

BULLETIN



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

Bulletin 420 June 16 - 30, 2010

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Proclamation Mad Pride Week July 12 – 18, 2010

WHEREAS there are men and women around the world, from all walks of life and of all ages, who face mental health difficulties and challenges during their lives.

Emotional trauma has profound consequences on the quality of life of individuals and families and an economic impact on society.

Service organizations and agencies in our community raise public awareness about the discrimination and stigma attached to mental health. The promotion and awareness of mental illness is often achieved through the works of artists, educational endeavours and other supportive actions and efforts.

The fight for human rights and the elimination of discrimination and injustice help protect the rights of psychiatric survivors and other marginalized individuals, thereby empowering and improving their sense of well-being and quality of life.

We must all commit to the values of acceptance, self-determination and respect of individuality, and develop strong beliefs in the intrinsic worth and dignity of every human being.

NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council, do hereby proclaim **July 12 – 18, 2010** as **“Mad Pride Week”** in the City of Toronto and encourage all residents to support equal rights for everyone.

Signed by Mayor David Miller

Mad professor? Sure, and he's full of 'mad pride'

April 30, 2010 **Judy Gerstel**

SPECIAL TO THE STAR

The “mad man” was making a joke.

He was talking about the stigma of madness and how, because of historical context and cultural cues like movies, people equate madness with evil.

Proclamation	“Mad Professor”	Opinion	Gift-WRAP	Announcements	Employment...	Places to go...
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“That stereotype exists, the mad man with an Uzi in one hand and a machete in the other,” says David Reville. “We all carry it in our heads.”

And that’s why, explains Reville, speaking for mad people. “We get bent out of shape whenever something hideous does happen.”

For example, he says, when someone on a bus cuts the head off another passenger, as happened two summers ago in Manitoba. “Now that’s mad,” he said, in reference to the man who was later found not guilty of murder because he is schizophrenic and was suffering from a major psychotic episode.

Of course, most mad people are not dangerous, he points out. They’re no different from you and me.

(Chances are, they *are* you and me; one out of five Canadians will experience mental illness, advises Health Canada.)

“I’m never going to harm you physically,” says Reville. “I’m not going to cut your head off — but I might talk your head off.”

As with all good jokes, there’s truth in that, because Reville does, in fact, proceed to talk non-stop for more than two hours — even though he still has a stack of papers to mark for the courses he teaches at Ryerson: A History of Madness, a liberal arts course, and Mad People’s History, a similar course offered online for the first time this year by the G. Raymond Chang School of Continuing Education.

But then, Reville has lots to talk about — and lots of experience doing it.

Now 67, he was 22 when he dropped out of law school because of “what is euphemistically called a nervous breakdown.” After two years in Kingston Psychiatric Hospital, Reville became a plumber, then owner of a successful plumbing business. (He was first diagnosed with what is now called bipolar affective disorder, and takes an anti-depressant.)

“The antidote to madness for me is political activism, advocacy work and conscious-raising,” says Reville.

He spent two terms on Toronto City Council and two terms as a New Democratic MPP at Queen’s Park (elected in 1985 and again in 1987). He talked the heads off constituents, colleagues, the media and anyone in the vicinity of his voice, actual or virtual, about poverty, homelessness, unemployment, social exclusion, human rights and the consequences of being labeled, “medicalized” and “psychiatrized”—the latter term being a particular favorite.

Reville once made another widely quoted joke, about how he joined the NDP because he was mentally ill.

That one, too, was based on truth.

“I was trying to explain that, while locked up in a mental hospital, I was in a position to observe what the power structure did to people on the bottom end of it and what it felt like to be completely powerless,” he explains. Having experienced that, “you would join a political party trying to do something about it.”

Now he talks to students and other “high knowledge crazies” — another term he’s fond of and one he invented—about the history of madness and the mad movement.

The label Reville uses most for himself is “psychiatric survivor” but he’s kind of partial to “mad professor,” though modestly insisting he’s not a professor, merely a part-time instructor in the School of Disability Studies.

If he were of a younger generation, he says, he might go with “crazy” or “lunatic” or “wacko” — increasingly popular terms of self-reference in the mad movement, properly known as the “consumer/ survivor/ ex-patient movement (C/S/X).”

