

BULLETIN

Meeting the information needs of Consumer/Survivors in the Toronto Area

October 16 – 31, 2010

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto

Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4

Tel: 416-595-2882 Fax: 416-595-0291 csinfo@camh.net <http://www.csinfo.ca/>

NEWSBYTES

Alcohol Dependence and Cortisol. Researchers at University of Liverpool have discovered that people with alcohol dependence, including those in recovery and those who have abstained for long periods, have high levels of cortisol. Cortisol is a stress hormone produced by the adrenal gland. High levels can impair memory and other cognitive functions and in this way interfere with recovery and contribute to relapse.
<http://esciencenews.com/articles/2010/09/23/study.reveals.stress.hormone.impacts.alcohol.recovery>

ADHD and Genes. Researchers at Cardiff University report that children diagnosed with ADHD are more likely to have duplicate or missing DNA segments than children without ADHD diagnoses. Scientists view the research findings as evidence that ADHD has a genetic basis. Scientists say that classifying ADHD as a neurodevelopmental disorder rather than a behavioural problem will reduce the stigma associated with the diagnoses. The study is published in *The Lancet*. <http://www.medicalnewstoday.com/articles/203388.php>

Smoking and Suicide Risk. Research identifies nicotine dependence as one of the major risk factors for suicide, along with Major Depression and (the highly controversial) borderline disorder.
http://www.kidsmentalhealth.ca/news_and_events/view_html_article_clinical.php?id=1332

Walnuts and stress response. Penn State researchers have found that including walnuts and walnut oil in the diet lowered blood pressure responses to stress in 22 healthy adults with elevated LDL cholesterol. Walnuts are a rich source of fibre, antioxidants, and unsaturated fatty acids, particularly alpha linolenic acid, an omega-3 fatty acid. The study is published in the *Journal of the American College of Nutrition*.
<http://www.medicalnewstoday.com/articles/203463.php>

Dopamine, glutamate and psychosis. Past research has linked schizophrenia to very high levels of the neurotransmitter dopamine. New research by the Department of Medicine at Imperial College London has discovered that high levels of dopamine result from changes in the neurotransmitter glutamate. Researchers speculate that a drug that interferes with glutamate's influence on dopamine might prevent psychosis. The next step is to confirm their findings in a larger study. Drugs that target glutamate signaling are being developed currently. Published in *Biological Psychiatry*. <http://psychcentral.com/news/2010/10/02/new-discovery-between-glutamate-and-psychosis-offers-hope-for-schizophrenia-drugs/19001.html>

APA Guidelines for Major Depression released. The American Psychiatric Association (APA) has released new guidelines for major depressive disorder. New recommendations include a rating scale for assessing psychiatric symptoms; ECT, vagus nerve stimulation and transcranial magnetic stimulation for treatment-resistant depression; aerobic exercise and resistance training for modest improvement in symptoms; and stronger maintenance treatment for depression. <http://www.medicalnewstoday.com/articles/203296.php>

Anti-prostitution laws struck down. Canadian anti-prostitution laws enacted in 1985 that made running a bawdy house and communicating for the purpose of prostitution illegal, have been struck down by Ontario's Superior Court of Justice. In response to a constitutional challenge by 3 Toronto sex-trade workers in 2009, Justice Susan Himel has ruled that the Criminal Code provisions contribute to dangers faced by sex-trade workers. <http://www.cbc.ca/canada/story/2010/09/28/prostitution-law028.html#ixzz10qiFmWpY>

COMMUNITY ANNOUNCEMENTS

Breaking Ground: Research Launch

Habitat Services' most recent special project, Breaking Ground: Peer Support for Congregate Living Settings was funded by the Wellesley Institute, a Toronto-based non-profit and non-partisan research and policy institute. The research project is a collaboration between Habitat Services, Ontario Council of Alternative Businesses (OCAB), and Parkdale Activity-Recreation Centre (PARC).

The project will help inform a peer support model for PARC's upcoming housing project, Edmond Place. Edmond Place will be an important and innovative addition to the Habitat Services housing portfolio as an alternative to the traditional boarding home model. The research launch will be held at Edmond Place at 194 Dowling Ave on October 21st, 2010 from 2pm to 3:30pm. RSVP is required by October 19th, 2010. RSVP to kdunnon@habitservices.org by October 19 to attend, receive a copy of the report and tour Edmond Place. The final report is available online at www.wellesleyinstitute.com.

