

BULLETIN

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

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

December 15, 2009 Bulletin 408

LOCATION: 1001 Queen St. West, Toronto, ON

MAILING ADDRESS: c/o CAMH, 1001 Queen St. West, Toronto, ON M6J 1H4

DROP-IN HOURS: Monday to Friday, 9-4 pm PHONE HOURS: Monday to Friday, 9-5 pm

TEL: 416-595-2882 FAX: 416-595-0291 E-MAIL: csinfo@camh.net WEBSITE: <http://www.csinfo.ca/>

Newsbytes

“Living and Learning with FASD”. A young girl diagnosed with fetal alcohol spectrum disorder who chose not to speak until Grade 2 is one of the contributors to a recently published book written and illustrated by children diagnosed with FASD. “Living and Learning with FASD: Jilly’s Story” was funded by Healthy Living Manitoba. (“The ‘gift’ of fetal alcohol syndrome”, Carol Sanders, The Hamilton Spectator, Nov 30, 2009). Visit http://www.kidsmentalhealth.ca/news_and_events/view_html_article.php?id=789 to read article.

Norpramin Warning. Sanofi-Aventis SA, a French pharmaceutical company, has released a warning that the antidepressant Norpramin should be prescribed with extreme caution to patients with a history of heart problems and that seizures precede abnormal heart rhythms and death in some. In addition, Norpramin overdose has a higher death rate than overdoses of other tricyclic antidepressants. (“Sanofi warning on antidepressant Norpramin”, Reuters Health, Wednesday, December 2, 2009. Visit http://www.nlm.nih.gov/medlineplus/news/fullstory_92576.html to read article.

Mindfulness training effective. A doctoral thesis at the University of Granada studied the effect of mindfulness training on 20 girls and 25 secondary education teachers. Both groups improved their subjective rates of anxiety and depression. Mindfulness is “an emotional self-regulating tool that consists in focusing on what we are doing, thinking about or feeling at every moment”. (“A New Mental Treatment Based On Attention Improves Anxiety And Depression In Secondary Education Teachers”, Article Date: 05 Dec 2009 - 0:00 PST Source: Luis Carlos Delgado Pastor, University of Granada). Visit <http://www.medicalnewstoday.com/articles/173033.php>.

Childhood trauma linked to health risks. A recent study that followed 1000 individuals from birth to age 32 suggests that abuse, neglect, social isolation or economic hardship sustained in childhood leads to health risks, including nervous, immune and endocrine functioning. Published in Archives of Pediatric and Adolescent Medicine, the study reports that those who were treated badly as children were twice as likely to develop major depression and chronic inflammation. (“Childhood Traumas Linger As Health Risk Factors For Adults”, Article Date: 08 Dec 2009 - 5:00 PST, Source: Melanie Haberstroh, King’s College London). Visit <http://www.medicalnewstoday.com/articles/173284.php> to read article.

GIFT-WRAP

Mary Ellen Copeland's Wellness & Recovery Resources

Because Mary Ellen Copeland's Wellness & Recovery Action Plan (WRAP) is popular with quite a few consumer/survivors we are going to publish chapters from some of her online publications. These publications are in the public domain and may be reproduced or copied without permission. The first is a concise booklet titled "Action Planning for Prevention and Recovery". It provides a detailed guide to building a personal Wellness and Recovery Action Plan. Here we include the first three chapters: *Introduction*, *Developing a Wellness Toolbox*, and *Daily Maintenance Plan*. The remaining 5 chapters which include: *Triggers*, *Early Warning Signs*, *When Things are Breaking Down or Getting Worse*, *Crisis Planning*, and *Using Your Action Plans*, will be published in installments over the next several Bulletins. You can find the complete document yourself at http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720_action_planning_13p.pdf.

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland.

Introduction

Do you experience feelings and symptoms that are upsetting, that keep you from being the way you want to be and doing the things you want to do? Many people who have troubling emotional, psychiatric, or physical symptoms have made great advances in learning how to do things to help themselves get well and stay well. One of the most frustrating stages of recovering your health is when you realize that you can do many things to help yourself stay well but you can't figure out a way to do them regularly. It is easy to forget simple things that you know, especially when you are under stress or when your symptoms are beginning to flare up. The action plans for prevention and recovery described in this booklet were devised by people who experience emotional or psychiatric symptoms. They developed ways to deal with their need for structure in their lives that actively support their health. The plans are simple, low-cost, and can be changed and added to over time as you learn more and more. Anyone can develop and use these plans for any kind of health concern.

