

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

# BULLETIN

**September 16 – 30, 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 [csinfo@camh.net](mailto:csinfo@camh.net) <http://www.csinfo.ca/>



## **The C/S Info Centre's Annual General Meeting**

**Please join us as we celebrate 19 years of service to  
consumer/survivors (and 450 Bulletins!)**

**Monday, September 26, 2011**

**PARC**

**Parkdale Activity-Recreation Centre  
1499 Queen Street West  
6 pm – 8 pm**

Everyone is welcome to attend our Annual General Meeting: members, associate members and non-members alike and it is free.

Our Annual General Meeting is a time for us to celebrate with people who care about the C/S Info Centre and to report back to the community on our activities and finances for the past year. After the formal part of the meeting we invite you to enjoy a performance by the Parkdale Drummers, along with a nice meal and a draw for free prizes. Non-members are welcome to attend.

If you would like to vote at the AGM, you must be a member. To become a member simply fill out the membership form on page 10 and return it to us by mail, email, or in person. We must receive the form no later than 48 hours before the AGM if you intend to vote this year. Membership is free.



## The Nominations Committee of the Board of A-WAY EXPRESS

is seeking to recruit three new Board members to run for election to the Board of A-WAY. We are looking for people who are not only interested in working with the A-WAY Board and staff but who will bring to the Board one or more of the following:

- a) community social enterprise expertise
- b) organizational management skills
- c) financial and human resources expertise
- d) experience working with diverse communities, including a commitment to community engagement
- e) a background in law

In addition, experience in/with the consumer-survivor community is an asset. Nominations, with CVs, should be sent to the Chair of the Board, Jackie Murphy at [jackiemurphyis@rogers.com](mailto:jackiemurphyis@rogers.com).

Our AGM is set for Wednesday, October 19th at 6 pm. 416-424-2266 [www.awaycourier.ca](http://www.awaycourier.ca)

## ACCENT ON ABILITY AGM – SEPTEMBER 21, 2011

Accent on Ability is holding its Annual General Meeting in the Mennonite Church, 2174 Danforth Avenue (a couple of doors east of A-WAY Express) on Wednesday, September 21 from 6 pm to 7:30 pm. We are hoping to attract people to the meeting who are interested in becoming active in this non-profit, charitable organization, either as members of the Board of Directors or as supporters. Refreshments will be provided.

Accent on Ability started out in 1997 with the goal of improving the quality of life for members of Toronto's mental health consumer/survivor community. Over the past 14 years Accent on Ability has raised funds to develop training workshops, to fund educational, employment and recreational activities, and to build a stronger sense of community among Toronto's consumer/survivors.

We currently see a high level of need for organizations to work towards the improvement of life quality for Toronto's consumer/survivors and we see the AGM as an opportunity to inject new life and enthusiasm into the organization.

If you are interested in attending the AGM please RSVP by calling Jim Ward at 416-463-1661 or Stephanie Lafratta at 416-424-2266. <http://www.accentonability.org/index.htm>

## Housing and the 2011 Provincial Election

The Housing Network of Ontario calls on all political parties to build the foundation of Ontario's future through investments in affordable housing.

On October 6th, Ontarians will head to the polls to vote for their members of provincial parliament. The political parties must keep in mind:

- There are 1,301,395 tenant households in Ontario and 125,000 residents living in housing co-ops; accounting for almost one-third of our province's population.
- Over 13 percent of households live in poverty in Ontario, and is double that rate, or higher, if you are among one of the historically disadvantaged groups in Ontario (Aboriginal Peoples, peoples of colour, people with disabilities and mental health issues, lone mothers as well as newcomers). 627,530 of these households are unable to afford shelter that meets adequacy, suitability, and affordability norms, placing them in core housing need. Most but not all of these are tenants.
- Thousands more stay in homeless shelters across Ontario; for instance, in 2010, 22,276 people in Toronto, 7,156 people in Ottawa and 2,859 people in Waterloo Region had to stay in homeless shelters.

And yet, the housing concerns of these Ontarians are rarely addressed by government, and are almost never one of the issues discussed during the election campaign.

The construction of new housing that low-income people can afford and the renovation of existing housing would strengthen the economy and create jobs. Ongoing, core funding for affordable housing and support programs would result in more equitably accessible employment opportunities for Ontarians over the long term. More housing that is affordable for our growing workforce would help Ontario's economy. The strengthening of the economy would in turn, provide the means for further investments in affordable housing.

