

# BULLETIN



C/S Info Centre exists to meet the information needs of  
Consumer/Survivors in the Toronto Area

Bulletin 413 March 1 – 14, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON  
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The Second in Our Series of Submissions about Fitness by Our Readers

## Using Physical Activity to Manage My Mental Health

By S. Caty

Even before I had a diagnosis of a mental illness, I was very physically active — I swam, dove, did synchronized swimming, played baseball and volleyball, jogged and walked. Being fit and active was something I truly enjoyed. (I even considered being a secondary school phys ed teacher for a while, until I entered the Faculty of Education and experienced what it would be like to teach that every day. I decided that I wanted to stay fit for myself and not to teach it to others).

I suppose I am lucky in that way. I have long known the joy of working out, building up a sweat and feeling calm and refreshed afterwards.

When I was diagnosed in my 40's, I already had decades of experience with fitness activities. And I found that no matter how blue I was feeling, or how hard it was to get out of bed in the morning, a good strenuous swim in my local pool, or a rigorous aerobics and weights class at my local community centre ALWAYS, and I really stress ALWAYS makes me feel better. Part of it is definitely the discussions in the change room with women who have become friends over the years, most of whom don't know about my diagnosis. We all talk about not really wanting to work out that day, but also knowing how much better we will feel when we are done.

And then, an hour or so later, we collapse in fatigue and comment on how we actually do feel better. That feeling lasts throughout the day.

With adequate sleep, visits to my new very supportive psychiatrist, and as much physical exercise as I can fit into my day, I am able to remain healthy. Keeping my weight under control is a very special side effect of this as I find my tendency with my psychiatric medications is to overeat. Is it the meds? Knowing that I am on meds? Knowing that I have this diagnosis? Etc.

Remaining physically active is a vital cornerstone of my daily routine.

"Using Physical Activity"

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## Wish List

Available: Cookbooks and travel books

Needed: A TV for a Mainstay Housing Common Room

# COMMUNITY ANNOUNCEMENTS

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

## C/S Info's Income Tax Clinic It's tax time!

and the C/S Info Centre's free income tax clinic for low income consumer/survivors is operating again. The guidelines set by Canada Revenue Agency are: single person: income must be under \$25,000; couples or a person with a dependant: income under \$30,000; no complicated returns which means: no self-employment income, no bankruptcies, no rental income, no capital gains and no returns for a deceased spouse.

If you meet these criteria, and you have your T4's and/or T5's in hand, please call the Centre for an appointment with us, or for the address of a tax clinic nearer to where you live: 416-595-2882.

## Consumer/Survivor Information Resource Centre seeks a Volunteer Income Tax Preparer

We are looking for a Consumer/Survivor who is good with people and numbers and the income tax software Ufile. Our tax clinic operates on Tuesdays, intensively in March, April and May and less regularly pretty much all year round.

Our clinic is part of Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

### Your responsibilities:

- Take the one-day training provided by Canada Revenue Agency,
- Interview clients to see if they qualify under the CRA's guidelines for the service,
- Greet clients and help them to feel at ease,
- Sort documents for those with multiple years of filing to be done,
- Complete Income Tax Returns using both Ufile and ProFile,
- Answer questions about the returns, refunds, GST amounts, tuition receipts and deductions, charitable donations and medical expenses,
- Efile the returns for those clients who fit this option and prepare the return for mailing for the rest,
- Liaise with Canada Revenue and other agencies such as ODSP to obtain missing documentation on behalf of clients,
- Be reliable.

If you are interested in this position, and feel you meet the requirements, please send a resume and/or cover letter no later than Monday, March 8, 2010, to: Helen Hook, Coordinator, Consumer/Survivor Information Resource Centre of Toronto. c/o CAMH, The Mall 1001 Queen Street West Toronto ON M6J 1H4 or fax to 416-595-0291 or [csinfo@camh.net](mailto:csinfo@camh.net).

