

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

# BULLETIN

November 1 – 15, 2012

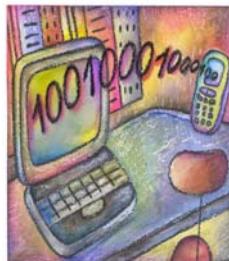
Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto  
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4  
Tel: 416-595-2882 [csinfo@camh.net](mailto:csinfo@camh.net) <http://www.csinfo.ca/>

## *C/S Information Resource Centre Data Contest*

**Our funder, the Ministry of Health and Long-Term Care, would like us to know some demographics. Would you be willing to tell us your age and postal code? If so, we will enter your name into our contest for several exciting gift certificates.**

**When you call or email your information to us we will enter your name for the contest.**

**We will be drawing winners on November 30, 2012.**



**All information will be kept private and confidential and will be used for statistical purposes only.**

***Send information to [csinfo@camh.ca](mailto:csinfo@camh.ca) or call us at 416-595-2882.***

# Community Announcements

## HIV & AIDS Legal Clinic Ontario (HALCO)

HALCO is pleased to announce their new series of free public legal education workshops. The workshops are held in the HALCO Boardroom at 65 Wellesley Street East on the 4th Floor in Toronto and are as follows:

- **Criminalization of HIV Non-Disclosure:** Thursday November 1<sup>st</sup> from 1:30 pm until 4:00 pm
- **Immigration Law Changes:** Tuesday November 6<sup>th</sup> from 1:30 pm until 4:00 pm
- **Planning for illness::** Wednesday November 14th from 1:30 pm until 4:00 pm

The workshops are free and everyone is welcome but space is limited, so registration is required. To register, please include your name, your contact information and the workshop(s) that you would like to attend:

- e-Mail to [talklaw@halco.org](mailto:talklaw@halco.org)
- phone 416-340-7790 or toll-free 1-888-705-8889

Please avoid wearing scents or fragrances when coming to our offices.

## The Sixth "Journal of Ethics in Mental Health" Conference

**Theme:** "Sentenced to Ethics"  
**Date:** November 28 until November 30 - Wednesday (all day), Thursday (all day) and Friday (half day)  
**City:** Peterborough, Ontario, Canada (1.5 hours northeast of Toronto, 3 hours west of Ottawa)  
**Location:** Market Hall (Wednesday & Friday) and Galaxie Cinemas (Thursday)

### **REGISTRATION COST**

Individual: \$ 225  
Groups of 4 or more: \$ 195 each  
Full-time Student: \$ 95

Amounts are in Canadian dollars which includes **some** meals. Excludes accommodation costs.

Cost is for all three days. (No 'per day' rate is available).

A limited number of subsidies are available for people living with mental illness.

Please contact Theresa Claxton for information:

e-mail: [Theresa.claxton@sympatico.ca](mailto:Theresa.claxton@sympatico.ca) or call 416-633-9420 x 16967

For additional information please call John Maher at 705-742-9767 x 25 or email at [maherj@ontarioshores.ca](mailto:maherj@ontarioshores.ca)

## CALL FOR ABSTRACTS AND ARTS

The Critical Disability Studies Graduate Student Association is accepting submissions of (1) ABSTRACTS and (2) ARTS from graduate students as well as recent Masters or PhD graduates for the upcoming 9th Annual Critical Disability Studies Graduate Student Conference to be held at York University in Toronto on Saturday April 9th, 2013. Submissions are accepted by email at [cds\\_grad@yorku.ca](mailto:cds_grad@yorku.ca) until January. If you have any questions about the conference, please do not hesitate to email Ms. Maya Segal, Conference Organizer at [cds\\_grad@yorku.ca](mailto:cds_grad@yorku.ca).

## Touched By Fire

Thursday November 15<sup>th</sup>, 2012 from 6:00 pm until 9:00 pm. Touched by fire presented by Mood Disorders Association of Ontario. We will have a show and sale, cash bar, live jazz music and great art. Tickets are only \$10.00 per person and are available on line now at [www.touchedbyfire.ca](http://www.touchedbyfire.ca) or call us at 416-486-8046 x 222. Located at Coopers Fine Art Gallery, 111 Bathurst Street (at Adelaide)

## CAMH Employment & Education Information Fair

This event will be held on Tuesday November 6<sup>th</sup>, from 11:00 am until 1:00 pm. Located at 101 Stokes Street in the Doctor's Association Building on the main floor room 1106.

