

BULLETIN

November 16 – 31, 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 next C/S Info Session will be about:

Dealing with the Holidays...and its aftermath

Come and hear from the experts about keeping yourself financially afloat and what happens when you aren't. Please join the Consumer/Survivor Information Resource Centre and our guests for a lively and informative discussion with plenty of time for questions and answers.

Wednesday December 10th, 2012

Meeting Room #1123 located at 101 Stokes Street (New Location)

CAMH (Centre for Addiction and Mental Health)

Please join us from 1:30 pm to 3:00 pm

Everyone welcome - Refreshments will be served

Topics covered:

- Working out what is a sustainable level for your Holiday spending
- What people can do to cut back spending in preparation for the holiday season
- What can be done about overspending that's already taken place

Please join The C/S Resource Centre and Richard Haggins (Senior Education Facilitator) from Credit Canada Debt Solutions Inc.

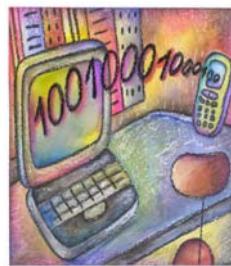
Please RSVP csinfo@camh.ca 416-595-2882

Community Events

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 or call us at 416-595-2882

Touched By Fire

Thursday November 15th, 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 or call us at 416-486-8046 x222. Located at Coopers Fine Art Gallery, 111 Bathurst Street (at Adelaide) in Toronto.

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/> or call us at 416-923-8836. The program is free.

WORKING FOR CHANGE
with PAT CAPPONI

cordially invites you to hear the stories of courage and hope



WOMEN SPEAK OUT

FRIDAY DEC 7TH, 2012

at 1:00 pm

COUNCIL CHAMBERS, TORONTO CITY HALL

100 Queen Street West

Please RSVP to the link below:

<http://www.eventbrite.com/event/4718484113>

Refreshments provided after the speeches, TTC Tokens also available

Houselink Community Homes & Parkdale Activity
Recreation Centre Present:
PAREIDOLIA: Finding Significant Images In Random Patterns
Featuring the work of 12 artists

Show Gallery

Located at 978 Queen Street West in Toronto

December 1st until December 9th from 2:00 pm until 7:00 pm

Art Opening: Friday November 30th from 5:00 pm until 7:00 pm

Contact: Naomi at 416-516-1422 x250 for further information



Reducing High-Risk Alcohol Consumption: Where is the Action to Match the Evidence?

Date: Thursday November 29th, 2012

Time: 10:00 am until 12:00 pm

Location: Centre for Addiction and Mental Health at 33 Russell Street in Toronto - Room 2022

Heather Manson will speak about the evidence on alcohol as a risk factor for chronic disease and rationale for Cancer Care Ontario - Public Health Ontario blueprint's recommendations on alcohol. Norman Giesbrecht will provide an overview of the evidence of policies and strategies shown to be effective in reducing alcohol-related harm, focusing on that most relevant to chronic disease prevention. David McKeown will discuss actions at the municipal level and what Ministries of Health can do to promote/implement interventions and policies to reduce the risks associated with alcohol. More information will be provided, as it becomes available.

Ontario Chronic Disease Prevention Alliance (OCDPA) Panel Discussions are open to all and include a Q & A period. There is the opportunity to participate in-person or virtually.

Admission to the panel discussions, both in-person and virtually, is free of charge. Registration is now open. In-person participation is limited. If you have any questions please email ocdpa@ophea.org.

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 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.

Call for Submissions – Asylum Magazine Toronto Issue

The United Kingdom based Asylum Magazine – an International Magazine for Democratic Psychiatry, Psychology and Community Development is seeking submissions for a special Toronto themed issue. The local editorial committee is looking for feature articles, provocative essays, interviews, book reviews, poetry, humour, artwork and photography that focus on the broad theme:

Mad Activism, Resistance and Transformation: visions, actions and roadmaps toward a better world

While we welcome submissions – both hopeful and cynical – that look at this theme from a national and international point of view, we are particularly interested in local perspectives. What is (or is not) going on in Toronto? What should be going on in Toronto? What do we have to offer to – and learn from – mad organizing in other parts of the world? Who are we? Who are our allies and how do we work together? Who are our enemies and how can we work to defeat them?

