



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

BULLETIN

June 1 - 15, 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/>

The Social Determinants of Health and Mental Health in Canada

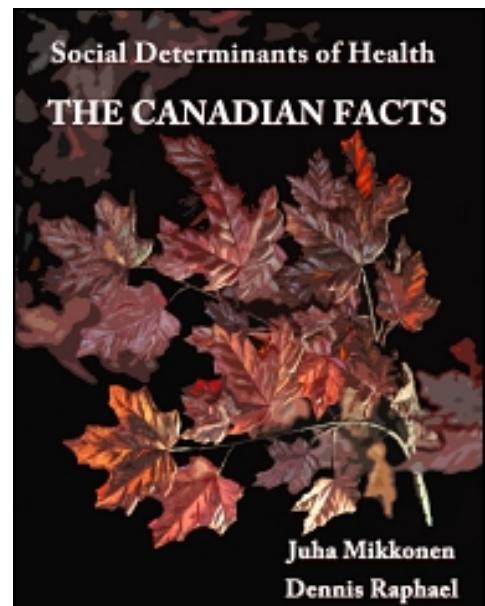
In the Canadian context, the following 14 social determinants of health have been identified: Aboriginal status or background, Access to health services, Disability, Early life, Education, Employment and working conditions, Food insecurity, Gender, Housing, Income and income distribution, Racialization or race, Social exclusion, Social supports, Unemployment and job security.

“Summary

The primary factors that shape the health of Canadians are not medical treatments or lifestyle choices but rather the living conditions they experience. These conditions have come to be known as the social determinants of health. This information – based on decades of research and hundreds of studies in Canada and elsewhere – is unfamiliar to most Canadians.

Canadians are largely unaware that our health is shaped by how income and wealth is distributed, whether or not we are employed and if so, the working conditions we experience. Our health is also determined by the health and social services we receive, and our ability to obtain quality education, food and housing, among other factors. And contrary to the assumption that Canadians have personal control over these factors, in most cases these living conditions are – for better or worse – imposed upon us by the quality of the communities, housing situations, work settings, health and social service agencies, and educational institutions with which we interact.”

From “Social Determinants of Health: The Canadian Facts,” 2010, available to read online and print at www.thecanadianfacts.org.





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 C/S Info at 416-595-2882.

Deadline to Comment on Draft of DSM-5 Approaching

Until June 15. The fifth edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is to be published in May 2013. The preliminary draft revisions to the current diagnostic criteria for psychiatric diagnoses are available online for public review. You can contribute your comments on the proposed revisions until June 15, 2011. Visit <http://www.dsm5.org/Pages/Default.aspx> to learn more.

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.

Our Place Community of Hope Drop-In has Moved!

We have moved from 2A Elm Street to 1183 Davenport Rd. (Oakwood & Davenport).

Our Place Community of Hope provides a ministry of hospitality and presence to people experiencing mental health issues, through a community which seeks to include all people by affirming and empowering them toward personal and communal responsibility.

Our Place organizes social and recreational activities including Coffee House (chat, share, socialize, read, play games, use computer), \$1 restaurant-style community meals every Tuesday, Dance Night (good music and good friends every Friday night), evenings of live entertainment (musicians, singers, bands), Bingo, Movie Night, and Creative Expression where members share poetry, jokes, and so on with each other in a receptive atmosphere which allows members to build their social skills and gain leadership experience. Our Place programs are strictly voluntary and anyone can join as they wish. Many of our new program members choose to observe first and begin to accept invitations to participate in activities that interest them when they feel more comfortable. Regular programs facilitate bonding amongst Our Place members by enabling smaller numbers of members to participate together. Drama Group (movement, theatre, improv), Community Prayer (non-denominational), Spirituality Group, Community Outings (Royal Ontario Musem, Toronto Island, and others), retreats, and visits.

Our Place also provides a variety of interesting volunteer opportunities.

<http://www.ourplacecommunityofhope.com/> Barry Brown at 416-598-2919

Visit the new 2011 MAD PRIDE website for updates about events and info on how to get involved.

www.madpridenetwork.com



The Alliance for Education in Community Mental Health presents:

Working with Individuals without Legal Status: A Mental Health & Legal Perspective

Presentations include:

- ✓ Individual Experiences of Trauma presented by the Canadian Centre for Victims of Torture
- ✓ Immigration Processes for People without Status presented by Toni Schweitzer, Staff Lawyer, Kensington Bellwoods Community Legal Services

Monday, June 20 from 9:30 am – 12:30 pm

College Street United Church, 454 College St. at Bathurst

Registration Fee is \$30.00 and a limited number of bursaries are available for community members.

