

# BULLETIN

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

January 16 – 31, 2011

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>

## COMMUNITY ANNOUNCEMENTS

### Canada Post Mental Health Postage Stamp Competition



Canada Post invited Canadians to submit designs for a Canadian postage stamp. The theme is mental health. About 200 designs have been entered and you can view them all online at <http://www.deliverhope.ca/gallery.php> and vote for your favourite.

The Stamp Advisory Committee will choose 5 designs from the finalists and these will be voted on by the public between February 14 and March 14. Visit a submission by a local Toronto artist: <http://www.deliverhope.ca/gallery-entry.php?id=300>

### What do a homemaker, an art therapist and an athlete all have in common?

They're all people in recovery. They all have stories to tell.

Spark of Brilliance is proud to present the **Now Who's Talking – Telling Your Recovery Story** performance.

Friday, January 28th at 1:30 - 4:00 pm at Friends House, 60 Lowther Ave.

The event will include a documentary film about the story telling process.

The event is FREE and we welcome you.

[www.sparkofbrilliance.org](http://www.sparkofbrilliance.org) [info@sparkofbrilliance.org](mailto:info@sparkofbrilliance.org) 519-766-4450 ext. 237

MDAO: 416-486-8127 [info@mooddisorders.on.ca](mailto:info@mooddisorders.on.ca)





## Free Computer Help Available

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

## If You Lived at Huronia Regional Centre or Are a Family Member of Someone Who Did a Lawsuit May Affect Your Rights

You could be affected by a class action lawsuit involving Huronia Regional Centre (“Huronia”) that says the Province of Ontario failed to properly care for and protect people who lived at Huronia. The lawsuit says residents of Huronia were emotionally, physically, and psychologically traumatized by their experiences at Huronia.

You are included in the lawsuit if you lived at Huronia any time between 1945 and 2009; or you are the parent, spouse, child or sibling of someone who lived at Huronia between 1978 and 2009; or you are an estate trustee of someone who lived at Huronia between 1945 and 2009 and who died after April 21, 2007.

You may stay in the class action lawsuit or opt out of it. If you wish to opt out you must send a letter no later than June 20, 2011 to ask to be removed. Opting out of the class action lawsuit allows you to keep your rights to sue the Province of Ontario over the claims and also means that you cannot get money or benefits from the class action suit should any be awarded.

For more information visit [www.huroniaclassaction.ca](http://www.huroniaclassaction.ca) or call 1-866-879-4915 (TTY: 1-877-627-7027) or write to Huronia Class Action Administrator, 3-505, 133 Weber St. North, Waterloo, Ontario, N2J 3G9 or email [huronia@crawco.ca](mailto:huronia@crawco.ca).

## UPCOMING KRASMAN CENTRE WORKSHOPS

The Krasman Centre will be running a GAM group in February. **GAM (Gaining Autonomy with my Medication)** is a group that focuses on empowering individuals to think about and make decisions regarding their wellness through self-examination of lifestyle needs and choices.

The group is based on a workbook called “Taking Back Control”, My Self-Management Guide to Psychiatric Medication”, which focuses on allowing individuals “to gain a broader perspective” on their experiences and above all, their quality of life.

The Krasman Centre is also running a **Financial Literacy Workshop** series.

For details and to register for these free workshops contact Wendy at 905-780-0491 x 117.

The Krasman Centre, 10121 Yonge St., Richmond Hill. 905-780-0491 [postmaster@krasmancentre.com](mailto:postmaster@krasmancentre.com)  
[www.krasmancentre.com](http://www.krasmancentre.com)

# REFLECTIONS ON QUEEN ST. MALL by Carmel Meyer

## Maintenance

The large maintenance cart  
trundles by  
compact drawers  
colors neatly and tidily composed  
in blues and reds  
encasing the right tools  
for the right job  
so much to be done

## Construction workers

Lime jackets, orange jackets  
belted crosswise  
as a light falls across the line  
of the construction workers  
busy, orderly, active  
creating wonders  
Orange glares  
in the early dawn gloom

## REPORTS

**“Making the Case for Peer Support – Report to the Mental Health Commission of Canada”**, by the Mental Health Peer Support Project Committee (Mary O’Hagan, Céline Cyr, Heather McKee, and Robyn Priest) (September 2010) is available to read or download at:  
<http://www.mentalhealthcommission.ca/SiteCollectionDocuments/peer/Service%20Systems%20AC%20-%20Peer%20support%20report%20EN.pdf>.

