

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

# BULLETIN

May 1 – 15, 2012

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 <http://www.csinfo.ca/>



The Empowerment Council & the Consumer/Survivor Information Centre present:

## **ARE WE LOSING PSYCHIATRIC PATIENT ADVOCACY ?**

*A community meeting and update about Provincial Changes to the Mandate  
of the Psychiatric Patient Advocacy Office*

**Monday, May 7<sup>th</sup> 2012**

**4:00 PM**

**Empowerment Council Office (QS)  
1001 Queen Street West**

There are important and significant changes that are impacting the future role of patient advocacy in Ontario. The purpose of this meeting is to share updates and to discuss strategies on how to preserve advocacy for people in the mental health system(s).

**For more info contact Lucy Costa 416-535-8501 Ext. 33013 or Helen Hook 416-595-2882**

## Community Treatment Order (CTO) Review Opportunity to Participate in Survey

The Community Treatment Order (CTO) Ontario Legislated Review is underway through the Ministry of Health & Long-Term Care. An online survey is one component of the review process. You can participate in the online survey between April 16 and May 7, 2012.

*Please share this information with your networks.* The survey can be completed by anyone who has an interest in CTOs recipient/participant, family, friend, service provider, service user, advocate, etc.

For more information about the review or to complete the survey go to: [www.ctoreview.malatest.net](http://www.ctoreview.malatest.net) or call 1-855-688-1137

## C/S INFO'S NEXT WORKSHOP IS ALL ABOUT THE PUBLIC GUARDIAN AND TRUSTEE

Join the Consumer/Survivor Info Centre on **Wednesday, May 30** from 10:00 to 11:30 am for a free workshop on The Public Guardian and Trustee (PGT). A speaker from the outreach office of the PGT will be here to answer all your questions about this sensitive topic – What happens to your money? Is trusteeship forever? Can you get control back? How can you get the amounts changed? What happens to your income tax refunds and HST cheques? The workshop will be held in our favourite place to have workshops — Room B40 in the basement of Unit 4 at CAMH, the Centre for Addiction and Mental Health at 1001 Queen Street West. Please note that it isn't our usual last Monday format as the room wasn't available. It's the last Wednesday morning of the month. As always, we'll put up lots of directional signs. Everyone welcome, no need to pre-register, although for the purposes of getting enough refreshments, maybe give a call and we'll keep count. Helen at the Consumer/Survivor Information Resource Centre of Toronto 416-595-2882 or [csinfo@camh.net](mailto:csinfo@camh.net)

## PARKDALE COMMUNITY EVENT Voices of Parkdale

Tuesday, May 8<sup>th</sup> from 7:00 to 9:00 pm at Parkdale Project Read 1209 King Street West.

“Literacy is about more than reading and writing – it is about how we communicate in society. It is about social practices and relationships; about knowledge, language and culture...indeed, it is the excluded who can best appreciate the notion of ‘literacy as freedom’” – United Nations Literacy Decade 2003 – 2012

Voices of Parkdale is a creative partnership between the adult literacy programs at Parkdale Project Read, Parkdale Activity-Recreation Centre, and the youth program Literacy Through Hip Hop. The evening will feature spoken word performances, poems and stories about freedom, justice, community and the love of literacy. Ten artists will share poems and stories they developed in the three aforementioned literacy programs. The artists represent a diverse group of Parkdale residents – including women, First nations, seniors, men and women who identify as consumer/survivors of the psychiatric system, people with various abilities and women of colour. Co-sponsored by Parkdale Project Read, the Parkdale Activity-Recreation Centre and Literacy Through Hip Hop. Info: [www.mayworks.ca](http://www.mayworks.ca) or [admin@mayworks.ca](mailto:admin@mayworks.ca) This event is free to attend.

# Call for Submissions:

## Events for Mad Pride Toronto 2012

Tuesday, July 10 to Saturday, July 14

Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad folk, people the world has labelled “mentally ill” and those in solidarity with us.

Mad Pride is about:

- remembering and participating in mad history
- challenging discrimination
- advocating for rights
- affirming mad identities
- developing and empowering mad communities
- having fun!



Our lives and contributions are valuable and need celebration!

All events are free. Past events have included: educational talks/panels, workshops, theatre, music, art, poetry, comedy, films, craft/vendor sales, information booths, and more.

The Mad Pride Toronto 2012 Organizing Committee invites event submissions that are consumer/survivor driven. Please include contact information and a brief description of the proposed event/your idea.

