

# 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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December 1, 2009      Bulletin 407

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## Newsbytes

**Shorter wait times for psychiatric treatment.** The Fraser Institute reports in its annual psychiatry wait list survey that the national wait time for psychiatric treatment fell two weeks from 2008 to 2009. Wait time is measured from when a client is referred to a psychiatric specialist to the start of treatment. Ontario's 14.9 week wait time is among the shortest in Canada. "Wait times for psychiatric treatment decrease", Canwest News Service November 17, 2009 10:27). Visit

<http://www.canada.com/health/Wait+times+psychiatric+treatment+decrease/2232355/story.html> to read article.

**Substance abuse and binge eating share similar withdrawal.** Research published recently in the journal *Proceedings of the National Academy of Sciences* suggests that frequent dieters experience neurobiological changes when they abstain from foods rich in sugar and fat. The part of the brain linked to fear, anxiety and stress is stimulated during periods of abstinence. The stress plays an important role in the cycles of binging that occur in both substance addiction and eating disorders. ("Dieters Can Experience Neurobiological Similarities Of Drug Addicts And Alcoholics", Article Date: 11 Nov 2009 - 0:00 PST, Source: Michelle Roberts Boston University Medical Center). Visit <http://www.medicalnewstoday.com/articles/170462.php> to read article.

**1 or 2 drinks a day may not keep us sharp after all.** A research study published in the *Journal of Neurology, Neurosurgery and Psychiatry* suggests that socioeconomic advantage (including education level), is the source of cognitive benefits commonly attributed to moderate drinking. ("Moderate drinking may not preserve thinking skills", Reuters Health, *Monday*, November 16, 2009, By Joene Hendry. Visit [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_91933.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_91933.html) to read article.

**Discrimination experienced by African American women linked to depression.** A study recently published in *Sex Roles* examines the link between depressive symptoms and discrimination among 2300 adult African American women. The study shows that women who experienced higher degrees of discrimination also experience more depressive symptoms. ("Racial Discrimination Major Threat to African American Women's Mental Health", ScienceDaily, 11/08/09). Visit <http://www.nmha.org/index.cfm?objectid=DA91FCEF-1372-4D20-C8C0C92076883C5F> to read article.

**Health Canada advisory about lithium.** A recall of Apo-Lithium Carbonate SR 300 mg strength tablets in October may lead to a shortage of sustained release preparations. If there is a shortage, patients taking Apo-Lithium Carbonate SR 300 mg may need to switch to a different sustained release lithium or to an immediate

release preparation. Health Canada advises careful monitoring in the case of switching to an immediate release formulation. Apo-Lithium Carbonate is indicated in the lithium treatment of manic episodes of manic-depressive illness. Visit [http://hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/\\_2009/ apo-lithium\\_hpc-cps-eng.php](http://hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/_2009/ apo-lithium_hpc-cps-eng.php) to read the advisory.

**New temp worker legislation in effect.** As of November 6, 2009, temp agencies are not allowed to prevent companies from hiring or providing references for temps. Temp agencies can charge a fee to companies hiring a temp worker only during the first six months of an assignment. Temp workers now have the same rights to public holiday pay, termination and severance pay as other workers. 640,000 Ontarians are employed in temporary, part-time and contract positions and many of these jobs are through one of the thousand temp agencies in Ontario. ("New protection for temp workers in Ontario, Laurie Monsebraaten, Social Justice Reporter, Published On Fri Nov 6 2009. [thestar.com](http://www.thestar.com/news/ontario/article/722320--new-protection-for-temp-workers-in-Ontario)). Visit <http://www.thestar.com/news/ontario/article/722320--new-protection-for-temp-workers-in-Ontario> to read article.

## Wish List

We have received donations of a pink fun fur carpet and 2 indoor golf games.

We have a request for a combination VCR/DVD player in good condition.