**“Mental Health in the Workplace: A Perfect Legal Storm”**. Released by the Mental Health Commission of Canada on September 30 2010. The report is written by the University of Toronto’s Dr. Martin Shain as an update of “Stress at Work” (2009), which introduced the notion of a psychologically safe workplace as “one in which every practical effort is made to avoid reasonably foreseeable injury to the mental health of employees.” Financial rewards for mental injury caused at work have increased by up to 700 % over the past 5 years and employers must now recognize a legal duty to maintain a psychologically safe workplace.  
<http://www.mentalhealthcommission.ca/English/Pages/Mentalhealthintheworkplace.aspx>

**“Rapidly Increasing Criminal and Civil Monetary Penalties Against the Pharmaceutical Industry: 1991 to 2010”**. An article by the Alliance for Human Research Protection provides a nice summary of a recent report by Public Citizen. The report “documents the enormous scale of pharmaceutical industry lawless activities during the past two decades--crimes that resulted in a minimum of \$1 million in penalties paid to the government”. The types of violations include: overcharging government health programs, unlawful promotion (deceptive marketing practices), monopoly practices, kick backs, concealing study findings, poor manufacturing practices, environmental violations, financial violations and illegal distribution. The Alliance for Human Research Protection (AHRP) is “a national network of lay people and professionals dedicated to advancing responsible and ethical medical research practices, to minimizing the risks associated with such endeavors and to ensuring that the human rights, dignity and welfare of human subjects are protected.” Public Citizen is a non-profit, consumer rights advocacy group based in Washington, D.C.  
<http://www.ahrp.org/cms/content/view/744/9/>

**“Trusting Potential: The Benefits and How-To of Hiring People with Lived Experience of Homelessness”**. Change Toronto’s new report has been developed as a result of several focus groups that were held earlier this year with different representatives from social service agencies throughout the city. It outlines actions organizations can take to open up employment opportunities to people with personal experience of homelessness and poverty. Change Toronto is a network of representatives from social service sector,

government and business as well as people with lived experience of homelessness who are working together to find innovative and collaborative approaches to addressing homelessness in Toronto. [www.changetoronto.net](http://www.changetoronto.net)

**“Respect, Recovery, Resilience: Recommendations for Ontario’s Mental Health and Addictions Strategy”**. Report to the Minister of Health and Long-Term Care from the Minister’s Advisory Group on the 10-Year Mental Health and Addictions Strategy - December 2010.  
[http://opdi.org/images/uploads/mentalhealth\\_rep.pdf](http://opdi.org/images/uploads/mentalhealth_rep.pdf)

## NEWSBYTES

**Anorexia nervosa and gene research.** In the largest genetic study of anorexia nervosa, researchers have identified gene variants associated with the eating disorder, including several rare CNV’s (single-nucleotide polymorphisms – common gene variants that typically act as pointers to a gene region with a small effect on raising disease risk), that occurred only in anorexia nervosa cases, including a deletion of DNA on a region of chromosome 13. Researchers admit that many other candidate genes remain unknown. Their research has generated a list of genes to be studied in follow-up research. The study was led by the director of the Center for Applied Genomics at the Children’s Hospital of Philadelphia and published online in *Molecular Psychiatry*.

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

**Vyvanse approved for ADHD in adolescents.** The FDA has approved Vyvanse(R) (lisdexamfetamine Dimesylate) Capsules CII for the treatment of ADHD in Adolescents ages 13 – 17. It is also prescribed to children ages 6 – 12 and to adults. The drug is produced by Shire, a global specialty biopharmaceutical company. The approval is based on study data demonstrating that Vyvanse improved ADHD symptoms compared to placebo in adolescents with ADHD. Vyvanse is also indicated for the treatment of ADHD in children ages 6 to 12 years, and adults. During the 4-week study, adverse events from the drug included decrease in appetite, insomnia, and weight loss. It is a controlled substance.  
<http://www.vyvanse.com>. [http://www.medicalnewstoday.com/sections/adhd/](http://www.medicalnewstoday.com/sections/adhd)