Submission Guidelines:

- Articles should be between 800 and 1600 words (that's 1-2 pages) and sometimes a little longer if the subject matter warrants it.
- Please provide a 1-2 line biography with your submission.
- Editors will contact the author if significant changes are necessary – standard proofreading and changes to grammar will be made without negotiation.
- Graphics must be sent as jpgs (or equivalent) with a resolution of at least 300dpi and permission must be given for the use of any graphic that is not your own.
- Photos and graphic – unless selected for the covers – will be printed in black and white please keep this in mind as not all images translate well into black and white.
- All written submissions should be in a standard Word format.
- We will only contact individuals who have had their work selected for submission.

All submissions must be received no later than January 15th, 2013. Submissions should be emailed to asylumtoronto@gmail.com. If you are sending a file that is extremely large or cannot be emailed for whatever reason – email us for alternate sending arrangements.



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 20th at 3:00 pm

For more information please call 416-516-1422 x262 or email coordinator@thedreamteam.ca

Employment Matters



Canadian Mental
Health Association
York and South Simcoe

Peer Support Worker (Permanent, Part-time)
2 Positions Available- Homes Plus Care Assisted Living Program
Competition # 201226

Hours of work: 21 hours per week, rotating shifts, some weekend hours, on-call rotation

Shifts: 8:30 am until 4:30 pm and 1:00 pm until 9:00 pm with on-call –carry pager 24/7,
1 out of every 8 weeks

Location: York Region & South Simcoe

Job Profile: The Peer Support Worker will support clients to explore options, build skills and make decisions that Promote recovery and self-responsibility. They will also establish effective working relationships with Hospitals, physicians, emergency shelters, community mental health and addiction providers, housing providers, and others as appropriate. This position reports to and is supervised by the Program Manager.

Requirements: Personal experience in recovery from a mental health and/or addiction program
Two (2) years or more experience working in the mental health/addictions system
WRAP (Wellness Recovery Action Plan) facilitator certificate is an asset
Knowledge of the Ontario Mental Health Act, mental health reform principles, the Substitute Decision Act, the Health Care Consent Act and PHIPPA requirements
Ability to apply recovery and harm reduction principles and empowerment-oriented philosophies and practices in work with clients
Extensive knowledge of supports and services in York Region and South Simcoe, including formal and informal resources
A valid Canadian driver's license, minimum \$1,000,000 third party liability insurance and proof that Insurance covers use of personal vehicle to transport clients
A satisfactory Vulnerable Sector Screening

Application Procedures:

Submit cover letter and resume, outlining how your experience matches our requirements,
To the Human Resources Department by November 22nd, 2012 quoting Competition #201226.

Mona Home & Office Cleaning

Seeking candidates who are:

- Able to lift, push and pull 20lbs or more and be able to stand, bend, kneel and climb stairs to perform cleaning duties.
- Able to pass a criminal background check with verifiable work references
- Able to speak and write in English, own a cell phone (text savvy an asset)

Monday November 19th from 10:00 am until 3:00 pm. Please bring your resume.

Call to register 416-396-8100 or 416-396-8101 or email: scea@tdsb.on.ca

Located at 3478 Lawrence Avenue East, Unit C006

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

Free and Low-Cost Events for April 16 – 30, 2012

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

ART

November 16th until November 25th open from Tuesday thru Sunday 10:00 am until 5:00 pm and Thursdays from 10:00 am until 8:00 pm. **Christian Marclay: The Clock.** Presented by: The Power Plant Contemporary Art Gallery. The Clock (2010) is a unique and compelling work created by world-renowned sound and video artist Christian Marclay. The work is an ode to time and cinema, and is comprised of thousands of fragments from a vast range of films that create a 24-hour, looped, single-channel video. Marclay compiled thousands of film clips of wristwatches, clock towers, sundials and countdowns, each of which illustrate every minute in a 24-hour period. This event is located at 231 Queens Quay West in Toronto or call 416-973-4949. Free

November 21st from 7:00 pm until 8:00 pm. **Taste of Handel** sponsored by Toronto Public Library. Handel is now known as a great composer, but he was also an impresario, a collector of music, literature, and especially of fine art. He was also a gourmand. This presentation concentrates on his overlapping tastes with a particular emphasis on his choice of food, drink and companions. This event will be located at North York Central Library Auditorium, 5120 Yonge Street (Yonge and Sheppard) in Toronto. Call 416-395-5639. Free