“It’s a compound word because it reflects the different ways members of the movement describe themselves,” explains Reville.

Labels like “lunatic,” he says, are a way of “queering madness — jamming the culture by taking the most pejorative terms and embracing them, the way people in the gay movement did. It happens in many equity-seeking movements.”

The mad liberation movement that gave rise to, and is explored in, Reville’s courses, along with the horrors, ignorance and indignities that preceded it, owes a debt, he says, to other human rights and liberation movements: feminism, black pride, gay pride.

“We have the same roots,” he says, “but have not been as successful, perhaps because we’ve been even more marginalized and because it’s so dangerous to come out as a mad person. Many of us pass for normal — and that’s a rational decision to make.”

But it’s the narratives of people who not only come out as mad but “who talk back to psychiatry” that are prominent in the courses he teaches.

"A lot of the course is about mad people who are activists, trying to change the way madness is viewed by society, and about what happens to people who are identified as mad," he explains.

Reville believes we're on the cusp of including Mad Studies in the academic world in the same way Women's Studies have become enshrined.

Meanwhile, his students are learning that Mad Pride is a growing and evolving movement.

The Mad Pride parade and celebration in Toronto on July 14, coinciding with Bastille Day, is part of an international celebration of mad pride on that day. "We changed the name from Psychiatric Survivor Pride," explains Reville.

But the change that excites Reville most, after all these years, "is to see young people at the university who are themselves mad-identified. This is new, an intellectual innovation whereby people who have had some experience with madness or mental illness or the mental health system are now studying the phenomenon itself."

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<http://www.healthzone.ca/health/mindmood/mentalhealth/article/802820--mad-professor-sure-and-he-s-full-of-mad-pride>

GIFT-WRAP

Mary Ellen Copeland's Wellness & Recovery Resources

Here's a continuation of Mary Ellen Copeland's booklet *Building Self-Esteem – A Self-Help Guide*. We published the first part in the last *Bulletin*. It is located in the public domain and may be reproduced or copied without permission. Here is Chapter 2. You can download the complete document yourself at http://download.ncadi.samhsa.gov/ken/pdf/SMA-3715/SMA-3715_Building_Self_11p.pdf.

From *Building Self-Esteem – A Self-Help Guide* by Mary Ellen Copeland.

Changing Negative Thoughts about Yourself to Positive Ones

You may be giving yourself negative messages about yourself. Many people do. These are messages that you learned when you were young. You learned from many different sources including other children, your teachers, family members, caregivers, even from the media, and from prejudice and stigma in our society.

Once you have learned them, you may have repeated these negative messages over and over to yourself, especially when you were not feeling well or when you were having a hard time. You may have come to believe them. You may have even worsened the problem by making up some negative messages or thoughts of your own. These negative thoughts or messages make you feel bad about yourself and lower your self-esteem.

Some examples of common negative messages that people repeat over and over to themselves include: "I am a jerk," "I am a loser," "I never do anything right," "No one would ever like me," "I am a klutz." Most people believe these messages, no matter how untrue or unreal they are. They come up immediately in the right circumstance, for instance if you get a wrong answer you think "I am so stupid." They may include words like *should*, *ought*, or *must*. The messages tend to imagine the worst in everything, especially you, and they are hard to turn off or unlearn.

You may think these thoughts or give yourself these negative messages so often that you are hardly aware of them. Pay attention to them. Carry a small pad with you as you go about your daily routine for several days and jot down negative thoughts about yourself whenever you notice them. Some people say they notice more negative thinking when they are tired, sick, or dealing with a lot of stress. As you become aware of your negative thoughts, you may notice more and more of them.

It helps to take a closer look at your negative thought patterns to check out whether or not they are true. You may want a close friend or counselor to help you with this. When you are in a good mood and when you have a positive attitude about yourself, ask yourself the following questions about each negative thought you have noticed:

- Is this message really true?

- Would a person say this to another person? If not, why am I saying it to myself?
- What do I get out of thinking this thought? If it makes me feel badly about myself, why not stop thinking it?

