6:30 pm - 8:30 pm. **Toxic Workplace**. Do you often feel isolated, frustrated and not supported at your place of employment? Since we spend more than half of our lives in the workplace it is important for us to find positive, constructive methods to deal with the negativity and how it impacts our lives. Facilitator: Vivienne Kendry. \$5.00

Writers and Readers

November 4 at 7 pm. **The eh list Author Series**. **Denise Chong** reads from *Egg on Mao: The Story of an Ordinary Man who defaced an Icon and Unmasked a Dictatorship*. Toronto Public Library. North York Central Library. 5120 Yonge St. Call 416-395-5535 or visit www.torontopubliclibrary.ca/. FREE

November 5 at 7 pm. **Terry O'Reilly and Mike Tenant**: *The Age of Persuasion: How Marketing Ate Our Culture*. Toronto Public Library. Toronto Reference Library. 789 Yonge St. Call 416-395-5577. FREE

November 12 at 7 pm. **Lily Poritz Miller – In a Pale Blue Light**. Toronto Public Library. Barbara Frum. 20 Covington Rd. Call 416-395-5440 or visit <http://www.torontopubliclibrary.ca/>. FREE

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 on the 1st and 15th of every month. The *Wellness and Recovery Newsletter* is published quarterly. It is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. Both publications are posted on the CRCT website at www.crct.org, and both publications are free. 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.