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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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### CS Info Centre Board Members

At our AGM on October 19 we elected our board for the coming year and said goodbye to a couple of dear friends. Both Geoffrey Reaume and Elizabeth Gray left the board this year and will be missed by the organization as a whole and by the board members personally. Both Elizabeth and Geoffrey have made enormous contributions to the board and to the community at large. We miss you already and we wish you well.

We were pleased to welcome a new member to the board. Amy Wakelin comes to us from CMHA and has a wealth of experience in peer support services and facilitating WRAP and other programs. We look forward to working with Amy this coming year.

The board also elected officers for the coming year and they are as follows:

- Co President: Terence Williams
- Co President: Phillip M. Hozer
- Vice President: Krista MacKinnon
- Treasurer: Linda Chamberlin
- Secretary: Greg Kim

We would also like to take the time to thank Helen and Colleen for all their hard work and dedication. We are most fortunate to have you two on board with us.

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# The 1st Hispanic Forum for People with Disabilities "Disability is part of diversity"

Saturday, December 5, 2009

10 am – 4 pm

North York Civic Centre, 5100 Yonge Street, North York (wheelchair accessible)

Presented by The San Lorenzo Latin American Community Centre & CHHA Radio Voces Latinas 1610AM. The forum will address the reality, needs and contribution of people with disabilities. Various local and national organizations will provide valuable and practical information to the disability community through workshops and displays. This gratis event is the first of its kind within the Hispanic community of Toronto. The event will be conducted in both Spanish and English and all are welcome. Refreshments will be served. Kindly bring your own lunch. Call 416-785-8729 or email [disabilityforum@sanlorenzo.ca](mailto:disabilityforum@sanlorenzo.ca) to register or become a sponsor.

## Inspirations STUDIO



### December Studio Sale

761 Queen St W, Suite 201 (at Euclid)

December 4 - 6, 2009 12 - 5 pm

Gifts that give back to the Community!



Supported by Sistering, Inspirations Studio teaches art and business skills to women in Toronto who have been affected by poverty, homelessness and trauma.

Our goal is to assist studio members in developing micro-businesses to generate revenue, while increasing self esteem and confidence and building community and a sense of belonging.

Inspirations Studio Featured at



December 11 - 16, 2009

reception Dec 11, 6 - 8 pm

79a Harbord St (W of Spadina)  
T 416 323 3131

## Inspirations STUDIO

761 Queen St W, Suite 201  
Toronto, ON M6J 1G1  
T 416 - 367 - 2728  
[www.inspirationsstudio.ca](http://www.inspirationsstudio.ca)  
[inspirations@sistering.org](mailto:inspirations@sistering.org)



Work also available at



"Every Door is the Right Door" is the latest chapter of Mental Health Reform in Ontario. And the question that many are asking now:

### **"Is There Hope for Recovery?"**

Every Door is the Right Door is the Ontario government's discussion paper on mental health reform. The paper speaks positively of the recovery approach, but the document is rather general and short on specifics. In the interest of clarity we are holding a public forum that will shed more light on the future of the recovery approach in our province.

This event includes formal presentations from government/policy representatives who will address how they see the recovery approach being implemented in Ontario, followed by responses and questions from a panel of community discussants, and a moderated discussion with the audience.

Participants include representatives from the Self-Help Alliance, OPDI, Mental Health Commission of Canada, Ontario Federation of Community Mental Health & Addiction Programs, Central East LHIN (Local Health Integration Network), Toronto Central LHIN, Community Resource Connections of Toronto, Family Outreach and Response Program, and Centre for Building a Culture of Recovery.

For more information call Brian McKinnon at 416-285-7996 x 227 or email [bmckinnon@alternativestoronto.org](mailto:bmckinnon@alternativestoronto.org).