People using this system report that by being prepared and taking action as necessary, they feel better more often and have improved the overall quality of their lives dramatically. One person said, "Finally, there's something I can do to help myself."

Action plans for prevention and recovery work because they—

- are easy to develop and easy to use.
- are individualized. You develop your plan for yourself. No one else can do it for you; however, you can reach out to others for assistance and support.
- improve your ability to communicate effectively with your family members and health care providers.
- directly address the feelings, symptoms, circumstances, and events that are most troubling to you with plans to respond to them.
- renew your sense of hope that things can and will get better, and that you have control over your life and the way you feel.

Developing a Wellness Toolbox

To develop this plan, the only materials you need are a three-ring binder, a set of five tabs or dividers, and lined three-hole paper. Before you begin working with the tabbed sections, you will create a resource list to keep in the beginning of your binder. This section is called the Wellness Toolbox. In it you identify and list the things you use to help yourself feel better when you are having a hard time. Some of them are things you know you must do, like eating healthy meals and drinking plenty of water; others are things you could

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choose to do to help yourself feel better. You can also list things you would like to try using to keep yourself well or to help yourself feel better. You will refer to this list for ideas when you are developing the tabbed sections of your plan. Some ideas for your Wellness Toolbox might be—

- eating three healthy meals a day
- drinking plenty of water
- getting to bed by 10:00 p.m. (or at a good regular time for you)
- doing something you enjoy—like playing a musical instrument, watching a favorite TV show, knitting, or reading a good book
- exercising
- doing a relaxation exercise
- writing in your journal
- talking to a friend on the telephone
- taking medications
- taking vitamins and other food supplements

You can get more ideas for your Wellness Toolbox by noticing the good things you do as you go through your day, by asking your friends and family members for suggestions, and by looking into self-help resource books. Write down everything, from really easily accessible things, like taking deep breaths, to things you only do once in a while, like getting a massage. This is a resource list for you to refer back to when you are developing your plans. Your Wellness Toolbox works best for you if you have enough entries so you feel you have an abundance of choices. Just how many entries you have is up to you. If you feel positive and hopeful when you look at the list, then you have enough. You can continue to refine your Wellness Toolbox over time, adding to your list whenever you get an idea of something you'd like to try, and crossing things off your list if you find they no longer work for you.

Once you've gotten your Wellness Toolbox underway, insert it into your notebook. Then, insert your five tabbed dividers, with several sheets of paper after each tab and a supply of paper at the end of the notebook.

Daily Maintenance Plan

On the first tab write "Daily Maintenance Plan." If you haven't already done so, insert it in the binder along with several sheets of paper.

Feeling Well

On the first page, describe yourself when you are feeling all right. If you can't remember, or don't know how you feel when you are well, describe how you would like to feel. Make it easy. Make a list. Some descriptive words that others have used include: bright, talkative, outgoing, energetic, humorous, reasonable, argumentative. Now when you aren't feeling very well you can refer back to how you want to feel.

Dreams and Goals

Some people use their plans to make a list of their dreams and goals, too. If you think you would find it helpful, make a list of goals you could work toward. You can write down far-fetched goals or more easily achievable ones. It is really helpful to remember your goals and dreams so you always have something to look forward to. Then, you can identify steps to take to achieve them and incorporate these small steps into your daily maintenance plan.

Daily List

On the next pages, describe those things you need to do every day to maintain your wellness. Use your Wellness Toolbox for ideas. Writing these things down and reminding yourself daily to do them is an

important step toward wellness. When you start to feel “out of sorts,” you can often trace it back to “not doing” something on this list. Make sure you don’t put so many things on this list that you couldn’t possibly do them all. Remember, this is a list of things you must do, not things you would choose to do. Following is a sample daily maintenance list—