**FDA clears Eli Lilly and Co.’s Cymbalta to treat chronic musculoskeletal pain.** The U.S. Food and Drug Administration has approved Cymbalta (duloxetine hydrochloride) to treat chronic musculoskeletal pain, including discomfort from osteoarthritis and chronic lower back pain. The current drugs available to treat chronic musculoskeletal pain are all associated with rare and serious side effects and there are people for whom none of them work.  
<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm232708.htm>

**Heavy smoking doubles risk of late life dementia.** A study of 21,000 Californians ages 50 – 60 followed up for 23 years found that smoking over 2 packs a day significantly increased the risk of developing Alzheimer’s disease, dementia and vascular dementia compared to non-smokers. Smoking less than a pack a day or having quit by midlife negates the higher risk for dementia. Published in the *Archives of Internal Medicine*.

**Childhood Abuse and alcohol use in women.** A study of 3,680 U.S. women reveals that those who experienced childhood sexual or physical abuse have a higher risk of drinking too much, becoming dependent on alcohol and experiencing alcohol-related threats to physical health. Researchers note that the rate of association between childhood abuse and alcohol misuse may be higher than the survey reveals. Published in the journal *Alcoholism: Clinical and Experimental Research*. <http://www.medicalnewstoday.com/articles/208347.php>

**Childhood sexual abuse and psychosis.** An Australian study reports that childhood sexual abuse increases the risk of developing psychosis in adulthood. Published in the *Archives of General Psychiatry*.  
<http://psychcentral.com/news/2010/11/04/sexually-abused-children-at-risk-for-adult-psychosis/20535.html>

**Stress hormone and depression in teenagers.** Scientists have found that high levels of the stress hormone cortisol in adolescence doubles the risk of developing a mood disorder. <http://psychcentral.com/news/2010/11/04/stress-as-a-predictor-of-adult-mood-disorders/20530.html>

**High recurrence of major depression in treated teenagers.** Study of 189 teens followed up for 5 years, reveals that almost half of teenagers treated for major depression experience a recurrence. 96 percent of the teenagers in the study recovered from the initial depression within two years. 46.6 percent experienced a recurrence of depression. Neither full response to short-term treatment nor treatment with fluoxetine and CBT reduced the risk. The risk of recurrence is higher for females. <http://www.medicalnewstoday.com/sections/depression/>

**Tricyclic anti-depressants and increased risk of cardiovascular disease.** A University College London research study that followed 15,000 people in Scotland for 8 years found that tricyclic anti-depressants bring a 35% increased risk of cardiovascular disease. They found an association between tricyclic anti-depressants and increased risk of CVD that is unrelated to mental illness. The tricyclic medications are known to be linked to health problems including high blood pressure, weight gain and diabetes, all risk factors for CVD. They say that lifestyle changes (diet and exercise, quitting smoking) can reduce the risk to the point that it outweighs the risks of taking the drugs. <http://www.medicalnewstoday.com/articles/209482.php>

**Binge-drinking bad for the heart.** A 10-year study that compared 10,000 male drinkers from Belfast to France found that binge drinking 'doubles heart risk'. 9% of the Belfast men were binge drinkers (three pints of beer or 5 glasses of wine in one sitting) compared to 5% of the men in France (who drink more regularly but less in one sitting). Three-quarters of the French men drank daily and 12% of the Belfast men drank regularly. The binge-drinkers had almost twice the risk of heart attack or death from heart disease compared to regular drinkers. <http://www.bbc.co.uk/news/health-11824018>

**Alcohol more dangerous than heroin and crack.** British researchers ranked substances including alcohol, cocaine, heroin, ecstasy, crystal meth and marijuana according to factors such as how destructive they are to users and society as a whole, how addictive they are, how they harm the human body, environmental damage, family break up, and economic costs. While heroin, crack and crystal meth were the most lethal, alcohol outranked them in overall harmfulness. <http://www.theglobeandmail.com/life/health/alcohol-the-most-lethal-drug-study/article1780267/>

**Low-income associated with less drinking.** The Health Survey for England 2009 of 5,000 adults and 4,000 children has found that adults in higher income households drink more than those in low-income households. 29% of men and 17% of women in the highest-earning group drank alcohol at least 5 days a week compared to 17% of men and 11% of women in the lowest income households. 86% of men and 72% of women in the highest income households reported drinking in the week previous to the survey compared to 54% of men and 47% of women in the lowest income households. <http://www.bbc.co.uk/news/health-12008862>