Visit <http://stableandaffordable.com/> to read the complete statement of the policy goals put forward by the Housing Network of Ontario.

## International Tenants Day Events

What is International Tenants Day? International Tenants Day is an annual event coordinated by the Swedish-based International Union of Tenants. It aims to promote tenant rights around the world while creating awareness of tenant issues. This year, the Federation of Metro Tenants' Associations is teaming up with several organizations in the GTA to hold our first annual International Tenants Day.

September 20 from 9 am – 3 pm. Registration at 8:30 am. **A Forum on Housing and Homelessness.** An interfaith and intercultural dialogue on housing and homelessness with speakers including Michael Shapcott and Senator Hugh Segal. Multi-Faith Centre, University of Toronto, 569 Spadina Ave. 416-299-1969 x 26 or e-mail [namf@bellnet.ca](mailto:namf@bellnet.ca).

September 26 at 5:30 pm. City Hall. **Rally for Toronto Coalition presents: Rally for Toronto.** The Rally for Toronto Coalition is aiming to highlight the impacts cuts will have on communities in Toronto.

October 1 from 10 am – 2:30 pm. Federation of Metro Tenants Associations & Friends present: **2011 Tenant Summit!** Ryerson University Podium Building, POD 205, 350 Victoria Street (near Gould and Victoria) Register at 416-646-1772 [fmta@torontotenants.org](mailto:fmta@torontotenants.org)

October 3 at noon. **International Tenants Day Rally.** The goal of International Tenants Day is to promote pride in being a tenant, garner some media and political attention to tenant issues and to unite tenants and agencies into a show of force. Ministry of Municipal Affairs and Housing, 777 Bay Street Come out and show your support for tenant rights in the City. [fmta@torontotenants.org](mailto:fmta@torontotenants.org) or call 416-646-1772 for more information!

## Intar Mental Health Recovery Conference

We hope you all had a fantastic summer. Now that autumn is upon us do think about registering for this cutting-edge recovery conference, "Challenging Our Understanding of Psychosis and Exploring Alternatives for Recovery" (Nov. 3 & 4, Hart House, U of T).

Don't miss out on the opportunity to explore alternative approaches to recovery with presenters like Robert Whitaker author of Anatomy of an Epidemic, Richard Bentall, psychologist and author of Madness Explained, Sandra Escher, a pioneer in the Hearing Voices Movement, Rufus May survivor/psychologist/activist extraordinaire, and others.

To register and learn more visit our website at <http://understandingpsychosisexploringalternatives.wordpress.com/about/> or 416-285-7996, x227. We look forward to seeing you there.

## Newcomer Wellness Fair

East Downtown Toronto Local Immigration Partnership is hosting the fair on September 22, 2011. There will be information on: Housing & Employment, Sexual & Reproductive Health, Dental Health, Epilepsy, Health & Nutrition, HIV/AIDS, Diabetes, Immunization & Vaccines, Stress & Mental Health.

Some participating agencies include: AIDS Committee of Toronto, Canadian Centre for Victims of Torture, Epilepsy Toronto, Fred Victor Centre, Hong Fook Mental Health Association, Madison Community Services, Metropolitan United Church Community Services, Regent Park Community Health Centre, Toronto Public Health, Turning Point Youth Services, 416 Community Support for Women, Canadian Diabetes Association, Canadian National Institute for the Blind, and the Heart & Stroke Foundation.

Sep 22 from 11 – 3 pm. Fred Victor Centre, 45 Queen Street East

Contact: Rita Boateng at 416-363-1066 x 249 [rboateng@ccvt.org](mailto:rboateng@ccvt.org)

## Krasman Centre WRAP for Optimal Health Group

Do you have diabetes or pre-diabetes or are at risk of developing diabetes? Are you living with mental health or addictions issues? You may benefit from an innovative FREE program. You must be able to commit to a weekly 2.5 hour program for 10 weeks and to participate in a weekly walking group. Information session will be held Monday September 19 at 1:30 pm. For more info and to register please call Wendy at Krasman Centre 905-780-0491 x 117. Krasman Centre, 10121 Yonge St. Public transit and nutritious snacks provided.



We knew they were keeping it somewhere!

Sign found on door at North York Branson Hospital, 2nd floor (Thanks Pat.)