**Deadline:** Friday, May 18, 2012

**Email:** [madpridetoronto2012@gmail.com](mailto:madpridetoronto2012@gmail.com) with “event” in the subject line or call Naomi at 416-516-1422 x 250. To request posters/brochures or if you know a group/organization we should speak to more about Mad Pride, please email us with “outreach” in the subject line.

For more information on Mad Pride Toronto, visit [www.csinfo.ca/bulletin/Bulletin\\_374.pdf](http://www.csinfo.ca/bulletin/Bulletin_374.pdf). Our website ([www.madprideto.com](http://www.madprideto.com)) is coming soon. Join us on Facebook at [www.facebook.com/madpridetoronto](http://www.facebook.com/madpridetoronto).

*The schedule of Mad Pride Toronto 2012 events from July 10-14 will be available on our website, Facebook, by email, and in the July 1st edition of the C/S Info Centre’s Bulletin.*

## CALL FOR SUBMISSIONS - IT'S OUR 20<sup>TH</sup> ANNIVERSARY

The newsletter you are reading has a long history. It is the publication of The Consumer/Survivor Information Resource Centre of Toronto, an independent organization funded by the Ministry of Health and Long-Term Care and supported in our work in the community by many organizations including the Centre for Addiction and Mental Health (CAMH). The C/S Info Centre has been around since 1992. As well as publish The Bulletin, we give information, resources and referrals about the mental health and addictions systems to anyone who needs our assistance; we have an extensive collection of brochures and handouts available and listings of community events and job postings on our notice boards; we run a tax clinic for low income consumer/ survivors and we hold workshops on topics of interest to c/s/x people.

We're 20 years old this year and we'll celebrate at our Annual General Meeting in the fall. Before that, we want to collect written works, art, digital submissions, really anything you'd care to send us about The C/S Info Centre or The Bulletin over the years and what either might have meant to you. We're going to have a small committee planning the celebration and the final product, whether it be a book, a digital collection, a film or whatever shape it takes. Please send us your contributions to the project. [csinfo@camh.net](mailto:csinfo@camh.net)

## Keep fit with PhACS free walking groups!

We meet inside the cafes at the times and locations listed below, year round.

**Wednesday:** 3:30 pm - The Park beside Parkdale Community Health Centre, 1229 Queen Street West (West of Dufferin)

**Wednesday:** 7 pm - Tim Hortons, 481 Danforth Avenue (at Logan)

**Saturday:** 1 pm - Brown Sugar Bakery & Deli, 1374 Queen Street West (West of Brock)

**Sunday:** 10 am - The Riverdale Perk, 633 Logan Avenue (at Withrow)

PhACS (Physical Activities for Consumer Survivors) works in partnership with Accent on Ability, a registered charitable organization, to promote wellness through physical fitness and social activities. PhACS serves consumer survivors (people who have had experience with the mental health system), their friends, and people with diabetes.

Please visit us at [www.accentonability.org/phacs.htm](http://www.accentonability.org/phacs.htm).

### **CAMH Launches Self-Help Web Site and Mobile App for Problem Gambling - Apr 3, 2012**

The Problem Gambling Institute of Ontario (PGIO) at the **Centre for Addiction and Mental Health (CAMH)** today launched a new and unique option in the continuum of care for individuals and families affected by problem gambling: online self-help tools. Anonymous, free, and accessible any time of day from a computer with an internet connection, these new tools can help the approximately 333,000 Ontario adults and approximately 29,000 students who are affected by problem gambling, but who usually do not seek help.

With the Ontario Lottery and Gaming planning to offer online gambling in 2012/13 and the recent announcement about the significant expansion of gambling availability across Ontario, PGIO's new Self-Help Gambling Tools, available at [ProblemGambling.ca](http://ProblemGambling.ca), are especially timely and relevant.

There are many barriers to getting help with a gambling problem, including shame, time constraints, lack of transportation, and having difficulty coming to terms with the existence of a gambling problem. The Self-Help Gambling Tools address these barriers as they are completely self-directed and convenient to use. For individuals with iPhones, there is even a free application available in the app store that allows you to monitor your gambling behaviour and track your urges to gamble (Other mobile versions coming soon). People who keep track of their gambling behaviour are more successful when trying to quit or reduce gambling.

