

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

Psychiatric patients freeze in Cuban hospital. The Cuban Commission on Human Rights reports that 26 mental health patients died of hypothermia in the Psychiatric Hospital of Havana during a recent cold snap. The commission charges that vulnerable patients were not properly protected from the cold and accuses the Cuban government of criminal negligence. The government has launched an investigation.

<http://www.canada.com/health/Cuba+says+cold+spell+killed+mental+hospital/2446744/story.html>

Are you getting your blood sugar and cholesterol levels checked? US researchers report that less than a third of Medicaid patients who take second-generation antipsychotics like olanzapine (Zyprexa), risperidone (Risperdal) and aripiprazole (Abilify) are having blood sugar and cholesterol levels checked. This is despite government warnings and recommendations for more screening. Second-generation antipsychotics are known to significantly increase blood sugar and cholesterol levels and thus the risk of diabetes and heart disease.

<http://www.reuters.com/article/idUSTRE6034DU20100104>

As many as 15 percent of women experience eating disorders. A recent survey from the Université de Montreal published in the *Journal of Eating Disorders*, examined 1501 adult women's eating habits and found that 10 – 15 percent have maladaptive eating behaviours. 13.7 percent of the women reported binge eating and 2.5 percent reported forcing themselves to vomit and using laxatives or diuretics to maintain their weight. 28 percent reported performing intense exercise twice a month solely to lose weight.

<http://www.medicalnewstoday.com/sections/eatingdisorders/>

Black men over diagnosed with schizophrenia. Research out of the University of Michigan reports that black men are over-diagnosed with schizophrenia 5 times higher than any other group. and the problem goes back to the 1960s. The author of the research based on the archives of Ionia State Hospital for the Criminally Insane, theorizes that black protesters during the civil rights movement were over diagnosed as a result of activism becoming equated with mental illness. Metzl is the author of "The Protest Psychosis: How Schizophrenia Became a Black Disease". <http://www.medicalnewstoday.com/articles/175342.php>

U.S. sues Johnson & Johnson. The office of the United States attorney in Boston has filed a complaint against Johnson & Johnson for violating an anti-kickback statute. The complaint charges that Johnson & Johnson paid Omnicare tens of millions to intensively promote Risperdal and other Johnson & Johnson medications to nursing home physicians. Omnicare is a pharmacy company that dispenses drugs to nursing homes and serves more than 1.4 million residents of nursing homes, assisted living and other health care facilities in 47 states and Canada. Between 1999 and 2004 Omnicare's annual purchase of the Johnson & Johnson drugs tripled.

<http://www.nytimes.com/2010/01/16/business/16drug.html>

Estrogen levels and psychosis. An article published in the journal *Psychopharmacology* reports that adequate levels of estrogen may play a protective factor in menopausal women who are vulnerable to psychosis.

<http://www.sciencedaily.com/releases/2010/01/100120112212.htm>

Brain imaging technology detects PTSD. Researchers at the University of Minnesota and the Minneapolis VA Medical Centre were able to identify veterans with PTSD by using magnetoencephalography (MEG) to measure magnetic fields in the brain. Their success rate was 90% for a group of 72 U.S. veterans. The research is published in the *Journal of Neural Engineering*. <http://www.sciencedaily.com/releases/2010/01/100120083745.htm>

Globalization of bio-medical approach to mental health. In a recent New York Times article Ethan Watters, author of "Crazy Like Us: The Globalization of the American Psyche," argues that the way mental illness is characterized in the western world is spreading around the globe and pushing aside competing cultural understandings and traditions. Watters states that non-western interpretations of mental illness such as viewing it as spirit possession may be ultimately less stigmatizing than the western biomedical model. <http://www.nytimes.com/2010/01/10/magazine/10psyche-t.html?pagewanted=1&em>

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New Years Resolution 2010

By L.A.W.

One of my New Year's resolutions this year was to wear a pedometer. Not to exercise or to diet but to increase awareness with the expectation the rest would follow.

I tend to be isolated when I'm not working and wondered how much daily exercise I was getting. Wow.

500 steps a day.

150 steps for using the stairs instead of the elevator (round trip).