- eat three healthy meals and three healthy snacks that include whole grain foods, vegetables, and smaller portions of protein
- drink at least six 8-ounce glasses of water
- get exposure to outdoor light for at least 30 minutes
- take medications and vitamin supplements
- have 20 minutes of relaxation or meditation time or write in my journal for at least 15 minutes
- spend at least half an hour enjoying a fun, affirming, and/or creative activity
- check in with my partner for at least 10 minutes
- check in with myself: “how am I doing physically, emotionally, spiritually?”
- go to work if it’s a workday

Reminder List

On the next page, make a reminder list for yourself of things you might need to do. Check the list each day to ensure that you do those things that you need to do sometimes to keep yourself well. You’ll avoid a lot of the stress that comes from forgetting occasional but important tasks. Write “Do I Need To?” at the top of this page and then list things such as—

- set up an appointment with one of my health care professionals
- spend time with a good friend or be in touch with my family
- do peer counseling
- do some housework
- buy groceries
- do the laundry
- have some personal time
- plan something fun for the evening or weekend
- write some letters
- go to support group

That’s the first section of the book. Cross out items if they stop working for you, and add new items as you think of them. You even can tear out whole pages and write some new ones. You will be surprised how much better you will feel after just taking these positive steps on your own behalf.

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland

Wish List

This issue we have requests for any living room or dining room furniture, a lamp, a chest of drawers, a small crockpot and a 'tube' TV from one of our readers whose TV is broken. Another subscriber is looking for a good and ODSP-friendly dentist. Please call us if you can recommend one. Thank you.

C/S Online

www.stumbleupon.com

You click on a topic and start stumbling upon sites that have been given a thumbs up rating by other “stumblers”. The site also tracks your preferences. It’s a silly and fun time-waster.

COMMUNITY ANNOUNCEMENTS

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

RDSP Contributions Deadline Reminder

If you qualify for the Disability Tax Credit from the federal government you should be aware that the deadline to put money into your RDSP (Registered Disability Savings Plan) for this year is December 31, 2009. If you don't have the Disability Tax Credit in place, it is too late to make a contribution for this year because it takes months to complete the T2201 form and get it approved by Canada Revenue. For more information visit the Canada Revenue Agency website at www.cra-arc.gc.ca or attend the December 18th OW/ODSP Recipients' Support Group (see details of meeting on page 10).

CAMH Learning Funds Application Deadline Reminder

If you are a CAMH (Centre for Addiction and Mental Health) client and you are thinking of taking a course to further your recovery or improve your education, you may be eligible for financial support. CAMH's Client Learning Fund provides financial assistance for tuition and course materials and may be available to you even if you are already enrolled in a course. For more information call Sarah Manson at 416-535-8501 x 4407 or Karen Fournier at 416-535-8501 x 4937 or visit Room 813B at 250 College Street. You can get the application form from either Sarah Manson or your clinician. The upcoming deadline for applications is **Friday January 15, 2010**.

Do You Have Diabetes?

The Diabetes Education Community Network of Toronto (DEC NET) is giving a free, four week educational course: **Diabetes Self-management Program for Mental Health Consumer/Survivors**. The course is held each Tuesday on January 5, 12, 19 and 26. The classes are 2 hours a week from 2 pm to 4 pm. The classes are small groups led by a nurse and a dietician. The group will cover such topics as managing your blood sugar and how that can make you feel better, healthy eating, cooking on a tight budget, and how to be more physically active. Sessions will be held at the South Riverdale Community Health Centre, 955 Queen Street East (at Carlaw). For more information and to register please call Sandra at 416-461-9043 x 339 or Denise at 416-9043 x 345.

PSYCHOUT: A CONFERENCE FOR ORGANIZING RESISTANCE AGAINST PSYCHIATRY

A University of Toronto Conference initiated by the Coalition Against Psychiatric Assault

May 7 and 8, 2010

CALL FOR PAPERS



Over the last century, proponents of biological psychiatry have used the language of science to naturalize the medical model as an essential way of organizing and managing human experience. In contrast, collective resistance against the theories and interventions of psychiatry has intensified over recent years as psychiatric survivors, activists and community members are contesting this institution on various political fronts. Additionally, people belonging to marginalized groups who are at greater risk of psychiatric oppression, such as women, racialized people, queers, trans people, people with disabilities, homeless people and other people living in poverty, are resisting psychiatric oppression in different ways, as they/we recognize threats to their/our health, human rights and lives. The purpose of this global conference is to provide a forum for psychiatric survivors, mad people, activists, radical professionals, artists, scholars and students from around the world to come together and share experiences of organizing against psychiatry. Dialogue about these experiences is intended to foster networking and coalition building across social justice movements, disciplines and geographical locations; to clarify some key goals in the struggle against psychiatric oppression; to develop some longer-term strategies to help us achieve these goals; and to help us critically examine how we use specific tools for social change, such as the law, science, theory, media, art, and theatre. This conference is focused on theory and practice that is directly related to developing strategic actions aimed at challenging the power of institutional psychiatry.