CAMH's Employment and Education Info Fair will feature dozens of Toronto employment agencies, colleges, universities, and volunteer organizations – all the info you need to go back to school or work. There is no need to register, tickets are free, we're seeking clinicians or clients or clinicians with clients to attend. If you have a resume, bring it, but if you don't that is okay just bring yourself. Check our website for more information and updates at <http://camhinfofair.eventbrite.ca/>. We hope to see you there.



We are a group of psychiatric consumer/survivors who advocate for more supportive housing in Ontario for people with mental health issues. By telling our personal stories, by conducting and presenting research, and by standing up for human rights, we demonstrate and promote the life-altering benefits of supportive housing. We are currently looking to diversify and expand our membership.

- Do you believe that all people have the right to safe, secure and affordable housing?
- Are you passionate about social justice?
- Do you identify as a person of Colour (visible minority)?

We will be holding a membership information session on: Tuesday November 20<sup>th</sup> at 3:00 pm

For more information please call 416-516-1422 x 262 or email [coordinator@thedreamteam.ca](mailto:coordinator@thedreamteam.ca)

## afterWRAP

### **After WRAP at 6 St. Joseph House**

You've taken the WRAP program. Now WRAP along (ha ha) with a relaxed self-organized group. We are here to learn, support and share wellness tools with peers. The program is informal and based on the WRAP principles. There are lots of other programs offered at the house that can help you in your wellness journey.

Thursday afternoons from 1:00 pm - 3:30 pm, at 6 St. Joseph House, Yellow Door Learning Centre, 3rd floor <http://www.6stjoseph.ca/>. 416-923-8836. The program is free.

## HIV and Mental Health: New Thinking, New Strategies An ACT Community Health Forum

**When:** Wednesday November 14<sup>th</sup> from 6:30 pm (light buffet) and 7:00 pm until 9:00 pm (presentation)

**Where:** Ramada Plaza Hotel at 300 Jarvis Street in Toronto.

### **Topics to be discussed at this forum include:**

- Mental illness is common in HIV, whether it is present before infection or as a complication of living with HIV.
- Optimising mental health improves compliance with HIV medications.
- Reduction of high-risk activities improves health and quality of life.
- Client tracking.

### **Guest Speakers:**

- Evan Collins, MD, FRCPC  
Psychiatrist, Immunodeficiency Clinic, Toronto General Hospital
- Jennifer Grochocinski, BMSc  
Naturopathic Doctor

An open discussion for people living with HIV. No registration required. Child care subsidy is available (conditions apply: contact us for details). For more information please contact Robin Rhodes at [rrhodes@actoronto.org](mailto:rrhodes@actoronto.org) or call 416-340-8484 x 219. Free admission.

## Rendezvous with Madness Film Festival

November 9<sup>th</sup> until November 17<sup>th</sup>

Mental illness and addiction are fundamental parts of our human experience and they have always been difficult to present and discuss in the public arena. Fear and stigma routinely make accurate representations and presentations next to impossible.

The vehicle through which mental illness and addiction are most often presented publicly is mainstream film. Through these films the public can, in most instances, sit back and watch from a safe distance. Audiences are secure in the belief that they are watching the experiences of others and remain divorced from the realities of society.

### **Screening Venues/Reception Venues**

- Tiff Bell Lightbox at Reitman Square located at 350 King Street West in Toronto
- Workman Arts at 651 Dufferin Street in Toronto

### **Art Exhibition/Installation Venues**

- Workman Arts at 651 Dufferin Street in Toronto
- TAN Coffee at 992 Queen Street West in Toronto
- Shoppers Drug Mart at 1033 Queen Street West in Toronto

Please visit [www.rendezvouswithmadness/index.PHP/Support](http://www.rendezvouswithmadness/index.PHP/Support) for any other information

# Employment Matters

## Addiction Centre Toronto

**Description:** Office Administration Clerk

**Terms of Employment:** Permanent Part Time employment for weekends and some days

**Salary:** \$10.25 to \$12.00 hourly for 20 hours per week

**Anticipated Start Date:** As soon as possible

**Location:** Toronto East, Ontario (1 vacancy)

### **Skill Requirements:**

**Education:** Completion of high school

**Experience:** No experience

**Languages:** Speak English, read English, write English

**Work Setting:** Private sector

### **Business Equipment and Computer Applications:**

Windows, general office equipment, word processing software, MS word, MS excel and must be able to type 41-60 words per minute.