Making My Issues Count: Women & The Toronto Municipal Election

On October 25th our new city council and mayor will be decided. The Ethno-Racial People with Disabilities Coalition of Ontario and the Toronto Women's City Alliance are hosting a discussion for women with disabilities to talk about the upcoming election and what it means for you.

Join us for a discussion about how you can have your voice heard; ways to get involved; share concerns and ideas for change.

Saturday, October 16th, 2010

2:00 – 5:00 pm

Centre for Independent Living Toronto, Boardroom, 365 Bloor Street East, Suite 902 é

RSVP: info@twca.ca or 647-235-8575 Space is limited, so please register to reserve your spot!

Please indicate if you require attendant care when you RSVP.

TTC tokens provided to participants. Light refreshments will be served. We regret that childcare is not available.

This project is funded by: TORONTO WOMEN'S CITY ALLIANCE ... Making Equality Matter



Reminder: The heat should now be on in your apartments to ensure that it is a minimum of 21 degrees Celsius (69.8 F) all the time in all the rooms! Your landlord has this requirement from September 15 to June 1.

Did You Take Olanzapine (Zyprexa) on or before June 6, 2007?

You may be owed money from a class action lawsuit, if you developed any of the following conditions during or after taking olanzapine for at least 90 days:

1. Diabetes or hyperglycemia (while taking olanzapine or within one year afterwards)
2. Worsening of your existing diabetes
3. Diabetic ketoacidosis or pancreatitis (while taking olanzapine or within one year after taking it)

If you had any secondary problems that came from getting diabetes (stroke, heart attack, blindness, amputation, kidney failure, coma) that is also important.

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 dmcconville@stevensonlaw.net.

REMINDER: The firm deadline to make your claim is October 28, 2010.

C/S Info Centre AGM

Dear Bulletin Subscribers,

Please join us for our Annual General Meeting on Monday, October 18, 2010 from 6 pm - 8 pm at Parkdale Activity-Recreation Centre (PARC), 1499 Queen Street West (one stop west of Lansdowne).

The Business meeting starts at 6 pm and is followed immediately by dinner, music by consumer/survivors (including you!). We are also holding a free raffle for prizes.

Both member and non-members are also welcome to attend.

Hearing Voices News

As a follow-up to the very successful July 2010 Hearing Voices Community Forum, the Leadership Project presents a workshop for people who hear voices, their supporters, mental health practitioners, and managers on **How to Set Up & Support a Hearing Voices Group**.

The workshop will be facilitated by Paul Baker, coordinator of INTERVOICE (www.intervoiceonline.org). WHEN: Friday, November 12, 2010, 9:00-4:00; WHERE: Friends House, 60 Lowther Ave. INFO: Brian McKinnon 416-285-7996 x277 or bmckinnon@alternativestoronto.org

40 spaces are available at \$60.00, lunch included; limited bursaries available for people who hear voices.

The Reva Gerstein Legacy Fund is seeking submissions for 2010/2011

This is the fourth year of the fund and we are seeking to support projects that are run by and for psychiatric survivors that reflect Reva Gerstein's interest in education, research and other projects that celebrate the independent spirit of the survivor community.

Last year we were able to fund a film "So You're Going Crazy" a film about different people and their experiences as they struggled with their mental health; support for People and Pets; Peacock Poverty, a website for people with a lived experience of poverty; and Phacs, a running/ walking group. A little over \$10,000.00 was given to these wonderful projects.

We are looking to receive proposals by November 1, 2010 so that we can meet with the groups in early December and distribute the money early in the 2011. Proposals should have a budget of no more than \$4,000.00 and should be sent to the Gerstein Centre, 100 Charles Street East, Toronto, M4Y 1V3 or emailed to pquinn@gersteincentre.org.

A Workshop about Your Legal Rights



Wednesday October 27, 2010

2:00 - 3:30 PM

The Empowerment Council Office

1001 Queen Street West (Queen and Shaw entrance)

Join us for a workshop to learn about your mental health legal rights. We will be discussing:

- Human rights for people who use mental health services and supports
- What to do if you think you have experienced discrimination
- How to get language interpretation services at the Consent and Capacity Board, Ontario Review Board, Mental Health Court and other tribunals

ARCH Disability Law Centre is a community legal clinic that promotes and advances the rights of people with disabilities in Ontario.

The Empowerment Council is an advocacy voice for the clients of CAMH.

For more information about this session contact: Lucy Costa, 416-535-8501 x3013.

