



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

BULLETIN

500 January 1 – 15, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4
Tel: 416 595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

Community Announcements

Bulletin #500 and it's a New Year!

Wow can you believe it? We've reached Bulletin #500!!! We would like to shout a big HOORAY and we'd like to wish you all a very Happy New Year!! Thank you to YOU – our readers – for your continued support. We wish you all the best in 2014 and here's to many more Bulletins to come!

Save The Date: C/S Info Film Screening Monday, January 27th at 1:30 pm

If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built wall

Our next workshop will be a film screening, at the end of January on Monday, January 27th at 1:30 pm. The film is called, *If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built Wall*. The filmmakers, Naomi and Sylvia will be in attendance for a Q&A after the film.

Toronto's Centre for Addiction and Mental Health was first built in 1850, and was then known as The Provincial Lunatic Asylum. This film traces the history of the institution, and tells the stories of some of the patients, whom despite degrading treatment, managed to escape or rebel. It also explores contemporary narratives of mad people, as they cope in today's world.

Please call us at 416 595-2882 or email: csinfo@camh.ca to **RSVP by Friday, January 24th at noon**, so we know how many people are coming and can accommodate for snacks, chairs, etc. We hope you can make it.

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Access Award for Disability Issues

Lucy Costa



While she may not realize it, Lucy is a mentor and role model to many young people in Toronto with psychiatric disabilities. She is well-known as a leader in the psychiatric consumer/survivor community often acting as a point person, bringing people together from various sectors, whether they are service providers, community activists, academic researchers, or young people with psychiatric disabilities.

Lucy is a fierce advocate for the Empowerment Council – an organization representing the voice and rights of clients at the Centre for Addiction and Mental Health (CAMH). Through her work at the Empowerment Council, she has assisted in the dissemination of a Bill of Clients' Rights and co-produced a DVD on the same topic. She also developed a ten-week educational primer on mental health and the law entitled ***Mad about Rights***. The intent of the video is to share in plain language important Charter cases and legal principles (such as equity!) with clients of the hospital.

In 2005, Lucy founded the Mad Students Society, a peer support and advocacy group for students who have used mental health services. This group operates unfunded, is entirely peer-run, and is currently over 200 members strong.

Her high expectations for the next generation of mad activists and scholars, and her unwavering pursuit of equity for people with psychiatric disabilities have inspired many others to learn how to fight alongside her.

Over the years, she has worked and collaborated on numerous advocacy and research projects that are focused on access to human rights and social justice. In 2011, she co-initiated the Recovering our Stories Collective as a means to critically examine the ethics and over-use of patients' personal narratives in the mental health sector. In 2012, she began work on the Psychiatric Disabilities Anti-Violence Coalition whose goal has been to promote visibility of, and respond to, the broad range of violence experienced by persons with psycho-social disabilities.

Lucy Costa is a Board member at ARCH Disability Law Centre and is also currently Co-Chair at Sound Times Support Services. Alongside fulltime employment and her board commitments, Lucy is also currently working to complete a Masters thesis at Osgoode Hall Law School.

The C/S Info Centre would like to congratulate Lucy Costa on her Access Award for Disability Issues!



Announcement

The Board of Directors of Gerstein Crisis Centre takes great pleasure in announcing Susan Davis as the organization's new Executive Director. Susan will follow Paul Quinn's twenty-four years of positive leadership, commitment and compassion. We are excited about the new energy, new ideas and new skills Susan has to offer. Her long history of work in the community mental health field, service collaboration and partnership and commitment to people living with mental health issues will allow the Gerstein Centre to continue providing much respected crisis services, system collaboration to improve services for people with lived experience and support to consumer/survivor communities.

Please join us in welcoming Susan.

-Helen Hook

Chair, Board of Directors

An FYI For Our Readers **Learn 4 Life Courses**

Did you know...?