November 21st from 7:00 pm until 8:00 pm. **Eggs, Nests and Baby Dinosaurs: New Discoveries from South Africa.** Presented by: Toronto Public Library. David Evans is Curator of Vertebrate Paleontology, Royal Ontario Museum and a professor of Ecology & Evolutionary Biology at U of T. This lecture is an opportunity for the public to learn more about some of the extraordinary discoveries that Evans and his team uncovered in South Africa, including a 190-million-year-old dinosaur nesting site. Located at Toronto Public Library, Danforth/Coxwell Branch, 1675 Danforth Avenue in Toronto or call 416-393-7131. Free

November 28th beginning at 6:20 pm. **New Perspectives Tours.** Presented by The Art Gallery of Ontario. Join us for our drop in gallery tours for people living with mental illness and their family members and friends. The tours are approximately 60–70 minutes long, and visitors are welcome to break off from the group at any point to explore the gallery on their own. The group will meet at 6:20 pm (look for the New Perspectives Tour sign in the Education Commons) and the tour will start promptly at 6:30 pm. Located at the Art Gallery of Ontario, 317 Dundas Street West in Toronto or call 416-979-6648. Free

CRAFTS

Thursday November 22nd and 29th from 1:00 pm until 3:00 pm. **Clay Workshop with Chiho.** Come join us for an afternoon of learning how to work with clay, using hand building techniques. We will learn how to make a lidded container, a personal 'treasure box' of your own making, led by a ceramic artist. No prior experience is needed. This will run for two sessions, to allow participants time to become acquainted with the material and to expand on their experience if desired. VanDuzer Art Studio is located at 196 Beverley Street in Toronto or please don't hesitate to call us at 647-280-4931. Free

Saturday November 24th from 11:00 am until 5:00 pm. **The Wandering Winter Craft Show.** Come and join us for our annual craft event that happens across the city during the holiday season. With over 40 local artists showcasing their unique handmade wares and preserves to jewelry to textiles, there's sure to be something for everyone's holiday shopping list. Located at the Gladstone Hotel, 1st floor Ballroom, 1214 Queen Street West in Toronto. If you require more details please don't hesitate to call Emma Smith at 416-569-7739. Free

HEALTH

Monday Nov 19th and Monday Nov 26th from 1:00 pm until 3:30 pm. **Living a Healthy Life with Chronic Conditions program.** Getting the most out of life with chronic pain means better managing your pain, your emotions and your daily activities. You will receive a copy of the book "Living a Healthy Life with Chronic Conditions". Workshop is for adults of all ages and caregivers welcome. Located at 155 Bonis Ave in Toronto Presentation will be in the Agincourt Program Room. For more information and to register please call 416-396-8950. Free

Wednesday November 21st from 2:00 pm until 3:00 pm. **Diabetes: What You Need to Know.** A speaker from the Canadian Diabetes Association will present information on different types of diabetes, risk factors, signs and symptoms, and steps to prevent Type 2 Diabetes. Please register by calling 416-396-8881. Located at 4279 Lawrence Avenue East in Toronto. Free

Wednesday November 21st from 7:00 pm until 8:00 pm. **Balancing Cholesterol.** Learn the what, why, and how of cholesterol and effective strategies to achieve healthy cholesterol balance. This event is a Co-sponsored program with Wavelength Wellness. This event will be located at 137 Main Street in Toronto. Register in-person or by calling 416-393-7700. Free

Thursday November 22nd beginning at 3:00 pm. **Art Therapy Workshop.** 416 Community Support for Women would like to invite you to attend our free Change Room Workshop. This workshop is designed to introduce women to expressive arts therapy and its potential. Please RSVP to Elena at 416-964-6936 x222 or email Elena.s@416community.com. Limited seating is available. Free

Saturday November 24th (Sat Dec 8th, Sat Jan 26th and Sat Feb 23rd) from 11:00 am until 12:30 pm. **Basic Yoga and Meditation: Secret to a Healthy Life.** Presented by The Toronto Main Street Library. Relax, renew, and reflect. Learn simple yoga and meditation exercises to relieve your stress and anxiety and restore your sense of well-being and calm. An instructor from Meditation Toronto will conduct free sessions of yoga and meditation. Bring a yoga mat, towel or blanket and wear loose clothing. This event will be located at 137 Main Street in Toronto. Register in-person or by calling 416-393-7700. Free