Debates Room, Hart House, University of Toronto  
7 Hart House Circle (near Hoskins and Queen's Park Circle)  
Wednesday, December 9  
1 pm – 4 pm  
FREE

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### **Toronto Recovery and Cultural Diversity Community of Practice Presents: Recovery through the Lens of Cultural Diversity Project**

Wednesday, December 9  
9 am – 11:30 pm  
Debates Room, Hart House, University of Toronto  
7 Hart House Circle  
FREE

This forum is for stakeholders from across the city of Toronto, including consumer/survivors, family members, service providers, researchers and LHIN representatives.

To register please email Deqa Farah at [dfarah@crct.org](mailto:dfarah@crct.org) or call 416-482-4103 x 223. Space is limited but the organizer is reserving 10 seats for late registrants to encourage consumer/survivors to attend.

The morning will include:

- Descriptions of findings from focus groups with Caribbean, Somali and Tamil communities
- Presentation of an enhanced model of recovery
- A panel of service providers discussing implications for practice
- Opportunity for participant dialogue

The members of the community of practice are an interdisciplinary and culturally diverse group of service providers from a number of organizations (Across Boundaries, Alternatives Toronto, Canadian Mental Health Association-Toronto Branch, Centre for Addiction and Mental Health (CAMH), Community Resource Connections of Toronto (CRCT), Family Outreach and Response Unit, Ontario Peer Development Initiative and Ryerson University.

Refreshments will be provided

## Ontario's Rent Increase Guideline

Ontario's rent increase guideline for the year 2010 will be 2.1 per cent.

The rent increase guideline is the maximum amount by which a landlord can increase the rent of an existing tenant without seeking the approval of the Landlord and Tenant Board.

The 2010 guideline applies to rent increases that occur between January 1 and December 31, 2010. Visit <http://www.mah.gov.on.ca/Page6540.aspx> for more information.

## Metro Voicemail Project

- Persons without telephones can receive a voicemail number to retrieve messages from any touch-tone phone.
- \$10 for three months. Sign up locations:
  - Agincourt Community Services: 4155 Sheppard Avenue East, Suite 100. Call 416-321-6912
  - Central Neighbourhood House: 349 Ontario St. 416-966-8595 x 204 or email [homesupport@cnh.on.ca](mailto:homesupport@cnh.on.ca).

## 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 links to the complete job description.

### Centre for Information and Community Services seeks Community Services Worker

Full-time Unionized position / \$36,829 – \$47,073 per annum

**Responsibilities include:** design, promote, implement, and evaluate educational and social activities for immigrant youth, families and seniors; outreach to immigrant community; organize group sessions, workshops, and activities for clients

**Qualifications include:** Canadian University degree or equivalent in Social Sciences or related discipline, BSW preferred; experience in program planning, implementation and evaluation and group facilitation; experience in logic model and outcome measurement; proficiency in written and spoken English, and a second language commonly used by clientele, such as Mandarin and Cantonese

**Application Deadline:** 5 pm on December 4, 2009.

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=205205&eng=True&fs=True> for complete job description.

### Community Resource Connections of Toronto seeks Program Assistant

Community Resource Connections of Toronto (CRCT) enables adults with serious mental health problems to live with dignity and fulfillment in the community.

The Program Assistant provides administrative support to the organization, with the focus on our data base. The Program Assistant works closely with the Administrative Assistant/Receptionist, the rest of the Administrative Team, and the Program Managers in particular, as well as with all of the employees in the organization. The Program Assistant possesses technical skills as well as skills in working with others. Occasional travel throughout Toronto is required.

Full Time Ongoing Bargaining Position

**Application Deadline:** December 4, 2009

Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=205186&eng=True&fs=True> for complete job description.

### Core Support Group Inc. seeks Child and Youth Workers

Casual/On Call

**Application Deadline:** December 7, 2009

Core Support Group is seeking experienced child and youth support workers to join our team working with children and youth with social, emotional and behavioural difficulties. Availability to fulfill relief contracts, working days, evenings, overnight and weekend shifts is required. You will work in residential programs, school programs, hospitals and in the community in the GTA and surrounding areas. Visit

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=204609&eng=True&fs=True> for complete job description.