## EMPLOYMENT MATTERS

### CRCT is hiring a Mental Health Promoter – Peer Support Focused Worker

**Application date is September 23, 2011.** It is a 9-month contract position requiring a degree or diploma in social work, nursing or equivalent, 5 years experience working with consumer/survivors, and lived experienced of mental health services. Visit [www.charityvillage.com](http://www.charityvillage.com) for details.

### Peer Support Worker Trainer Program for Residents of TCH

TCH, in partnership with Gerstein Centre and Krasman Centre are recruiting tenants to become Peer Support Workers. This program is open to people in recovery who are residents of Toronto Community Housing. The program is part of Toronto Community Housing's Mental Health Strategy. Please note that **you must be a tenant of Toronto Community Housing** in order to apply for this opportunity. Tenants chosen will receive intensive training and will be paid to deliver drop-in programs in select locations.

Application forms are available from your Health Promotion Officer, Youth Engagement Coordinator or Superintendent. **The application deadline is September 23, 2011.**

For further information contact [Andalee.Adamali@torontohousing.ca](mailto:Andalee.Adamali@torontohousing.ca).

### Starting Your Own Business – Thursday, September 29

From 10:00 am – noon. Free workshop offered at Dixon Hall Employment Services Centre. You must call or drop in and become a client beforehand in order to attend. 489 Queen Street East, Suite 300 416-956-4949 x 201 [esc.info@dixonhall.org](mailto:esc.info@dixonhall.org)

### Finding Work as an Interpreter – Tuesday, September 27

This interactive workshop has been developed for anyone who is interested in becoming certified and finding employment as an interpreter. A representative from Multilingual Community Interpreter Services (MCIS) will discuss the following topics: course curriculum and the certification process, eligibility requirements and labour market information. You will learn where interpreters are needed. This free workshop lasts about 1 hour 30 minutes and is open to everyone.

Location: Skills for Change, 791 St. Clair Avenue West. Presenter: Judy Abraham, MCIS

Call 416-658-3101 for details. <http://www.skillsforchange.org/workshops/2011/07/interpreters.html>

## Business Program at the Library

The Toronto Public Library is running a 9-week business development program at the York Woods, Richview and Cedarbrae locations starting in October. Applications are due September 23 and there are 20 spots available at each location. The programs are valued at \$700 but offered at a discount through Business Inc. Upon completion you will obtain a Certificate from the Toronto Business Development Centre and be able to apply for a small business loan (\$5,000 - \$30,000). Please note that there is no guarantee you will receive a loan. Programs begin in the third week of October and cost \$100. [BusInc@tbdc.com](mailto:BusInc@tbdc.com) Questions? 416-345-9437 <http://www.torontopubliclibrary.ca/programs-and-classes/featured/business-inc-series.jsp>

## NEWSBYTES

**1 in 4 inpatients have experienced restraint.** A study of 30,000 mental health inpatients from 2006 to 2010 in Ontario found that 1 in 4 have experienced control by psychotropic medication, mechanical or physical restraint or seclusion. The use of restraint occurs most often in emergency rooms.

<http://www.guelphmercury.com/news/local/article/583128--one-in-four-mental-health-patients-restrained-study-finds>

**Exercise effective treatment for major depressive disorder.** A 4-year study by UT Southwestern Psychiatry Department and the Cooper Institute in Dallas found that moderate to intense exercise worked as well as a second antidepressant drug for people who still felt depressed on a single antidepressant drug. Almost 30 percent of participants achieved full remission of symptoms and 20 percent experienced significant improvement. <http://www.sciencedaily.com/releases/2011/08/110824091522.htm>

**Cardiovascular disease and antipsychotic drugs.** People diagnosed with schizophrenia experience a mortality risk 3 times higher than the general population 25 years after diagnosis. The increased mortality risk is due largely to the cardiovascular disease associated with taking antipsychotic drugs. Arch Gen Psychiatry 2011; 68: 609-616

[http://www.medwirenews.md/47/93175/Psychiatry/Antipsychotic\\_drugs\\_increase\\_cardiovascular\\_disease\\_risk.html](http://www.medwirenews.md/47/93175/Psychiatry/Antipsychotic_drugs_increase_cardiovascular_disease_risk.html)

**Health Canada Advisory for Antipsychotic drugs.** Prescribing Information and labeling for the entire class of antipsychotic drugs is being updated to include info on the potential risk of abnormal muscle movements and withdrawal symptoms in newborns whose mothers were treated with these drugs during the third trimester of their pregnancy. The symptoms in newborns include agitation, abnormally increased or decreased muscle tone, tremor, sleepiness, severe difficulty breathing, and difficulty in feeding. These symptoms can vary in seriousness. [http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/\\_2011/2011\\_78-eng.php](http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2011/2011_78-eng.php)

**FDA Safety Update for Celexa (citalopram).** Celexa should not be prescribed higher than 40 mg/day. There is no increase in efficacy achieved above this dose. Doses over 40 mg/day can cause abnormal changes in the electrical activity of the heart (which in some cases can be fatal).