Sunday November 25th from 1:30 pm until 3:00 pm. **Minute Walk for Breath.** Presented by: Pulmonary Hypertension Association of Canada. Please come out and join us for this short walk that will help educate the public about the challenges faced by those living with Pulmonary Hypertension. While also raising funds to support the programs and services offered by PHA of Canada. Come out and walk with us or just to support the other walkers. For more information, contact Jennifer Gendron at PHA Canada at 506-832-4898 or email jgendron@phacanada.ca. Free

Tuesday November 27th from 1:30 pm until 3:00 pm. **Women's Cancer Support Group.** This is a forum that offers emotional support for individuals 55 years and older. We create a safe place to learn how to cope with the stress of living with cancer. We offer an opportunity for individuals to share feelings, strengths and hopes in a warm, caring, and confidential atmosphere. This event will be located at St. Paul's L'Amoreaux Centre, 3333 Finch Ave East in Toronto. Call 416-493-3333. Free

HOLIDAY EVENTS

November 17th from 5:00 pm until 6:00 pm. **Matt Dusk Live in Concert- Bloor-Yorkville Holiday.** The Bloor-Yorkville Business Improvement Areas (BIA) is pleased to announce that Matt Dusk will be in concert for this year's official lighting ceremony, a kick off to Holiday Magic! Friends, families and music-lovers are invited to the Village of Yorkville Park (Cumberland and Ballair Streets) for a special performance by Matt Dusk - one of Canada's most beloved male vocalists! Don't miss Matt Dusk at this exclusive Toronto performance to debut his new material. Hot beverages and snacks will be provided! This event will be located at Village of Yorkville Park near Ballair Street and Cumberland Street. Call 416-928-3553 x27. Free

Sunday November 18th from 12:30 pm until 4:00 pm. **The Santa Claus Parade.** Since 1905, The Toronto Santa Claus parade has made its way through the streets of downtown Toronto. Today it is the longest running children's parade in the world and one of the overall largest parades in the world. This event takes place in multiple locations, please contact event organizers for more details. The parade begins at Christie Street and Bloor Street West. See website for full route details! Website: www.thesantaclausparade.ca, or send us an email at: info@thesantaclausparade.ca. Please do not hesitate to call us at 416-249-7833. Free

Friday November 23rd from 11:00 am to 8:00 pm and November 24th from 10:00 am until 7:00 pm.

COMMUNITY CHRISTMAS BAZAAR. Hot traditional Ukrainian food served, homemade baking, deli meat products, candies and chocolates, jams, jellies and preserves, perogies, borscht and cabbage rolls, art, icons and Christmas cards, beautiful Christmas crafts and decor, poinsettias, jewellery, treasures of Christmas past, garments to keep you warm! There will be a raffle and games. Located at St. Demetrius Ukrainian Catholic Church, 135 La Rose Avenue in Toronto. Please do not hesitate to call us at 416-244-5333. Free

Saturday November 24th from 10:00 am until 3:00 pm. **Holly Berry Fair.** Presented by: Rosedale United Church. Come one, come all! To the Annual Holly Berry Fair Rosedale! Christmas shopping and more! Bring a friend and lunch at our Fran's Deli! Browse unique vendors! Bid in the silent auction! Enjoy home baking! Cozy handmade knitting! Fabulous books - some rare. This event is located at Rosedale United Church, 159 Roxborough Drive East in Toronto. Free

November 24th, 2012 from 10:00 am to 2:00 pm. **Nutcracker Fair.** Presented by: St. Martin-in-the-Fields Church. There will be a silent auction, bake table with homemade pies, seasonal baking and preserves, gifts, knits, crafts and more! Start your day with a peameal bacon brunch from the barbecue and stay for the lunchtime cafe serving home made soups, sandwiches and dessert. Wheelchair accessible. Please do not hesitate to call us for more information at 416-767-7491. Located at 151 Glenlake Avenue in Toronto. Free

Friday November 30th until December 16th open weekdays from 12:00 pm until 9:00 pm and weekends from 10:00 am until 9:00 pm. **Lowe's Toronto Christmas Market.** This holiday season Toronto will once again celebrate the romance and magic of a traditional Christmas at Lowe's Toronto Christmas Market. Inspired by the Old World and influenced by the New, this free annual event captures all of the tradition, heritage and charm of a European Christmas Market, while showcasing unique and local handcrafted products. Family friendly entertainment includes musicians, carolers and children's choirs, holiday themed stage presentations, by Rudolph's Reindeer Zoo and of course ... Santa and his roaming elves! This event will be located at the Distillery Historic District, 55 Mill Street, in Toronto. Free