### **Specific Skills:**

Compile, verify, record and process applications, licences, permits, contracts, registrations, requisitions and other forms and documents, maintain inventory of office supplies, prepare reports, provide information to staff and the general public, organize and schedule office work and file documents.

**Security and Safety:** Bondable

**Work Conditions and Physical Capabilities:** work under pressure, attention to detail

**Transportation/Travel Information:** own transportation

**Essential Skills:** Reading text, document use, numeracy, writing, oral communication, working with others, problem solving, decision making, critical thinking, job task planning and organizing, significant use of memory, finding information, computer use and be interested in continuous learning opportunities.

### **Other Information:**

Addiction Centre is located on the Danforth near Greenwood subway station. Looking for an energetic individual who works well as a team player and well on their own. Potential for a full time position.

Please apply for this job **only** in the manner specified by the employer. Failure to do so may result in your application not being properly considered for the position.

If you are interested please send either your resume by:  
fax: 416-461-7690 or e-mail: [lpangan.acttoronto@hotmail.com](mailto:lpangan.acttoronto@hotmail.com)



## MAPLE LEAF SPORTS + ENTERTAINMENT

**Position:** Part-time Utility Attendant  
**Career Area:** Food and beverage  
**Location:** Air Canada Centre  
**Job Code:** 1696  
**Closing Date:** November 15, 2012

### Description:

As a valuable member of the Restaurants and Catering team, you will be responsible for ensuring that all china, silverware, glassware, flatware, and small wares is clean, sanitized and ready for presentation. You will also assist other kitchen staff by ensuring that product and supplies are available and that equipment is clean and ready for use.

### Specific Duties:

- Operate and clean the Hobart Conveyor dishwashing machines in a safe, organized and efficient manner
- Scrape and thoroughly wash pots; return to designated area
- Adhere to WHMIS and MSDS principles to safely handle cleaning supplies and other chemicals
- Sweep and mop floor; clean counters and shelves; collect and remove recycling and waste
- Assist in the receiving and storage of incoming product and delivery of supplies to proper areas
- Assist in equipment and prop set up, take down, and storage for buffet table
- Empty and clean recycling bins; storage, drop off and disposal of recycling bins
- Work in compliance with the provisions of the Occupational Health & Safety Act
- Perform other cleaning and kitchen duties as required

### Requirements:

- Must be punctual, dependable, and flexible to work evening and weekends as required
- Ability to work well under pressure in a fast paced environment
- Excellent interpersonal and communication skills
- Previous experience in a kitchen environment (or interest in learning more) an asset
- A winning attitude
- 

To apply please send resumes to 50 Bay Street, Suite 500 Toronto, ON M5J 2L2 or fax: 416-359-9334.

## The Raging Spoon

Do you enjoy cooking and have experience in a commercial kitchen?

Ready to work in a supportive environment that includes on-going training opportunities?

Then the Raging Spoon Catering has a cook position opportunity waiting for you.

Please inquire at 416-504-6128 for details.

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

Free and Low-Cost Events for **November 1 – 15, 2012**

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

## ART

Sunday November 4<sup>th</sup> at 2:00 pm. **SUNDAY SCENE / Mark Pellegrino.** Presented by the Power Plant. Mark Pellegrino is a Toronto-based multi-disciplinary artist and art technician. Mark is currently the Restoration and Collections Management Assistant at V-tape where he specializes in preservation practices of video materials ranging from the earliest video tapes to digitally-born, modern HD. Mark's art practice utilizes antiquated video equipment and computer systems to explore the discourse, structure and anomalies of the video medium. Mark was commissioned by the Toronto Animated Image Society to produce an original work for the Hello Amiga Project that is scheduled for November 2012. This event will be held at 231 Queens Quay West in Toronto. Call 416-973-4949. Free

Sunday November 4th from 12:00 pm until 4:00 pm. **Shifting Gears: A One Woman Art Exhibit.** Presented by Elizabeth Fijalkowski. Located at 40 Durie Street in Toronto (2 blocks west of Bloor Street and Runnymede Road just south of Bloor Street). For more information please call 416 604-9925 or email lizfiji744@gmail.com. Hope to see you there! Free