Any person, 18 or over, on social assistance, can take one Toronto District School Board (TDSB) Learn 4 Life General Interest Course for \$10 per season. Courses range from hobbies to fitness, wellness, computers, languages and technical programs. They are a great introduction to new skills or careers.

The TDSB Winter Learn 4 Life Course registration started on Monday November 18th. The winter booklets are available at local libraries and in TDSB Adult School locations. The information is also available online. The registration website is: <http://www.tdsb.on.ca/AdultLearners/CommunityPrograms/Learn4Life.aspx>

A GAINS certificate or **Social Assistance Receipt is required to qualify for the reduced rate of \$10 per course.** A copy must be submitted with the application form to support this request.

NEW!!

WoodGreen Community Services'

PET FOOD BANK



**Wednesdays 11am-2pm
841 Queen Street East**

- Please bring an OW, ODSP, CPP or WSIB cheque stub in order to access food
- First come first served
- Supply is limited - we have only what is donated and...
WHEN IT'S GONE, IT'S GONE!
- Please do NOT bring your pets - we cannot let them into the building

DONATIONS OF NEW UNOPENED PET FOOD ACCEPTED AT
650 QUEEN STREET EAST Monday to Friday 9-4



Opportunity made here.

www.woodgreen.org

Upcoming Social Aetiology of Mental Illness [SAMI] Webinar

The Social Aetiology of Mental Illness [SAMI] training program is pleased to bring you the following free webinar. Please join us! Live broadcasts take place on TUESDAYS, from 11:30 am – 12:30 pm EST (Toronto Time).

On Jan 28, 2014, Dr. John Innes, Dean of Forestry at the University of British Columbia and Dr. Farah Shroff, University of British Columbia will present "Forests and Well Being". A large and rapidly growing body of evidence suggests that people benefit in many ways from being exposed to trees and forests. Being in forests also produces positive effects on a range of disorders including obesity, mental health imbalances, social isolation, diabetes, violent behaviour, substance abuse and even suicide. What does modern research tell us about getting healthier simply by being in the forest? In this webinar we will discuss the win-win opportunity that exists in Canada for managing forests specifically to improve the mental and physical health of local populations.

For more information and to register:
<http://knowledgex.camh.net/researchers/areas/sami/webinars/current/Pages/default.aspx>

The "Welfareization" of Disability Incomes in Ontario: What are the factors causing this trend?

Stapleton, John - Metcalf Foundation - 2013

From the Introduction

When I give presentations on disability income programs in Ontario, the most frequent question I am asked is: Why is the Ontario Disability Support Program (ODSP) growing so fast? It's true that ODSP is the single largest and the fastest growing of all the disability benefit programs. This trend - the disproportional growth of ODSP - is what I call the "welfareization" of disability incomes.

This paper does not attempt to provide a definitive answer to this question. What it aims to do is expand the discussion around possible reasons for

the increase in ODSP expenditures. I believe there are many factors at play and that they warrant further examination and consideration. They include the changing nature of the labour market, an increase in precarious employment and growing levels of working poor, and economic conditions that have significantly affected unemployment levels over recent years.

It needs to be noted that Ontario is not alone in this trend. Several other provinces share a similar growth in their social assistance disability income programs. Since this increase is occurring in certain parts of the country and not in others, I believe that regional similarities and differences are a source of critical insight.

View or download the report here:

<http://metcalffoundation.com/wp-content/uploads/2013/12/Welfareization-of-Disability-Incomes-in-Ontario.pdf>



Phoenix Rising Place of Worship

A Spiritual Gathering Space
for Consumer/Survivors of the
Mental Health System

- Do you have spiritual practices you would like to share, teach, learn, and participate in with other people with lived experience?
- Do you want to explore the spiritual dimensions of experiences labeled 'mental illness'?

We welcome YOUR spiritual interpretations
of your experiences!

For more information on upcoming meetings
and to join our contact list and online message
board, call 647-931-7563 or email
phoenix.rising.worship@gmail.com.