<http://www.fda.gov/Safety/MedWatch/default.htm> (Thanks Marian).

## 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.



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

*Free and Low-Cost Events for September 16 - 30, 2011*

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

## 6 ST. JOSEPH STREET YELLOW DOOR

Ongoing. 7 days a week. Various times during the day and evening. **The Yellow Door Learning Centre.** Fall Program Line-Up includes: Calligraphy, Native Perspectives on Environmental Protection & Spiritual Values - Danny Beaton, Yoga: Liberation through Movement, Speaking from the Heart Conversational English, community meal, gratitude hour, drawing, Benedictine Meditation, story-telling, A Course in Miracles, friendly conversation, advanced writing group, watercolour, meditation and Satsang, Poetry in Motion, Transcending the Ego, Tools to Release Stress, Creating Jewellery with Copper Wire, Yoga Liberation, Working on Wellness, The Guitar Orchestra, The Yellow Door Open Mic, and Introduction to Logotherapy. All are welcome. 6 St. Joseph House, 6 St. Joseph St. (Yonge and Wellesley). Drop by the house or call 416-923-8836 or email [ydlc@6stjoseph.ca](mailto:ydlc@6stjoseph.ca) [www.6stjoseph.ca](http://www.6stjoseph.ca) FREE

## ART

Until Oct 2. Noon – 5 pm daily. **Being Scene 11th Annual Juried Exhibition.** The exhibit resides at the Gladstone Hotel, 1214 Queen St. West 416-583-4339 [www.workmanarts.com](http://www.workmanarts.com) FREE

Until Oct 1. Tues – Sat from 11 am – 6 pm. **Scrambled: Who's Afraid of Pink, Blue and Yellow.** Paintings by Curtis Amisich that "envelop the viewer in a large post painterly world of colour." Peak Gallery, 23 Morrow Avenue 416-537-8108 <http://www.peakgallery.com> FREE

Sept 10 – Oct 9. **Black and White.** Six artists in various media. Spence Gallery specializes in contemporary expressions of Caribbean, Latin and African culture and holds themed group exhibitions. Spence Gallery, 600 Markham St. (Bathurst & Bloor) 416-795-2787 [www.spencegallery.com](http://www.spencegallery.com) FREE

Fri 16 – Sun 18. **Queen West Art Crawl.** Presented by Parkdale Community Development Group. An outdoor art show and sale with guided walks, talks, a night crawl and more. Queen Street West between Bathurst Street and Roncesvalles Avenue. 416-516-8301 <http://queenwestartcrawl.com> FREE

- **Outdoor Art Show and Sale at Trinity Bellwoods Park.** 790 Queen St. West FREE
- Sat 17 from 10 am – 4 pm. **Creative on Queen.** Original art, crafts, jewelry, pottery, live music by clients of the Centre for Addiction and Mental Health. 1001 Queen West 416-535-8501 x 6718 FREE

**September Schedule for the VanDuzer Art Studio.** Open 10 am – 8 pm every day. Wednesdays is Sketching with Dan at 1:30. Every other Thursday is JamSpace Music Group with Conor. Fridays is Writing Group with Katharine and Art Drop-In with Rick. Saturdays is Tai Chi with Eddy. Alternating Saturdays is Open Art Forum with Tamara and Nature Drawing with Peter. Sun – Tues is Open Art Forum with Tamara. Last Sunday of the month is Hot Rhythms Music Group (for complete beginners) with Mary. All are welcome to attend any of the workshops. Contact Tamara Wilen, Studio Coordinator, VanDuzer Art Studio, 196 Beverley Street 647-280-4931 FREE