Submission of Papers, Workshops and Creative Presentations:

This global interdisciplinary, cross-movement conference welcomes academic papers, workshops, or creative presentation submissions that can include, but are not limited to, the following topics:

- Feminist organizing against psychiatry
- Anti-racist organizing against psychiatry
- Queer and trans resistance against psychiatry
- Resisting colonizing practices of psychiatry
- Resisting psychiatric interference in nations called “developing”
- Negotiating the complex space between critical disability and antipsychiatry perspectives

Intersections between anti-poverty movements and antipsychiatry:

- Networking and coalition building across disciplines and social movements
- Commonalities and tensions within the antipsychiatry, psychiatric survivor, and mad communities
- Building a global antipsychiatry movement
- Developing long-term strategies to meet antipsychiatry abolitionist goals
- Artistic and creative resistance
- Consciousness-raising initiatives
- Using the law to protect the rights of psychiatrically hospitalized people
- Supporting youth and other vulnerable groups who are resisting psychiatrization
- Using science to undermine psychiatric theory and practice
- Media campaigns: Challenges, obstacles and breakthroughs
- Examining movement history to inform present-day strategy and action
- The struggle to ban electroshock: strategies, victories, mistakes and challenges
- Resisting the pharmaceutical industry
- Envisioning and creating alternatives
- Resisting the spread of psychiatric control in the community, such as community treatment sanctions

Paper abstracts, workshop or creative presentation descriptions should be between 200 and 300 words in length. Pre-formed panel proposals are also encouraged. The due date for submission is February 15, 2010. All submissions will be peer-reviewed. If an abstract is accepted for the conference, and the author would like their paper to be considered for publication in a book of conference proceedings, a full draft of the paper should be submitted by **Monday, May 24, 2010**.

All submissions should be made online at

<http://ocs.library.utoronto.ca/index.php/psychout/index/about/submissions#onlineSubmissions>.

Abstracts or descriptions may be in Word or RTF formats. Please use plain text (Times Roman 12).

Please note that all identifying information, such as name or institutional/organizational affiliation, must NOT be included in the abstract or presentation description.

The Conference Organizing Committee would like to acknowledge that the process for submitting papers online can be difficult at first, particularly for those who are new to this conference software or for those who are not familiar with academic conference terminology. We wish that we could change the process to make it more accessible for people who are not used to this process, but it comes with the territory of the software we are using. Please do not let this deter you from making a submission. If you experience difficulties at any step of the submission or registration process, please call 416-946-8026 or 416-919-2609 for technical assistance.

For further information, please contact psychout@utoronto.ca or visit <http://ocs.library.utoronto.ca/index.php/psychout/>.

Save The Dates

Mark your calendars for the Psychout Conference Fundraiser Art Show and Sale to be held on **January 15, 2010** in Trinity-St. Paul's United Church and Centre for Faith, Justice and the Arts (427 Bloor Street West). Further details about the fundraiser will be provided in the January 1, 2010 Bulletin
and

May 7 and 8, 2010. Psychout: A Conference for Organizing Resistance Against Psychiatry. Toronto. The purpose of this global conference is to provide a forum for psychiatric survivors, mad people, activists, scholars, students, radical professionals, and artists from around the world to come together and share experiences of organizing against psychiatry. For details email psychout@utoronto.ca or visit the conference website at <http://ocs.library.utoronto.ca/index.php/psychout/>.

Job Posting

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.

Community Resource Connections of Toronto seeks Peer Support Facilitator

This is a part time contract position beginning immediately and running until March 2010.

This position will involve facilitating a 2 hour Peer Support Group weekly for Community Resource Connections of Toronto. There will be one group every week and the location of the groups will alternate between our downtown and Scarborough locations.