Employment & Training Matters

Contract Outreach Recreational Support Workers (up to 15-month contract)

Since 1973, Reena has been developing and providing community services for people who have a developmental disability. We have gained a well-deserved reputation for service innovation.

Join our team in promoting Reena's mandate of "enabling people with developmental disabilities to realize their full potential by forming lifelong partnerships with individuals and their families within a framework of Jewish culture and values".

We are currently seeking contract Outreach Recreational Support Workers for upcoming programs in our Outreach department.

The ideal candidate would:

- Be enthusiastic, self motivated, and energetic.
- Have experience working with children, teenagers, and young adults with developmental disabilities.
- Assist individuals with daily living activities.
- Be comfortable working in a recreational environment (sports, cooking, arts & crafts, and swimming).
- Plan, program and implement activities on a daily basis.
- Be able to work in a team setting.
- Have excellent written and verbal communication skills in English.
- Have at least some College/University education in a related field.

Due to program needs applicants must be able to work evenings and Sundays on a regular basis.

This Position closes January 13th, 2014.

Please forward your cover letter and resume to rswitzer@reena.org.

WRAP with a Focus on Employment & the Workplace

Monday & Wednesday afternoons 1:00 pm to 3:00 pm for 9 sessions January 13th to February 10th.

Houselink: 1678 Bloor Street West, 2 blocks east of the Keele subway station.

If you are interested in this program, please leave a message with Charna Gordon at Houselink at
416 516-1422 x 268 with your name, telephone number, and email address.



What is WRAP?

WRAP stands for Wellness Recovery Action Plan. The key elements of WRAP are: Wellness Toolbox, Daily Maintenance Plan, Identifying Triggers and an Action Plan, Identifying Early Warning Signs and an Action Plan, Identifying When Things Are Breaking Down and an Action Plan, Crisis & Post Crisis Planning.

Things To Do...

Free and Low-Cost Events

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

Basketball

Saturday, January 11th at 8:00 pm. **Men's Basketball**. Humber Vs Lambton Division: West Association: Ontario Colleges Athletics Association and Canadian Colleges Athletics Association. For more information contact Jim Bialek by email: jim.bialek@humber.ca. Humber College Arboretum, 205 Humber College Blvd. All Ages. **Free**



Book Club

First Thursday of every month, January 2nd to March 6th from 2:00 pm to 3:00 pm and from 7:00 pm to 8:00 pm. **Victoria Village Branch**

Adult Book Club at the Toronto Public Library. The club meets the first Thursday of every month, from 2:00 pm to 3:00 pm and/or from 7:00 pm to 8:00 pm. Come and join other people in your community to read and discuss books, and occasionally meet the authors. Registration is required. To register or for more information call: 416 395-5950. Toronto Public Library, Victoria Village Branch, 184 Sloane Avenue. Adults. **Free**

Choir Rehearsal

Tuesday, January 14th from 7:15 pm to 10:00 pm. **Etobicoke Centennial Choir Open Rehearsal - "Come Sing With Us."** The Etobicoke Centennial Choir (ECC) is an SATB (Soprano, Alto, Tenor, Bass) community choir currently in its 47th season of celebrating the joy of choral singing. The choir welcomes new singers in all sections. All interested singers are invited to come to our Open Rehearsal on Tuesday, January 14th at 7:15 pm. Meet the conductor and choristers and explore what the ECC has to offer. For more information contact Lauren Mayer by email: lauren-mayer@sympatico.ca or by phone: 416 236-0047. Humber Valley United Church, 76 Anglesey Boulevard. Adults. **Free**