**Vaccine for cocaine addiction.** A new study reports that a safe vaccine combining the common cold virus with a chemical similar to cocaine produced 13 weeks of anti-cocaine immunity in mice. The vaccine prevents the cocaine's ability to reach the pleasure centre of the brain. Because the cocaine-like chemical is hooked to the cold virus, the immune system builds immunity to the drug. <http://www.medicalnewstoday.com/articles/212870.php>

**B.C. Addictions Research Centre recommends safe-drinking programs for homeless people with alcohol abuse problems.** A study by the British Columbia Centre for Addictions Research recommends increasing liquor prices to reduce the harm of alcohol and setting up a safe-drinking program that provides free alcohol to reduce the use of rubbing alcohol, antifreeze and mouthwash as sources of alcohol. The alcohol would be given in small amounts every few hours. The report's author said that programs in Ontario have had excellent results. <http://www.winnipegfreepress.com/canada/breakingnews/bc-addictions-study-recommends-free-alcohol-for-homeless-alcoholics-112027009.html>

**Prescribing practices of some Texas psychiatrists criticized.** The Star-Telegram, a major U.S. daily newspaper, reports on the dubious practices of the top 10 Texas Medicaid prescribers of antipsychotics and other psychotropic drugs. The report focuses in particular on the prescribing of these drugs to children. <http://www.star-telegram.com/2010/12/11/2697798/some-doctors-handing-out-prescriptions.html#tvg#ixzz17udIwOun>

# EMPLOYMENT MATTERS

## Redirection Through Education Program at George Brown College by G. J.

I am a Consumer/Survivor who has recently graduated from George Brown College in the Redirection Through Education Program. This is a Full Time Course that I started in January of 2010 and finished in December of 2010. It is 3 semesters and will prepare you for returning to the workforce, continuing your education, or just giving you the opportunity to have some stability in your weekly timetable. You will learn assertiveness, group process, College English, Microsoft Office, speaking with confidence, strategies for success, and these classes will count as college credit. There are also core classes that you will receive a certificate for at the end of each semester. These core classes include career paths volunteer placement, work exploration and preparation, psychology of human relations, and interpersonal skills. If you have substance abuse or mental health problems and are looking for an education program, this is a great place to start, and the best part is it didn't cost me a dime. Check out the George Brown College Website for orientation dates, they seem to be held every 3 months.

G. J.

### Work & College Preparation: Redirection Through Education - For You Program

Program Length: Up to 28 weeks.

Starting September through June (continuous intake)

St. James Campus George Brown College

Redirection Through Education – For You is a dynamic, experiential psycho-educational group program for adults currently coping with the impact of mental health or addictions challenges. Through full-time participation in the six core components of the program, individuals will have the opportunity to identify their personal strengths, develop insight into areas for more skills development, prepare themselves for accessing further specific training or education, and create a viable personal support system.

Students are usually enrolled in the program for a maximum of 28 weeks and must attend all program components; no part-time attendance.

The program is designed for individuals who self-identify as needing to change their current coping skills or who have first-hand experience with the mental health or addiction treatment system. Those interested must attend an information session, after which they submit a completed program referral form and prepare at least three short-term goals. They must follow up with an assessment by the intake counselor. Students must arrange their own transportation assistance for attendance in the program and must have running shoes for participation in the physical health activities in the gymnasium.

Students in this program do not pay tuition or fees. This program is funded by the Ontario Ministry of Health and Long-term Care and the Ministry of Training, Colleges and Universities. Students must arrange their own transportation.

#### COURSES

PREP7098	Life Skills	PREP7101	Leisure Education and Applications
PREP7099	Physical Health Education	PREP7102	Expressive Arts
PREP7100	Body Education and Stress Management	PREP7103	Counselling and Evaluation

FOR MORE INFORMATION: Call the program office at 416-415-5000, ext. 4570. E-mail [preparation@georgebrown.ca](mailto:preparation@georgebrown.ca)

## Habitat Services Program Coordinator

The Habitat Services Program Coordinator works as part of a team that is responsible for monitoring and documenting personal care standards in Habitat contracted homes. The program coordination team will liaise with boarding home owners/operators and staff, tenants, COTA Health, Habitat site support staff and other service providers to improve the quality of life for individuals living in boarding homes and rooming houses.