- **Gambling Quiz:** Answering these nine questions will help you understand if gambling is having a negative impact on your life.
- **Self-Help for Those who Gamble:** Do you gamble? These interactive tools will help you explore, cut down or stop gambling.
- **Self-Help for Family and Friends:** Does someone you care about gamble too much? With these interactive exercises, learn why they gamble and what you can do to help.
- **Monitor Your Gambling & Urges (MYGU):** Use this web tool to keep track of when you gamble, or feel the urge to gamble. Mobile App versions for most hand-held devices will also be available in the near future.

"Using self-help tools and the web was a good fit for me when I needed help with my gambling problem," says \*Ivan (\*not his real name). "It's help anytime, anywhere, because sometimes you're down in the dumps at 4 am."

Are you interested in learning more about **Peer Support and Recovery**? Are you thinking about getting more involved in your community or working as a peer?

Come to an information session to learn about the **Peer Recovery Education for Employment & Resilience (PREFER) project**! Applications are now being accepted from people interested in participating in our education and training program and preparing to provide recovery-supporting peer support in employment, community, or volunteer roles. Bursaries are limited to 60 and allow for all training to be provided at no expense to the participant.

At the information sessions, you can learn more about the program, how to apply, and how to make your application stand out. There will be also time for questions and answers. Please let us know you are coming by leaving your name and your contact information by email: [e.carvalho@krasmancentre.com](mailto:e.carvalho@krasmancentre.com) or by phone **905-780-0491 x 125** or Toll-Free: **1-888-780-0724**.

**Monday May 14th, 2012 2:00 pm – 3:00 pm** North York General Hospital — Branson Site, 555 Finch Ave., West, Toronto (just west of Bathurst St.) \*\*Wheelchair accessible. Follow signs on main floor \*\*Free parking across the street at North York Centennial Arena (580 Finch Ave. W.).

**Thursday May 17th, 2012 3:00 pm – 4:00 pm** Richmond Hill Public Library — central library branch meeting room B (second floor), 1 Atkinson Street, Richmond Hill (southwest corner of Yonge St and Major Mackenzie Drive). \*\*Free parking

More info: [www.cultureofrecovery.org](http://www.cultureofrecovery.org)



## Gerstein Crisis Centre Is seeking Volunteers to join our Board of Directors

The Gerstein Centre provides crisis intervention to adults living in the City of Toronto, who experience mental health problems. The Centre provides telephone, face to face and onsite support for individuals in crisis. Our service is non-medical. The Gerstein Centre also has a second site in the west end of Toronto. Gerstein on Bloor provides short term crisis support for persons with mental health problems and are also involved with the criminal justice system.

The Gerstein Centre is looking for volunteers for our Board of Directors, able to commit 3-5 hours per month for a minimum of one one-year term. The Board meets once a month. Currently, there are committees in the following areas: Finance, Human Resources, Fundraising, and Governance. Expertise in any of these areas would be considered an asset.

Gerstein Centre is committed to equity principles and hopes to broaden the diversity of the Board. We are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system.

If you are interested in this opportunity or would like more information, please contact Paul Quinn (Executive Director) by phone at 416-929-0149 or by email at [admin@gersteincentre.org](mailto:admin@gersteincentre.org).

You can also find more information on our website at  
<http://www.gersteincentre.org/volunteer.html>

# Food, Mood and Nutrition

From a reader, who says he came across this link which maybe helpful to survivors:  
<http://www.mentalhealth.org.uk/?view=Search+results&search=Feeding+minds>

## Diet and Mental Health From [www.mentalhealth.org.uk/food](http://www.mentalhealth.org.uk/food)

### Nutritional Information

Eating foods rich in vitamins and minerals can affect the way you feel. This page shows which foods can improve the way you feel and is taken from our Feeding Minds report.

#### **Magnesium Can help with anxiety, depression, stress, irritability, and insomnia**

Foods that include magnesium: spinach, watercress, avocados, peppers, broccoli, brussel sprouts, green cabbage, almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecans, pumpkin seeds, sunflower seeds, poppy seeds, oats, bran, long grain rice, buckwheat, barley, quinoa, plain yogurt, baked beans, bananas, kiwi fruit, blackberries, strawberries, oranges, raisins, and chocolate.

#### **Vitamin B3 Can help with stress and depression**

Foods that include vitamin B3: brown rice, rice bran, wheat germ, broccoli, mushrooms, cabbage, brussel sprouts, eggplant, squash, peanuts, beef liver, beef kidney, pork, turkey, chicken, tuna, salmon and sunflower seeds.