For more information contact Calleta Johnson at 416-516-1422 x 226 or calletajo@houselink.on.ca.

Organized by The Alliance for Education in Community Mental Health: Consumer/Survivor representation, Community Resource Connections of Toronto, COTA Health, Houselink Community Homes, Progress Place, LOFT – Wilkinson Housing and Community Support Services

RHO's Café Scientifique 2011: Bringing Health Research Out of the Closet

Join OMHAKEN partner, Rainbow Health Ontario, for their Café Scientifique 2011: **Rewriting a History of Pathologization: LGBT People and Mental Health Research.**

Mental health is an issue that is not frequently discussed within lesbian, gay, bisexual and trans (LGBT) communities. Because LGBT communities have suffered from a history of being labeled pathological or sick by medical research, there is often resistance to being seen as mentally ill. Researchers, policy makers and health providers working in this area must tread carefully to ensure that they are not further pathologizing LGBT communities. This session will be an opportunity to bring together community members with those who are working in mental health, to discuss how they can work together to improve access to services and, ultimately, mental health outcomes for LGBT people.

Panelists will include Dr. Lori Ross, Senior Scientist, Social and Epidemiological Research Department, Centre for Addiction and Mental Health; Becky McFarlane, Executive Director, Ontario Council of Alternative Businesses; and, Hershel Russell, psychotherapist.

Wednesday, June 8, 2011 from 7 pm – 9 pm

Gladstone Hotel, 1214 Queen St. West

For more information about this session please visit the "What's New" section of the Rainbow Health Ontario website at www.rainbowhealthontario.ca. To register visit www.rhocafescientifique.eventbrite.com.

Harm Reduction Canada 2011

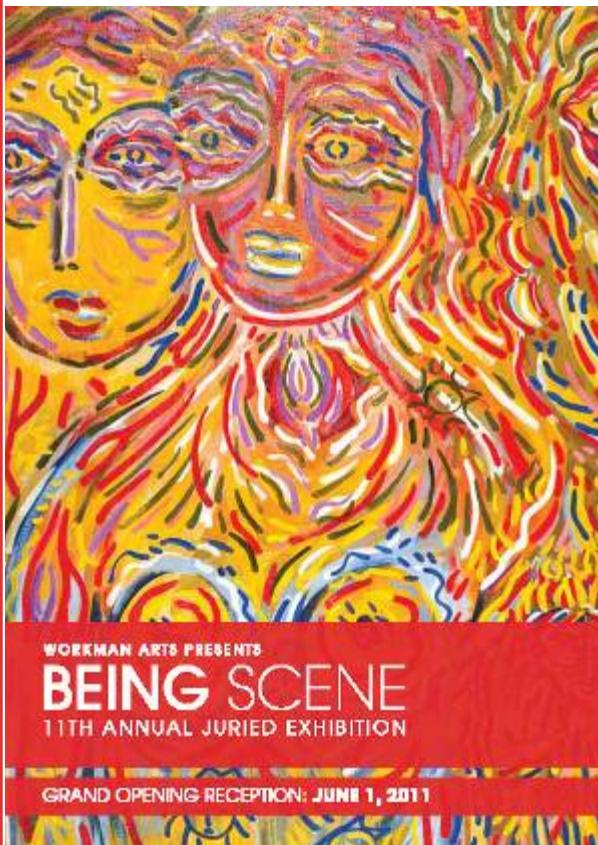
Canada's National conference on Harm Reduction, July 13-15, 2011 (Wednesday - Friday)
Carleton University campus, Ottawa, Canada

For details: [Harm Reduction Canada 2011](http://cast-canada.ca/HR2011-Main.html) (<http://cast-canada.ca/HR2011-Main.html>)



11th Annual BEING SCENE Juried Exhibition

Produced by Workman Arts for CAMH



We hope that you will join us and invite your friends and family.

GRAND OPENING RECEPTION

June 1, 2011 6pm - 8pm

We invite you to join us for Hors D'Oeuvres, Drinks, Music and artist's talk by Workman Arts' artist Lisa Walter.