The Program Coordinators will monitor personal care standards on a scheduled and unscheduled basis and investigate violations and provide problem-solving assistance to owners/operators. Qualifications:

- Good knowledge of the mental health system in Toronto and understanding of the needs of consumers/survivors of the mental health system
- Experience working with consumers/survivors of the mental health system
- Problem-solving skills, including ability to identify and participate in the resolution of issues/problems
- Experience negotiating and mediating in difficult circumstances
- Documentation, organizational and time management skills
- Demonstrated commitment to working in partnership with other service providers and consumer/survivors to ensure problems are identified and resolved
- Understanding of issues related to poverty and homelessness
- Experience working in contract administration is an asset
- Knowledge of the Residential Tenancies Act is an asset
- Personal lived experience in the mental health system is an asset
- A second language is an asset

Salary range: \$38,740 – 41,740 after a 6 month probationary period.

This is a one year full time contract position.

Habitat Services is committed to employment equity and encourages applications from all equity seeking groups.

Resumes and covering letters must be submitted by fax, email, mail or in person before: **12:00 pm (noon) on Monday, January 24th, 2011.**

Contact: "The hiring committee", Habitat Services, 2238 Dundas Street West, Suite 301, Tor, ON, M6R 3A9 Fax: 416.537.2894 Email: [info@habitservices.org](mailto:info@habitservices.org)

## Elections Ontario is Hiring

Elections Ontario is seeking enthusiastic individuals to provide administrative and operational support to the local Returning Officer as they prepare for and administer the 2011 Provincial General Election. To qualify for the position of Election Clerk, you must be a Canadian citizen; and at least 18 years of age; and familiar with the communities and boundaries of the Electoral District.

Election clerks are remunerated in accordance with the fees set by the Chief Electoral Officer. Current fees are approximately \$9,920 for the 28-day election period and incumbents will be required to work consecutive twelve (12) hour days for the duration of this period. Incumbents may also be required to work additional hours for special assignments in pre-event and post-event activities on an as-needed basis. An hourly rate will be paid for these assignments.

Visit [www.hrassociates.ca/elections](http://www.hrassociates.ca/elections) for details.

**Application Deadline: January 25, 2011**

## Web Designer & Curator / Social Network Manager

The Web Designer & Curator / Social Network Manager will (1) guide the Canadian Harm Reduction Network in upgrading our website and (2) develop and initiate a social networking strategy to build and mobilize community. The social networking strategy will focus on community building and knowledge transfer through YouTube, Twitter, Blogs, Facebook Fanpages, etc.

Note: this position could be shared by two people. Compensation: This is a paid position, but funding is limited.

Please send your résumé, references and links to samples of your work to: Walter Cavalieri, Director The Canadian Harm Reduction Network, [walter@canadianharmreduction.com](mailto:walter@canadianharmreduction.com). You can email him with any questions about the details of the job. Please do not phone.

### **Competition closes 19 January 2010**

The Canadian Harm Reduction Network (CHRN) was founded in 2000, with a grant from the Drug Policy Foundation in the U.S. with the aim of developing in Canada a network of harm reduction workers, agencies, organizations, individuals and groups of individuals, including people with current drug- use experience, for the purpose of exchanging information and providing mutual support. Our full statement of goals can be read on our home page: <http://www.canadianharmreduction.com/>.

## **Places to go... People to see...**

*Free and Low-Cost Events for January 16 – January 31, 2011*

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

### **ART**

Until Sun 23. Sat & Sun from 10 am – 5 pm. Mon – Fri from noon – 5 pm. **Constructions: Contemporary Norwegian Arts and Crafts**. Design Exchange, 234 Bay Street (at King Street). 416-216-2160 [www.dx.org](http://www.dx.org) FREE

Sun 16 from noon – 5 pm. **Art's Birthday**. Marked since 1963, come out to celebrate art's many forms and its enriching role in our lives. Make art, enjoy cake and music. Bring your own Kazoo! It's all outdoors in a huge street tent. Artscape Wychwood Barns, 601 Christie Street, #252. 416-652-5115 [www.naisa.ca](http://www.naisa.ca) FREE