A walk to the subway and back which I had thought was nearby was 2000 steps.

A day at the Eaton Centre was 5000 steps, at which point I began to limp and had experienced enough pain. I took a cab back from the subway station.

I knew staying in the house was problematic but 500 steps a day (!), I doubt I'll let a day go by without making a trip around the block including the subway.

For me information is more powerful than knowledge. Knowledge was not enough to bring change but information allowed me to bring it together and see a very unappealing future.

I lost the pedometer in five days, darn poor quality merchandise. The message will live on for a much longer time, it may not end my isolation but I'll be out for a walk in the meantime.

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*—a detailed guide to building a personal Wellness and Recovery Action Plan. The first 5 chapters are published in Bulletins #408 – 410. The remaining chapters will be published in installments over the next several Bulletins. You can download 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.

When Things Are Breaking Down or Getting Worse

In spite of your best efforts, your symptoms may progress to the point where they are very uncomfortable, serious, and even dangerous. This is a very important time. It is necessary to take immediate action to prevent a crisis or loss of control. You may be feeling terrible and others may be concerned for your wellness or safety, but you can still do the things that you need to do to help yourself feel better and keep yourself safe.

Signs that things are breaking down

Write "When Things are Breaking Down" or something that means that to you, on the fourth tab. On the first page, make a list of symptoms that indicate to you that things are breaking down or getting much worse. Remember that symptoms and signs vary from person to person. What may mean "things are getting much worse" to one person may mean a "crisis" to another. Your signs or symptoms might include—

- feeling very oversensitive and fragile
- responding irrationally to events and the actions of others
- feeling very needy
- being unable to sleep
- sleeping all the time
- avoiding eating
- wanting to be totally alone
- substance abusing
- taking out anger on others
- chain smoking
- eating too much

On the next page, write an action plan that you think will help reduce your symptoms when they have progressed to this point. **The plan now needs to be very direct, with fewer choices and very clear instructions.**

Some ideas for an action plan are—

- call my doctor or other health care professional, ask for and follow his or her instructions
- call and talk for as long as necessary to my supporters
- arrange for someone to stay with me around the clock until my symptoms subside
- make arrangements to get help right away if my symptoms worsen
- make sure I am doing everything on my daily check list
- arrange and take at least three days off from any responsibilities
- have at least two peer counseling sessions
- do three deep-breathing relaxation exercises
- write in my journal for at least half an hour
- schedule a physical examination or doctor appointment or a consultation with another health care provider
- ask to have medications checked

As with the other plans, make note of the parts of your plan that work especially well. If something doesn't work or doesn't work as well as you wish it had, develop a different plan or revise the one you used—when you are feeling better. Always look for new tools that might help you through difficult situations.

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

C/S Online

www.enusp.org

Visit the site of the European Network of (ex-) Users and Survivors of Psychiatry to become informed about the undertakings of these European human rights and social justice advocates. ENUSP is "the only international NGO on a European level that unifies the national and regional organisations of those who have been on the receiving end of psychiatric treatment and whose work is independent from pharmaceutical sponsorship". Their online newsletter has started up again and the first issue is available. It contains updates on campaigns to ban forced ECT in Ireland and to influence the European suicide debate. It also features the work of Romanian activists.

Wish List

A reader is offering a small collection of books on phobias and anxiety, including two workbooks that haven't been used, to a consumer/survivor who can make good use of them.

COMMUNITY ANNOUNCEMENTS

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

What Next! Announces Upcoming WRAP Group

A Wellness Recovery Action Plan (WRAP) group will be starting in February at What Next! Limited spaces still available! What Next! is a C/S staffed peer support drop-in centre in North York. We've recently moved to near Downsview station and new members are always welcome! More information is available on our website: www.whatnextdropin.ca

WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help you when you feel badly. WRAP involves exploring with peers, in a non-judgmental, accepting environment, what we're like when we are feeling well, unwell, when things are breaking down, and when we are in crisis. We look at and develop tools and resources we have to improve and maintain our wellness, learn how to better take care of ourselves, and create better support networks and coping strategies. WRAP does this through five key recovery concepts: hope, personal responsibility, education, self-advocacy and support.