## Yee Hong Community Wellness Foundation seeks Development Assistant

Full Time Entry Level Fundraising Position

**Application Deadline: December 11, 2009**

Ensure that accurate and complete records of donors, prospects and partners are captured and maintained in Raiser's Edge software. Work closely with other members of the Development Team to ensure effective cultivation, solicitation and stewardship of Yee Hong donors. Visit

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=203497&eng=True&fs=True> for complete job description.

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## Childminding Monitoring Advisory & Support seeks Office Coordinator

**Application Deadline: December 11, 2009**

Working in a small office with a team of Child Care consultants, your excellent organization and customer service skills, eye for detail, ability to manage multiple projects and design good office procedures will help us all meet our organizational goals.

The contract end date is March 31, 2010 but may be extended based on funding availability. Visit

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=204106&eng=True&fs=True> for complete job description.

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## Birchmount Bluffs Neighbourhood Centre (BBNC) seeks Volunteer Coordinator

**Application Deadline: December 14, 2009**

\$42,500 - \$45,000

Full time Senior Staff Position

1 year contract position with strong possibility of renewal

We are a community based non-profit charitable organization located in southwest Scarborough providing a broad range of capacity building educational, social, fitness and recreational programs and services to an extensive scope of individuals from infancy to senior citizens. The Volunteer Coordinator will be responsible for the overall supervision of the volunteer workers who assist with the programs at BBNC. Visit

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=204914&eng=True&fs=True> for complete job description.

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## Volunteer Research Participants Needed

(Inclusion of a research study is not an endorsement of the research by C/S Info Centre.)

CAMH needs research participants for:

- a study on calcium disturbances in bipolar disorder (416-535-8501 x 1551)
- a study on cognitive function and schizophrenia (416-535-8501 x 4824)
- a study on cognitive function and smoking (416-535-8501 x 4824)
- a study on genetic factors in schizophrenia (1-800-928-3316)

Some research studies offer remuneration.

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

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

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

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## FESTIVAL

December 2, 9, 16, 23 and 30 from 6 - 11 pm. **Downsview Park's Trail of Lights Walk Through**

**Wednesdays.** Trail of Lights sparkles with over 400,000 LED bulbs in hundreds of light displays along a three kilometre trail. It takes about 40 minutes to complete the walk. Over half of the light displays are animated. Pets on leashes are welcome. You are welcome to take photographs. Downsview Park. 1 - 35 Carl Hall Road (Keele and Sheppard). Call 416-952-2222 or email [info@downsviewpark.ca](mailto:info@downsviewpark.ca) or visit [www.downsviewpark.ca](http://www.downsviewpark.ca). \$7 plus GST and PST. Children under 3 are FREE



December 5 and 6 from noon – 5 pm. **Christmas Around the World**. The Community Folk Art Council of Toronto (CFAC) and its member groups will be bringing together over 15 different ethnic community Christmas displays at the 45th Annual Christmas Around the World Festival at City Hall Rotunda. Toronto City Hall – Rotunda. 100 Queen Street West (Bay and Queen). Call 416-368-8743 or email [cfac.toronto@sympatico.ca](mailto:cfac.toronto@sympatico.ca) or visit [www.cfactoronto.com](http://www.cfactoronto.com). FREE

December 6 from noon – 4 pm. **21st Annual Drug-Free Marshals "Say No to Drugs, Say Yes to Life" Christmas Festival**. An afternoon of family fun with seasonal and teen entertainment, arts and crafts, Bouncing Things jumping balloon, hot chocolate, Christmas goodies and Santa and his elves. Free draws with prizes from local merchants. It's also about kids telling other kids to be drug-free. Pledge to be Drug-Free at 2 pm and 3:30 pm and get a Drug-Free Marshal badge. Nathan Phillips Square. 100 Queen Street West (Queen Street West and Bay Street). Call 416-925-2145. FREE