Saturday December 1st from 10:00 am until 12:00 pm. **Etobicoke Lakeshore Christmas Parade.** Presented by Long Branch Business Improvement Area (BIA). The 22nd Annual Christmas parade has been ranked the 4th best parade in Ontario. Highlights of the parade are 10 marching bands and 15 professionally built floats, including a "Choir of Mice", "Mad hatter Tea Party", "Penguin Fantasy", "The Flintstones", "Dudley the Dragon", "Bugs Bunny", "Yosemite Sam", "Snow White & the 7 Dwarfs", "Cinderella & her Carriage", "Bigger than Life Snowmen" & "Polar Bears", a "Christmas Train" and "the Grinch" plus entries from schools, Boy Scouts, Girl Guides, Businesses, Service Clubs and Corporate Neighbours and of course SANTA CLAUS. The parade is filmed by Rogers Television and can be seen on Cable 10 several times over the Christmas season. The parade will be located at Dwight Avenue and Lake Shore Boulevard West. Free

Sunday December 2nd from 2:00 pm until 4:00. **Weston 34th Santa Claus Parade.** Presented by: Weston Village Business Improvement Area. The parade will start at Weston Road and St. Phillips at 2:00 pm and finish at Weston and Dennison around 4:00 pm. This year we have more than 50 entries including bands, community floats and clowns and of course ... our favourite chap with the white beard and the red suit! Weston Area Emergency Support Food Bank will pick up donations of non-perishable food items along the route. For more information please don't hesitate to call us at 416-249-0691. Free

MOVIES

Thursday November 29th beginning at 6:00 pm. Make sure to come out and see the movie **Stage Fright**. Presented by: The Bata Shoe Museum. This Alfred Hitchcock film from the early 50s follows a struggling actress who tries to help her friend prove his innocence when he is accused of murdering the husband of a high society entertainer. Features costumes designed by Christian Dior for star Marlene Dietrich. We are located at 327 Bloor Street West in Toronto. If you have any questions please do not hesitate to contact programs@batashoemuseum.ca or call us at 416-979-7799 x240. Free

MUSIC

Tuesday November 20th from 12:00 pm until 1:00 pm. **Playful Virtuosity**. Presented by: Canadian Opera Company. Led by conductor and artistic director Brian Current, the talented young artists of The Glenn Gould School New Music Ensemble present an inspiring program of music by Korean composers. Featuring work for a chamber orchestra by internationally acclaimed South Korean composer Unsuk Chin. We are located at Four Seasons Centre for the Performing Arts, 145 Queen Street West in Toronto. Free

Thursday November 22nd from 12:15 pm until 12:45 pm. **Noon at Met**. Presented by Music at Metropolitan. Organ recital by Sarah Svendsen. Ms. Svendsen was the winner of Canada's organ competition for those under 30 in 2011. Ms. Svendsen is a graduate of the University of Toronto and is the assistant organist at Metropolitan United Church. This event is located at Metropolitan United Church, 56 Queen Street East, (Queen Street East and Church Street) in Toronto. Free

WORKSHOPS

Wednesday November 21st from 1:30 pm until 4:30 pm. **Interview Skills Workshop** at St. Christopher House. Find out how to make the right impression on an employer in a job interview. Registration will start on November 14th and only 15 spots are available. Please call 416-848-7980 to register. This event will be located at 1033 King St.W in Toronto. Free

Thursday November 22nd from 2:00 pm until 4:30 pm. **Networking Workshop** at St. Christopher House. Learn about the key to landing a job in today's competitive job market. Registration starts November 14th and only 15 spots are available. Call 416-848-7980 to register. This event will be located at 1033 King St.W in Toronto. Free

Friday November 23rd from 1:30 pm until 4:00 pm. **Food Safety Workshop** at St. Christopher House. Did you know that over 60% of all food poisoning occurs in your home? Learn safe techniques to handle and cook food in your home and work. Registration starts November 14th and only 15 spots are available. Call 416-848-7980 to register. This event will be located at 1033 King St.W in Toronto. Free

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.

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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.

Mailing Address: C/S Info Centre, c/o CAMH, the Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.

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