Sat, October 1 from 7 pm to sunrise. **Scotiabank Nuit Blanche.** An all-night contemporary art event. Discover art in galleries, museums, the street, and unexpected places. From a streetcar, alleyways and storefronts to churches, ponds and parks, choose from more than 130 destinations and chart your own path. Not to be missed. Personal itinerary planner and details available online. There will be 3 free sneak previews hosted by curators of the Exhibits this year.  
<http://www.scotiabanknuitblanche.ca/home.shtml> FREE

To Sat 17. **COBA Open House.** Collective of Black Artists open house with sample classes in African and Caribbean dance, drumming, hip-hop, and more. COBA Studios, 2444 Bloor Street West 416-658-3111 [www.torontoartsonline.org/Presenters/COBA-Inc](http://www.torontoartsonline.org/Presenters/COBA-Inc) FREE

## BOWLING

Second Saturday of every month from 3 – 5 pm. **5 Pin Rainbowlers Club@ Danforth Bowling Alley.** A bowling club for gay and bisexual men over 40 and their admirers. No experience necessary. Seniors are encouraged to attend. We presently have 12 bowlers in our club. This is a fun group. Danforth Bowl Toronto, 1554 Danforth Avenue. Two-minute walk from Coxwell Subway Station. [rainbowlers@yahoo.ca](mailto:rainbowlers@yahoo.ca) or contact Al at 416-244-3077. The cost is under \$10 per person and this includes lane, shoes and two games. We have a special discount for those over 55 years of age.

## COOKING

Saturdays from noon – 3 pm. **The Spice.** Contribute your culinary skills at this fun social event. A child-friendly, trans inclusive event (wheelchair accessible). TTC tokens available. The Centre is open to students and community members. Many people who are actively involved are not students. The Centre for Women and Trans People, University of Toronto, 563 Spadina Avenue, Room 100, North Borden Building 416-978-8201 [womens.centre@utoronto.ca](mailto:womens.centre@utoronto.ca) FREE

Sun 18 from 1 – 5 pm. **City Cider at Spadina.** Spadina Museum in partnership with Not Far From the Tree presents a new fall harvest event. Not Far From the Tree will demonstrate proper heritage apple picking methods and press apples from the Spadina Orchard into cider. Spadina gardeners offer tours of the site's historic gardens. Spadina Museum, 392 Spadina Rd. 416-392-6910 \$5

## FESTIVAL & CELEBRATION

Fri 16 – Sun 18. **15th Annual Ukrainian Festival.** Bloor West Village between Jane St. and Glendonwynne Rd. Jane or Runnymede subway stations. <http://www.ukrainianfestival.com/event.htm> FREE

Fri 16 – Sun 18. **Roncesvalles Polish Festival.** Roncesvalles Avenue between Dundas and Queen. 200,000 people expected! 416-537-2701 [www.polishfestival.ca](http://www.polishfestival.ca) FREE

Sat 17 – Sun 18. **5th Annual Samba on Dundas.** The spirit of SAMBA unites the many roots and influences of the people of Brazil. Dundas West between Lansdowne & Lisgar. [http://wp.undaswestbia.ca/?page\\_id=101](http://wp.undaswestbia.ca/?page_id=101) FREE

Sat 17 at noon. **North York Korean Harvest Festival 2011.** Mel Lastman Square, 5100 Yonge Street 416-338-3343 FREE

Sat 17. **Vietnamese Mid-Autumn Celebration.** Harbourfront Centre, 235 Queen's Quay West 416-973-4000 FREE

Sun 18. **100th Anniversary of the Junction Shul** celebrates with a Street Party. Congregation Knesseth Israel. Maria and Shipman St. in the Junction. (Free parking at Walmart at St. Clair & Runnymede with free bus to site) 416-961-5556 x216 <http://www.junctionshul.org/> FREE

Tues 20 from noon - 2 pm. **Freedom Day.** Celebrate our rights and freedoms. L.Gen. The Hon. Romeo Dallaire, Michel Chikwanine, former child soldier, and others raise awareness about human rights issues. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 <http://ydsquare.ca> FREE

## FILM

To Sept 18. Sun - Thurs from noon - 6 pm. Fri - Sat from noon - 9 pm. **Road Movie.** A series of short films by Elle Flanders and Tamira Sawatzky examining contemporary life in Palestine. Artist talk on Sun 18 from 2 - 4 pm. O'Born Contemporary Art Gallery, 131 Ossington Avenue 416 413 9555

[http://oborncontemporary.com/exhibitions/2011\\_Road\\_Movie.html](http://oborncontemporary.com/exhibitions/2011_Road_Movie.html) FREE