Sunday November 11<sup>th</sup> at 2:00 pm. **SUNDAY SCENE / Blake Fitzpatrick.** Presented by: The Power Plant. Blake Fitzpatrick holds the positions of Professor and Graduate Program Director in the Documentary Media Program at Ryerson University. Blake is an active photographer, curator and writer. Blake's research interests include the photographic representation of the nuclear era, visual responses to contemporary militarism and images of disaster in contemporary landscape photography. This event will be held at The Power Plant Contemporary Art Gallery, 231 Queens Quay West in Toronto. Call 416-973-4949. Free

## CONCERTS

Tuesday November 6<sup>th</sup> from 12:00 pm until 1:00 pm. **Many Strings Attached: Spotlight on Sarangi.** Presented by: Canadian Opera Company. The Free Concert Series in the Richard Bradshaw Amphitheatre is a unique opportunity to experience diverse artistic programming in what has become one of Toronto's most exciting cultural hubs. Six inspiring series offer concerts, dance performances and engaging presentations that feature up-and-coming young artists and established international stars. Virtuosa Aruna Narayan shines the spotlight on the Sarangi, an ancient North Indian bowed instrument that is considered one of the most difficult in the world to master. This event will be held at Four Seasons Centre for the Performing Arts, 145 Queen Street West in Toronto. Call 416-363-8231. Free

Wednesday November 7<sup>th</sup> from 5:30 pm to 6:30 pm. **Free Concert Series: Broadway.** Presented by: Canadian Opera Company. Jazz vocalists Heather Bambrick and Julie Michels join pianist Diane Leah for an eclectic hour of fun and frivolity – from Sondheim to Gershwin, Rossini to Lady Gaga and everything in between. Anything is possible when this talented trio gets together, but great songs, bizarre banter, and lots of laughs are a guarantee. This event will be held at Four Seasons Centre for the Performing Arts located at 145 Queen Street West in Toronto. Call 416-363-8231. Free

Thursday November 8<sup>th</sup> from 12:00 pm until 1:00 pm. **Free Concert Series: Virtuoso Masterpieces.** Presented by: Canadian Opera Company. The Free Concert Series in the Richard Bradshaw Amphitheatre is a unique opportunity to experience diverse artistic programming in what has become one of Toronto's most exciting cultural hubs. Award-winning Russian-Canadian pianist Alexander Seredenko presents a program of virtuoso masterpieces. This event will be held at Four Seasons Centre for the Performing Arts located at 145 Queen Street West in Toronto. Call 416-363-8231. Free

Friday November 9<sup>th</sup> from 7:30 pm until 9:00 pm. **A Concert of Remembrance.** Presented by: Nine Sparrows Arts Foundation. This Concert includes music by: Bach, Vaughan Williams, Elgar and George Butterworth's. Six Songs From 'A Shropshire Lad Special Guest Geoffrey Sirett, baritone featuring Brendan Cassin, trumpet Lark Popov, piano with George Vona, piano Matthew Coons, organ Soloists and Choir of Christ Church Deer Park Eric N. Robertson, Music Director. This event will be held at Christ Church Deer Park which is located at 1570 Yonge Street in Toronto. Free

Tuesday November 13<sup>th</sup> at 12:00 pm until 1:00 pm. **Free Concert Series: Gideli.** Presented by: Canadian Opera Company. Devoted to the performance of vocal music from Georgia, the Darbazi Georgian Choir draws from the country's rich folk tradition of polyphony. Led by Shalva Makharashvili, the choir offers a program that includes songs about rollicking travels, horse-riding and the life of field and country, and exuberant odes to city, love and the sacred. This event will be held at Four Seasons Centre for the Performing Arts which is located at 145 Queen Street West in Toronto. Call 416-363-8231. Free

Thursday November 15<sup>th</sup> at 12:15 pm until 12:45 pm. **Noon at Met.** Presented by: Music at Metropolitan. Organ recital by Federico Andreoni played in the lovely sanctuary of this 19th century church at the corner of Church and Queen. Every Thursday there is a recital but the musicians and instruments change. Metropolitan has the largest pipe organ in Canada with over 8,000 pipes and also boasts one of only 11 tuned carillons in Canada. You can visit the organ after the recital. This event will be held at Metropolitan United Church, 56 Queen Street East in Toronto. Call 416-363-0331 x 26. Free

## CRAFTS

Saturday November 10<sup>th</sup> from 10:00 am until 5:00 pm. **Holiday Craft Fair.** Lots of great holiday gift ideas! In support of Spectra - a registered non-profit organization. Featuring 20+ vendors, and a live performance every half hour. Located at 519 Community Centre, Room 106. Call 416-944-2241. Free