Regeneration Outreach Community presents:

Breaking Barriers: Understanding Addiction for a Changing & Inclusive Community

156 Main Street North (Grace Place/Grace United Church), Brampton

Wednesday October 27, 2010

5:30: light buffet and networking. Dr. Mate will begin at 7:00 pm

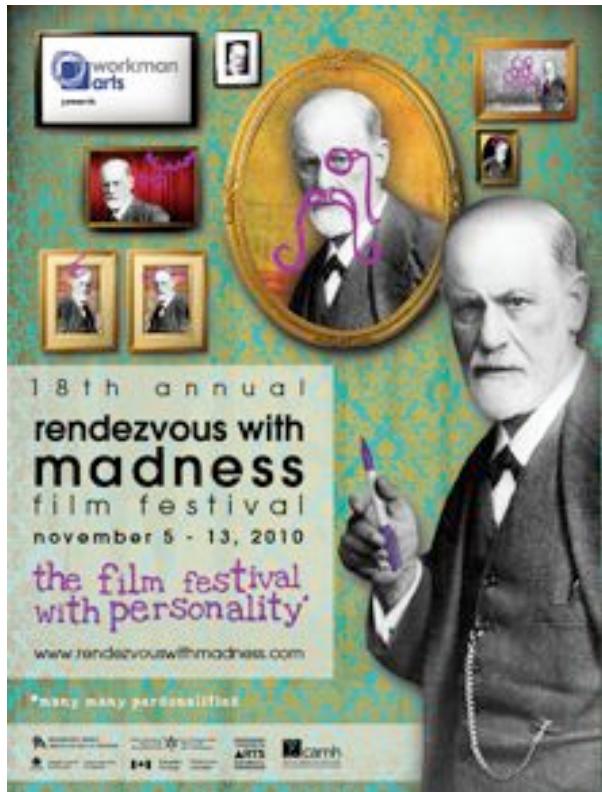
Doctor Gabor Mate will be our guest speaker. Dr. Mate is well known for his work in addictions in Vancouver's Downtown Eastside and Author of "In the Realm of Hungry Ghosts: *Close Encounters with Addiction*". For more information on Dr. Mate visit <http://www.drgabormate.com/bio.php>

\$50 per person *Early Bird* special \$65 per person after October 20

To register: 905-796-5888 www.regenbrampton.com

18th Annual rendezvous with madness film festival

The film festival with personality*



Set to hit the big screen with over 20 programs of feature and short films. RWM continues to revel in the mysteries of the mind, exploring the facts and mythologies surrounding mental illness and addiction.

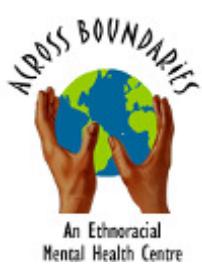
This year, using video conferencing, filmmakers and others are invited to participate in screenings and discussion panels in order to bring together disparate voices from around the world. The films' themes are diverse, ranging from the startling journey of Ron Hynes in the **Man of a Thousand Songs** to the inner battles of motocross legend Larry Linkogle in **Mind of the Demon: The Larry Linkogle Story**.

Mark your calendars!

Workman Arts
651 Dufferin St.
November 5 – 13, 2010
Info Line: 416-583-4606
info@rendezvouswithmadness.com

*many many personalities

Cultural Competency, Diversity, Anti-Racism/Anti-Oppression In Mental Health/Addiction: Two-Day Training Workshop



Participants will gain practical knowledge of best practices of a holistic client-centred approach to care within an anti-racism/anti-oppression framework. The workshop will be very interactive and participatory using creative activities.

Tuesday, November 16 and 23, 2010

Friday, January 7 and 14, 2011

Friday, March 18 and 25, 2011

Place: Across Boundaries, 51 Clarkson Ave.

Please send completed registration form and pre-screening questionnaire to: info@acrossboundaries.ca

Contact: Martha Ocampo: 416 787-3007 ext 224; martha@acrossboundaries.ca

Registration Fee: \$125.00 for two days \$ 75.00 for one day

Registration for the training will be limited to a maximum of 30

Across Boundaries will be willing to sponsor two (2) consumers from racialized communities for the training.

Target Audience: health care providers, consumers, family members, policy makers, managers and directors.

Light lunch and refreshments will be provided

Attention ALL Agencies: WE NEED YOU(r Brochures)!