You could also ask someone else—someone who likes you and who you trust—if you should believe this thought about yourself. Often, just looking at a thought or situation in a new light helps.

The next step in this process is to develop positive statements you can say to yourself to replace these negative thoughts whenever you notice yourself thinking them. You can't think two thoughts at the same time. When you are thinking a positive thought about yourself, you can't be thinking a negative one. In developing these thoughts, use positive words like *happy, peaceful, loving, enthusiastic, warm*.

Avoid using negative words such as *worried, frightened, upset, tired, bored, not, never, can't*. Don't make a statement like "*I am not going to worry any more*." Instead say "*I focus on the positive*" or whatever feels right to you. Substitute "*it would be nice if*" for "*should*." Always use the present tense, e.g., "*I am healthy, I am well, I am happy, I have a good job*," as if the condition already exists. Use *I, me, or your own name*.

You can do this by folding a piece of paper in half the long way to make two columns. In one column write your negative thought and in the other column write a positive thought that contradicts the negative thought as shown below.

You can work on changing your negative thoughts to positive ones by —

- Replacing the negative thought with the positive one every time you realize you are thinking the negative thought.
- repeating your positive thought over and over to yourself, out loud whenever you get a chance and even sharing them with another person if possible.
- writing them over and over.
- making signs that say the positive thought, hanging them in places where you would see them often-like on your refrigerator door or on the mirror in your bathroom-and repeating the thought to yourself several times when you see it.

Negative Thought	Positive Thought
I am not worth anything.	I am a valuable person.
I have never accomplished anything.	I have accomplished many things.
I always make mistakes.	I do many things well.
I am a jerk.	I am a great person.
I don't deserve a good life.	I deserve to be happy and healthy.
I am stupid.	I am smart.

It helps to reinforce the positive thought if you repeat it over and over to yourself when you are deeply relaxed, like when you are doing a deep-breathing or relaxation exercise, or when you are just falling asleep or waking up.

Changing the negative thoughts you have about yourself to positive ones takes time and persistence. If you use the following techniques consistently for four to six weeks, you will notice that you don't think these negative thoughts about yourself as much. If they recur at some other time, you can repeat these activities. Don't give up. You deserve to think good thoughts about yourself.

From *Building Self-Esteem – a Self-Help Guide* by Mary Ellen Copeland

OPINION

(Re: "OPSEU delivers on promise to release new ad for the psychiatric survivor, consumer community." in June 1, 2010 Bulletin).

The new ad still implies that "we" the community are likely to be victims – not much better than the first poster and very convoluted in its message. I'm not sure what OPSEU is trying to accomplish in its message on the poster. It feels like a message from OPSEU saying, "we (OPSEU and the community) are victims and will not be abused by those with mental illness" (us verse them.) If I'm mistaken in the interpretation, I apologize and ask that they clarify. No one wants to be abused (even those with mental illness) and we need to work collectively as a community for improved treatment for those with mental illnesses for a better life for all. After all, those with mental illness are also part of the community (and workforce), and at the high rate of mental illness in the workplace and the rest of the community, all of us are involved. Please no more of "us versus them" attitudes. Thanks.

Rosalie Moscoe

COMMUNITY ANNOUNCEMENTS

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

Important Information about Zyprexa Class Action Lawsuit

A Settlement Agreement has been reached.

If you took zyprexa (olanzapine) prior to June 6, 2007 then you may be eligible for compensation.

Class Counsel can be reached as follows: Stevensons LLP, 144 Front Street West, Suite 400, Toronto ON M5J 2L7. Daniel McConville at 1-866-940-8329 or at dmccconville@stevensonlaw.net.

Please note that the contact links we received and published in Bulletin 419 are incorrect. Call the 1-866-940-8329 number instead for information.

Date Change for the ERDCO TTC Town Hall

The Ethno-racial People with Disabilities Coalition of Ontario's Town Hall scheduled originally for Thursday June 17 has been changed to Wednesday June 16. The location and time have not been changed.

Wednesday, June 16 from 6 pm - 9 pm at 341 Bloor Street West (apartment building, major intersection St. George & Bloor)

Register at erdco@erdco.ca or 416-657-2211.