To Sun 18. All day. **TUFF: Toronto Urban Film Festival.** One minute films showing in Toronto subway stations. Also viewing at the Drake Hotel, 1150 Queen Street West. (Fri 16 - Sun 18 from 11 am - 5 pm) 416-646-7867 [www.torontourbanfilmfestival.com](http://torontourbanfilmfestival.com) FREE

## FITNESS & WELLNESS

Ongoing. Various times and dates. **Mind, Body and Soul – Self Help Support Centre Inc – Living a Life of Excellence.** Community based organization offers programs for mental health and overall well being. Meaningful

volunteer opportunities also available. \* Tai Chi \* Meditation \* Fitness \* Ladies Sculpting and Shaping Exercise Class \* Family Nutrition \* Personal Training \* Latin Dance \* Guest Speakers \* Women's Support Groups \* Yoga \* Art Therapy \* Journaling \* Drumming \* Relationship Workshops \* Male Support Groups \* Breaking Bread: Male Survivors of Sexual Abuse \* Chronic Pain Support Group \* Inspirational Movie Night, and more. 10132 Yonge Street, Suite 201 (corner of Yonge and Arnold Crescent), Richmond Hill 905-237-5615 [contact@mindbodyandsoul.ca](mailto:contact@mindbodyandsoul.ca) FREE

## EXHIBIT



Sat 17 – 18 from 10 am – 6 pm and 11 am – 5 pm. **42nd Annual Wonder of the Earth** presented by The Gem & Mineral Club of Scarborough. Demos, mini workshops, gem identification, hourly & grand door prizes, live & silent auctions, gems and minerals for sale. Don Montgomery Community Centre, 2467 Eglinton Ave. E (beside Kennedy Subway Station) 416-282-5319 416-438-8908 [www.scarbgemclub.ca](http://www.scarbgemclub.ca) \$5 Adults / \$1 Kids

## HEALTH

Mon 19 and Mon 26 at 7:15 pm. **Introductory Meditation**. Learn three easy techniques. College/Shaw Library, 766 College Street. 416-538-0006 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Wed 21 from 6:30 – 8 pm. **Herbal vs. Conventional Medicine**. Morwenna Given, medical herbalist, discusses integrating conventional and alternative medicine. Toronto Reference Library, 789 Yonge Street 416-395-5577 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

## LEARNING

**Canadian Women's Health Network** has published a series of primers on women's health issues. Each primer provides a brief explanation of the key issues followed by concrete illustrations and recommended readings which are available on line. Of particular interest to many of our subscribers may be the primers on Prescription drugs for women: How safe? How effective? How necessary?, Women, Gender and Mental Health and Addictions, Aging, Women and Health, and Women, Housing and Health. [http://www.cwhn.ca/en/frontpage\\_en](http://www.cwhn.ca/en/frontpage_en)

Mon 19 from 11 am - 2:30 pm. **Info Fair followed by Bed Bug Town Hall**. CAMH, 250 College Street Auditorium. Call Sarah Waldman 416-535-8501 x 3101 or [sarah\\_waldman@camh.net](mailto:sarah_waldman@camh.net) FREE

Tues 20 at 6 pm. **Voting Smart**. Information session on navigating our choices in the Ontario provincial election. Noor Cultural Centre, 123 Wynford Drive. 416-444-7148 [www.noorculturalcentre.ca](http://www.noorculturalcentre.ca) FREE

Fri 23 and Mon 26 from 9:30 am – 4 pm. **Older Women and Financial Literacy: Bridging The Gap**. Two-day workshop on money management for single, newcomer and low-income women 55 or older. Lillian H Smith Library, 239 College Street. 416-978-7323 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Wed 28 from noon – 1:30 pm. Social Economy Centre's Lunchbox Speakers' Series (& Webcast) event. **Running a Social Purpose Business – Lessons from Furniture Bank**. The Furniture Bank is one of the largest social purpose enterprises in Canada. Ontario Institute for Studies in Education, University of Toronto, 252 Bloor St. West (St. George Subway Station), Room 12-199 Bring your own mug and lunch. 416-978-0022 Andrea at [secspeakerseries@gmail.com](mailto:secspeakerseries@gmail.com) <http://socialeconomycentre.ca/> Free and no registration required