#### **Tryptophan Can help with depression and sleep problems**

Foods that include tryptophan: skinless turkey, skinless chicken, plain yogurt, milk, eggs, cheddar cheese, gruyere cheese, swiss cheese, cottage cheese, almonds, pistachios, pecans, hazelnuts, peanuts, soy nuts, poppy seeds, pumpkin seeds, sesame seeds, lentils, chickpeas, kidney beans, lima beans, soya, spinach, watercress and cabbage.

#### **Zinc Can help with lack of motivation, poor appetite and depression**

Foods that include zinc: oysters, mussels, shrimp, fortified breakfast cereal, cashews, walnuts, almonds, mozzarella, swiss cheese, cheddar cheese, low-fat yogurt, chickpeas, kidney beans, baked beans, lima beans, lentils, miso, chicken (dark meat), turkey, lamb, pork, minced beef, pumpkin seeds, sesame seeds, spinach, mushrooms, squash, asparagus, broccoli, blackberries and kiwi.

Visit their website for more on the topic and for the chart to keep track of your daily food and mood. I just couldn't get it to the B no matter how I tried. If you don't have access to the internet, come on down to the Info Centre and I'll give you a couple of printed copies to use, if you want to try this out. Helen

## Another Reader sends us the Following Helpful Advice:

Constipation is one of those topics that many people are embarrassed to talk about. My pain medication causes me these issues and I have heard from many people taking psychiatric medication that also have this enduring problem. I found this cereal:

<http://www.ruthshempfoods.com/products/chia-goodness.html> which is basically a mixture of chia (also called salba) seeds, hulled hemp seeds and buckwheat. I've been eating it for two weeks and it has worked like a dream. I have experienced no gas or bloating, it is gluten free, full of fibre, protein and vitamins – a great natural way to deal with this issue.

Here is my morning recipe: 2 tbsp of Chia goodness (or a blend of chia, hulled hemp seeds and buckwheat – probably costs less to make your own blend)  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of yogurt or Kefir (I prefer Kefir as it is loaded with all sorts of probiotics) a few tablespoons of blueberries and raspberries, a few tablespoons of nuts/seeds. Stir and let it sit for about 5 minutes and then eat! It tastes delicious! CF

# Employment Matters

Centre for Addiction and Mental Health

## Peer Support Worker (12160E) Schizophrenia Program - LEARN

The Centre for Addiction and Mental Health (CAMH) is Canada's leading Addiction and Mental Health teaching hospital. CAMH succeeds in transforming the lives of people affected by addiction and mental illness, by applying the latest in scientific advances, through integrated and compassionate clinical practice, health promotion, education and research. CAMH has been recognized internationally as a Pan American Health Organization and World Health Organization Collaborating Centre. CAMH is committed to diversity in the workplace.

### **Position Description:**

The Peer Support Worker will work as a member of a diverse interprofessional team to facilitate and support clients with their recovery process. You will utilize your lived experience with mental health and/or addiction challenges as you facilitate clients in determining their unique goals and objectives. You will provide a source of encouragement and hope, partnering with clients as they move towards their visions. Your collaborative work with clients will involve the role of a coach and liaison and assisting clients to advocate for themselves. Your role will include bridging people back into community and helping clients to link with community resources of their choice. This role focuses on being a shared learner with clients, rather than being a helper, therapist or treatment provider. You will connect with clients on an individual basis and also as a group facilitator. In this role, you will provide education about recovery and peer support to staff and students. You will be expected to contribute to program development, research and educational activities of the Program. You will report to the manager of the service, and you will receive clinical support facilitated by the Advanced Practise Clinician. You will provide services reflective of the diverse needs of the clients and their families. You will support a workplace that embraces diversity, encourages teamwork and complies with all applicable regulatory and legislative requirements. Some evening and/or weekend hours may be required. This position will be located at the LEARN offices on St. Clair Avenue West in Toronto.