December 10 at 1 pm. Spiritual and Religious Care Services welcomes you to participate in the **Traditional Christmas Candlelight Service in Celebration of the Birth of Christ**. CAMH. 1001 Queen St. West. Training Rooms A & B. All are welcome. Light Refreshments will be served. FREE

December 12 from 2 – 4 pm. **Christmas Open House**. Join Alderwood staff for some Christmas goodies and a drop-in craft for children. Toronto Public Library. Alderwood Branch. 2 Orianna Drive. Call 416-394-5310 or visit <http://www.torontopubliclibrary.ca/>. FREE

December 14 at 2 pm. **A Holiday Celebration**. Join us for a festive afternoon of music, entertainment, gift exchange and fun as we prepare for the holidays. The Older LGBT Program's mandate is to provide people 50+ with opportunities to make deeper connections with their peers by socializing and learning through holding special events, inviting guest speakers and cross-promoting community resources. Everyone is invited, regardless of age, gender identity or sexual orientation. The Older LGBTTQ Resource Centre. The 519. Church Street Community Centre. 519 Church Street. Please call 416-355-6787 or email [senior@the519.org](mailto:senior@the519.org) by December 1 to confirm your attendance and participation in the gift exchange (\$5 limit). FREE

## FILM

Monday nights from 6 – 8 pm. Ongoing. **Monday Night at the Movies**. Toronto Public Library. Beaches Branch. 2161 Queen St. East. Call 416-393-7703 or visit <http://www.torontopubliclibrary.ca/>. FREE

December 1 - 3. **Eh!U European Film Festival**. Come join us and celebrate our fifth anniversary with 2 weeks of award winning European Cinema in Toronto! First Come, First Serve. All Films Subtitled in English. All Films 18 and Over. Call 416-972-1476 x 25 or visit [www.eutorontofilmfest.ca](http://www.eutorontofilmfest.ca).

- December 1 at 6 pm. *George* by Peeter Simm (Estonia). The Royal. 608 College St. FREE
- December 1 at 8:30 pm. *Weekend with my Mother* by Stere Gulea (Romania). The Royal. 608 College St. FREE
- December 2 at 6 pm. *The White Ribbon* by Michael Haneke (Austria). The Royal. 608 College St. FREE
- December 3 at 6 pm. *El Greco* by Iannis Smaragdis (Greece). Cineplex Odeon Varsity. 55 Bloor St. West. FREE

December 3 and 17 from 2 – 4 pm. **Thursday Afternoon at the Movies**. Classics, new releases and documentaries. Toronto Public Library. Barbara Frum Branch. 20 Covington Road. Call 416-395-5440 or visit <http://www.torontopubliclibrary.ca/> FREE

December 8 from 1:30 – 4 pm. **Reel Time**. An afternoon of movies and talk. Toronto Public Library. Taylor Memorial Branch. 1440 Kingston Road. Call 416-396-8939 or visit <http://www.torontopubliclibrary.ca/>. FREE

## FITNESS

Ongoing. Various times and locations. **Running and Walking Group for Consumer Survivors**. Rain or shine. PhACS (Physical Activities for Consumer Survivors) works in partnership with Accent on Ability, a

non-profit organization, to promote wellness through physical fitness and social activities. PhACS serves consumer/survivors, their friends and diabetics. It is your choice to walk, walk/run or run. Adventure walk the first Saturday of the month. Join us and bring motivation and support to our group. Call 416-604-6973 or visit <http://www.accentonability.org/active.htm>. No registration. Just show up.