Hart House, University of Toronto
East Common Room
7 Hart House Circle, Toronto ON

EXHIBITION SCHEDULE:

June 1 - August 1, 2011

9am - 9pm Daily

Hart House, University of Toronto

7 Hart House Circle, Toronto ON

November 5 - November 12, 2011*

Workman Arts

651 Dufferin Street

*During Rendezvous with Madness Film Festival

August 4 - October 2, 2011

12pm - 5pm Daily

Gladstone Hotel

1214 Queen Street West

Opening Reception:

August 4, 2011 5pm-7pm

Queen West Art Crawl Reception:

September 16, 2011 7pm-9pm

This exhibition is made possible from the support of:

Partner



Government Sponsors



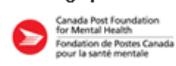
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Training Sponsor



PREFER:

Peer Recovery Education for Employment & Resilience

With support of the Ontario Trillium Foundation, the Peer Recovery Education for Employment & Resilience (PREFER) Program is entering its second year and is **accepting applications from new participants until June 6**. PREFER is a comprehensive series of courses and trainings about recovery offered within a supportive community of peers. The program is designed to support your personal recovery and support you to enter or progress in the peer, recovery, mental health, or social service workforce doing peer work. PREFER trainings are made available to participants through bursaries they are awarded.

We are providing bursaries to enable 65 people to join the PREFER community. There are spots available for people who may already have some of the training provided. Training is appropriate for those just beginning to develop an interest in working in this field in some capacity as well as for those who may already be working, but wish to further their own recovery education and increase their capacity to support other people on their recovery journeys.

Training starts July 2011 and applications will be accepted until June 6!

Applications will be accepted from participants living in South Simcoe County, York Region and the Greater Toronto Area. There will be no expense to those accepted into the program.

The package of recovery education programs includes:

- ✓ Orientation to Wellness Recovery Action Plan (WRAP)
- ✓ Like Minds: Peer Support Education
- ✓ WRAP Facilitator Certification
- ✓ Pathways to Recovery
- ✓ Basic Short Term Crisis Intervention
- ✓ Suicide Prevention
- ✓ Gaining Autonomy with my Medication
- ✓ Anti-Oppression Training

Additional education and support for leadership is provided using **monthly network meetings** for program participants, regular personal transformation tracking and program monitoring. A **yearly summit** welcomes the broader recovery community. To graduate, you must complete all components of the program. If you are interested in participating in this exciting project, please take a look at our brochure and application form on our website: www.cultureofrecovery.org

An information session will be held in York Region on:

Thursday, June 2, 2011 from 10:30 am – 11:30 am

North York General Hospital – Branson Site, Auditorium, 555 Finch Ave. West.

To register please email your name and contact information to e.carvalho@krasmancentre.com or call 905-780-0491, x125 or toll-free at 1-888-780-0724.

A Partnership Between



Canadian Diabetes Association Launches a Compassionate Use Program

Did you know that 57% of people living with diabetes in Canada cannot afford their prescribed diabetes management routine, due to the costs associated with blood glucose testing supplies?

To assist people who are having difficulty affording their blood glucose monitoring supplies, the Canadian Diabetes Association is launching a Compassionate Use Program.

Through this program, the Association will distribute 4,901 free blood glucose monitoring kits across Canada. These kits consist of:

- 1 OneTouch® UltraMini® System
- 300 OneTouch® Ultra® Blue Test Strips
- 300 OneTouch® Delica® Lancets



For more information or to apply online, [please visit diabetes.ca/meter](http://diabetes.ca/meter) on or after June 6. Supplies are limited and some restrictions apply.

Note: Compassionate Use Programs are limited in resources, should not be considered as a replacement for health insurance coverage, and do not meet the needs of Canadians for medications.

Learning from Each Other: An APCOL Community Research Conference: A participatory action study co-led by university and community-based researchers

FoodShare is a proud participant in and supporter of APCOL - Antipoverty Community Organizing and Learning. Why do some people get involved in neighbourhood groups working for change, and others don't? What do people learn through their involvement? Why do some decide to stay and others leave? For the past two years we've been asking these questions - as community and academic researchers we've now talked with hundreds of people about their experiences in community organizing in Toronto.

We invite you to come and hear what we've been told so far. This conference will be hands-on – together we will work directly with data from the APCOL survey and case studies. We will talk about the practical implications of this research and how researchers and community organizations can use it to build and maintain the active involvement and learning of community members.