### **Qualifications:**

The successful candidate will have lived experience as a recipient of mental health and/or addictions services. You have a strong understanding of the psychiatric consumer/survivor community. You possess excellent communication and interpersonal skills enabling you to work within a collaborative and diverse interprofessional team. Effective leadership, decision-making, organizational and problem solving skills are required. Your skills will include the ability to be flexible, self-reflective, and supportive. The ability to work effectively in a dynamic and a fast-paced multidisciplinary environment is essential. Experience working with clients, staff, and organizations of diverse backgrounds is required. You possess knowledge in the areas of group facilitation, community resources, the social determinants of health, the recovery process and the peer support role. Participation in training on Peer Support/Recovery would be an asset as would knowledge of Wellness Recovery Action Planning. Computer literacy and the willingness to learn new computer programs are required. Your role will include documentation on the computer. Bilingualism or the ability to speak a second language is considered an asset. Training and supervision will be provided for this position.

**Please note:** This part-time (0.5. FTE, two and a half days/week), 1-year contract position is part of the OPSEU Bargaining Unit.

**Salary Range:** \$21.93 - \$25.25 per hour

### **Please forward your résumé to:**

Human Resources  
Centre for Addiction and Mental Health  
1001 Queen Street West  
Toronto, Ontario  
M6J 1H4

**Fax: 416-583-4316**  
**E-mail: [jobs@camh.net](mailto:jobs@camh.net)**

**Please remember to quote the File Number when applying and indicate where you viewed the advertisement in the cover letter.**

**Closing Date:** **May 3, 2012 by 5pm**  
**File Number:** **12160E**

**As an employment equity employer CAMH actively seeks Aboriginal peoples, visible minorities, women, people with disabilities, (including people with who have experienced mental health and substance use challenges), and additional diverse identities for our workforce.**

**We thank all applicants for their interest, however, only those selected for an interview will be contacted.**

**If contacted for an interview, please inform us should accommodation be required.**



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

## **Maintenance Administrative Assistant**

**Full-time permanent**

### **General Responsibilities**

The Maintenance Administrative Assistant is responsible for completing specified administrative tasks and responding to enquiries for the maintenance department. This includes: Receiving maintenance requests and ensuring processing; Coordinating team meetings and take minutes; Providing keys to staff, contractors and members; Monitoring Electronic access systems to ensure door openings/closings and receive calls regarding system alarms; Fielding calls from the community regarding member concerns; Coding invoices, processing credit card statements and receiving money; Ordering supplies; maintaining storage systems and Administration of the H&S inspections for hazards and reporting.

### **Required Skills & Abilities:**

This position requires a person who has:

- Basic understanding of the practice of residential property maintenance and building systems
- Proven office administrative skills
- Proven computer and data base skills
- Ability to work in an organized manner
- Good verbal, listening and written communication skills
- Ability to work as a team member

Starting salary is \$38,348 per annum with benefit package

**For more information about this position, see the complete job description at:**  
**[www.houselink.on.ca/careers](http://www.houselink.on.ca/careers)**

Please send cover letter and resume by May 4, 2012 Quoting File # MAA223 to:  
Hiring Committee  
Houselink Community Homes  
805 Bloor Street West  
Toronto, ON M6G 1L8

OR fax to 416-539-0693

**No phone calls please. Only those selected for an interview will be contacted.**

**Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.**

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

Free and Low-Cost Events for May 1 - 15, 2012

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

## ASIAN HERITAGE MONTH

**Homelands Festivals.** As part of the library's annual Asian Heritage Month celebrations, eight branches across the city will feature Homelands Festivals with dance, music, food and stories. FREE

### Chinese Homelands Festival

Sat May 5 at Agincourt  
Sat May 26 at Sanderson

### South Asia Homelands Festival

Sat May 12 at Gerrard / Ashdale  
Sat May 26 at Malvern

### West Asia Homelands Festival

Sat May 5 at Cedarbrae  
Sat May 19 at Flemingdon Park

### East Asia Homelands Festival

Sat May 12 at Downsview  
Sat May 26 at Lillian H. Smith

For times of programs and addresses of branches call the library's Answerline at 416-393-7131.