The group will run for 8 weeks at What Next! on Friday afternoons from 5 – 7 pm starting on Friday, February 26th! Call or visit for more information.

What Next! Peer Support Drop-In, 3701 Chesswood Drive, Suite 208 (at Sheppard Ave. West, east of Downsview Subway Station) 416-449-4555 www.whatnextdropin.ca

Creative Works Studio is looking for Steering Committee Members

creative
works **Studio**

We are a community art outreach program whose mandate is to provide an oasis from the daily rigors and challenges of life for people living with mental illness and addiction. The Studio was established in 1995 as a unique initiative spearheaded by St. Michael's Hospital Inner City Health Program. Open five days a week, the Studio provides healing and restorative care within a professionally led creative arts environment.

We need dedicated individuals who are passionate about the arts, and mental health issues, and who have a fundraising background and understanding of the non-profit sector. Our program relies on donations and we are seeking new Steering Committee Members to assist us with dynamic fundraising projects. For more information please go to our website and see our recent 8 minute documentary: <http://creativeworks-studio.ca/> and <http://www.youtube.com/watch?v=U7itfp9v-Ew>.

Contact Isabel Frysberg at 416-867-7460 x 8306 or 416-465-5711 or email frysbergi@smh.toronto.on.ca.

Announcing . . . Now being formed!

MEDITATION / MINDFULNESS

Run by and for Persons in Recovery



Interested? Got questions? Suggestions? Want to help out?

Contact Zane at selfhelpmeditation@yahoo.ca or 416-709-8630.

Linda Chamberlain, local mental health advocate has launched a website for her People & Pets volunteer pet foster care program. Volunteers provide pet foster care for low income consumer/survivors who are experiencing a crisis such as hospitalization, emergency travel or homelessness. Visit www.peopleandpets.ca to learn more about the project and find out how to volunteer.

Minding Our Bodies: Free Pedometer Opportunity

Do you use physical activity to manage your mental health? Tell us about it. We are gathering consumer/survivor accounts of how we use physical activity for wellness and recovery. We will publish them in the *Bulletin* and submit them for publication on the *Minding our Bodies* website. If we gather a collection of stories we will receive 20 pedometers to distribute to subscribers, in recognition of our efforts to promote physical fitness for mental health. Send us your story by email, fax, post or drop it off in person. Call us at 416-595-2882 or email us at csinfo@camh.net for more information.

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. It 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. Visit <http://www.mindingourbodies.ca/> for more information about the project including a Toolkit designed to help community mental health agencies, consumer/survivor initiatives and others to create sustainable physical activity programs.

2010 JEMH Conference on Ethics in Mental Health

Running the Moral Rapids

May 13 - 15, 2010

Peterborough, Ontario Canada

Hosted by the “**Journal of Ethics in Mental Health**” (www.jemh.ca) in association with McMaster University (Hamilton).

Sponsored by the Centre for Addiction and Mental Health (Toronto), the Ontario Shores Centre for Mental Health Sciences (Whitby), and the Royal Ottawa Health Care Group (Ottawa).

Contact John Maher: phone: 705-742-9767 x 25 maherj@ontarioshores.ca fax: 705-742-1941

Registration Fee: \$275.

A limited number of subsidies is available for people living with mental illness. Please contact Theresa Claxton for information: Theresa.claxton@sympatico.ca 416-633-9420 x 16967

Visit <http://www.jemh.ca/index.html> for details.

Centralized Assessment, Triage, and Support Program (CATS)
and the Women's Program are proud to host...

An Education Group for Family Members

This educational group is being offered to adult family members (partners, spouses, siblings,) and friends of individuals who experience mental health and/or substance use disorders. The group will run once weekly as scheduled below. You may attend any number of sessions you like. The sessions will be 90 minutes in length. All sessions are located at 250 College Street, Room 801.