APCOL is a five-year project working with neighborhood groups in the Toronto area including Black Creek, Flemingdon Park, Kingston Galloway - Orton Park, Lawrence Heights, Mt. Dennis, Thorncliffe Park, St. James Town, Steeles-L'Amoreaux, South Etobicoke, and Weston.

The APCOL project is a participatory action study co-led by university and community-based researchers partnering with FoodShare, Labour Community Services, Social Planning Toronto, ACORN, Canadian Centre for Policy Alternatives, Black Action Defense Committee, Chinese Canadian National Council (Toronto), Toronto and York Region Labour Council, Make Poverty History, United Way Canada, Downtown East Community Development Collective, George Brown College, Ryerson University, York University and the University of Toronto.

FoodShare, 90 Croatia Street, Toronto
phone: 416-363-6441 fax: 416-363-0474

For all the details: <http://www.apcol.ca/Conference/index.html>

EMPLOYMENT MATTERS

HIV/AIDS Outreach Outreach Worker

Parkdale Community Health Centre (PCHC) is seeking a full-time HIV/AIDS Outreach Outreach Worker - Street Health Program. The hourly rate is \$20.70. The application deadline is June 6, 2011. Location: Toronto.

Community Support Worker

LOFT Community Services is seeking a full-time Community Support Worker. The application deadline is June 3, 2011. Location: Toronto.

Program Supervisor

WoodGreen Community Services is seeking a part-time Program Supervisor. The application deadline is June 3, 2011. Location: Toronto.

Community Outreach Coordinator

ARCH Disability Law Centre is seeking a full time Community Outreach Coordinator. 12 month contract. Application deadline is June 10, 2011. Location: Toronto. Travel within Ontario required.

St. Stephen's Community House Upcoming Employment Training

Workshops for June include Networking, Apprenticeship Information Session, Resumé Critique, Mock Interview, Social Media, Cover Letters, Interview Skills, Second Career Information session, Labour Market information, Portfolios, and Job Search Techniques for Newcomers. The workshops are held during the day, run for 1.5 hours and most of them are held weekly. St. Stephen's Community House, Employment & Training Centre, 1415 Bathurst St. 416-531-4631 x 221 infoETC@ststephenshouse.com www.jobhouse.ca

St. Stephen's is also running an 18-week employment training program assisting newcomers receiving assistance from Ontario Works who speak English at an intermediate level and have lived in Canada for 5 years or less. The program includes 12 weeks in class and a 6 week co-op placement. To register call Stefanos Habtu at 416-531-4631 x 239. The next session begins Monday, June 27.

Don Mills Employment Services – Centre for Education and Training

Job Search Information & Ongoing Support • One-on-one Employment Assessment & Counselling • Financial Support through Second Career & Ontario Self Employment Benefit • Employer Connections • Professional, Experienced and Multilingual Staff • Resumé & Cover Letter Critique • Workshops & Tutorials on Job Search Skills • Job Board & Community Support Information • Recommended Websites for Job Opportunities • Online Directories, Job Banks, Software Tutorials • Referral to Employment and Community Resources

Don Mills Employment Services, 1090 Don Mills Road Suite 406 416-444-8744 Option 1

Horticultural Technician Pre-apprenticeship Pre-Training Program

The Horticultural Technician Pre-apprenticeship Pre-Training Program is offered by MicroSkills in partnership with Humber College and Landscape Ontario and funded by the Government of Ontario. This 10-month FREE program is for women that have a keen interest in landscape trades and a strong desire for employment in this industry. The program is open to women interested in the trades with Ontario Grade 12 or equivalent, who can commit to 10 months of training and plan to pursue a career/apprenticeship or further education in landscape trades.

The start date is Tuesday, September 6, 2011. Call Rebecca Anderson 416-247-7181 x 2328 or e-mail randerson@microskills.ca.

