

# BULLETIN

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

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

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## Newsbytes

**Benefit of antidepressants for mild to moderate depression questioned.** Researchers at the University of Pennsylvania examined data from 6 large-scale, placebo-controlled randomized trials to determine the benefit of antidepressants versus placebo across a range of depression severity. They discovered that antidepressants may have substantial benefit for very severe depression but little benefit for mild to moderate symptoms. ("Benefit of antidepressant medications appears to vary with severity of depression symptoms". Visit <http://www.mentalhealth.org.uk/information/news/?EntryId17=76531> to read item.

**Taking on-line quiz may reduce drinking.** Research conducted at the Centre for Addiction and Mental Health turned up the surprising result that their online questionnaire about drinking habits results in a reduction of drinking by 30 percent. The questionnaire provides information on how much you drink compared to the rest of the population and how much your drinking costs. The study targeted so-called problem drinkers rather than people with severe alcohol addiction. The reduced drinking effect was observed for problem drinkers and not for low risk drinkers. "Want to cut down on your drinking? Take this test", January 6, 2010, Lesley Ciarula Taylor, STAFF REPORTER). Visit <http://www.healthzone.ca/health/mindmood/mentalhealth/article/746918--want-to-cut-down-on-your-drinking-take-this-test> to read the article. Take the test yourself at [http://www.checkyourdrinking.net/cyd/CYDScreenerP1\\_0.aspx](http://www.checkyourdrinking.net/cyd/CYDScreenerP1_0.aspx).

**Steering Wheel to prevent drunk driving.** Dennis Bellehumeur of Windsor, Ontario has invented a steering wheel with alcohol-detecting sensors that prevent a car from starting if the driver's blood alcohol level is too high. The Ontario government is investing \$1.5 million to bring the steering wheel to market. ("Ont. invests in anti-drunk driving device", Edmonton Journal, Windsor Star; Canwest News Service, December 17, 2009). Visit <http://www.edmontonjournal.com/news/invests+anti+drunk+driving+device/2351184/story.html>.

**Cellphone and Alzheimer's disease treatment.** New research out of the Florida Alzheimer's Disease Research Centre raises the possibility that long-term exposure to cell phones may prevent and perhaps reverse Alzheimer's disease. Mice exposed to cell phone electromagnetic waves showed a dramatic decrease in levels of a protein believed to cause Alzheimer disease. "Cell phone study may dial up Alzheimer's cure", By Sharon Kirkey, Canwest News Service January 7, 2010 9:52 AM). Visit <http://www.canada.com/health/Cellphone+study+dial+Alzheimer+cure/2415630/story.html> to read article.

# GIFT-WRAP

## Mary Ellen Copeland's Wellness & Recovery Resources

Here is the next chapter of Mary Ellen Copeland's online publication, *Action Planning for Prevention and Recovery*. It provides a detailed guide to building a personal Wellness and Recovery Action Plan. The first 4 chapters are published in the December 15 and January 1 Bulletin. The remaining chapters will be published in installments over the next several Bulletins or you can download the complete document yourself at [http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720\\_action\\_planning\\_13p.pdf](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.

### Early Warning Signs

Early warning signs are internal and may or may not arise in reaction to stressful situations. In spite of your best efforts to take care of yourself, you may begin to experience early warning signs, subtle signs of change that indicate you may need to take further action. If you can recognize and address early warning signs right away, you often can prevent more severe symptoms. Reviewing these early warning signs regularly helps you to become more aware of them. Write "Early Warning Signs" on the third tab and insert several more sheets of paper in your binder.

#### Identify early warning signs

On the first page, make a list of early warning signs you have noticed in yourself in the past. How do you feel when you know you are not feeling quite right? How did you feel just before you had a hard time in the past or when you noticed that your habits or routines changed? Your early warning signs might include things such as—

- anxiety
- nervousness
- forgetfulness
- inability to experience pleasure
- lack of motivation
- feeling slowed down or speeded up
- being uncaring
- avoiding others or isolating
- being obsessed with something that doesn't really matter
- displaying of irrational thought patterns
- feeling unconnected to my body
- increased irritability
- increased negativity
- not keeping appointments
- changes in appetite
- restlessness

If you want to, ask your friends, family members and other supporters for early warning signs that they've noticed.