Thurs 27 from 7 – 10 pm. **Orchestra**. A collaborative art show combining visual art, music, acting and dance performances. Ben Navaee Gallery, 1111 Queen Street East. 647-980-6274 [www.mari-project.com](http://www.mari-project.com) FREE

### **CITY OF TORONTO**

Mon 17 from 3 - 5 pm. Social Planning Toronto Member Forum on the **City of Toronto's 2011 Operating Budget**. Speakers from Toronto and York Region Labour Council, Toronto Neighbourhood Centres, Toronto Coalition for Better Child Care, Wellesley Institute, Chinese Canadian National Council – Toronto Chapter, Toronto Arts Council, the Toronto Environmental Alliance. 519 Church Street Community Centre, 519 Church St. Register at [www.socialplanningtoronto.org](http://www.socialplanningtoronto.org) or call Mary at (416) 351-0095 x251 or by email at [mmicallef@socialplanningtoronto.org](mailto:mmicallef@socialplanningtoronto.org) FREE

Toronto outdoor skating rinks. There are **51 skating rinks** in Toronto where you can skate anytime. For a list of rinks visit [www.toronto.ca/parks/skating/outdoor-rinks.htm](http://www.toronto.ca/parks/skating/outdoor-rinks.htm). Have a question about a City of Toronto program or service? Call 3-1-1 FREE

### **DANCE**

January 21 from 7 – 10 pm. January 22 from 1 – 7 pm. January 23 from 1 – 7 pm. **Dance Ontario | DanceWeekend 2011**. Globally inspired dance from Canada's Best. Featuring contemporary, B-boy, ballet, belly dance, Bharatanatyam, jazz, flamenco and African. Artists include AKA Dance and Gadfly Dance Company. Participating companies include Jade's Hip Hop Performance Co., Cadence Progressive Ballet Co., The Chimera Dance Project, Esmeralda Enrique Spanish Dance Company, and Kaeja d'Dance, amongst others. Fleck Dance Theatre, Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) [danceontario.ca](http://danceontario.ca) PWYC - \$10 at the door

## DODEM KANONHSA' UPCOMING EVENTS

**DODEM KANONHSA'** Elder's Cultural Facility is a learning and sharing facility which fosters greater acceptance, understanding and harmony between members of First Nations and Non-Aboriginal People. Drop ins are welcome at any time. Dodem Kanonhsa', 55 St. Clair Avenue East, 6th floor (just east of Yonge). 416-952-9272 [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca) FREE

- Sat 8 from 1 – 3 pm. **Monthly Men's Circle** with Clayton Shirt [Click to view bio](#)
- Mon 24 from 1 – 3 pm. **Keys to Success in the New Year** with Brenda MacIntyre [Click to view bio](#)
- Mondays from 11 am to 1 pm. **Hand Drum Circle Participation** with Michele Perpaul. Drop Ins Welcome. (Stay for 5 minutes or 2 hours). Drums and rattles provided.

## GAMES

Jan 18 and ongoing. **Scrabble® Anyone?** All skill levels invited to Scrabble® night at the library. Toronto Public Library, Taylor Memorial Branch, 1440 Kingston Road. 416-396-8939 FREE

## FILM

Many **Toronto library branches** show **free movies** throughout the year. These include movies suitable for adults and movies suitable for children. Pick up the *What's On* schedule for January – March at any library branch for details. Or call 416-393-7131. FREE

Wednesdays at 4 pm. **Free Favourites at Four.** See the latest National Film Board film classics. NFB Mediatheque, 150 John Street (at Richmond Street). 416-973-3012 [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque) FREE

- Wed 19. **Waterlife.** See the Great Lakes on the big screen as you learn more about the world's largest supply of fresh water.
- Wed 26. **Manufactured Landscapes.** This film follows Edward Burtynsky, famous for his large-scale photographs of industry's transformation of nature, to China as he captures the effects of its massive industrial revolution.
- Wed 26 at 7 pm. **Last Cowboy Standing.** A 2009 Finnish film about two lively boys who have to face the divorce of their parents and the frailties of the adults in their lives. NFB Mediatheque, 150 John Street at Richmond Street. 416-973-3012 [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque) FREE