We are looking for a person with lived experience around mental health issues as well as someone who has had experience facilitating a Peer Support Group in the past. The candidate will need to have completed a WRAP Level #2 facilitator training course. The person will report to the Community Support Services Manager.

The person will be paid \$40.00 per group for a 2 hour group meeting.

We will also offer additional training in order to support the facilitator.

The participants of these groups will be clients of CRCT who are interested in participating in a peer support group in addition to their existing supports (case management services) or as a way of moving beyond their supports.

If interested please contact: Leslie Morris, 416-482-4103 x 227.

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

Free and Low-Cost Events for December 15 - December 31

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

ART

Tuesday, December 15, 17, 18, 19, 20, 22, 26, 27, 29 from noon – 6 pm. Wednesday, December 16, 23, 30 from noon – 8 pm. Thursday, December 24 from noon – 3 pm. Thursday, December 31 from noon – 3 pm. Saturday, January 2 and 3 from noon – 6 pm. **Visual Arts at York Quay Centre - Winter 2009.** *Hinterlands*, Fastwürms, Sky Glabush, Diana Thorncroft and Colette Urban; *Apian Screen* Penelope Stewart; *New Work*, Scott Griffin; *Homegrown Skateboards*, Jesse Watson; *National Treasure*, Seth Scriven; *Landscapes and Contemplations*, Kalle Kataila; *Winter's Edge*, Benjamin Kikkert; *Directed North*, Garett Walker and Eamon Mac Mahon; Architecture: A Question of Place, Atelier Big City (Montreal), Richard Kroeker Design Incorporated (Halifax), Urban Arts Architecture (Vancouver), and artist Mike Bayne. Harbourfront Centre. York Quay Centre. 235 Queens Quay West. Visit <http://www.harbourfrontcentre.com/whatson/today.cfm?id=1810>. FREE

DANCE

December 19 from 9 pm - December 20 at 2 am. The Molotov Rag and HeartBeat 960 are proud to present "Dance in the Pants" Toronto's newest anarcho-musical. "Dance in the Pants" is the compelling story of Molly Raginski, a young radical who leaves behind her vagabond ways in search of community, and the Earth-given right to dance! Come along with Molly on her adventures through Toronto as she meets Hush Money (a teddy bear and a razor blade in need of a hug and a venue), Test Their Logik (two underground tunnel diggers traveling from London to Toronto to help fan the flames of revolution), the fairly unremarkable spoken word artist, White Noise Machine, doing nothing extraordinary whatsoever, and the DJ stylings of HeartBeat's very own Demian (the only DJ to successfully pull his bottom lip over

his head, swallow, and still keep the crowd dancing). All proceeds from the event will go to the production of this Winter's issue of *The Molotov Rag*, Toronto's Anarchist Quarterly. HeartBeat 960. 960 Queen Street West. Bring your friends. Bring your families. For special accommodation needs please email Ben Hackman at themolotovrag@gmail.com. \$5.00 at the door. No one will be denied for lack of funds.

FESTIVAL AND CELEBRATION

More Locations for Toronto's 43rd Annual Cavalcade of Lights Displays

[Albion Islington Square](#)

S-E corner of Albion Rd. and Islington

[Bloor West Village](#)

N-W corner of Bloor St. West and Jane

[Bloorcourt Village](#)

S-W corner of Bloor St. West and Concord (First Lighting: December 5)

[Bloordale Village](#)

Bloor St. West (from Dufferin to Lansdowne)

[Light, Art & Food \(LAF\)](#)

[Bloor-Yorkville](#)

Corner of Cumberland St. and Bellair

[Chinatown](#)

280 Spadina Ave

[Church-Wellesley Village](#)

Cawthra Square Park (Church St. at Monteith)

First Lighting: Tuesday, December 1

[Corso Italia](#)

1277 St.Clair Ave. West at Earlscourt

[Downtown Yonge](#)

Yonge-Dundas Square and along Yonge

[Emery Village](#)

3100 Weston Rd. at Sheppard

[GreekTown on the Danforth](#)

Alexander the Great Parkette (Danforth and Logan)

[The Kingsway](#)

N-W corner of Royal York Rd. and Bloor

[Korea Town](#)

750 Bloor St. West (at Christie)

[Little Italy](#)

College St. at Grace

[Rosedale Main Street](#)

10 Scrivener Square

[St. Clair Gardens](#)

St Clair Garden's Parkette (3 Prescott Ave.)