## MHCC News

The new initiative by the Mental Health Commission of Canada (MHCC) has begun. It's the study taking place in 5 Canadian cities, to see if a "Homes First" approach helps people who are homeless more than the traditional way of services first, get the person well, and then house that person. See the list of criteria below and if you think you qualify, get someone to refer you.

### 'At Home' Study now accepting referrals

The "At Home" research team at the Centre for Research on Inner City Health, St. Michael's Hospital, is now accepting referrals of potential study participants from all health and social service providers in Toronto.

**Study Purpose:** To examine the effectiveness and cost effectiveness of housing and supports for homeless people with serious mental health issues. The goal of this study is to create evidence for policy makers about what services and supports work best for this group.

**Eligibility Criteria:**

- Legal adult status (age 18 or older)
- Homeless (staying on the street, in a shelter)
- Serious and persistent mental health issues (i.e., psychosis, severe depression, severe post traumatic stress disorder)
- Must have unmet mental health care and support needs

Formal mental health diagnosis is not required at the time of referral. Concurrent disorder (substance use) is allowed. We encourage referrals of individuals from racialized groups.

**Contact:** Vivian Lee

**Phone:** 416-864-6060 ext 3378

**Email:** [leevivi@smh.toronto.on.ca](mailto:leevivi@smh.toronto.on.ca)

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## Harm Reduction Competency Workshop

### Working with substance users from a harm reduction perspective

This two day workshop, organized by Toronto Public Health Sexual Health Promoters and community partners, is designed for people who work with people who use drugs.

The main focus of the workshop is to raise awareness about:

- Safer drug use and risk reduction to prevent the transmission of HIV and Hepatitis
- Strategies to reduce barriers to accessing equitable services
- The policies and politics that affect the lives of people who use drugs and their communities

**Metro Hall** is located at 55 John Street (University Line, St. Andrew stop on the Subway)

**Steelworkers Hall** at 25 Cecil Street (Dundas W & Spadina)

March 10 & 11. March 24 & 25. April 20 & 27. May 26 & 27. June 23 & 24.

**Fee:** Free **Time:** 9:30 am to 4:15 pm

**For more information and to register, please contact:** Susan Talusan at 416-338-3654 or 416-392-0888, or email [stalus@toronto.ca](mailto:stalus@toronto.ca)

**Please Note:** Workshop spaces are limited and quickly fill up. Please give notice if you can not attend as planned.

For those outside of Toronto and interested in this workshop, please do call as they have allowed participants from other parts of the GTA.

## The Friendly Spike Theatre Band is Delighted to Announce

Up and coming theatre activity in the form of a Play Development Program at  
May Robinson Recreation Room  
20 West Lodge Avenue  
(one block east of Lansdowne, one block north of Queen)  
on Friday nights from 6:30 pm to 9:30 pm  
Starting Friday March 19th  
Running until Sept 2010

### EVERYONE IS WELCOME!

- \*wheel chair accessible!
- \*text captioning!
- \*live description!

For more info call 416-516-4740

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### Queen West Community Health Centre: ID Clinic OHIP Kiosk for people who are homeless

168 Bathurst Street (Queen and Bathurst)  
Second Monday of every month  
10 am – 1:30 pm (first come first served)  
Doors open at 9 am (please get a number and sign up at 9:30 am)

The next clinics will be held on March 8, 2010.

For more information please contact Judy at 416-703-8482 x 114.

There may be a long wait and we appreciate your patience. Drinks and snacks will be served while you wait.

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### Aging: Warning signs of Dementia and Housing Options

Tuesday March 23, from 1 pm to 4 pm  
454 College Street West (College and Bathurst)

The Alliance For Education in Community Mental Health will be holding a workshop presented by CAMH Psychogeriatric Services and a live performance by Act 11 Studio: *I'm still here*, about Alzheimer's Disease. Workshop fee is \$25.00. Bursaries for consumer/survivors and seniors who are not sponsored by agencies are available.

For more information and registration contact Calleta Johnson at Houselink Community Homes: 416-516-1422 x 226.