## MUSIC

Sat 29 at 3 pm. Doors open at 2:30. **Toronto Mendelssohn Choir and the Elora Festival Singers** present a concert of choral works spanning four centuries. Enjoy choral masterpieces ranging from Byrd's *Sing Joyfully* through excerpts from Haydn's *Creation* and Mendelssohn's *Elijah* to contemporary works by Halle, Lukaszewski and Whitacre. Yorkminster Park Baptist Church, 1585 Yonge St. 416-598-0422 [www.tmchoir.org](http://www.tmchoir.org) FREE

Mon - Fri from noon – 1 pm. **Canadian Opera Company Concert Series.** Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416-363-8231 [coc.ca](http://coc.ca) FREE

- Tues 18. **Highlights from the Magic Flute.** Performed by artists of the COC Ensemble Studio.
- Thurs 20. **Beethoven and Shostakovich.** Pam Hinman, violin; Garrett Knecht, cello; and Jean Desmarais, piano
- Tues 25. **Tribute to Golijov.** Ensembles of the Glen Gould School of the Royal Conservatory
- Thurs 27. **The Power of Gesture.** Peggy Baker, dancer and choreographer

Tues 18 at 1 pm. **Robbie Burns Day Tribute** with Maria Brennan. Guitar and poetry performance. Song sheets provided for sing-along. [Toronto Reference Library](#), 789 Yonge St. 416-395-5577 FREE

## TALKS & WORKSHOPS

Fri 28 from 1 – 3 pm. Toronto Western Hospital presents a talk on **Problem Drinking: myths and facts**, alcohol and your liver, social impacts and where to get help. Auditorium 2<sup>nd</sup> floor, West Wing, Toronto Western Hospital, 399 Bathurst St. (just north of Dundas St. West). Register at 416-603-5800 x 6475 or [Tasha-Richel.Archer@uhn.on.ca](mailto:Tasha-Richel.Archer@uhn.on.ca) [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) Watch it live at <http://webcast.ohn.ca>. FREE

The **Toronto Public Library** has a variety of talks and workshops related to wellness coming up over the next 2 weeks. They include **Managing Diabetes** (North York Central), **Healthy Weight Loss** (Don Mills), **Tuberculosis and HIV/AIDS Workshop** (Bloor/Gladstone), **Stress and Hormones** (Eatonville), **Mental Health** (Morningside), **Decluttering Your Mind and Spaces** (Barbara Frum), **Falls Prevention** (Agincourt), **Vision Boarding 101** (Lillian H. Smith), **Memory and Aging** (Spadina Road), **Locating Reliable Health Info on the Net** (Toronto Reference) and **Battle of the Bedbugs** (Agincourt). For the dates and times call the Library ANSWERLINE: 416-393-7131. FREE

## WORD UP!

Various dates and locations at 2 pm. The Toronto Library has a number of **Book Clubs** at various branches, including **French, Spanish, Cantonese, Mandarin and Polish** book clubs. Members select books to read and get together to discuss them. They also have an online book club. Light refreshments provided. For a book club near you call 416-393-7000. [www.torontopubliclibrary.ca/bookclubs](http://www.torontopubliclibrary.ca/bookclubs) FREE

Mon 17 at 7 pm. Hear Karen Armstrong on her book “**12 steps to a compassionate life**”. The Bram & Bluma Appel Salon, Toronto Reference Library, 789 Yonge St. 416-393-7131 [salonprograms@torontopubliclibrary.ca](mailto:salonprograms@torontopubliclibrary.ca) You must register online for your free admission ticket. FREE

**Asylum – the magazine for democratic psychiatry** has relaunched. They accept submissions of articles (less than 1000 words preferred). They don't pay for your article. Also, their website provides some interesting reading including an international campaign to abolish the schizophrenia label. Visit them at [asylum@asylumonline.net](mailto:asylum@asylumonline.net)

Thurs 27 at 7 pm. **An Evening with Rex Deverell**. The award-winning playwright reads from his works and shares stories about his career. The Assembly Hall, 1 Colonel Samuel Smith Park Drive. 416-338-7255 [www.assemblyhall.ca](http://www.assemblyhall.ca) FREE

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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](http://www.csinfo.ca)

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