On the next pages, develop an action plan for responding to your early warning signs, referring to your Wellness Toolbox for ideas. Some of the things you list may be the same as those you wrote on your Triggers Action Plan. If you notice these symptoms, take action while you still can.

The following is a sample plan for dealing with early warning signs—

- do the things on my daily maintenance plan, whether I feel like it or not

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- tell a supporter/counselor how I am feeling and ask for advice. Ask him or her to help me figure out how to take action
- peer counsel at least once each day
- do at least three, 10-minute relaxation exercises each day (simple exercises described in many self-help books that help you relax through deep breathing and focusing your attention on certain things)
- write in my journal for at least 15 minutes each day
- spend at least 1 hour involved in an activity I enjoy each day
- ask others to take over my household responsibilities for the day

(I also might, depending on the circumstances) —

- check in with my physician or other health care professional
- read a good book
- dance, sing, listen to good music, play a musical instrument, exercise, go fishing, or fly a kite

Again, if you use this plan and it doesn't help you feel better, revise your plan or write a new one. Use your Wellness Toolbox and other ideas from workshops, self-help books, your health care providers, and other people who experience similar symptoms.

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

## Tray Parfait

By M. F.

When in hospital comfort food may not be on the menu but it doesn't mean you can't discover something new.

Doing without dessert doesn't need to happen. Here's a healthy dessert that can be made from common items on many hospital meal trays – saving items to make this recipe should be easy, and it can be repeated at home.

Ingredients to layer in a small container:

- ½ pkg dry cereal (individual serving sized) – Rice Krispies
- 1 pkg maple syrup – individual serving sized
- ½ container fruit yogurt
- ½ fresh pear or apple (sliced)
- 1 pkg jam or orange marmalade

Repeat with other (1/2) halved ingredients.

## C/S Online

<http://www.womenshealthmatters.ca/toolkit/index.html>

This site has a free downloadable booklet called *Women Wading Through the Web* that explains how to use search tools, judge the quality of a site, understand, assess and analyze health information from the media. Designed primarily for women it contains useful information for all genders. It may be helpful to consumer/survivors because many of us research mental health-related topics on the Internet.

### Computer Help Available

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

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All branches of the Toronto Public Library are now equipped with free wireless Internet.

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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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## The Krasman Centre's Upcoming WRAP Group

The group will start in February. Register now as spots are limited. Call Wendy at 905-780-0491 x 117 or email [wendy.reid@krasmancentre.com](mailto:wendy.reid@krasmancentre.com). The group is free.

The WRAP program involves an educational and planning process that is grounded in mental health recovery concepts such as hope, education, empowerment, self-advocacy, and interpersonal support and connection. Within a group setting, individuals explore self-help tools (e.g. peer counseling, focusing exercises, relaxation & stress reduction techniques) and resources for keeping themselves well and for helping themselves feel better in difficult times.

The Krasman Centre is a drop-in centre for psychiatric consumer/survivors, their friends and family members. The Krasman Centre, 10121 Yonge Street, Richmond Hill. Call 905-780-0491 or email [postmaster@krasmancentre.com](mailto:postmaster@krasmancentre.com) or visit [www.krasmancentre.com](http://www.krasmancentre.com).

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## The Empowerment Council Presents:

### Come learn about the United Nations Disabilities Treaty

Friday, January 22, 2009

2:00 – 3:00 pm

Empowerment Council Office, Room 160, 1001 Queen Street West

Learn about what the United Nations is and its history and role in protecting psychiatric survivor and consumer rights

- The impact this treaty has on changing how we understand the dignities of people with psychiatric disabilities
- How the disability community such as mental health consumers and psychiatric survivors have worked closely to determine their needs in this treaty
- How the treaty understands legal capacity — supported decision making (how all disabled people have the ability to make choices for ourselves using new strategies)

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## Space Needed for Archival Material

The Psychiatric Survivor Archives of Toronto (PSAT) is looking for a wheelchair-accessible community space to establish a reading room/office and to serve as a storage space for our growing collection of archival material.

We require a space of at least 200 square feet located in or near the downtown Toronto core that is readily accessible to the public during the day. Rent is negotiable.

If you can offer or if you know of a suitable space please contact us at [psychsurvivorarchives@gmail.com](mailto:psychsurvivorarchives@gmail.com) or call us at 416- 661-9975.