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### Ontario Vegetarian Resource Centre Vegetarian Food Bank

“To engage, inspire and lead Ontarians in creating a hunger-free world”

- Every Saturday from 10:30 am to noon at 2400 Finch Avenue West (North York)
- Every Saturday from 3:30 – 5:30 pm at 2370 Midland Avenue Unit B5 (Scarborough)

Call 416-744-4357 or visit [www.veg.ca](http://www.veg.ca).

## CALL FOR ART SUBMISSIONS WORDS ON THE WALL

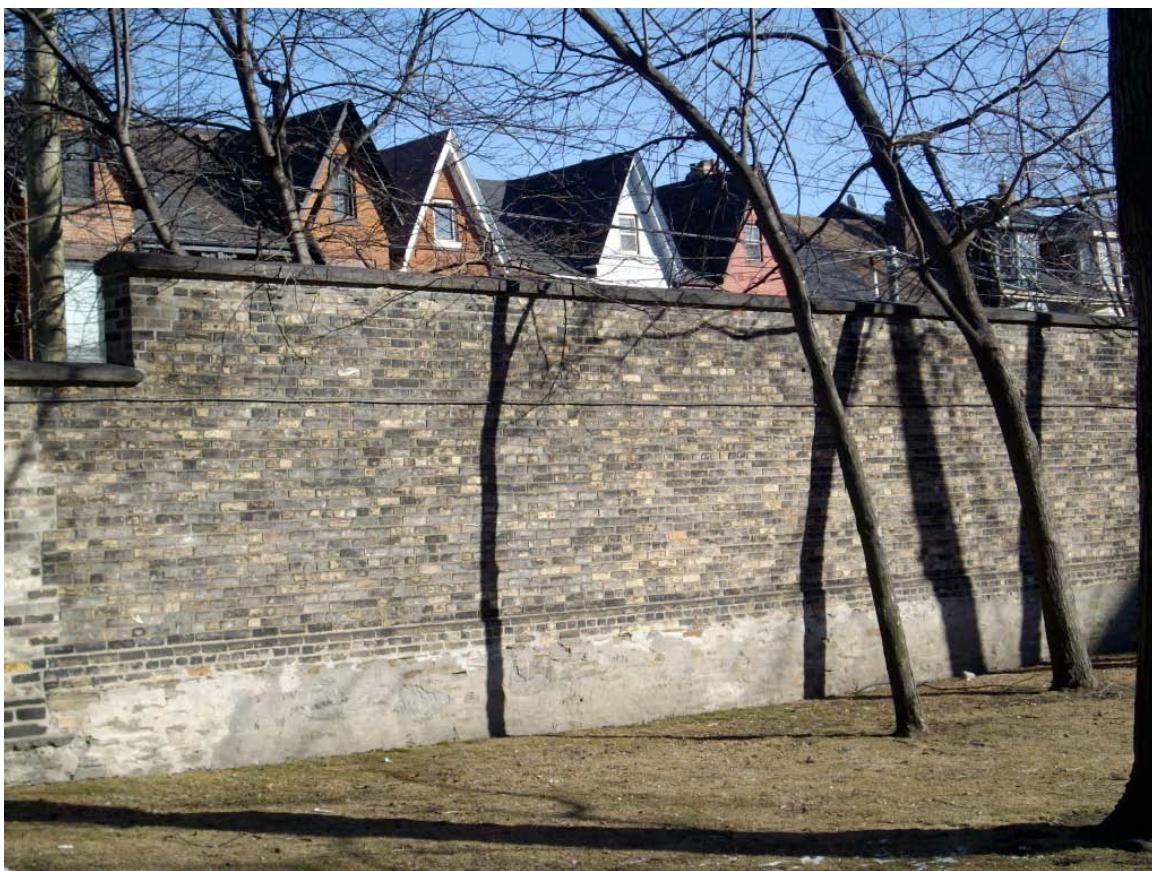


Photo credit: Graeme Bacque, 2010

### A FUNDRAISER FOR PLAQUES FOR THE 19<sup>TH</sup> CENTURY PATIENT-BUILT WALL

#### Help us put Words on the Wall

*The Psychiatric Survivor Archives of Toronto (PSAT) is giving out bricks to serve as the basis for a work of art. Artists and groups are welcome to use the medium of their choice. Works will be displayed and sold as part of a silent auction to help raise funds for historic plaques to commemorate the history of the patient-built wall at the Queen Street Site of the Centre for Addiction and Mental Health.*