Wed 28 from 7 - 8:30 pm. Kevin O'Leary, star of **CBC's Dragon's Den**, discusses how you can turn your entrepreneurial vision into a lucrative reality. Toronto Reference Library, 789 Yonge Street. 416-395-5577 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Thurs 29 from 7 – 8 pm. **The Adventure of Astronomy from Antarctica**. In the coldest and driest place on Earth, scientists, adventurers and penguins meet to observe the Universe. Juan Soler of the University of Toronto tells the story of the telescope launched last December from Antarctica. Weston Branch, 2 King Street 416-394-1016 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Fri 30 from 1 – 3 pm. **Monthly Health Talk. Health Literacy.** Toronto Western Hospital, University Health Network, Auditorium, 2WW-401, 399 Bathurst St. 416-603-5800 x 2661 [miulin.wong@uhn.on.ca](mailto:miulin.wong@uhn.on.ca) FREE

## LITERATURE AND BOOKS

Tuesdays at 7 pm. **True Tales.** International celebration of storytelling. Drake Hotel, 1150 Queen Street West 416-531-5042 [www.thedrakehotel.ca](http://www.thedrakehotel.ca) FREE

Wed 21 from 7 – 8:30 pm. **Irish author Eoin Colfer**, best known for his *Artemis Fowl* series for young readers, discusses his much-anticipated adult crime-fiction debut, *Plugged*. Toronto Reference Library, 789 Yonge Street 416-395-5577 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Sun 25 from 11 am – 6 pm. **The Word on the Street.** Book lover's paradise featuring authors, magazine and literary exhibits, comic arts, readings, a kids' tent, workshops, and entertainment. 11 Queen's Park 416-503-1330 [www.thewordonthestreet.ca](http://www.thewordonthestreet.ca) FREE

## MDAO Fall Programs 2011

Three popular recovery programs are running again this fall in Toronto:

- Thursdays from 6 – 8 pm starting September 15. **Drumming to Our Own Beat.** Registration is required. FREE
- Mondays from 6 – 8:30 pm starting September 19 and on Wednesdays from 2 – 4:30 pm starting September 21. **Wellness Recovery Action Planning (WRAP).** Registration required. FREE
- Tuesdays from 4 – 5 pm starting September 27. **Mindfulness in Everyday Life.** An orientation session will be held on September 20 from 4 – 6 pm. Registration is required. FREE

Please contact Ingrid Mraz at 416-486-8046 x 238 or [ingridm@mooddisorders.ca](mailto:ingridm@mooddisorders.ca)

## MUSIC

Wed 21 from 12:30 – 1:30 pm. **Toronto Tabla Ensemble.** North Indian percussive music of the Tabla. Some of Canada's best musicians and dance groups. Yonge-Dundas Square, 1 Dundas Street East 416-979-9960 <http://ydsquare.ca> FREE

Thurs 22 at 6 pm. The **Kira Callahan Quartet** presents music from the 1920s and 30s. Special Pay What You Can Thursday. Bata Shoe Museum, Bata Shoe Museum. 327 Bloor St. West (southwest corner of Bloor West and St. George) 416-979-7799 [www.batashoemuseum.ca](http://www.batashoemuseum.ca) Pay What You Can

**Note:** Mon 26 is Seniors Day. \$4 for any visitor over the age of 65 and Thursdays from 5 – 8 pm are always Pay What You Can.

## NORTH YORK WOMEN'S CENTRE

Starting Sept 24. Fall programs and workshops include Building Self-Esteem, Panic to Power, New Directions, Health Relationships, Nobody's Perfect, Women on the Move, and some drop-in activities and workshops. North York Women's Centre, 2446 Dufferin St. 416-781-0479 [www.nywc.org](http://www.nywc.org) FREE

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**To subscribe** call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

The **Bulletin** is published on the 1st and 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) [www.twitter.com/CSInfoCentre](http://www.twitter.com/CSInfoCentre)

*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

The C/S Information Resource Centre of Toronto  
**Annual General Meeting**

PARC (Parkdale Activity-Recreation Centre)  
1499 Queen Street West  
Monday September 26, 2011  
6 pm – 8 pm

The business meeting will begin at 6 pm and our special guests,  
The Parkdale Drummers, will perform immediately afterwards.

Please join us. Everyone is welcome.

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### General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre. Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West. If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member - You must be a consumer/survivor from the Greater Toronto Area.

Associate Member - This is a non-voting membership open to non-consumer/survivors.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

Organization (optional) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Business phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

**You do not need to be a member to continue to receive the Bulletin.**