- In the East End:
  - Wednesdays at 7 pm - Tim Hortons, 481 Danforth Avenue (Logan)
  - Sundays at 10 am - The Riverdale Perk, 633 Logan Avenue (Withrow)
- In the West End:
  - Saturdays at 1 pm - Brown Sugar Bakery & Deli, 1374 Queen St. West (west of Brock)

## MUSIC

**Canadian Opera Company Free Concert Series.** These concerts are non-ticketed events with limited seating. Seats are available on a first-come first-served basis a half hour before each performance. Richard Bradshaw Amphitheatre. Four Seasons Centre for the Performing Arts. 145 Queen Street West. Call 416-363-8231 or visit <http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries.aspx>.

- December 1 from noon – 1 pm. Jazz Series. Humber African Jazz Ensemble. ***In and Out of Africa.*** Waleed Abdulhamid, director. Enjoy the surging rhythms and distinctive harmonies of West Africa under the inspired direction of one of Canada's leading African jazz musicians, Waleed Abdulhamid. FREE
- December 2 from 5:30 – 6:30 p.m. World Music Series. Luis Mario Ochoa Quintet. ***Momentos Cubanos.*** Havana-born, Toronto-based guitarist/vocalist/composer/arranger/bandleader/producer Luis Mario Ochoa showcases his incredible virtuosity and versatility with a sweet and spicy selection of tunes from *Momentos Cubanos.* FREE
- December 3 from noon – 1 pm. Chamber Music Series. GGS New Music Ensemble. ***What is Spectral Music?*** Brian Current, conductor. The talented artist explores the fascinating school of spectral music, rarely heard in Toronto. An exciting array of international composers, including Stefan Niculescu (Romania), Philippe Leroux (France) and a world premiere commission by Canadian composer Robert LeMay. FREE
- December 8 from noon – 1 pm. Chamber Music Series. Old Strings New Puppets. ***Winter Mosaic.*** An intriguing remix of Schubert's Quartet No. 14 in D minor, "Death and the Maiden", Philip Glass' String Quartet No. 2, "Company", Alexandra du Bois' powerful *Night Songs* (commissioned by the Kronos Quartet) and "Winter" from Vivaldi's *The Four Seasons.* FREE
- December 10 from noon – 1 pm. World Music Series. Gamelan Gong Sabrang/Seka Rat Nadi. ***Javanese and Balinese Gamelan: Music for Ceremonies, Dance and Puppet Plays.*** The islands of Java and Bali take centre stage as two Toronto-based Indonesian ensembles unite to perform traditional music for ceremonies, dance and puppet plays. FREE
- December 15 from noon – 1 pm. Chamber Music Series. Jacques Israelievitch, violin Winona Zelenka, cello. ***French Duos for Violin and Cello.*** A beautiful program of duos by French composers including Honegger, Rivier and Ravel. FREE
- December 17 from noon – 1 pm. Chamber Music Series. Theresa Rudolph Koczó, viola Jeanie Chung, piano. ***Schumann and Brahms: Love's Joys and Sorrows.*** The program features Schumann's magical *Märchenbilder* (Op. 113), Brahms' seminal *Sonata in F Minor* (Op. 120, No. 1) and Kreisler's *Liebesleid* (love's sorrow) and *Liebesfreud* (love's joy). FREE

December 5 at 7:30 pm. **University of Toronto Gospel Choir's Annual Christmas Concert.** Join us as we sing with great joy at the birth of our Saviour. Special Guest: Aileen Lombardo. Calvary Church. 746 Pape Avenue (Pape just north of Danforth). Call 416-614-4872 or email [info@utgc.org](mailto:info@utgc.org) or visit [www.utgc.org](http://www.utgc.org). FREE (donation to food bank welcome)

December 15 at noon. **Roy Thomson Hall's Noon Hour Choir & Organ Concerts. A Christmas Celebration.** Jerzy Cichocki, conductor. Victoria Scholars Men's Choral Ensemble and the Senior Choir of St. Michael's Choir School. First-come, first-served. Doors open at 11 am. Roy Thomson Hall. 60 Simcoe Street (King Street and Simcoe Street). Contact Laraine Herzog at 416-924-5608 x 326 or visit <http://www.roythomsonhall.com>. FREE