For all Asian Heritage Month programs, visit [www.torontopubliclibrary.ca/asianheritage](http://www.torontopubliclibrary.ca/asianheritage)

## AUTHOR TALKS

Thursday May 3 12:30 pm. **Michele Landsberg – *Writing the Revolution*.** Toronto Public Library, Toronto Reference Branch, 789 Yonge Street. Part of the library's series The eh List, showcasing Canada's best writers and their new books. [www.torontopubliclibrary.ca/ehlist](http://www.torontopubliclibrary.ca/ehlist) FREE

Thursday May 10 7:00 pm. **The Annual June Callwood Lecture: The Power of Advocacy: Fighting for Social Justice.** An inspiring evening as Stephen Lewis delivers the 6<sup>th</sup> annual June Callwood Lecture. Toronto Reference Library, Bram and Bluma Appel Salon, 789 Yonge St. FREE tickets at [www.torontopubliclibrary.ca/appelsalon](http://www.torontopubliclibrary.ca/appelsalon)

## FILM

Wednesday May 2 6:00 pm. **\*Living Downstream: A Scientist's Personal Investigation of Cancer and the Environment.** Join us to watch this beautiful film based on the book by Sandra Steingraber, and exchange views afterward with the film director, Chanda Chevannes. Centre for Social Innovation, 215 Spadina Avenue, Suite 120. PWYC. Wheelchair accessible. Sponsored by Women's Healthy Environments Network. For more information, visit [www.womenshealthyenvironments.ca](http://www.womenshealthyenvironments.ca). The Director of 'Living Downstream', Chanda Chevannes, will now be attending the PWYC screening of this film. Not to be missed! Pay What You Can.

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Interested in the Environmental Links to Human Health?

Check out the Women's Healthy Environments Network (WHEN) at:

[www.womenshealthyenvironments.ca](http://www.womenshealthyenvironments.ca)

**Filipino Film Series.** May 8, 22, & 29 at 6:00 pm. The Toronto Public Library's first Filipino Film Series. Meet director Romeo Candido as he discusses his production of Lolo's Child (May 8). Brian Bantugan, an expert in Filipino cinema, facilitates a discussion on two classic Filipino films, Emir (May 22) and Baler (May 29). Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. Call or visit the branch to register 416-395-5440

## FITNESS

Wednesday May 2 at 7:00 pm. **Cycling and Toronto**. Explore the undiscovered cycling routes around Toronto while improving your fitness and making new friends. Come for this illustrated presentation and find out more, whether you are new to cycling, or very experienced. Cycling allows you to explore parts of Toronto that cars never see. So grab your helmet and get ready to roll. Toronto Public Library, Pape Danforth Branch. 701 Pape Ave. No registration req'd. Info: 416-393-7727. FREE

## JOB SEEKERS

A series of 3 presentations on consecutive Wednesday nights at 6:30 pm. May 2: Resume, the Key to Success. May 9: Networking When Searching for a Job. May 16: Master Your Interview Techniques. All three are at the Toronto Public Library' Reference Branch at 789 Yonge Street in the Elizabeth Beeton Auditorium and all are FREE

## MUSIC

Thursday May 3 at 7:00 pm. **Ukulele Night**. David Newland of Roots Music Canada and the Corktown Ukulele Jam shows you how to play. Bring your ukulele if you have one. Some ukuleles are available for use during the program. Toronto Public Library, Don Mills Branch, 888 Lawrence Avenue East. Call the branch to register: 416-395-5710. FREE

## WELLNESS

Wednesday May 2 at 6:30 pm. **Increase Your Internal Resistance to Stress**. Our modern lifestyles today are much more stressful than they were 20 years ago. Come and learn effective strategies for both reducing negative stressors and for increasing our internal resistance to stress. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Rd. Call or visit the branch to register: 416-395-5270. FREE

Wednesdays from 1:30 to 3:30. From April 18<sup>th</sup> to June 20<sup>th</sup>. **Getting on With Life and Its Challenges**. A Mental Health Support and Skill Development Program. Take the journey to recovery with Regeneration Community Services, 2238 Dundas Street West Suite 307. For more information, call Sandra at 416-703-9645 x 246 or Jennifer at 416-604-3361. Drop-in for one workshop, or come for the whole series. Topics coming up are – May 2, Learn to Communicate Positively; May 9, Learn to Cope with Mood Disorders; May 16, Express Your Journey to Health through Clay; May 23, Express Your Journey to Health through Photography. FREE

## WRITERS

Saturday May 5 2:30 pm. Writers Corner with Catherine Rondina. For writers of all levels. Join award winning writer Catherine Rondina as she teaches how to harness your thoughts and turn them into inspiring story lines. Toronto Public Library, York Woods Branch, 1785 Finch Ave West. Call to Register: 416-395-5980. FREE

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**To subscribe to The Bulletin** 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 to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. [www.csinfo.ca](http://www.csinfo.ca)

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of our funder, the Ministry of Health and Long-Term Care, C/S Info Staff, Volunteers or Board Members.

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