Session #1 – Stigma and Caring for the Caregiver, Mon. Feb 22 at 6 – 7:30pm

Session #2 – Navigating the Mental Health Care System & Community Resources, Mon. March 1 at 6:00 pm – 7:30pm

Session #3 – Crisis Intervention, Mon. March 8 at 6 – 7:30 pm

Session #4 – Effective Communication Strategies, Mon. March 15 at 6 – 7:30 pm

Session #5 – Problem Solving & Closing Session, Mon. March 22 at 6 pm – 7:30 pm

For more information please contact 416-535-8501:

CATS – Ellie Munn RSW (x4549)

Women's Program - Susan Green RN (x4089)

Call For Participants

Are you a racialized consumer/survivor?

Do you want to share your thoughts on mental health recovery?

This study is being undertaken as a component of the Master of Social Work Program at York University. The focus of this study is on the phenomenon of mental health recovery as it is experienced and understood by racialized consumer/survivors.

Participants are asked to take part in a one-on-one interview lasting approximately one hour. The interview will be held at a time and place based on the needs and comfort of the participant. Participants will be encouraged to describe what recovery, mental health and mental health problems mean to them.

Participants will receive TTC tokens to get to and from the interview and \$20.00 cash for their time.

If you would like more information about this study, please contact **Gudrun van Amerom** at 647-618-545 or via email at gudrun@yorku.ca.

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

Free and Low-Cost Events for February 1 - February 14

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

ART EXHIBITS

Until February 25. Mon – Fri at 1:30 am – 4:30 pm. Thurs at 11:30 am – 7 pm. Sat 6 at noon – 5 pm.

Origamic architecture. Three-dimensional reproduction of architecture, geometric patterns, everyday objects, or other images, on various scales, using cut-out and folded paper, usually thin cardboard.

Varieties of existing buildings, from historical to contemporary, are included in this show. The Japan Foundation, 131 Bloor St. West, 2nd floor of the Colonnade. 416-966-1600 x 229 www.jftor.org FREE

Until March 1. **American Prints of the Great Depression.** Art Gallery of Ontario, 317 Dundas Street West. 416-979-6648 www.ago.net Free admission every Wednesday from 6 – 8:30 pm to visit all exhibits.

Until April 1 from 8 am – dusk. **Dean Drever's Bear Hunt.** (Outdoor Installation) "Acid-orange bears move in communion, towards and through a wall, and disappear." Toronto Sculpture Garden, 115 King

Street East (near Church Street and opposite St. James' Cathedral). 416-515-9658
<http://www.torontosculpturegarden.com/>. FREE



Until May 16, 2015. Royal Ontario Museum presents the **Schad Gallery of Biodiversity**. The gallery is devoted to exploring our world's incredible living diversity with seven ecosystem experiences, approximately 2,500 specimens and the Earth Rangers Studio featuring live animal ambassadors. Royal Ontario Museum, 100 Queen's Park (Queen's Park & Bloor Street West). 416-586-8000 www.rom.on.ca

With a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for your family to get in to the ROM free. The pass is FREE. Library info line: 416-393-7131 http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp Sun Life Financial Museum and Arts Pass (MAP)

February 1 – 10 from 8:30 am – 7:30 pm. Beyond the Rhythm presented by Association of African Canadian Artists. A visual art presentation celebrating our survival and accomplishment beyond the bounds of hardship and sorrow... Toronto City Hall, 100 Queen Street West (Queen and Bay Streets). 416-392-7542 www.colour-blind.ca FREE

EDUCATION

University in the Community. Winter Program 2009-2010. A free educational opportunity for people with low income to participate in university level classes in the Humanities. The Workers' Educational Association of Canada (WEA) is a non-profit, non-partisan charity organization dedicated to lifelong learning. Courses are held at Davenport Perth Neighbourhood Centre, Woodsworth College (University of Toronto) and St. Stephen's Community House. Three semesters per year, 8 weeks each. two courses per semester, two nights a week for two hours each night. Open to anyone over the age of 18 who can read an English newspaper and who is committed to completing the course. Preference is given to those with low incomes. A wide variety of courses in the humanities are taught by lecturers from the University of Toronto. 416-923-7872 anne.mcdonagh@hotmail.com courses@weacanada.ca

<http://www.weacanada.ca/about.asp> FREE

- Tuesdays, February 9 to March 2. **Identity in Transit(ion) Part 1: Identity, Travel and Immigration.** St. Stephen's Community House FREE
- Thursdays, February 11 to March 4. **Understanding Globalization.** Woodsworth College. FREE
- Tuesdays, March 9 to March 30. **Identities in Transition Part 2: Strangers and Others in German Literature.** St. Stephen's Community House FREE
- Thursdays, March 11 to April 1. **Introduction to International Politics: Canada and the World.** Woodsworth College FREE

(Thanks for the heads up Jonathon.)