[St. Lawrence Market](#)

Berczy Park (Front and Church St.)

[Waterfront](#) Queens Quay West at Simcoe

2009 Holiday Meal Listing. The Daily Bread Food Bank's Advocacy Office produces an annual, up-to-date list of shelters and drop-in centres in Toronto that will offer free holiday meals around Christmas. It should become available sometime around the middle of December. The Daily Bread Food Bank number is 416-203-0050 or email info@dailybread.ca. We will post the listing on our Bulletin Board as soon as we get it. FREE

December 6, 2009 – January 10, 2010. **2009 Centennial Park Christmas Flower Show** presented by City of Toronto. The show is a long-standing tradition that marks the start of the holiday season for many Toronto residents and visitors. Also visit the Conservatory by Candlelight on Sundays December 13, 20 and 27. Extended hours from 5 - 7 pm. Centennial Park Greenhouse. 151 Elmcrest Road (North of Rathburn Road off Renforth). Call 416-394-8543 or visit www.toronto.ca/parks/parks_gardens/centennialgdns.htm#flowershow. FREE

December 17 from 6 – 8 pm. **The Olympic Flame** is coming to Toronto. Community Celebration with Toronto's Final Torchbearer, Vicky Sunohara, Olympic Medal Winner in Hockey, lighting the cauldron. Followed by spectacular fireworks. Nathan Phillips Square. 100 Queen Street West (at Bay Street). Visit www.vancouver2010.com/torchrelay FREE

December 19 from 3 - 3:45 pm. **Holiday Concert with Karen Gray**. Celebrate the holiday season with well-known Christmas songs and other festive music. Children and adults participate in simple and fun-filled songs along with hand-held instruments. Song sheets provided. Toronto Public Library. Victoria Village Branch. Program Room. 184 Sloane Avenue (Lawrence Ave. East and Victoria Park Avenue). Register in person or call 416-395-5950. FREE

December 21 from 7 - 7:30 pm. **Family Caroling Night**. Sing carols and holiday songs. Toronto Public Library. Pape/Danforth Branch. 701 Pape Avenue (Pape and Danforth). Call 416-393-7727. Free tickets available 30 minutes before the program.

December 22 from 10:30 - 11 am. **Family Caroling Morning**. Join us for holiday songs and rhymes. Toronto Public Library. Pape/Danforth Branch. 701 Pape Avenue (Pape and Danforth). Call 416-393-7727. Free tickets available 30 minutes before the program.

December 25 from 1 pm – 4 pm. Drop-in for food and companionship at **The Gerstein Centre's Annual Christmas Day Open-House**. All members of the mental health community welcome. 100 Charles Street East (between Church and Jarvis Street). Call 416-929-0149. FREE

Thursday, December 31 at 10 pm. Sing in the New Year with Citytv at the 25th annual festivities and live broadcast of **Citytv New Year's Bash, 2010** from Nathan Phillips Square. One of the biggest New Year's celebrations in Canada. The special outdoor concert is hosted by Gord Martineau, Tracy Moore, Kevin Frankish and Dina Pugliese. An alcohol free evening. Bring warm clothing and hot drinks. Dance the night away. Over 40,000 attendance in previous years so get there early. Performances by Anjulie, Jarvis Church, Kardinal Offishall, Karl Wolf, The Mission District and Rock of Ages. Nathan Phillips Square. 100 Queen St. West. Visit www.holidayguide.ca/nye/index.asp?gclid=CNyOlbGMzJ4CFcx25QodiWB4qw. FREE

FILM

December 27, 28, 29, 30, 31 and January 2 and 3 at 2 pm. **GET SNOWED IN AT THE NFB MEDIATHEQUE!** The National Film Board is screening festival short films and hosting activity workshops for children. Enjoy *Christmas Cracker*, *Léon in Wintertime*, *Ludovic – The Snow Gift* & *It's Snow* (total running time is 1 hour). Visit <http://nfb-onf.gc.ca/eng/mediatheque/?lg=eng>. Workshops and films: \$5. Films only: \$2