## THEATRE

December 17 at 7:30 pm. **THE NUTCRACKER.** Pia Bouman School for Ballet and Creative Movement's 23rd annual performance of the Nutcracker. Using over 1,000 props and costumes, this staging of the Nutcracker takes community theatre to a must-see level of complexity and professionalism. Humberside Collegiate Institute. Lismer Hall. 280 Quebec Avenue. The Pia Bouman School is generously providing 10 FREE tickets to C/S Info Centre. The tickets are available on a first-come, first-serve basis to *low income* Bulletin subscribers. (A limit of two tickets per person). Call us to reserve your ticket(s). Tickets must be picked up at the C/S Info Centre by Friday, December 11 at 3 pm. For details about the performance please visit <http://www.piaboumanschool.org>.

## WORKSHOPS

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

Saturdays now until December 12 from 9 am – 5 pm. **Settlement Services for Newcomers.** A settlement worker provides individual assistance to newcomers. Toronto Public Library. Burrows Hall. 1081 Progress Ave. Call 416-396-8740 or visit <http://www.torontopubliclibrary.ca/>. FREE

The Centre of Gravity is a circus training studio and Vaudeville theatre located in the East end of Toronto. Call 416-938-6030 or visit <http://www.centreofgravity.ca>. The Centre of Gravity. 1300 Gerrard Street East.

- Wednesdays from 8 pm – midnight. **Juggling Club.** Professionals, amateurs and beginners welcome! Learn to juggle, improve your skills, impress your friends - or make new ones. Come join an easygoing gathering of juggling enthusiasts. \$5 drop-in fee
- Mondays from 8 pm -11:30 pm. **Tragicomic Mondays.** A night of performance development through games, workshops and peer directing in the genres of clown, buffoon, character, burlesque, sketch, mask, Delâ€™ Arte, puppets, stand-up, satire, improv, slapstick, and all manner of physical theatre. \$5 drop-in fee.

December 2 from noon - 1:30 pm. Lunchbox Speakers' Series(& Webcast) event. **Online Tech**

**Resources for Non-profits.** Information on the best social media tools to help track and keep up with the multiple ways that research and knowledge about the non-profit sector is communicated and how to keep personal and organizational networks in the loop. Ontario Institute for Studies in Education. University of Toronto. 252 Bloor St. West. Room 12-199. Call Lisa White 416-978-0022 or email [secspeaker@oise.utoronto.ca](mailto:secspeaker@oise.utoronto.ca) or visit <http://socialeconomy.utoronto.ca>. Bring your lunch and a mug. Water, coffee and tea will be provided. FREE (no registration required)

December 3 at 2 pm. **Armchair Travel: Paris and Environs.** Join raconteur Irwin Patterson for a slide show on the city of light: the Eiffel Tower, Arc de Triomphe, Champs-Elysees, the Louvre, Notre Dame, and more. Refreshments provided. Toronto Public Library. Don Mills Branch. 888 Lawrence Ave. Call 416-395-5710 or visit <http://www.torontopubliclibrary.ca/>. FREE

December 5 and 6 from 11 am – 5 pm. Harbourfront offers **free curling and skating workshops for children** on the Natrel Rink. Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street and Queens Quay West). Call 416-973-4000 or email [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com) or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). FREE

December 7 at 3 pm. **Both Sides, Now: A Two-spirited Perspective.** Traditionally among First Nations Peoples, two-spirited people were considered a gift from the Creator and revered as holders of great

knowledge. Priscilla (Percy) Lezard, an Okanagan Nation Member from the Penticton Indian Band Reserve in B.C. will speak about what it means to be two-spirited, the challenges faced by her communities and what we can do in our communities to hear both sides, now. Everyone is invited, regardless of age, gender identity or sexual orientation. The Older LGBTTO Resource Centre. The 519. Church Street Community Centre. 519 Church Street. Call 416-355-6787. FREE