Wednesday November 14<sup>th</sup> until Friday November 16<sup>th</sup> from 10:00 am until 8:00 pm. **Moose Show Canadian Fine Craft and Art, Show & Sale.** Presented by: The Muskoka Moose Gallery. The Moose show is a premier Canadian Craft Show event held annually in the beautiful light filled atrium of the CBC building in downtown Toronto, featuring some of Canada's finest artisans. At this intimate and prestigious show you will find fabulous hand crafted objects of wonderful beauty and creativity. Featured will be jewellery, sculptures, painting, metal art, wood turning, weaving, hats, clothing, felting and pottery. This event will be held at The Canadian Broadcasting Centre at 250 Front St. West (at John Street) in Toronto or go to [www.moseshow.com](http://www.moseshow.com). Free

## FAMILY

Sunday November 11<sup>th</sup> from 2:00 pm until 4:00 pm. **Nature Connection.** Presented by: Downsview Park. This is a free nature program for families. Downsview Park staff will take you on a free indoor/outdoor park program based on nature-themed topics to get you exploring the natural world, starting with Downsview Park! Each two-hour program will explore a natural theme. Activities will be flexible to reflect the interest of participants and may include bird counts, plantings and wildlife identification. On rainy days indoor activities will be available. Please let us know you're coming and rsvp to [learn@downsviewpark.ca](mailto:learn@downsviewpark.ca). This event will be held at Downsview Park - Discovery Center, 35 Carl Hall Road in Toronto. Call 416-952-2192. Free.

## Health

Monday November 12<sup>th</sup> from 4:00 pm until 6:00 pm. "Supersize Me". Presented by West Toronto Diabetes Education Program. Come and join us to watch "Supersize Me" the famous Michael Moore film. What a great way to spend the afternoon. Healthy snacks will be provided. Located at 365 Evans Avenue at Kipling in Toronto. Call us to register at 416-252-1928. Free

## HOLIDAY EVENTS

November 1<sup>st</sup> until November 28<sup>th</sup>. Window Wonderland Window Reveal on Nov 1<sup>st</sup> and the Awards Ceremony on Nov 28<sup>th</sup>. This event will be located in different store windows in the Downtown Yonge area. Wonderland rekindles the tradition of holiday window displays. Experience the nostalgia as Ryerson Retail Management students partner with local businesses to create creative and eye-catching holiday windows throughout Downtown Yonge. The window displays will be revealed to the public on November 1<sup>st</sup>. The winners of our Window Wonderland display competition will be announced at an Awards Ceremony on November 28<sup>th</sup>. Call 416-597-0255. Free

Thursday November 1<sup>st</sup> from 6:00 pm until 8:30 pm. **1st Annual Mimico Pumpkin Parade**. Presented by: Mimico by the Lake BIA. Say farewell to Halloween with an enchanting evening. We invite you to bring your Jack-O-Lanterns to light up Mimico Square and the pathway leading to Amos Waites Park. Please bring your own candles. Pumpkins will be collected by the City of Toronto the following morning. Located at Mimico Square and Amos Waites Park. Free

Saturday November 3<sup>rd</sup> from 5:00 pm until 8:00 pm. **The Wheel – A Samhain Masquerade**. Presented by: Dragon Ritual Drummers. This will be the first time in Toronto's history that a pagan themed event will be held in such a public, central downtown location. On the night when the veil between the worlds is thinnest... Come and dance the magic circle 'round. In the heart of the city in Toronto's biggest square we will invite the dead and dearly departed to come and dance with us for one night of the year. Located at Dundas Square in Toronto. Free

Monday November 5<sup>th</sup> and Tuesday November 6<sup>th</sup>. **The Day of the Dead Festival**. Join us for this traditional Mexican festival honouring the dead through music and dance, community ofrendas, films, food and more! The Day of the Dead Festival marks a large celebration in Mexico - a unique tradition that joyfully remembers ancestors by bringing their memories to life, honouring them with offerings of their favourite foods, song and dance. Held at Harbourfront located at 235 Queens Quay West in Toronto. This is a great chance to learn a little more about our neighbours from the south. Call 416-973-4000. Free