*Words on the Wall* will be held on April 21, 2010 at the Gladstone Hotel in conjunction with This is Not a Reading Series. There will be a wall tour led by historian Geoffrey Reaume, followed by a relaunch of the 2nd edition of his book, *Remembrance of Patients Past* (University of Toronto Press). We will end the evening with a silent auction of the bricks donated by artists.

To request a brick or for more information, please email [psychsurvivorarchives@gmail.com](mailto:psychsurvivorarchives@gmail.com) or phone 416-661-9975 or 416-809-1013. For more information about PSAT visit [www.psychiatricsurvivorarchives.com](http://www.psychiatricsurvivorarchives.com).

For more information about This Is Not A Reading Series visit [www.tinars.ca](http://www.tinars.ca).

DEADLINE FOR SUBMISSIONS: APRIL 7, 2010

## The VanDuzer Art Studio is looking for artists!

In association with Eden Community Homes, the VanDuzer Art Studio offers classes, workshops and rental space to artists, both professional and amateur. Self-expression through art can play an important role in life and contribute significantly to the process of recovery from mental illness.

The VanDuzer Art Studio is a newly renovated historical building centrally located behind Eden Community Homes at 196 Beverley St. (built circa 1886). Fees are low — or are waived completely, if your group is a non-profit organization mandated to serve adults with mental health issues.

To book time for a group, apply to join a workshop, or volunteer please call: Tamara Wilen, Art Studio Coordinator at 416-977-3655, 647-280-4931 or email [amarawilen@rogers.com](mailto:amarawilen@rogers.com).

Citizens With Disabilities presents

### ***Mad People's History and Preserving Our Past: What's In It For You? (a webinar)***

Friday, March 12 at 7:30 pm EST.

Presenter: Geoffrey Reaume, Professor, Critical Disability Studies, York University.

This amazing webinar will examine how madness has been expressed and interpreted in modern history. Geoffrey Reaume is a noted Historian and author of *Remembrance of Patients Past* and the recipient of York University's 2010 Faculty of Graduate Studies Teaching Award.

The focus will be on the need to interpret and preserve our diverse history from the perspectives of people who have lived this history, to challenge and change discriminatory attitudes toward people who have experienced madness, past and present. Click here to Register for Mad People's History. IDEAL Auditorium 1

## **11th Annual George Brown College Mental Health Conference**

“What Keeps Us Going – Embracing Vulnerability and Fostering Resilience in Ourselves and Others”

Thursday, March 4, 2010  
George Brown College  
Financial Services Building, Room 406  
290 Adelaide Street East

An educational forum presented by George Brown College's Centre for Preparatory & Liberal Studies in partnership with the Centre for Addiction and Mental Health. This year's mental health conference theme, “What Keeps Us Going – Embracing Vulnerability and Fostering Resilience in Ourselves and Others” will be presented by Dr. Gabor Maté, a physician, author, seminar leader and public speaker. He is a former medical columnist for The Vancouver Sun and The Globe and Mail. His four books are all Canadian bestsellers, published internationally in over a dozen languages on five continents. The most recently published, *In the Realm of Hungry Ghosts: Close Encounters with Addiction* has been a national bestseller and has been awarded the Hubert Evans prize for literary non-fiction.

The conference is intended for counsellors, social workers, child and youth workers, educators, program managers, researchers and policy makers.

Registration Fees: Includes full conference, continental breakfast and lunch.