An important part of the **Consumer/Survivor Information Resource Centre** is a **Great Wall** of brochures and flyers displayed on several large racks. We keep it well stocked with a wide variety of information from c/s organizations, housing providers, peer support groups, drop-ins, c/s arts and culture initiatives, government agencies, mental health organizations, public health and sexual health information providers, education and employment resources, and more. We also take pride in maintaining two large Bulletin Boards completely up-to-date with community announcements and consumer/survivor-friendly employment opportunities; including time-sensitive events and news that doesn't make it into the Bulletin. We take our mission to meet the information needs of Toronto consumer/survivors very seriously.

The Centre gets **a lot of traffic due to our central location** in the busy community centre of the Centre for Addiction and Mental Health. If your agency or group has the capacity to send us material about who you are and what you do we would be delighted to receive it and we will ensure that it is readily available to the wide variety of consumer/survivors who visit us looking for mental health resources.

We are looking for your main **brochures, pamphlets, booklets or flyers** as well as information about any specific services you currently offer. We also display informational materials on specific mental health and related topics and can always use fact sheets. We welcome materials that reflect the ethnic diversity of Toronto and the people who visit our Centre. Our address is:

C/S Info Centre
c/o CAMH, The Mall
1001 Queen Street West
Toronto ON M6J 1H4

Thanks kindly and please drop in to visit our Great Wall when you are in the neighbourhood.

Helen & Colleen

Save a tree, if you get the *Bulletin* by mail and you are able to convert to email, please contact the centre and let us know your email address. csinfo@camh.net or 416-595-2882.

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.

EMPLOYMENT MATTERS



Fresh Start is currently seeking Consumer/ Survivors (Individuals dealing with mental health issues) for Snow Removal Services.

Applicants must be available 7 days a week including holidays for On Call work and be easily reached by phone. Depending on the weather it can be strenuous work, therefore, we are looking for survivors who are capable of working long hours if necessary and who have the physical ability for heavy lifting, bending and repetitive movement.

If interested, please call Karen Schwartz at 416-504-4262, #227 or email me at karen@freshstartclean.com.

The Canadian Mental Health Association/Toronto Branch

is hiring a Residential Crisis Support Worker.

Safe Bed Program, Permanent Position

Fulltime, Day/Evening (1pm-11pm) position for a Residential/Crisis Support Worker. The Safe Bed Program provides 24-hour on-site residential support and short-term case management services to individuals living with mental illness who have been involved with the criminal justice system.

They are also hiring a casual/relief Residential Crisis Support Worker.

Application Deadline: 10/22/2010

The Canadian Mental Health Association is an equal opportunity employer and encourages applications from equity seeking groups' including qualified individuals with personal experience of the mental health system.

For complete job descriptions including required qualifications visit workinginmentalhealth.ca.

Places to go... People to see...

Free and Low-Cost Events for October 16 – October 31, 2010

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

ART

Mon 4 – Sun 31 from 10 am – 5 pm. Cesan – Pushing the Boundaries of the Acrylic Medium.

Contemporary abstract expressionist works bursting with vibrancy. PETROFF GALLERY, 1016 Eglinton Avenue West (Eglinton West & Allen Road). 416-782-1696 www.petroffgallery.com FREE

Thurs 7 – Sat 30 from 9 am – 7 pm. At the Margins. Photographic exhibition by Joe Lepiano concentrates on scenes that emerge at the margins of the built environment. Wayside verges bordered by highway traffic ramps, spaces under hydro towers, parking lots, suburban dead zones, and loading docks. Toronto Image Works, 80 Spadina Avenue, Suite 207. 416-703-1999 gallery@torontoimageworks.com FREE

Oct 15 – November 4 from 10 am – 6 pm. 6th Annual Yonge Lawrence Village Artwalk 2010. Original artwork in various media featured in shop windows and interior spaces of local businesses. Vote for the "People's Choice" award. City officials and art experts will be judging "Best in Show". Yonge St. from Lawrence Ave. north to Yonge Blvd. 416-657-4313 www.yongelawrencevillage-bia.com FREE

Fri 15 – Sun 17 from noon – 4 pm. 14th Annual Pottery and Glass Show: Fusion. The Ontario Clay and Glass Association show and sale of fine, handcrafted clay and glass. CNIB Building, 1929 Bayview Avenue. 416-438-8946 www.clayandglass.on.ca/fusion/p&gsale Free Admission

Ends Sun 17. 11 am – 6 pm. Carnaval. Nicolas Ruel captures the magical culture of the Venetian Carnaval. Each photograph, printed on stainless steel, captures a momentary encounter between artist and costumed Carnaval-goer, set against the architectural marvels of Venice. Thompson Landry Gallery, Distillery District, 55 Mill Street, Building 5, #102 (Front and Parliament). 416-364-4955 www.thompsonlandry.com FREE

FESTIVAL / CELEBRATION

Until October 30. The Philippine Women Centre of Ontario 10th year anniversary: Maleta Art Exhibit.