What Next! Open House

3701 Chesswood Dr. Suite 208, North York (Sheppard Ave. W and Chesswood)
June 18 from 1 – 6 pm

What Next! is holding an Open House for the community to visit our new location and learn more about our peer support resources in community mental health.

The What Next! Peer Support Drop-In Centre is a member-driven consumer/survivor organization for adults with mental health challenges, substance use issues, and/or social isolation. We provide social-recreational opportunities, wellness programming, mental health recovery education, and other groups and activities that promote wellness.

At 1:30 pm hear our guest speakers, followed by appetizers and musical performance. Featuring Ken Dryden, our local MP and Steve Lurie, Executive Director of CMHA, Toronto Branch.

For more information call 416-449-4555.

Public Forums on Accessible Transit 2010

You are invited to give us ideas on how to make the Toronto Transit Commission's (TTC) services and facilities better for people with disabilities.

Mayoral Candidate and new dad, George Smitherman, has been discovering the challenges of using the TTC while riding with a baby stroller and has kicked it up a notch to riding transit in a wheelchair to experience the TTC as many disabled people do.

Thursday June 17 from 7pm to 9:30 pm at Queen Elizabeth Exhibit Hall, Exhibition Place, 180 Princes' Boulevard.

An accessible shuttle bus service will operate from accessible Bathurst Station to the Queen Elizabeth Hall starting at 6:00pm. Return buses will start at 9:30pm. Regularly scheduled accessible bus service is also available on the 29 Dufferin Route. ASL, captioning and attendants will be available.

If you cannot attend, but would like to contribute suggestions about TTC conventional and Wheel-Trans services, call 416-393-3030 (TTY at 416-481-2523) Monday to Friday, 8:00 am to 5:00 pm. No registration necessary.

TTC Main Switchboard: 416-393-4000

Psychiatric Survivor Archives, Toronto (PSAT) 4th Annual General Meeting

Saturday, July 3, 2010 from 1 - 5 pm

Ontario Institute for Studies in Education/U of T – OISE
252 Bloor Street West, 5th floor, Room # 5-230 (atop the St. George subway station)

Psychiatric survivors/consumers/current/former patients and allies are welcome to attend PSAT's AGM to hear a report on past activities, discuss future directions and elect board members for the year ahead.

This meeting is wheelchair accessible. Refreshments will be available.

For more information call 416-661-9975. For information on PSAT: <http://www.psychiatricsurvivorarchives.com/>

Let Your Voice Be Heard Survey: Women's Health in Ontario

Please take a moment to fill out a 20 minute electronic survey about the health issues that are of most interest to women, especially in relation to personal experiences with health, services, information and treatment. The information gathered will help to increase understanding and provide an overview of the health issues for women in Ontario. The survey is anonymous and seeks to hear from women across Ontario. We strongly encourage women who are often under-represented in women's health research, including but not limited to: Aboriginal women, immigrant and refugee women, rural women, lesbian, gay, bisexual and trans women and women with disabilities to fill out the survey and ensure the issues are represented.

This survey is part of a project called ***Health Research and Knowledge Translation: Including the Voices of Ontario Women***. This project is being carried out by a partnership that includes the Ontario Women's Health Network, and is under the guidance of an Advisory Committee. The project is funded by Echo: Improving Women's Health in Ontario, an agency of the Ministry of Health and Long-Term Care.

The survey is available online until June 27 at <http://www.surveymonkey.com/s/womenhealth>

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 or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Date Change for ODSP Action Coalition Telling Our Stories Event

The ODSP Action Coalition is hosting an afternoon to highlight personal stories from people on the Ontario Disability Support Program: **Telling Our Stories: Disability Should Not Equal Poverty.**

Please note that the date has been changed from June 24 to July 7 due to the G20 Summit.

The event will be held on Wednesday July 7 from 1 – 5 pm at the Metro Hall Rotunda, 55 John Street.

The ODSP Action Coalition is a province-wide coalition of community disability agencies, provincial organizations, anti-poverty groups, legal clinics and people with disabilities on ODSP. The Coalition's mission is to push for improvements to ODSP so that people with disabilities can live with justice and dignity.