\$70.00 + GST = \$73.50

\$40.00 + GST = \$42.00 [for full-time students]

# EMPLOYMENT MATTERS



*Building Partnership and Vision*

As part of CAMH's redevelopment process Carillion has developed the following 2 positions and is welcoming people with lived experience of mental health or addictions to apply. Please email resumé to Diana Capponi at [Diana\\_capponi@camh.net](mailto:Diana_capponi@camh.net) or fax to 416-583-4316 by March 11, 2010.

## Project Administrator

Reports to Project Manager

Provide Administrative Support to the Team

### **Skill Set - the duties are as follows but not limited to:**

- Provide a wide variety of administrative support to Project Managers, Superintendent, Project Coordinators and Field Staff
- Perform Administrative duties, answer main telephone line, take messages as required, handle, date stamp and distribute all correspondence received on site such as faxes, couriers, incoming and outgoing mail, ordering and maintaining supplies, maintaining a filing system, typing correspondence and minutes
- Order and maintain coffee, tea and water supply on site
- Assist Superintendent and Project Manager with orders and Purchase order logs
- Liaise and coordinate with Head Office Accounting department regarding purchase orders, month end reports, billings, etc.
- Maintain telephone, address list and other data entry into the Vanbots Management System (VMS)
- Liaise with IT department regarding computer problems, cell phones, daily computer back up and other related inquiries
- Receive, date stamp and sign for all incoming Tenders and distribute appropriately
- Assist in the preparation of Tender Packages with Contract Manager
- Collect and assist in the preparation of monthly invoices for Owner / Architects
- Collect and fax timesheets to payroll administrator in office on a regular basis
- Assist Vanbots' Staff as required
- Other duties as assigned

## Project Coordinator

Reporting to Project Manager

Provide support to Project Manager & Project Supervisor on a Construction Project

### **Skill Set - the duties are as follows but not limited to:**

- Provide support to Project Manager (PM) and Superintendent regarding all construction related issues including coordination of project paperwork, tendering coordination and support, Head Contract and shop drawing distribution and subcontract documentation.
- Maintain Anticipated Cost Issue (ACI) files- distribution of change notices, verification of pricing and submission of costs for approval.
- Track RFI submissions and responses for clarity, completeness and timeliness.
- Assure that all drawings are current drawings and specifications are used for the duration of the project.
- Assist in scheduling and expediting materials and sub trades
- Maintain and input project information into the Vanbots Management System (VMS)
- Monitor and provide feedback on sub trade performance
- Liaise with consultants and subcontractors regarding Change Order pricing and paperwork flow.
- Prepare deficiency list and monitor the corrections of deficiencies. Assist in the coordination of deficiency corrections.
- Other administrative duties as required
- Other special duties as assigned

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

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

## ART

**Tues – Sat until March 11 from 11 am to 6 pm. Bearing Weight, sculpture and painting by Eden Bender.** Eden Bender's conceptual and figurative sculpture has been influenced by the adversity of the human condition and focuses on the human capacity to endure mental or physical load and the significance of its impact. Eden has received numerous awards including the L.L. Odette Sculpture Award and the Ontario Arts Council Award. Muse Gallery, 1230 Yonge Street, just north of the Summerhill subway station. 416-974-9986 [www.musegallery.ca](http://www.musegallery.ca) FREE

**Until April 25. Building Storeys 2010.** A photo exhibit of Toronto's Industrial Past presented by Heritage Toronto. Gladstone Hotel, 1214 Queen St. West. 416-338-0684 [info@heritagetoronto.org](mailto:info@heritagetoronto.org) FREE

## FESTIVALS

**Thurs 4 – Sat 6. 8th Annual Aboriginal Awareness Days & Pow Wow.** Dancers, drums, Native arts & crafts vendors, and more. Presented by the Aboriginal Students' Association at York. Sponsors include First Peoples @ Seneca. All are welcome. York University, 4700 Keele St. 416-736-2100 x 22607 Aboriginal Services FREE