FITNESS

A Bulletin reader has asked us to remind people that the **Skating Rink at Nathan Phillips Square** is now open from 10 am until 10 pm every day. Outside, in front of City Hall, 100 Queen Street West (at Bay Street). Skate to music at this great Toronto institution. Well, I got to looking and it seems that there are 45 outdoor rinks in East York, Etobicoke, North York, Scarborough, Toronto and York. By the time this issue comes out, they should all be open, except perhaps for Albert Campbell in Scarborough, which is under construction. If a child is under 6 or is participating in a scheduled lesson, a CSA approved helmet, with a face guard is absolutely mandatory and a bike helmet will not do. It's best to call the new Toronto info line 311 for information on the closest rink to you and family skate times. You can also look in the Toronto Fun Guide which is available in libraries or online at www.toronto.ca FREE except for specific adult-only times which are \$3 and \$1.50 for seniors.

Not to be outdone, the **Natrel Rink at Harbourfront**, lays claim to being the city's biggest outdoor rink. On Saturday evenings, there's a DJ Skate from 8:00 pm to 11:00 pm. (Weather permitting). On December 19th DJ Adam Marshall who was instrumental in the building of the

electronic music scene in Toronto since the early warehouse parties of the 1990's. Then DJ Terence Kissmer who has just returned from 2 years in Tokyo. He plays a molten hot mix of techno and house. Indoor change rooms and lockers. With ID rent skates for \$7 for adults and \$6 for seniors and children. Skate sharpening \$5. Sunday to Thursday 10:00 am to 10:00 pm, Friday and Saturday 10:00 am to 11:00 pm. FREE

December 17 at 10 am. Toronto Field Naturalist Walk. Prospect Cemetery – Trees. Meet at the gates of Prospect Cemetery on St Clair Ave West near Lansdowne Avenue at 10:00 am. Morning only for this walk. Visit www.torontofieldnaturalists.org. FREE

December 22 at 1 pm. Nature and Heritage Walk. Lower Don Valley. Meet and end at the northeast corner of O'Connor Drive and Beechwood Drive, west of Pape Ave at 1:00 pm. Bring binoculars, if you have them. Visit www.torontofieldnaturalists.org. FREE

WORKSHOPS

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. FREE

ODSP and Henson Trusts, RDSP and other shelters -- Dan King from LifeTrust Planning will explain how they work together at the Friday, December 18th meeting of the OW/ODSP Recipients' Support Group. The group meets every third Friday of the month at Queen West Community Health Centre, 168 Bathurst Street, south of Queen, from 1:00-3:00 pm. For more information: <http://www.geocities.com/torontodisabilityaction>.

Merry Christmas!

Feliz Natal ● Feliz Navidad ● Een Plesierige Kerfees ● Bodo Din Shuhb Lamona ● Kung His Hsin Nien bing Chu Shen Tan ● Buone Feste Natalizie ● Maligayang Pasko. Masaganang Bagong Taon ● Gun Tso Sun Tan'Gung Haw Sun ● Sawadee Pee Mai ● Kung Ho Hsin Hsi. Ching Chi Shen Tan ● Mitho Makosi Kesikansi ● Stretan Bozic ● Prejeme Vam Veselé Vanoce a Stastny Novy Rok ● Cristmas-e-shoma mobarak bashad ● Froehliche Weihnachten ● Kala Christouyenna ● Mo'adim Lesimkha. Chena tova ● Bada Din Mubarak Ho ● Shinnen omedeto. Kurisumasu Omedeto ● Sung Tan Chuk Ha ● Linksmu Kaledu ● Craciun Fericit ● Chung Mung Giang Sinh ● Vesele Bozicne. Screcio Novo Leto ● Srozhdestvom Kristovym ● Nginifisela inhlanhla ne mpumelelo e nyakeni ● Nollaig Chridheil agus Bliahdna Mhath Ur ● Gezuar Krishtlindje ● God Jul Og Godt Nytt Aar ● Nollaig Shona Dhuit ● Hristos se rodi ● Selemat Hari Natal ● Linksmu Kaledu ● Wesolych Swiat Bozego Narodzenia ● Joyeux Noel

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