FESTIVAL

February 6, 7, 13 and 14. **KUUMBA.** Black History Month festival with music, dance, film, comedy, spoken word, kid's events, and more. Harbourfront Centre, 235 Queens Quay West 416-973-4000
<http://www.harbourfrontcentre.com/> FREE

Mon 15 from 11 am – 4 pm. 3rd Annual Family Day Festival in the Beach. Petting zoo, arts and crafts, skating, children's entertainers and much more. Kew Gardens, 2075 Queen Street East (Queen Street East & Lee Avenue). 416-693-2242 FREE

FILMS

February 2 and February 5 at 7 pm. 90 minutes per screening. Lights, Camera, Toronto! The National Film Board of Canada / Mediatheque presents two winter programs for the film buff: **Hot & Cool Screenings** in the NFB Cinema for the 18+ crowd including John Walker's acclaimed *Passage*, an evening of award-winning shorts, and Samir Mallal and Ben Addelman's new release *Nollywood Babylon*. Reservations recommended. National Film Board of Canada, 150 John Street. 416-973-3012 www.nfb.ca/mediatheque FREE

Rainbow Cinemas \$4 Tuesdays. All Shows. All Ages. <http://www.rainbowcinemas.ca/A/index.php?>

- Rainbow Woodbine Centre, Woodbine Shopping Centre, 500 Rexdale. 416-494-9371
 - Starts Fri 5. *Dear John* and *From Paris With Love*
 - Starts Fri 12. *Valentines Day* and *Percy Jackson and the Olympians – The Lightening Thief*
- Rainbow Market Square, 80 Front St. East at Jarvis. 416-494-9371
 - Starts Fri 12. *The Wolfman*, *Valentines Day*
 - Starts Fri 19. *Shutter Island*

Cineforum. 463 Bathurst Street (just below College). 416-603-6643 rhartt4363@rogers.com. Pay How You Can: "help posting flyers, cleaning this place, donation of film books, film music cds, dvds, or whatever you can".

- Starts Sat 6 at 9 pm. *The Sex and Violence Cartoon Festival*
- Starts Sat 13 at 7 pm. *Gilgamesh*

Thurs 11 from 1 – 3 pm. ***Rumi – Turning Ecstatic.*** Toronto filmmaker Tiny Petrova talks about and presents her award-winning film about Rumi, a 13th century mystic and scholar. It has been screened in 15 countries. Toronto Public Library, Richview Branch, 1806 Islington Ave. 416-394-5120 <http://www.torontopubliclibrary.ca/> FREE

FITNESS & RECREATION

Ongoing. **Clubs and Groups. Meetup:** <http://www.meetup.com/>. Visit this site to start up or join a club. There are lots of weird and wonderful as well as everyday kinds of clubs where you meet up with like-minded people to pursue a particular interest or hobby. Quilting, peer support, Toronto Adults with Aspergers, ghost hunters, shyness workshop group, karaoke singers, Outerspace UFO & Mysteries club, book clubs, social clubs, spiritual clubs, fitness groups, and many more. FREE

Until March 10 from 9 am – 11 pm. **Winter Fun on the Dinky Rink at the Ceili Cottage.** The ice rink is small and open to all for skating and curling. Sorry, no hockey. Open all day, weather permitting. Kids have the right of way. 1301 Queen St. East (Queen East & Leslie). 416-406-1301 patrick@ceilicottage.com www.ceilicottage.com FREE