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

Free and Low-Cost Events for June 1 - 15, 2011

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

CYCLING

June 4 and June 11 from 11 am – 3 pm. Various locations. The Toronto Public Library is holding **workshops on basic bicycle maintenance** for bike month. 416-393-7131 www.torontopubliclibrary.ca FREE

FESTIVAL

Fri 3 – Sat 4. All day. **Korea Town 19th Korean Dano Spring Festival**. Highlights: live music from talented musicians and bands, Korean culture shows, singing contest, Taekwondo, Korean instruments, and dances. Christie Pits Park, 750 Bloor St. West No Admission Fee

Fri 3 from 6 – 10 pm, Sat 4 from noon – 10 pm, Sun 5 from noon – 6 pm. **Waterfront Blues Festival 2011**. Awesome lineup of award-winning blues performers. Woodbine Park, Bandshell, corner of Northern Dancer Blvd & Lake Shore Blvd East (between Coxwell & Woodbine) FREE



Sat 4 – Sun 5. All day. **Woofstock**. The largest outdoor festival for dogs in North America. St. Lawrence Neighbourhood. www.woofstock.ca FREE

Sat 11 from 10:15 to late afternoon. Boat leaves ferry docks at 10 am. **2nd Annual Toronto Tree Festival**. Enjoy a 2-hour walking or cycling Tour of the Trees guided by tree enthusiasts. At 12:30 the gates at Franklin Children's Garden open for plantings, tree climbing, rescue demos, and art installations. Call City of Toronto at 3-1-1 or email torontotreefest@toronto.ca. Toronto Island Ferry: 416-392-8193 FREE (except for Ferry fee)

FORT YORK NATIONAL HISTORIC SITE

Fort York National Historic Site, 250 Fort York Boulevard, 416-392-6907 www.fortyork@toronto.ca

- ✓ Sun 5 from 11 am – 5 pm. **The Ultimate Block Party**. Appealing to children aged 1 to 81. Enjoy interactive games and activities as well as performance centres and keynote speakers. FREE
- ✓ Sun 12 from 1 – 2:30 pm. **Fort York Historic District Walking Tour - 200 years of Lakefront Development**. Explore the history and evolution of Fort York, the Garrison Common and the nearby Lake Ontario shoreline from the early British colonial era to the present day. The tour is FREE and includes FREE admission to Fort York afterwards.

LEARNING/TALKS/FORUMS

CLEONet has resources, news, events, and webinars produced by community organizations and legal clinics across Ontario. Increase your knowledge of the law as it affects low-income and disadvantaged communities. Download guides to many legal topics for free. <http://www.cleonet.ca/>

Thurs 2 at 7 pm. **History of Leslieville**. Explore the history of Leslieville with a talk by local historian Terry Brackett. [Toronto Public Library, Jones Branch](#), 118 Jones Ave. 416-393-7715 FREE

Mon 6 at 6:30 pm. **Dating 101: Find Your True Love**. Elaine Mitchell guides you to personal power, spiritual growth and the best love of your life. [Toronto Public Library, Runnymede Branch](#), 2178 Bloor West. 416-393-7697 FREE

Artists for a New World. Three innovative female artists from three great countries of the New World. Art historian and artist Suzanne Tevliv traces their trajectories. [Toronto Public Library, Bloor/Gladstone Branch](#), 1101 Bloor St. West. 416-393-7674 FREE

- ✓ Mon 6 from 7 – 8 pm. **Georgia O'Keeffe**
- ✓ Mon 13 from 7 – 8 pm. **Frida Kahlo**
- ✓ Mon 20 from 7 – 8 pm. **Emily Carr**

Wed 8 at 7 pm. **CSI.** Find out how Canadian police investigate crimes. Toronto Police Forensic Identification Services Unit. [Toronto Public Library, Bloor/Gladstone Branch](#), 1101 Bloor St. West. 416-393-7674 FREE

Starts June 9 from 7 – 8:30 pm. Register before June 8. A **ten-week Buddhism course.** West-end Buddhist Cultural Centre, Sri Lankan Theravada Buddhist Tradition. 1569 Cormack Crescent, Mississauga 905-274-7421 or 905-891-8412 www.westendbuddhist.com FREE (only donations are encouraged)

Fri 10 at 10 am. **Identity Theft.** Get info in how to protect your identity. Presented in Mandarin/Cantonese. Toronto Public Library, Riverdale Branch, 370 Broadview Ave. 416-393-7720 FREE

MUSIC & DANCE

The Choralairs. We need new members. Rehearsals are from 8:15 – 10 pm. Earl Bales Park Community Centre, 4169 Bathurst St. Call 416-631-0029 for more info. FREE

Wed 8 at 2 pm. **Native Song and Dance: The Importance of First Nations Culture.** Performance by the Native Canadian Centre of Toronto. Discussion of drumming and songs afterwards. Elizabeth Beeton Auditorium. [Toronto Reference Library](#), 789 Yonge St. 416-395-5577 FREE