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The Psychiatric Survivor Archives of Toronto is dedicated to ensuring that the rich history of people who have experienced the psychiatric system is preserved for our community and the wider community as a resource from which everyone can share and learn.

PSAT is a grass roots organization that is run for and by psychiatric survivors to preserve all aspects of our history. The Archives seeks to reflect the broad diversity of views that are expressed by all people with a psychiatric history however they choose to self-identify.

The emphasis of our archives will be on a critical perspective including anti-psychiatry that is primarily produced by psychiatric survivors whether institutionalized or in the community. First person expressions in all media formats on this topic are particularly welcome. The need for these archives has grown out of recognition that our history has too often been ignored or trivialized by mainstream historians, researchers and medical professionals.

Please visit our website at <http://www.psychiatricsurvivorarchives.com>.

## Minding Our Bodies: Free Pedometer Opportunity for Individuals and Agencies

**For Bulletin subscribers:** We would like to publish some consumer/survivor accounts of how we use physical activity to manage our mental health. If we gather a small collection of stories we will submit them for publication on the *Minding our Bodies* website and will receive free pedometers in recognition of our efforts to promote the importance of physical fitness for mental health. The first 10 submissions will receive a free pedometer. We can receive your submission by email, fax, post or you can drop it off in person. Both signed and anonymous submissions are acceptable. Call us at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net) for more information.

**For Agencies:** The Minding our Bodies physical activity for mental health program is providing 20 free pedometers to organizations that have a consumer/survivor physical activity program or are setting up a new fitness program by March 2010. They require a description of your physical fitness program. Agencies may call 416-977-5580 x 4133 or email [kbradley@ontario.cmha.ca](mailto:kbradley@ontario.cmha.ca) or visit [www.mindingourbodies.ca](http://www.mindingourbodies.ca) for details.

Minding Our Bodies is an initiative of the Canadian Mental Health Association, Ontario, in partnership with YMCA Ontario and York University, with support from the Ontario Ministry of Health Promotion through the Communities in Action Fund.

Minding Our Bodies is a two-year incubator project (2008-2010) with the goal of increasing capacity within the community mental health system in Ontario to promote active living and to create new opportunities for physical activity for people with serious mental illness to support recovery.

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### Nominate someone you know for a CAMH Transforming Lives Award

Each year, the CAMH Foundation honours extraordinary people who have overcome challenges associated with addiction and/or mental illness and now serve as inspirations to others.

We encourage you to nominate someone who has inspired you for a CAMH Transforming Lives Award! The deadline for nominations is Monday, February 22, 2010.

Award recipients will be honoured at the CAMH Transforming Lives Awards Dinner being held for the first time onsite at 1001 Queen Street West on Wednesday, May 26, 2010. All award nominees are recognized for their achievements.

For information visit [www.supportcamh.ca](http://www.supportcamh.ca) or call Lidia Franchitto at 416-535-8501 x 6169 or email [lidia\\_franchitto@camh.net](mailto:lidia_franchitto@camh.net).

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### A call for papers for an upcoming conference in spring 2010 Ontario Institute for Studies in Education at the University of Toronto May 7 & 8, 2010

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 psychiatrization, such as women, racialized people, queer people, trans people, people with disabilities, homeless people and people living in poverty, are resisting psychiatric oppression in different ways, as we recognize threats to our health, human rights and lives.

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. This conference is focused on theory and practice that is directly related to developing strategic actions aimed at challenging the power of institutional psychiatry.

This global interdisciplinary, cross-movement conference welcomes academic papers, workshops, or creative presentation submissions. For further information and to submit your presentation descriptions please call 416-946-8026 or 416-919-2609 or visit <http://ocs.library.utoronto.ca/index.php/psychout/PsychOUT/schedConf/cfp>.

Submission Deadline: February 15, 2010.

# Integrative Medicine for the Treatment of Depression and Bipolar Disorder

## An Orthomolecular Approach

Visit [www.orthomed.org](http://www.orthomed.org) or [www.helpyourselfcommunity.org](http://www.helpyourselfcommunity.org) for more information.

### James Greenblatt, MD

Chief Medical Officer, Walden Behavioral Care  
Waltham, Massachusetts

This lecture will examine the role of nutrition in the development and treatment of depression and bipolar disorder. Nutrition – in the form of amino acids, vitamins, minerals, and essential fatty acids – is known to influence neurotransmitter synthesis.