Sat 6 from 8:30 am – 1 pm. **Hike High Park and the Lakeshore Trail west to the Lakeshore Yacht Club** with the Toronto Bruce Trail Club. Annual joint hike with the Lakeshore Yacht Club from High Park to the Lakeshore Trail then west to the yacht club. All hikers are invited to thaw out and enjoy a \$5 hot lunch at the clubhouse. No-one has gone home hungry from this event but please bring exact change. To return home there is a very short walk from the club to the Kipling bus terminus, which has frequent service north to the subway station. 416-763-9061 information@torontobrucetrailclub.org www.torontobrucetrailclub.org FREE

PEER SUPPORT AT THE 519

Here are some of the peer support groups held at the 519. In addition to support groups there are many social and recreational groups. The 519 Church St. Community Centre, 519 Church St. 416-392-6874 info@the519.org www.the519.org All of the groups are FREE

- Every Thursday from 12:15 – 1:15 pm and Saturdays from 12:30 – 2 pm. Alcoholics Anonymous.
- Every Wednesday from 8 – 10 pm. Among Friends Refugee Support
- Every Wednesday from 6 – 8 pm. Coming Out Being Out
- Every Saturday from 10:30 am – noon. Debtors Anonymous
- Every Thursday from 3 – 5 pm. Double Recovery
- Last Saturday of every month from 6 – 8 pm. Gays and Lesbians of African Descent.
- 1st and 3rd Thursday of every month from 8 – 10 pm. HOLA! Latino/Latina Gay Group
- Every Saturday from 3 – 5 pm. Narcotics Anonymous
- Every Monday from 6 – 10 pm. Overeaters Anonymous

- Every Sunday from 2:30 – 4:30 pm. Sex & Love Addicts Anonymous
- Every Friday from 6:30 – 7:30 pm. Sexual Compulsives Anonymous
- 3rd Tuesday of every month from 6 – 8 pm. Substance Use and Being HIV+
- 4th Wednesday of every month from 6:30 – 8 pm. Survivors of Incest Anonymous
- 2nd Monday of every month from 8 – 10 pm. Survivors of Medical Abuse
- 1st and 3rd Friday of every month from 7:30 – 9:30 pm. Trans Men FTM Support Group
- 2nd and 4th Friday of every month from 7:30 – 10 pm. Transition Support

TALKS

Tues 9 from 7 – 9 pm. **Revolution on my mind: Black power in the 1960s.** Speakers: Norman Otis Richmond: Journalist and radio producer, former member of the executive committee of the League of Revolutionary Black Workers and Carolyn Egan: leading member, International Socialists. Organized by the U of T International Socialists. University of Toronto, Bahen Centre for Information Technology, Room 2145, 40 St George St. 416-924-9042 416-972-6391 international.socialists@utoronto.ca FREE



Fri 12 at 7:30 pm. **Great Books and Thinkers of Islamic Civilization** with Dr. Timothy Gianotti (Noor Fellow in Islamic Studies at York University). Session 2 – *Abu Nasr al-Farabi*. This new series, open to everyone, calls attention to the rich diversity of the Islamic tradition by showcasing great books, thinkers, and ideas from all over the world and all persuasions of thought. Noor Cultural Centre, Lower social room, 123 Wynford Drive. 416-444-7148 <http://www.noorculturalcentre.ca/> \$5

WELLNESS

Integrative Health Community Student Clinics. Institute of Traditional Medicine, 553 Queen St. West, 2nd Floor. 416-537-0928 info@instituteoftraditionalmedicine.com <http://www.instituteoftraditionalmedicine.com/index2.html>

- Mondays from 1 – 5 pm. **Women's Health Clinic.** \$5 plus a non-perishable food item
- Thursdays from 5:30 – 6:30 pm. **Detox/De-stress Clinic.** Open to everyone. FREE
- Wednesdays 5 – 9 pm. **Pain Clinic.** \$5 plus a non-perishable food item
- Western Herbal Clinic and Community Pain & Stress Clinics starting in March.

WORKSHOPS

February Schedule for **Scarborough Women's Centre**, 2100 Ellesmere Road, Suite 245. All workshops are held from 6:30 – 8:30 pm. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111 adminassist@scarboroughwomenscentre.ca <http://www.scarboroughwomenscentre.ca/>.