Visit their website at www.odspaction.ca.

Wish List: We have readers who are asking for the following: a portable typewriter for a budding author, and a bookshelf or two to fit into a space that is 72" x 56" (with or without doors and any colour although white or brown would be great).

EMPLOYMENT MATTERS

The Canadian Mental Health Association is hiring a Public Education Coordinator

Mental Health Promotion (Permanent, Full time)

CMHA Toronto is a leader and advocate in community mental health providing a wide range of services across Toronto.

Application Deadline: 6/18/2010

CMHA Toronto is an equal opportunity employer and encourages applications from equity seeking groups, including qualified individuals with personal experience of the mental health system. Only those candidates selected for interviews will be contacted. No telephone inquiries please. work@cmha-toronto.net

Visit <http://www.workingmentalhealth.ca/forms/frmShowJob.aspx?REC=JOB&ID=2338> to view job posting.

Houselink Community Homes is Hiring a Supportive Housing Worker

1 year contract

Application Deadline: 6/23/2010

Visit <http://www.workingmentalhealth.ca/forms/frmShowJob.aspx?REC=JOB&ID=2344> to view job posting.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians.

The 519 Church Street Community Centre is hiring an Older LGBT Community Services Coordinator

The candidate will develop deliver and evaluate the centre's programs and services for LGBT seniors communities. 32 hours per week, Monday to Thursday and occasional evenings and weekends. \$21.85 per hour. See complete posting on Charity Village or on The 519's website www.the519.org. Send resumes and cover letter by June 21, 2010. to Hiring Committee – Coordinator, Older LGBT Community Services, The 519 Church Street Community Centre, 519 Church Street, Toronto ON M4Y 2C9 or to ghenry@the519.com

In accordance with our collective agreement, members of CUPE local 2998 will be considered first.

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

Free and Low-Cost Events for June 16 - June 30

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

ART

Sat 19 to Aug 15 from 11am – 6pm. Empire of Dreams: Phenomenology of the Built Environment. An exhibition of recent work by contemporary artists from Toronto that looks at how the structures and architectures in our environment shape our experiences. Museum of Contemporary Canadian Art (MOCCA), 952 Queen Street West. (Closed Mondays) 416-395-0067 www.mocca.ca. Pay What You Can

Sat 19 to July 24 from 12 – 4 pm. Doris McCarthy: Roughing It in the Bush. Features a selection of McCarthy's abstract paintings of wilderness landscapes and the Canadian North. University of Toronto Art Centre, 15 King's College Circle. (Closed Sun and Mon) 416-978-1838 www.utac.utoronto.ca FREE

CANADA DAY

Thurs July 1 from noon – 11 pm. Canada Day Festival. Celebrate Canada's 143rd birthday. Canoe rides, Canadian Citizens Swearing-In Ceremony, concerts, art, films, food and more. Fun for all ages. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

Thurs July 1 from 5 pm – 11 pm. 2010 Canada Day Celebrations. Meet Olympic athletes, participate in a 100-metre dash, see magicians, jugglers, fire-breathers, urban dancers and live performances. Fireworks at 10:15 pm. Mel Lastman Square, 5100 Yonge St. 416-395-7584
www.toronto.ca/special_events/canada/2010 FREE

Thurs July 1 from 11 am - 11 pm. Canada Day Celebration. Family-friendly activities throughout the day. Face Painting, buskers, dance performances, fireworks at 10 pm and more. Rain or shine! Downsview Park, 40 Carl Hall Road. 416-952-2222 www.downsviewpark.ca FREE

July 1 from noon – 5 pm. Canada Day at Gibson House Museum. Celebrate our country's birthday with a journey to the rural community of Willow Dale, circa 1851. 5172 Yonge Street (Sheppard and Finch Avenue just steps from North York Centre Subway). 416-395-7432 FREE Admission on Canada Day

COMEDY

Monday 21 from 7 to 9 pm. Comedy Showcase. Featuring the spring graduates of Stand Up For Mental Health, and cameos by past graduates. Northern District Public Library, 40 Orchard View Blvd. Room 200. Info 416-486-8046 or standuptoronto@gmail.com FREE