Saturday November 10<sup>th</sup> from 6:00 pm until 7:00 pm. Come down and see **Illuminite**. Presented by Loblaw's. This is a spectacular holiday lighting ceremony at Yonge & Dundas Square with live music by Splash from Etobicoke School of the Arts and an amazing pyrotechnics show by renowned Circus Orange. The lighting of the 45' high light tree with more than 52,000 LED lights will cap off the night's festivities, along with the illumination of the 3D polar bears, and other breath-taking holiday lighting installation. Call 416-597-0255. Free

## MOVIES

Saturday November 3<sup>rd</sup> and Sunday November 4<sup>th</sup> from 12:00 pm until 6:00 pm. **Day of the Dead** presented by Harbourfront Centre. It's a time to remember the dead and celebrate the continuity of life – but it is not a morbid occasion. Families gather to tell stories that are decorated with earthly pleasures once enjoyed by the deceased. It is a warm social environment with bright decorations and an abundance of food, drink and great company. Harbourfront Centre, the Mexican Consulate and the Mexican community celebrate this historic festivity with a weekend filled with music, folkloric dance, children's crafts, artwork, cooking demonstrations and much more. This event will be held at 235 Queens Quay West in Toronto. Call 416-973-4000. Free

## VISUAL ARTS

Monday November 5<sup>th</sup> from 7:00 pm until 9:30 pm. **BirthFire** Sponsored by: doula C.A.R.E. Join us for BirthFire, an event, in honour of International Doula Month, for letting go of any negativity related to birth. We invite everyone to come and share your fears, your anxieties, bad advice, social pressures or disappointing experiences related to birth by burning them in the fire. You can speak about your experiences or fears if you wish, keep them to yourself as you let them burn or simply come to support others with your presence. We ask that anything you bring to put in the fire be safe and non-toxic to burn. This event will be held at Dufferin Grove Park at 875 Dufferin Street in Toronto. Call 647-408-4328. Free

## WRITERS

Saturday November 3<sup>rd</sup> from 2:00 pm until 3:30 pm. **Getting Yourself Out There: Self-Promotion for Emerging Writers.** Presented by: Toronto Public Library. This 90 minute workshop is for emerging writers who are getting ready to promote their work. Topics will include: emotional issues surrounding self-promotion, a month-by-month guide to preparing for a book release, planning a launch, blog and in-person touring, e-mail newsletters and book trailers. As well as, online resources, working with a publicist, using social media, talking about your book, finding reviewers, and reaching out to press, bloggers, radio and television. This event will be held at the Toronto Public Library North York Central Library Auditorium at 5120 Yonge Street in Toronto. If you are interested, call the Language, Literature and Fine Arts Department to register at 416-395-5639. Free

Wednesday November 7<sup>th</sup> from 7:00 pm until 8:00 pm. **The eh List Author Series: Jonathan Goldstein - I'll Seize the Day Tomorrow.** Presented by: Toronto Public Library. What is it about a Mc Rib that drives people crazy? How much wisdom can we glean from episodes of Welcome Back Kotter? Join CBC Wiretap host and author Jonathan Goldstein as he struggles to answer these and other important questions. This event will be held at North York Central Library Auditorium at 5120 Yonge Street. Call 416-395-5639. Free

Wednesday November 7<sup>th</sup> at 8:00 pm. **Pivot Reading Series: Stewart Cole, Nicole Dixon, and Matthew Tierney.** Toronto's Pivot Reading Series will feature Stewart Cole, Nicole Dixon, and Matthew Tierney. The mandate of the Pivot Reading Series is to support the best of poetry and prose writers, both established and emerging, from Toronto and beyond. The Press Club located at 850 Dundas Street West in Toronto. This event is pay what you can.

Saturday November 10<sup>th</sup> from 2:00 pm until 3:30 pm. **Can't Go Over It, Can't Go Under It...Addressing Barriers to Writing.** Presented by: Toronto Public Library. This 90 minute workshop is for writers at any stage of their career, including aspiring, emerging and established writers. Topics will include addressing the inner critic, reflecting on writing practice, using writing prompts, and developing a commitment to our selves. Call the Language, Literature and Fine Arts Department to register at 416-395-5639. This event will be held at North York Central Library at 5120 Yonge Street in Toronto. 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.ca](mailto:csinfo@camh.ca).

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**How about converting to email and doing a favour for our planet? Call the C/S Info Centre at 416 595-2882 or email us at. [csinfo@camh.net](mailto:csinfo@camh.net)  
Your Mother Earth will thank you.**