- Tues 2. Exploring **Creativity to Open Doors to Success and Self-Esteem.** Embrace your unique assets and learn to use them to see your self-trust and esteem increase. \$5
- Tues 9. **How to be Your Own Best Friend.** Learn to treat yourself with love, respect and compassion. \$5
- Tues 16. **Power of Attitude.** Learn to face the tough challenges in life. \$5
- 6 Thursdays from February 4 – March 11. **Building Self-Esteem.** Learn how to enhance this important aspect of who we are. \$30
- 8 Mondays from February 8 – March 29. **How to Find and Live Your Life Purpose: Using Journaling, Creativity, Dreams and Intuition.** Learn to use your creative imagination to understand more about your deeper purpose. \$30

Wed 3 from 6 – 9 pm. Social Planning Toronto and Toronto Open Budget Initiative present **City Budget Process 101.** Every year Toronto City Council passes capital and operating budgets that identify priorities and guide the City's spending for the year. Learn how the City of Toronto budget process works. Find out how you can get involved. Guest Speakers: City of Toronto Budget Chief Shelley Carroll; Ann Fitzpatrick, TOBI; Judy Rebic, CAW; Sam Gindin, Chair in Social Justice and Democracy at Ryerson University. North

York Memorial Community Hall, 5150 Yonge St. Registration is required. Register by clicking here or by calling Mary Micallef at 416-351-0095 x251. FREE

February 5 and March 5 from 1 – 3 pm. **Toronto Employment and Social Services Information Session.**

Get your questions answered about Ontario Works. In addition, they provide support with job searching, cover letters, resumé information on training programs, professional workshops and job fairs. Toronto Public Library, Parkdale Branch, Program Room, 1303 Queen St. West. 416-393-7686
<http://www.torontopubliclibrary.ca/>. FREE

Sat 6 from 2 – 3 pm. **Black History Month Program.** Drumming performance and workshop with one of Canada's premier percussionists, Muhtadi. Unique sounds of djembe, bongos, congas, timbales, steel pan, and many more instruments. All ages welcome. Toronto Public Library, Malvern Branch, 30 Sewells Road. 416-396-8969 <http://www.torontopubliclibrary.ca/> FREE

Wed 10. Small Buffet at 6:30 pm. Presentation from 7 – 9 pm. ACT Community Health Forum presents **"Does Treating HIV Prevent Transmission?"** We are delighted to have an outstanding, international guest speaker. ReJaen Thomas, PhD, DSc. MD. President and Founder of the Clinique L'Actuel, Montreal. Ramada Plaza Toronto. 300 Jarvis St. Contact: Robin Rhodes, HIV Health Promotion Coordinator, AIDS Committee of Toronto (ACT), 399 Church Street, 4th floor. 416-340-8484 x219 www.actoronto.org FREE (No registration required)

February 12 and March 12 from 3 – 4 pm. **Second Career.** An Ontario Government program that provides up to \$28,000 to support laid-off Ontarians who wish to train for a new career. Services available in English, Hindi, Punjabi, Hindko and Urdu. Call 416-421-3054 to speak to a second career counselor. Toronto Public Library, Flemingdon Park, 29 St. Dennis Drive, Auditorium. 416-395-5820
<http://www.torontopubliclibrary.ca/> FREE

Fri 12 from 10 – 11:30 am. **Arthritis Prevention Workshop.** Learn about joint health and how to prevent arthritis. Toronto Public Library, Riverdale Branch, 370 Broadview Ave. 416-393-7720
<http://www.torontopubliclibrary.ca/> FREE

WRITERS

Thurs 4 at 7 pm. **BIG Voices, NEW Voices.** Kickoff Event for Black History Month. Austin Clarke and George Elliott Clarke introduce 2 emerging writers worth watching. Toronto Reference Library, Bram & Bluma Appel Salon, 789 Yonge St. 416-395-5577 [torontopubliclibrary.ca/blackhistorymonth](http://www.torontopubliclibrary.ca/blackhistorymonth) FREE

Ongoing Call for Submissions. PeacockPoverty is an anti-poverty collective of individuals with experiences of poverty who join together to share knowledge, strength, talent and wisdom with each other and friends. Peacock Poverty publishes submissions by members online. Membership in the collective is free.
<http://www.peacockpoverty.org/>

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