Topics covered:

- Nutrient deficiencies connected to depression and bipolar disorder
- Food allergies, including Celiac disease, and mood disorders
- Minimizing drug side effects with supplementation
- And much more valuable information!



For over 30 years Dr Greenblatt, has been a leader in psychiatric integrative medicine. He is the Chief Medical Officer of Walden Behavioral Care, a psychiatric hospital and the Founder and Medical Officer of Comprehensive Psychiatric Resources, an integrative psychiatry practice. He has lectured widely on the scientific evidence for nutritional treatments in psychiatry.

## Friday, February 5, 2010

7:30 pm Admission: \$20.00

Medical Sciences Building, JJR MacLeod Auditorium

1 King's College Circle (Queen's Park Subway), University of Toronto

*Seating is limited. Please call 416 733 2117 to purchase tickets.*

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### Come Laugh Your Head Off Stand Up for Mental Health Comedy Showcase

Featuring the Graduates of the Fall 2009 Program

Monday, January 25

7 pm

MDAO, Room 200

40 Orchard View Blvd. (Yonge and Eglinton),

Presented by the Mood Disorders Association of Ontario. Stand Up for Mental Health teaches people with mental illness to take control by turning their problems into comedy! Led by Michael Cole, "The Humour Coach", Stand Up for Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment. By laughing at our difficulties, we can rise above them.

Admission is FREE! Bring your friends and relatives.

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### North American Muslim Foundation Halal Food Bank is Now Open

Dear Brothers and Sisters, Assalam-u Alaikum

If you know anyone who is in need of food items, please advise them to seek help from NAMF Halal Food Bank.

We are open from Monday to Friday, 9:00 am to 5:00 pm and on weekends by appointment.

We are located at 4140 Finch Avenue East (between Kennedy and Midland on Finch) in Scarborough.

Call 416-299-1969 or visit [www.namf.ca](http://www.namf.ca).

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

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

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

## ART

January 30 – May 23. **Rembrandt/Freud: Etchings from Life.** Self portraits, nudes and portraits of family & friends. Art Gallery of Ontario. 317 Dundas Street West. Call 416-979-6648 or visit [www.ago.net](http://www.ago.net). Free admission every Wednesday from 6 – 8:30 pm to visit all exhibits.

## DANCE

Mondays and Saturdays from 6 – 9 pm. Free **Bboying practices.** Poppers, Lockers and Hip Hop dancers also may be present but the focus is on Bboying and music is played for that style of dance. Beginners are allowed to watch and should be able to receive help on doing a couple steps if they ask. St. Lawrence Community Recreation Centre. 230 The Esplanade. Open to all. Call 416-392-1347 or visit <http://www.danceumbrella.net/newsletter.htm#announcements>. FREE

## FESTIVAL

**WOW Spectacle Shows.** Part of Toronto's 7th Annual Wintercity Festival. Complete festival details are available at <http://www.toronto.ca/wintercity>. All WOW! Spectacle Shows are held at Nathan Phillips Square, 100 Queen Street West.

Three spectacular aerial productions combine theatre, dance and acrobatics, all performed to original musical scores on a massive vertical stage.

- Friday, January 29 at 8 pm. **Time Is...** A vertical world of dragons, lanterns, kites, the Lion and Fan dance, and Kung Fu choreography featuring 14 synchronized performers. FREE
- Saturday, January 30 at 8 pm, Sunday, January 31 at 7 pm, Saturday, February 6 at 8 pm. **Cosmogonia.** The book of Genesis is recounted and danced on a background of projected images portraying the Elements with cascading water and fire. FREE
- Friday, February 5 at 8 pm. **Namastey.** Bollywood-style performance brings to life the fabulous music and dance of the Indian movie industry. FREE



Friday, January 29 & Saturday, January 30 at 6 – 9:30 pm; Sunday, January 31 at 4 – 8 pm; Tuesday, February 5 & Wednesday, February 6 at 6 – 9:30 pm; February 7 at 4 – 8 pm. **Angel of the Apocalypse - Flaming Lotus Girls** (San Francisco). Burning Man fire artists make their Canadian debut with *Angel of the Apocalypse*, an interactive art space with a fire-breathing bird enclosed by flaming feathers. Audience members are invited to experience the flaming feathers up close and interact with the sculpture by operating its flames. Choreographed fire performances will also be held. Nathan Phillips Square, 100 Queen Street West. FREE