“Maleta” is a community-based arts project where members of the community unpack their history of forced migration through collectively-created visual and performance art. Beit Zatoun House, 612 Markham Street (Bathurst and Bloor). Qara Clemente at 416-519-2553 www.magkaisacentre.org FREE

Sat 23 at 3 pm. Zombie Walk. Dress-up like the undead and join the parade through city streets ending up in a celebration in the park. Trinity Bellwoods Park, 155 Crawford Street. Register in advance at www.torontozombiewalk.ca FREE

Tue 26 from 6 - 8 pm. Zombie School for Kids. Learn pro make-up, as well as how to walk like a zombie. Toronto Public Library, Bloor/Gladstone Branch, 1101 Bloor Street West. 416-393-7674 www.torontopubliclibrary.com FREE

FILM

Environment: planet in focus (We've got issues) – 11th International Environmental Film & Video Festival. Box Office: Reitman Square, 350 King St. West, 416-968-3456 www.planetinfofocus.org

- **Sat 16 at 11 am** (76 minutes in total). Gardiner Museum. 11 Queen's Park (Avenue Rd. and Bloor). \$5
 - **Himalaya Alert** (Netherlands/Nepal). Adventure film follows Bernice Notenboom's trip to the Everest summit. She will attend the screening.
 - **Plastic and Glass** (France). Recycling factory worker sings about his lover on island built from recycled materials.
 - **Etching** (Norway). A film-poem on plant life, “progress” and local community.
- **Sat 16 at 11 am** (89 minutes). **Hope Builders** (Canada). Testament to alternative methods of making change and inspiring children to act consciously. Al Green Theater at the Miles Nadal Jewish Community Centre. 750 Spadina Ave. (at Bloor). \$5
- **Sun 17 at 11 am** (99 minutes in total). ROM, 100 Queen's Park (Avenue Rd. and Bloor West). \$5
 - **Nature's Greatest Defender** (USA). Pre-eminent field biologist revisits research locations.
 - **Red Knot: Flying on the Edge** (Canada). Saving the Red Knot, a migratory shore bird, from extinction.
 - **Home for Hawksbill** (Aus/USA/Sol. Islands). Three nations come together to protect Solomon Islands and save ancient Hawksbill turtles.
- **Sun 17 at 11 am** (94 minutes in total). Al Green Theater at the Miles Nadal Jewish Community Centre. 750 Spadina Ave. at Bloor. \$5
 - **Seed Warriors** (Switzerland/Norway). Svalbard Global Seed Vault in Norway houses thousands of seed samples for the future.

- **11 Degrees** (UK). Consequences of climate change through the eyes of a Scottish ski hill employee.
- **Sun 17.** Family Program. Bata Shoe Museum, 327 Bloor St. West at St. George St. FREE
 - **11 am** (63 minutes in total):
 - **Nutshimit – On the Land** (Canada). A lasting document for the band's children and coming generations.
 - **Fledgling** (USA). The relationship between Kevin and a baby crow.
 - **The Herd** (Ireland). A new arrival amongst herd of cattle brings strange results.
 - **1 pm and 3 pm** (56 minutes). FREE
 - **Green Sprouts! Youth Filmmaker's Showcase**. Premiere of short films by youth (13 – 18 years). The youth filmmakers will attend.

Mon 18 from 1 – 2:15 pm. Meet and Greet, Introductions and Movie: **Wasabi Tuna** (2005, 90 minutes.) Like an old gangster movie with drag queens. FREE

Wed 20 – Sun 24. ImagineNATIVE 11th Annual Film & Media Arts Festival. Al Green Theatre, Miles Nadal Jewish Community Centre, 750 Spadina Avenue. 416-585-2333 www.imagineNATIVE.org FREE same day Tickets for Students, Seniors and the Underemployed to any imagineNATIVE programs screening before 6 pm. Tickets available at the Al Green Theatre Box Office and go on sale 1 hour before the first screening of the day. Tickets are available on a first-come first-served basis and subject to availability. Some highlights:

- ⇒ **Thurs 21 at 5 pm.** **Dreamland 2010**, Australia, 84 min, Digital Beta, International Premiere Director: Ivan Sen. Dan Freemantle is a UFO hunter who may be dying of cancer. Obsessed with his cosmic quest, and under the shadow of his impending mortality, Dan sets out in an all-consuming search for alien life.
- ⇒ **Sat 23 at 5 pm.** **Dancing Queenz** (48 minutes). Trans and queer-themed films. Al Green Theatre
- ⇒ **Sun 24 at 1 pm.** Al Green Theatre. **Lani's Story**. 3 documentaries on woman abuse. Co-presented by Assaulted Women's Hotline and Women in Film and Television – Toronto.