December 8 from 5 – 7 pm. **Sexual Health @ the Library**. A representative from the Black Coalition for AIDS Prevention provides a workshop, literature and brochures on sexual health. Toronto Public Library. York Woods Branch. 1785 Finch Avenue West. Call 416-395-5980 or register in person or visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca). FREE

December 10 from noon – 1 pm. The Marion Powell Women's Health Information Centre invites you to **Time Management Strategies for the Kitchen**. Anne Bergman, Your Kitchen Coach. Women's College Hospital. Marion Powell WHIC. Room 916. 76 Grenville St. Call 416-323-6045 to register. Light refreshments will be served. Bring your own mug. FREE

December 15 from 10 – 11:30 am. **Diabetes Awareness**. Are you aware of the signs and symptoms of diabetes? Do you know the risk factors you can control and those you can't? Learn about the risk factors you *can* control. Presented by Denise Galbraith, Diabetes Educator DECNET (Diabetes Education Community Network of Eastern Toronto). Providence Healthcare. Montcalm Conference Centre. Room CC301/CC302. 3276 St. Clair Avenue East (at Warden). Call 416-285-3666 x 3810 before December 13 to register. FREE

December 16. Full buffet dinner at 6:30 pm. Presentation from 7 – 9 pm. **Community Health Forum presented by AIDS Committee of Toronto (ACT)**. HIV/AIDS Conference Updates: What's New? What's in the pipeline? Medical and social perspectives. Ramada Plaza Toronto. Essex Room. 300 Jarvis Street (south of Carlton). No registration required. Call Robin Rhodes at 416-340-8484 ext 219 or email [rrhodes@actoronto.org](mailto:rrhodes@actoronto.org). FREE

## Writers

The **eh List Author Series**. Meet the Canadian writers everyone's reading.

- December 2 at 7 pm. **Michael Wex, How to be a Mentsh (And Not a Shmuck)**. Toronto Public Library. North York Central Library. 5120 Yonge St. Call 416-395-5535 or visit [www.torontopubliclibrary.ca/](http://www.torontopubliclibrary.ca/). FREE
- December 3 at 7 pm. **Wayson Choy, Not Yet: A Memoir of Living and Almost Dying**. Toronto Reference Library. 789 Yonge St. Call 416-395-5577 or visit <http://www.torontopubliclibrary.ca/>. FREE

December 3 from 2 – 3:15 pm. Orchardviewers. **Mood Indigo: Poetry and Piano for the Coming Solstice**. Ruth Pierson and Deanne Bogdan. Toronto Public Library. Northern District Branch. 40 Orchard View Blvd. Room 224ABC. Call 416-393-7610 or visit <http://www.torontopubliclibrary.ca/>. FREE

January 1 from 3 – 8 pm. **CALL for SUBMISSIONS**. Third Annual New Year's Day Mayworks Poetry Marathon Fundraiser. Read your poetry for 5 minutes at the second Annual Mayworks Poetry Marathon - a fundraiser for the Mayworks Festival of Working People and the Arts to be held on New Year's Day 2010 at The Raging Spoon in downtown Toronto. Featuring well-known and first-timers and children poets too. Merchandise table to sell your work. Mayworks Festival of Working People and the Arts is an arts festival that celebrates working class culture. The Raging Spoon. 761 Queen Street West (at Euclid). Call May or Janet at 416-599-9096 or email [info@mayworks.ca](mailto:info@mayworks.ca) by Tuesday, December 1st with a very short (20 word) bio to ensure your spot in our line up. Visit <http://www.mayworks.ca/index.html>. \$7-\$20 sliding scale and nobody will be turned away for lack of funds

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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 on the 1st and 15th of every month. The Wellness and Recovery Newsletter is published quarterly and 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](http://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 possess an email account.

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