## FILM

Monday, January 18 at 3 pm. **Movie: "LATTER DAYS" (USA, 2000).** Huge festival and theatrical hit, *Latter Days* is the story of a Mormon missionary who moves into an apartment complex in West Hollywood and is seduced then betrayed by a neighbour. The Older LGBTTQ Resource Centre. The 519 Church Street Community Centre. 519 Church Street. Call 416-355-6787. Light refreshments will be served. FREE

## FITNESS

Daily from 10 am - 10 pm. **Skating Rink at Nathan Phillips Square.** Outside, in front of City Hall. 100 Queen Street West. FREE

**DJ Skate Saturday Nights.** Natrel Rink at Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). Call 416-973-4000 or email [info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com) or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com). FREE

- Saturday, January 16 from 8 – 11 pm. **Nocturnal** – house music by DJs Andy Reid, Simon Jain and YUG FREE
- Saturday, January 23 from 8 – 11 pm. **Promise** – Toronto Underground Music Collective FREE
- Saturday, January 30 from 8 – 11 pm. **Hip Hop Ya' Don't Stop.** DJ L'Oqenz FREE

**Toronto Field Naturalists.** All walks are led by volunteer naturalists. Guests are welcome. No pets please. 2 Carlton Street. Suite 1519. Please call 416-593-2656 or visit <http://www.torontofieldnaturalists.org/v-walks.htm> for meeting times and locations. FREE

- Saturday, January 16 • Don Valley – Nature and Heritage
- Sunday, January 17 at 2 pm. • Yellow Creek, Mud Creek and The Brick Works – Lost Rivers
- Tuesday, January 19 • Ashbridge's Bay – Birds
- Saturday, January 23 at 10 am. • Colonel Samuel Smith Park – Birds
- Wednesday, January 27 • Churches in the downtown core – Heritage Walk
- Saturday, January 30 • Humber Bay Park East – Birds

Ongoing. Rain or shine. **Physical Activities for Consumers Survivors (PhACS).** For consumer/survivors, their friends, and diabetics. Rain, shine, or even snow. Each activity involves running, run/walking, or walking 3 to 5 km. We use John Stanton's conditioning program to gradually increase participants' fitness levels starting from wherever the participant is. Call 416-604-6973 or visit <http://www.accentonability.org/phacs.htm> for details. FREE

- Sunday mornings at 10 am. Meet at the Riverdale Perk coffee shop (corner of Withrow and Logan Ave.)
- Saturday afternoons at 1 pm. Meet at the Brown Sugar Café (about 2 1/2 blocks West of Dufferin and Queen St. on the North side of Queen St.)
- Wednesday evenings at 7 pm. Meet at Tim Horton's (corner of Danforth and Logan Ave.)

## GARDENING

It's not too early to do your research if you are interested in **starting a Community Garden**. You need to gather a group of at least 5 people who will plan, create and maintain the garden. You don't need to be an expert gardener. There is an application process which involves filling out a form to contact a Community Gardening Co-ordinator to help with selecting and getting city approval for a site location. After the garden is set up it can be divided into sub-plots if the group desires or maintained as a collective space. There is no fee for your Community Garden but your group may need tools, compost, fencing, seeds or plants, etc. There are organizations that provide funding for eligible groups. Visit [http://www.toronto.ca/parks/programs/community\\_faq.htm](http://www.toronto.ca/parks/programs/community_faq.htm) for details. Only three months to spring! FREE

## MUSIC

January 27 and 28 at 7:30 pm. The **Chamber Music of Krzysztof Penderecki**. Part of the University of Toronto's New Music Festival. Walter Hall. Faculty of Music. Edward Johnson Building. 80 Queen's Park. Call 416-978-3750 or visit <http://www.music.utoronto.ca/home.htm>. FREE

## TALKS

Saturday, January 16 at 3 pm. **Toward a Study of Muslim "Blackface".** Ariel Salzmann discusses Orientalism. Noor Cultural Centre. 123 Wynford Drive. Call 416-444-7148 x 222 or email [info@noorculturalcentre.ca](mailto:info@noorculturalcentre.ca) or visit <http://www.noorculturalcentre.ca/>. \$5