Thu Oct 28, Thu Nov 11, Thu Nov 25, Thu Dec 9, and Thu Dec 23 at 2 - 4 pm. Afternoons at the Movies. Classics, new releases and documentaries will be shown on a large projector screen. Barbara Frum Library, 20 Covington Road (Lawrence Ave. West and Bathurst). 416-395-5440 www.torontopubliclibrary.ca/detail.jsp?Entt=RDM4903&R=4903 FREE

FUN & GAMES

Wed 20 & 27 at 8 pm. Trivia night each Wednesday. Bring a friend or team up with other participants and compete for a free dinner. Drake Hotel, 1150 Queen Street West. 416.531.5042 www.thedrakehotel.ca \$2

LEARNING

Tues 19 from 7 – 8:30 pm. Mayor David Miller: Exit Interview. The Mayor looks back on seven years of transforming Toronto. Q&A to follow. Toronto Reference Library, 789 Yonge Street. 416-395-5577 www.torontopubliclibrary.com FREE

Wed 20 from 6:30 – 8 pm. Alzheimer Society Toronto. **Free Workshop. Brain Health.** Based on current research, this session provides lifestyle tips and suggestions for keeping your brain healthy. Loblaw Empress Market, 5095 Yonge St., North York. 416-322-6560 write@alzheimertoronto.org FREE

Wed 20 at 8 pm. Exhibit runs to Oct 30. Opening reception for **Early Typewriters: Gateway to the Information Age.** See models from the late-19th and early 20th centuries. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 www.harbourfrontcentre.com FREE

Entrepreneurship 101. MaRS Centre Auditorium, 101 College Street (University and College). 416-673-8100 www.marsdd.com/ent101 Registration is FREE but required.

- **Wed 20 from 5:30 – 6:30 pm. Basic Nuts and Bolts of Building a Business**
- **Wed 27 from 5:30 – 6:30 pm. Intro to Marketing**

MUSIC

Sat 16 at 8 pm. Ed Vokurka Ensemble. Canada's Violinist of the Year recreates the swing music of 1930s Paris. Drake Hotel, 1150 Queen Street West. 416-531-5042 www.thedrakehotel.ca FREE

WRITERS

Mon 18 from 7 – 8 pm. A Raisin in the Sun. A behind-the-scenes look at this play by Lorraine Hansberry. Guest speaker Paula Wing, Associate Artist, Soulpepper Theatre Company. Toronto Reference Library, 789 Yonge Street. 416-395-5577 www.torontopubliclibrary.com FREE

Tues 19 from 7 - 10 pm. Quattro Books Fall 2010 launch. Quattro Books launches *Gaze*, a novella by Keith Cadieux; *hold the note*, a book of poetry by Domenico Capilongo; and *Tobacco Wars*, a novella by Paul Seesequasis. Supermarket Restaurant and Bar, 268 Augusta Avenue. lisa@quattrobooks.ca Free

Sat 23 at 7 pm. Toronto Poetry Slam. An evening of spoken word, lyrical mastery and friendly competition by local poets and wordsmiths. Drake Hotel, 1150 Queen St. West. 416-531-5042 www.thedrakehotel.ca \$5

Wed 27 from 7 - 10 pm. Insomniac Press Fall Launch. Launch of Catherine Graham's fourth collection of poetry: *Winterkill*. Also: Anne Purdue's *I'm a Registered Nurse not a Whore and Other Stories*; readings by Roseanne Carrara, author of *A Newer Wilderness*; Angela Hibbs, author of *Wanton*, and a preview reading by Robin Richardson, poet. Magpie Tavern, 831 Dundas Street West. books@insomniacpress.com FREE

To subscribe call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

The **Bulletin** is published on the 1st and 16th of every month by C/S Info Centre — a Consumer/Survivor Initiative funded by the Ministry of Health and Long-Term Care. It's free. If you don't have email you may receive it through the post due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health. Editors: Helen Hook and Colleen Burns. Affordable recreation researcher: Diana Scattolon. www.csinfo.ca

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.

Mailing Address: C/S INFO, c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4