**Sat 6. Rally at 11 am. March at 1 pm. International Women's Day 2010.** OISE (Ontario Institute for Studies in Education), Auditorium, 252 Bloor Street West (at the St George Subway Station). Fair is at 1:30 pm at Ryerson, 55 Gould Street. [www.IWDTORONTO.ORG](http://www.IWDTORONTO.ORG) FREE

**Sun 14 at noon. Toronto St. Patrick's Day Parade.** One of the world's largest St. Patrick's Day parades. Starts at Bloor and St. George. Continues along Bloor then down Yonge to Nathan Phillips Square. 416-487-1566 <http://www.topatrick.com/> FREE

## FILMS

**Tues 2 from 11 – 2 pm. Dialogue on Dialoguing.** Screening of *The Imam and the Pastor* followed by a panel group on the commonalities and tensions in peaceful dialogue between religious groups. York University, Keele Campus, Centre for Human Rights, 106 Accolade West Building. FREE

**Thurs 4 at 7 pm.** Screening of the Oscar-nominated, award winning documentary, **The Cove**, with a talk by Leah Lemieux, author of *Rekindling the Waters: The Truth About Swimming with Dolphins*, an exposé about the hidden abuse and killing of dolphins which underscores the captive "swim with the dolphins" industry. University of Toronto, Innis Town Hall, Innis College, 2 Sussex Avenue (corner of Sussex and St. George). \$5 through Zoocheck Canada (416-285-1744) or at the door

## FITNESS AND RECREATION

**Sat 13 from 11 am - 12:30 pm. Yoga/Meditation: Secrets to a Healthy Life.** Includes basic techniques and simple exercises that help manage stress and anxiety, restore a sense of well being and give a happy and healthy lifestyle. Registration required. Toronto Public Library, Highland Creek Branch, 3550 Ellesmere Road. 416-396-8876 FREE

**Ongoing. PHACS. Running and walking Group for Consumer/Survivors.** Various times and locations. Rain or shine. WALK-RUN. PhACS (Physical Activities for Consumer Survivors)

works in partnership with Accent on Ability, a non-profit organization, to promote wellness through physical fitness and social activities. PhACS serves consumers survivors, their friends and diabetics. It is your choice to walk, walk/run or run. Adventure walk the first Saturday of the month. Join us and bring motivation and support to our group. Call 416-604-6973 or visit [www.accentonabilities.org/phacs.htm](http://www.accentonabilities.org/phacs.htm). No registration. Just show up. FREE



**Year Round from 9 am – 5 pm. Riverdale Farm.** A farm in the centre of the city that lets you forget about being in an urban centre. 201 Winchester Street. 416-392-6794 <http://www.friendsofriverdalefarm.com/index.htm> FREE

## MUSIC

**Thurs 4 from noon – 1 pm.** University of Toronto Faculty of Music presents **Great 20th-Century Composers From Ibert to Ives.** Bass baritone Giles Tomkins and pianist Kathryn Tremills present a program highlighting two prominent 20th century composers from opposite sides of the Atlantic. University of Toronto, St. George Campus, Edward Johnson Building, 80 Queens Park, Walter Hall. 416-978-3744 [www.music.utoronto.ca/events...](http://www.music.utoronto.ca/events...) FREE

**Thurs 11 from noon - 1 pm.** University of Toronto Faculty of Music presents **Frédéric Chopin: His Greatest Works.** Professor Emeritus William Aide performs four of Chopin's greatest works in celebration of the 200th anniversary of the composer's birth. University of Toronto, St. George Campus, Edward Johnson Building, 80 Queens Park, Walter Hall. 416-978-3744 [www.music.utoronto.ca/events...](http://www.music.utoronto.ca/events...) FREE

## TIRED OF WINTER?

**7 Days a week. Allan Gardens Conservatory.** Established in 1858, this oasis of greenery in the city has 6 greenhouses totaling over 16,000 square feet of garden paradise. There's The Palm House and the Cactus Greenhouse and there's always a display of seasonal flowers. 19 Horticulture Avenue, near Jarvis and Carlton. 416-392-1111 FREE