January 20 from noon – 1:30 pm. Lunchbox Speaker's Series & Webcast. **The Social Economy Centre presents: Participatory Budgeting.** Speakers will reflect on 20 years of experimentation in participatory budgeting in a variety of contexts. Ontario Institute for Studies in Education. University of Toronto. 252 Bloor St. West. Room 12-199. Call Lisa White at 416-978-0022 or email [secspeaker@oise.utoronto.ca](mailto:secspeaker@oise.utoronto.ca) or visit <http://socialeconomy.utoronto.ca>. Bring your own mug. FREE (no registration required)

January 20 at 6:30 pm – 8 pm. **Parent Workshop Series 2009 – 2010. Adolescents & Substance Use.** Presented by Sarah Causton, MSW, RSW. This presentation will look at some of the most common substances that youth are experimenting with and what signs parents can be looking for. Risk factors and protective factors will be discussed. Turning Point Youth Services, 95 Wellesley St. East (5 minutes east of Wellesley Station). Call 416-9250 x 233. FREE

Tuesday, January 26. Institute for Life Course and Aging. 2009 - 2010 Noon-Hour Seminar Series. **Brain Health Across the Life Span.** William E. Reichman, M.D. President & CEO, Baycrest Centre for Geriatric Care Professor, Faculty of Medicine, University of Toronto. 222 College Street, Suite 106 (Field's Building main floor), right beside the Bookstore. All interested are welcome. Call 416-978-0377 or visit <http://www.aging.utoronto.ca/events/node/98>. FREE

Wednesday, January 27 at 6 pm. Ryerson University. Dean's Lecture Series. **In discussion with Jian Ghomeshi, the Man Behind CBC's 'Q'** (broadcaster, writer, musician, producer). 245 Church Street (north of Dundas). Call 416-979-5000 or visit <http://www.ryerson.ca/fcad/news/dls/>. Open to the public. FREE

Thursday, January 28 at 7 – 8:30 pm. **Foods that Undo Life's Damage.** Yafa Sakkejha, founder of house of Verona Health Resorts, discusses the nutritional science of aging well. The Big Carrot Natural Food Market. 348 Danforth Ave Room 212 (entrance beside Book City). Call 416-466-2129 or visit [www.thebigcarrot.ca](http://www.thebigcarrot.ca). FREE

## THEATRE

Until January 23. Saturday matinee at 2:30 pm. **You Fancy Yourself** by Maja Ardal. Icelandic girl struggles to adjust to the streets of 50s Edinburgh. Theatre Passe Muraille. 16 Ryerson Ave. Call 416-504-7529 or visit <http://passemuraille.on.ca/>. PWYC

## WORKSHOPS

January 15 from 11 am – 2 pm. **Alzheimer Toronto – January Awareness Event @ the Square.** Drop by and meet our staff. Special music provided by Justin Bacchus. Yonge - Eglinton Square. (Yonge & Eglinton). FREE

January Schedule for **Scarborough Women's Centre**. 2100 Ellesmere Road. Suite 245. 6:30 pm – 8:30 pm. To register call 416-439-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or visit <http://www.scarboroughwomenscentre.ca/>. Please note that women of limited income are welcome to request a subsidy. Please call as early as possible to arrange the subsidy as there are a limited number available.

- Saturday, January 16 and 23 at 10 am – 3 pm. **Discover Your True Self.** Learn to understand and appreciate your own unique self. \$25 (subsidy available)
- Mondays from January 18 – February 1 at 6:30 – 8:30 pm. **Moving Forward Support Group.** A 3-session workshop designed to explore a positive path to a new beginning after the end of a relationship. \$10
- Tuesday, January 26 at 6:30 – 8:30 pm. **Do What You Love to Find Financial Freedom.** Discover your passion through intuitive exercises. \$5
- Saturday, January 30 and Saturday, February 6 from 10 am – 3 pm. **Stepping Stones to Personal Resiliency.** Examine the concept of resiliency and how it can help us develop strategies to bounce back from life's challenges. Learn basic language and tools to develop financial literacy. \$25 (subsidy available)

Wednesday, January 20 from 7 – 8 pm. **Happiness Within Your Reach.** Lifestyle coach Robin H-C shows you how to overcome barriers to happiness. Toronto Public Library. Don Mills Branch. 888 Lawrence Ave. Call 416-395-5710 or visit <http://www.torontopubliclibrary.ca/>. FREE