FESTIVAL

Sat 12 from 10 am – 6 pm and Sun 13 from 10 am – 6 pm. Woofstock. Annual outdoor dog lovers festival. The largest in North America! St. Lawrence Market, 92 Front Street East. 416-234-9663 www.woofstock.ca FREE

Wed 16 – Sat 20. Luminato 2010: Toronto Festival of Arts & Creativity. 416-872-1111. www.luminato.com/2010 Many events are FREE. A sampling:

- **Thurs 17 at 7 pm. Tomorrow's Memory.** A film directed by Nabil Maleh. From differing sects and with varied religious beliefs, Iraqi women suffer similar trauma as victims of war. (Note: Restricted to 18 years and over.) National Film Board, Toronto Mediatheque, 150 John Street. FREE
- **Sun 20 from 1 pm – 6 pm. World Refugee Day and Luminato Closing Concert.** In honour of the United Nations-designated occasion and the end of the festival, enjoy a multi-national selection of music all afternoon. Queen's Park, Queen's Park Crescent and Wellesley Street West. FREE

Fri 18 and Sat 19 from 11 am – 11 pm and Sun 20 from 11 am – 6 pm. Wish Come True Festival. FriendsWithYou, a visual arts collective based in Miami Beach, turns Toronto into a rainbow city and

transforms the park with giant totems, bounce houses, and inflatable friends. Queen's Park, Queen's Park Crescent and Wellesley Street West. FREE

Mon 21. Opening ceremonies at 10 am. BBQ at noon. Dodem Kanonhsa' Aboriginal Education and Cultural Facility host a **National Aboriginal Day Barbecue and Celebration.** Mini-Pow Wow and Celebration. Dancing, singing & drumming. All are welcome. David A. Balfour Park. (Vale of Avoca section of Rosedale ravine). Sheila Desjarlais at 416-952-9272 www.dodemkanonhsa.ca FREE

Sun 27 from 2 - 5 pm. **Totstock 2010.** A neighbourhood celebration of family, music, stories and community. Sorauren Park Fieldhouse, 50 Wabash Avenue. 416-392-6696 www.soraurenpark.com totstock@littlepaper.com FREE

FILM

June 17 from 6 – 8 pm. **Trans Film Night: Princesa.** Henrique Goldman (2001). This Italian film traces the odyssey of teenage transsexual Fernanda as she journeys from her native Brazil to Milan's trans sex worker scene. Gear up for Pride with this extraordinary film that showcases trans Pride, sex worker Pride, and celebrates complexity over limited identities. Free Snacks, Free Talk! Everyone welcome - allies welcome. The Centre for Women and Trans People UT, North Borden Building, Room 100, 563 Spadina Ave. 416-978-8201 womenscentre.sa.utoronto.ca FREE

MUSIC

Fri 25 to July 4. Toronto Jazz Festival. Various venues. 416-928-2033 <http://torontojazz.com>. Many free shows, such as:

- **Fri 25 to Fri July 2 at 5 pm.** Nightly concerts by Canadian ensembles featuring jazz for every taste: Gypsy, World, Afro-Cuban, Depression-Era and the acclaimed Buck 65. Primus Stage, Nathan Phillips Square, 100 Queen Street West (at Bay Street). FREE
- **Fri July 2 at 2 pm.** Luis Mario Ochoa - I've Got Salsa In My Merengue. Learn how to identify common afro-Cuban rhythms. Followed by a discussion on the role of afro-Cuban music in the evolution of jazz. HMV Store at Nathan Phillips Square. 100 Queen Street West (at Bay Street). FREE

PEER SUPPORT

Ongoing for the last 4 or 5 years. Social Support/ Peer Support for people with mental health concerns. We meet every Friday at **Java Jive** on Church Street north of Wellesley. 7:00 pm. For info call Jay Marcelle at 416-934-0660. FREE

PRIDE WEEK

Thurs 24 at 9 pm. 2010 AIDS Candlelight Vigil. Takes place at the AIDS Memorial in Cawthra Square Park, 519 Church Street (North of Wellesley Street E.). 416-355-6772 helenr@the519.org FREE