**Sat 6 from noon - 4 pm. Seedy Saturday Scarborough.** Brought to you by Live Green Toronto this day promises to be fun for gardeners of all ages. There will be a chance to exchange seeds with other seed savers and learn more about gardening in workshops on seed starting, extending the growing season, composting and container gardening. Tables will include seed vendors, The Toronto Master Gardeners, TCGN, Seeds of Diversity, Environmental organizations and community groups. Come and meet like-minded gardeners. East Scarborough Storefront Community Centre. 4040 Lawrence Ave East. 416-691-5173

[K\\_fullerton@sympatico.ca](mailto:K_fullerton@sympatico.ca) FREE

## WORKSHOPS

**Mon 1 from 3 – 4 pm. Substance Abuse with Elders.** Marilyn White-Campbell of the Community of Older Persons Alcohol Program (COPA) presents a discussion on substance use and older adults. 49 Bathurst St., Suite 200. 416-516-2982 <http://www.copacomunity.ca/> FREE

**Wed 3 from 1 - 2:30 pm. Theatre for Social Change with Christine Mayor.** This workshop uses drama exercises to help identify, act out and rehearse solutions to real life issues. No acting experience required. 6 St. Joseph, Yellow Door Learning Centre, 6 St. Joseph Street, 2nd floor. 416-923-8836 <http://6stjoseph.ca/> FREE

**Wed 3, 10, 17, 24, and 31 from 10 am - noon. Cancer Awareness.** Learn what cancer is, when you should start cancer screening, and how to stay healthy. Toronto Public Library, Main Street Branch, 137 Main Street. Register at 416-778-5805 x 222. FREE

**Mon 8 from 3 – 4 pm. Advocacy 101.** Graham Webb is a lawyer from ACE and will speak about this community based legal clinic's work providing direct legal services to low income seniors, public education and engaging in law reform activities. Advocacy Centre for the Elderly (ACE), 2 Carlton St., Suite 701. 416-598-2656 <http://www.advocacycentreelderly.org/> FREE

## WRITERS

**Wed 3 from 5 – 6:30 pm. Beginner's Writing Workshop with Allen Sutterfield.** This workshop is for anyone interested in writing, including beginners and published writers. All that's required is a genuine interest in learning to write. 6 St. Joseph, Yellow Door Learning Centre, 6 St. Joseph Street, 2nd floor. 416-923-8836 <http://6stjoseph.ca/> FREE

**Wed 3 from 7 – 9 pm. Advanced Writing and Poetry Workshop with Allen Sutterfield.** This writing workshop is for writers who are already proficient in the basic elements of writing fiction, and who have a serious interest in Poetry. Both prose and poetry will be practiced in the course. The procedure focuses on PRACTICE of writing, both in the sessions directly, and in a short assignment to be completed during the week between meetings. 6 St. Joseph, Yellow Door Learning Centre, 6 St. Joseph Street, 2nd floor. 416-923-8836 <http://6stjoseph.ca/> FREE

**Call for Submissions. The lived experience(s) of mental health in feminist communities.** Call for submissions from people who identify with feminism and have lived experiences of a psychiatric diagnosis. Our 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 1st, 2010. Comments, concerns, questions and submissions should be directed to [fnmhsubmissions@gmail.com](mailto:fnmhsubmissions@gmail.com). FREE

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To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please 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 by C/S Info Centre, a consumer/survivor initiative funded by the Ministry of Health and Long-Term Care. We are governed and staffed by consumer/survivors of the mental health system. Due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health we can send the *Bulletin* by post if you don't have email. Editors: Helen Hook and Colleen Burns. [www.csinfo.ca](http://www.csinfo.ca)

The *Wellness & Recovery Newsletter* is published quarterly by Community Resource Connections of Toronto (CRCT) and circulated by C/S Info Centre. You may receive it by post if you don't have email. Editor: Glen Dewar. [www.crct.org](http://www.crct.org)