Luminato 2011 hosts series of concerts at Metro Square. All of the concerts are FREE and held at Metro Square, The Festival Stage, 55 John St. (main site entrance off King St. and just west of Roy Thomson Hall)

- ✓ Fri 10 at 8 pm. **Best** (trip rock) and **The Joel Plaskett Emergency** (East Coast Adult alternative).
- ✓ Sat 11 at 2 pm. **They Might Be Giants Family Show** with the Bunch Family.
- ✓ Sat 11 at 8 pm. **Dominic Mancuso** (Italian folk, blues, soul and jazz), **Marco Calliari** (folk), **Bandabardo beat** (Florentine Band)
- ✓ Sun 12 at 2 pm. **Homayun Sakhi** (Rubab player), **Alim Qasimov Ensemble** (mugham, Azerbaijani art form combines music with classical poetry)
- ✓ Sun 12 at 8 pm. **Annex Quartet** (from classic to world music to modern jazz), **Kronos Quartet** (acclaimed string quartet)
- ✓ Mon 13 at 8 pm. **Broadway's Night Out.** All-star theatre performs showcase big hits from contemporary shows.
- ✓ Tues June 14 at 8 pm. **Sultans of String** (String super group: French Manouche Gypsy Jazz, Spanish Flamenco, Middle Eastern Folk and Cuban Rhythm), **Yemen Blues** (9 member group blends Yemenite melodies with blues, jazz and funk.)
- ✓ Wed 15 at 8 pm. **Art of Time Ensemble** (brings contemporary relevance to classical music), Gravity Radio (live acoustic performance inspired by theoretical physics of gravity waves)
- ✓ Thurs 16 at 8 pm. **Delhi 2 Dublin** (exhilarating mash-up of Punjabi bhangra, Celtic, dub reggae and electronica), Malkit Singh (Bhangra superstar)
- ✓ Fri 17 at 8 pm. **The Belle Brigade** (breezy California melodies and pop harmonies), k d lang and The Siss Boom Bang (“the best singer of her generation”)

Other FREE events at Luminato include **Visual Arts installations, talks by artists, and President's Choice 1000 Tastes of Toronto** (each food item is \$5) 416-368-3100 <http://www.luminato.com/2011/>

WALK

7 Days a Week. Discovery Walks is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Informative signage will help you experience an area's heritage and environment.

The Central Ravine, Belt Lines and Gardens Walk. Start at Eglinton West Subway Station. The route leads you along the Belt Line Linear Park. The trail then crosses Yonge St. and enters Mount Pleasant Cemetery. After the cemetery you enter a system of natural ravines, which lead to the St. Clair Subway Station. Approx 11 km (about 3 hours). Accessible washroom in Cemetery: open 9 am – 5 pm. 416-392-1111. Visit http://www.toronto.ca/parks/brochures/walks/DW_Central.pdf for brochure. FREE

SENIORS MONTH AT THE LIBRARY

June 3, 10 at 3 pm and June 24 at 1 pm. Info session on **Canada Pension Plan and Old Age Security**. Translation available in Mandarin. Bloor/Gladstone Branch, 1101 Bloor St. West 416-393-7674 FREE

Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Rd. 416-394-5270 FREE

- ✓ Mon 6 at 2 pm. **Diabetes Workshop on Type 2 diabetes.**



- ✓ Thurs 9 at 2 pm. **Maintain a Healthy Mind, Body and Soul.** Learn about staying healthy through exercise and social activity. Includes 30-minute Sit Fit class (stretching and light exercise in a chair)

June 16 at 6 pm. **Yoga 50+.** Learn basic yoga movements to ease back discomfort and promote flexibility. Toronto Public Library, Don Mills Branch, 888 Lawrence Ave. East. 416-395-5710 FREE

WORD UP!

Wed 1 from 7 – 8:30 pm. **Brockton Writers Series: Celebrating Queer Writers.** St. Anne's church, 270 Gladstone Ave (just north of Dundas, enter from Gladstone). Debra Anderson, James Loney, T.L. Cowan and David Bateman! Readings, Q&A. Everyone welcome. PWYC (suggested \$3-\$5).

Wed 15 from 6 – 8:30 pm. **Pink Ink Zine Launch.** A showcase of arts-based initiatives by queer, trans, and two spirit youth. Special guests: Ill Nana dance troupe, DJ Mayhem and DJ Masarap. Art Gallery of Ontario, 317 Dundas Street West. Accessible. All ages welcome. 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.

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