Fri 25 to July 4. Pride Week. Celebrating sexual and gender diversity for the LGBTQ community and beyond, a 10-day art and cultural festival in downtown Toronto with parades on July 3 and 4. www.pridetoronto.com 416 927 7433. Some free events include:

- **Sat 26 at 6 pm.** Come meet the two high-profile queer activists chosen as **Pride Toronto's International Grand Marshals:** Gloria Careaga-Perez and Renato Sabbadini. Learn about their global fight against queer human rights abuses. Sutton Place, 955 Bay Street. RSVP to humanrights@pridetoronto.com FREE
- **Mon 28 at 6 pm. Beyond Gay - The Politics of Pride.** Film and discussion of Canada's continuing role in the global movement for queer human rights. University of Toronto, Isabel Bader Theatre, 93 Charles Street West. FREE

SPORTS & FITNESS

June 11 – July 11. CAMH is telecasting the **FIFA Soccer World Cup** on a flat screen TV in the Paul Christie Community Centre (the Mall) at CAMH, 1001 Queen St. West (Queen & Shaw) and in the cafeteria at 33 Russell St.

Until September 6. Weekdays from 5 – 8 pm. Weekends & holidays from 11 am – 8 pm. Canoe Rides in the Natrel Pond. Enjoy a fun float beside the picturesque boardwalk. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 info@harbourfrontcentre.com www.harbourfrontcentre.com 416-973-4000 \$3 per person for 15 minute canoe ride (includes life-jacket)

June 19 from 1:30 – 3:30 pm. **The Village of Humber Bay**. Explore the shore of Lake Ontario between the Humber River and Mimico Creek in southern Etobicoke and discover how it has changed over the last hundred years. Walk starts at West end of Humber River Pedestrian Bridge, S of Lake Shore Blvd W and W of Windermere Ave and finishes at Lake Shore Blvd W and Park Lawn Rd. 416-338-0684 FREE

THEATRE

Wed 23 to Sun 27 from 7 pm – 10 pm. **The Seventh Annual Cooking Fire Theatre Festival**.

Celebrating theatre, food and public space, local, national and international theatre companies present all original works. Performers lead the audience from site to site throughout the park to see enchanting fairy tales and even opera come to life. An organic meal will be served for \$6 at 6 pm. Dufferin Grove Park (Dufferin Street two blocks south of Bloor Street) 416-655-4841 www.cookingfire.ca PAY WHAT YOU CAN

Fri 25 to September 5 at 8 pm. **Shakespeare's Romeo and Juliet**. The annual Dream in High Park is staged on an outdoor amphitheatre with seating on a grassy hillside. Bring-Your-Own-Blanket! (No show on Mondays). High Park (Bloor Street West & High Park Avenue). 416-367-8243 x 266 family@canadianstage.com Pay What You Can

WORKSHOPS/LECTURES

Fri 18 from 1 – 3 pm. **Aging and Healthy Sexuality**. Changes to the mind and body as we age; cultural influences; effects of illnesses, medications, and surgery on sex drive and function; treatment methods for men and women with sexual concerns; tips on being sexually healthy and where to get help. Toronto Western Hospital, 399 Bathurst Street. 416-603-5800 x 6475 FREE

WRITING AND TELLING STORIES

Wed 16 at 2 pm. **Writing Power: Growth, Insight and Healing Through Writing**. Join award-winning author Merle Nudelman and learn how writing can be a powerful tool for self-discovery and emotional healing. Don Mills Public Library, 888 Lawrence Avenue East. 416-395-5710 FREE

Wed 16 from 7 – 8:30 pm. **East West in Canadian Fiction**. Well-known authors Lynn Coady, Lorna Crozier, Anosh Irani and Michael Winter discuss how different places in Canada have influenced their writing. Moderated by Noah Richler. Toronto Reference Library, 789 Yonge Street. 416-395-5577 FREE

Fri 18 from 7 – 8:30 pm. **The Border as Fiction: The 11th Annual Conference on the Short Story in English**. Join masters of the short story Margaret Atwood, Alistair MacLeod, Robert Olen Butler and Li Ang for readings and discussion. Toronto Reference Library, 789 Yonge Street. 416-395-5577 FREE

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.

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