Thursdays, January 21 – February 25 at 3 – 5:30 pm. **Journey into Well-Being.** North York General Hospital presents free six-week workshop for older adults on coping with chronic medical conditions such as heart disease, arthritis and depression. Toronto Public Library. Leaside Branch. 165 McRae Dr. Call 416-396-3835 or visit <http://www.torontopubliclibrary.ca/>. Register with Judy Murray at 416-756-6624. FREE

Thursday, January 22 at 1 - 3 pm. **Finding your Power Colours.** DODEM KANONHSA' Elder's Cultural Facility is a learning and sharing facility which fosters greater acceptance, understanding and harmony between members of First Nations and Non-Aboriginal People. Dodem Kanonhsa is open to both Aboriginal and Non-Aboriginal people with the hope that it will benefit intercultural relations, cross cultural communication and understanding. Dodem Kanonhsa'. 55 St. Clair Avenue East. 6th floor (just east of Yonge). Call 416-952-9272 or email [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca) to register. Facilitated by Isaac Day. Space is limited to 30. FREE

Tuesday, January 26 at 11 am – 12:30 pm. **Health Care Workshop.** Information on OHIP and the Seniors' Drug Plan. Toronto Public Library. Agincourt District Branch. Program Room. 155 Bonis Avenue. Call Wen Chen at 647-388-3762 or visit <http://www.torontopubliclibrary.ca/>. FREE

Wednesday, January 27 from 6:30 - 8:30 pm. **Live Green Toronto Volunteers Information Session.** Weekly training provided and volunteers receive a graduation certificate upon completing 20 hours of training and 40 hours of outreach. Metro Hall. Room 308. 55 John St. (John & King). Call 416-397-4838 or email [livgreenvolunteers@toronto.ca](mailto:livgreenvolunteers@toronto.ca) or visit <http://www.toronto.ca/livgreen/index.html>. FREE

## Writers

Wednesdays at 8 – 9:30 pm. **In(side) the Veins.** Poetry open mic and workshop. Culturshoc. 1205 Queen St. West. Call 416-588-7462. FREE

**Call for Submissions** from people who identify with feminism and have lived experiences of a psychiatric diagnosis. This upcoming anthology, *Feminist's Navigate Mental Health* (working title), will explore the complexities of navigating mental health and how a feminist identity may (or may not) shape those experiences. Submissions are welcomed in the form of personal short stories. Good writing skills are great, but not mandatory! We will work with you to edit your piece. **Submission deadline is June 1, 2010.** Only email submissions can be accepted. Email [fnmhsubmissions@gmail.com](mailto:fnmhsubmissions@gmail.com) for details. FREE

**Call for Submissions.** Northern Initiative for Social Action (NISA)'s 8th Annual BrainStorm Poetry Contest for mental health consumers and survivors opens **January 4, 2010 to March 19, 2010** and is open to poets worldwide. If you are a writer who has experienced mental health difficulties you are eligible to enter. All subjects are acceptable. The writers of the top three poems will be awarded monetary prizes of \$250, \$150 and \$75, respectively, and their poems will be published in *Open Minds Quarterly* magazine. Visit [http://nisa.on.ca/index.php?option=com\\_content&task=view&id=341&Itemid=1](http://nisa.on.ca/index.php?option=com_content&task=view&id=341&Itemid=1). Note: There is a \$10.00 entry fee for up to 3 poems. The contest is intended as a fundraiser for NISA.

**CALL FOR SUBMISSIONS.** Our Voice/Notre Voix – Viewpoints of the Psychiatrized since 1987/Points de Vues des Psychiatrisés depuis 1987 is calling for submissions for their 50th issue. The theme is "Dare to Imagine: From Lunatics to Citizens". They are accepting submissions of poems, opinions and articles. Consumer/survivors across Canada are welcome to submit their writings. The deadline for the upcoming issue is **March 15, 2010**. Honorariums provided to all who have their work published. For details email [ovnletters@nb.aibn.com](mailto:ovnletters@nb.aibn.com) or visit [www.ourvoice-notrevoix.com](http://www.ourvoice-notrevoix.com). FREE

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Thank you for the responses we have received to our survey (Bulletin 409) and please keep them coming. We appreciate your suggestions, comments and ideas.

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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 C/S Info Website at [www.csinfo.ca](http://www.csinfo.ca) and 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.