Concert

Friday, January 10th at 9:00 pm. **Shannon Graham and The Storytellers**. Shannon Graham and The Storytellers. Shannon Graham is a composer/saxophonist/singer/violist. Her music blends elements of classical, jazz, and pop to create a style that is expressive, honest, and at times quite odd. She is pleased to have had her music described as "art for those who want art and entertainment for those who want entertainment". Shannon performs with her ten-person band, **Shannon Graham and The Storytellers**. As **storytellers** they do just what their name suggests; perform programmatic music to express narratives ranging from personal tales of heartache and growing pains, to settings of texts from acclaimed writers. Shannon is an Artistic Producer with Spectrum Music, an organization dedicated to presenting concerts that feature Toronto's emerging chamber jazz movement, she holds a Bachelors of Music in Jazz Performance from the University of Toronto and she currently studies composition with Roger Bergs. For more information visit: <http://harthouse.ca/jazz-at-oscars/>. Arbor Room, Hart House, 7 Hart House Circle. **Free**



Cooking

Sunday, January 12th from 3:00 pm to 6:00 pm. **New - East York Community Kitchen.** Come join us as we cook and eat a tasty, nutritious meal. Learn new recipes and skills while socializing with your neighbours. Registration is required and child care is available. Contact: Jennifer Kim by email: eyckitchen@gmail.com or by phone: 416 532-7840. East York Community Centre, 1081-1/2 Pape Avenue. All Ages. **Free**

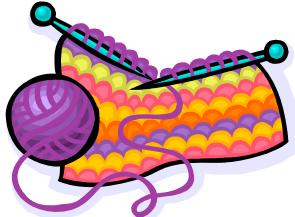


Dietary Knowledge

Wednesday, January 15th from 6:45 pm to 8:15 pm. **Gluten Free, Dairy Free, Sugar Free Living – Made Easy.** Learn easy ways to adapt to dietary restrictions involving some of today's common foods: wheat, gluten, dairy and refined sugar from Victoria Yeh, author of "Where do I start? Your Essential Gluten Free, Dairy Free and Sugar Free Allergy Cookbook." For more information call: 416 394-5270 or email: eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Road, Toronto. Adults. **Free**

Japanese Garden Design

Thursday, January 9th at 7:00 pm. **Japanese Garden Design.** Special guest, Wolfgang Bonham will speak on the topic of Japanese Garden Design. For more information email: bethparker@sympatico.ca. Leaside Public Library, 165 McRae Drive. All Ages. **Free**



Knitting and Crocheting

Tuesday, January 14th from 2:00 pm to 3:30 pm. **Knitting and Crocheting at Your Library.** Once a month, drop in to share your interest in knitting and crocheting, just bring your yarn and needles, patterns and instructions are provided. For more information phone: 416 394-5120. Richview Library, 1806 Islington Ave. Adults. **Free**

Markets

Wednesday, January 8th from 11:00 am to 3:00 pm. **UTSC Indoor Market @ The Meeting Place.** Your source for fresh produce, bread, honey, baked goods and more, available on UTSC Campus. Parking available in our visitor's lot D at a rate of: \$3/hr. For more information contact Billi Jo Cox by Email: bcox@utsc.utoronto.ca or by phone: 416 280-2719. University of Toronto Scarborough Science Wing, 1265 Military Trail. All Ages. **Free Admission**

Wednesdays, January 8th to March 19th from 2:00 pm to 6:00 pm. **Montgomery's Inn Indoor Farmers' Market.** Good news! By popular demand the Montgomery's Inn Farmers' Market will continue indoors all winter. Buy winter veggies, greenhouse produce, meat, cheese, fresh baked bread, sweet baked goods, prepared soups, sauces, pickles & more. Every Wednesday from 2:00 pm to 6:00 pm. No market on January 1st. For more information contact Kate Hill Nicholson by email: khill4@toronto.ca or by phone: 416 394-8113. Montgomery's Inn Museum, 4709 Dundas Street West. All Ages. **Free Admission**

Movies

Saturday, January 4th and Saturday, January 11th at 11:00 am. **Family Friendly Movies at Cineplex Odeon Cinemas.** On Saturday, January 4th Cineplex will show the movie Yogi Bear. On Saturday, January 11th Cineplex will show the movie Puss in Boots. The following theatres in Toronto are participating:

- SilverCity Fairview Mall - 1800 Sheppard Avenue East, Unit Y007, Toronto
- SilverCity Yorkdale Cinemas - Yorkdale Shopping Centre, 3401 Dufferin Street, Toronto
- Cineplex Odeon Eglinton Town Centre - 22 Lebovic Avenue, Scarborough

Movie Theatres Continued

- Coliseum Scarborough - Scarborough Town Centre, 300 Borough Drive, Unit 765, Scarborough
- Cineplex Odeon Morningside Cinemas - 785 Milner Avenue, Scarborough
- Cineplex Odeon Queensway - 1025 The Queensway, Etobicoke

For more participating theatres outside of Toronto visit:

www.cineplex.com/Events/familyfavourites/ParticipatingTheatres.aspx or for more details visit:

<http://www.cineplex.com/Events/FamilyFavourites/>

\$2.50 including tax, per person



Music

Thursday, January 2nd at 8:00 pm. **Array Ensemble.** Array Session #21. For more information call: 416 532-3019. Array Music Space, 155 Walnut Avenue.

Free/Pay What You Can

Tuesday, January 7th at Noon. **Canadian Opera Company: Piano Virtuoso Series: The Colours of Passion.** Works by Rachmaninov, de Falla, Prokofiev and Messiaen.

Mehdi Ghazi, piano. For more information call: 416 363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. **Free**

Tuesday, January 7th at 12:10 pm. **University of Toronto Faculty of Music. In Concert.** Winners' recital Jim and Charlotte Norcop Prize in song and Gwendolyn Williams Koldofsky Prize in Accompanying. For more information call: 416 408-0208. Walter Hall, Edward Johnson Building, 80 Queen's Park. **Free**

Tuesday, January 14th at 12:10 pm. **University of Toronto Faculty of Music. Voice Performance Class.** For more information call: 416 408-0208. Walter Hall, Edward Johnson Building, 80 Queen's Park. **Free**

New Year's Celebration

Sunday, January 5th, from 1:00 pm to 3:00 pm. **East York New Year's Levee.** Ring in the new year with East York's local politicians City Councillors Janet Davis and Mary Fragedakis, Members of Provincial Parliament Michael Prue and Peter Tabuns, School Trustees Sheila Cary-Meagher and Cathy Dandy, and Members of Parliament Matthew Kellway and Craig Scott. Enjoy a jazz trio and some light refreshments. For more information contact Councillor Janet Davis by email: Councillor_Davis@toronto.ca, or by phone 416 392-4035 or visit: <http://www.JanetDavis.ca>. East York Civic Centre, 850 Coxwell Avenue. East York Civic Centre, 850 Coxwell Avenue. All Ages. **Free**

Pop Bottle Race Car

Thursday, January 2nd from 2:00 pm to 3:00 pm. **Ready, Set, Go! Pop Bottle Race Cars.** Get a fast start to the New Year by making and racing your very own pop bottle race car. Drop-in. For more information please call: 416 394-1016 or email: westaff@torontopubliclibrary.ca. Weston Library, 2 King Street. All Ages. **Free**

Scrabble

Wednesdays, January 8th to May 28th from 6:15 pm to 9:45 pm. **Toronto Scrabble Club.** Love to play Scrabble? The Toronto Scrabble Club is open to all skill levels. Have fun, win prizes, make new friends and get your competitive juices flowing! Every Wednesday at 6:15 pm until May 28th (excluding January 1st). For more information visit: www.torontoscrabbleclub.com or phone: 416 876-7675. Earl Bales Community Centre, 4169 Bathurst, near Bathurst and Sheppard. All Ages. **\$4**

Shakespeare

Sunday, January 5th from 7:00 pm to 9:00 pm. **Twelfth Night**. Read a part in Shakespeare's classic at Du Café. A fun, casual networking event for lovers of Shakespeare. After a short introduction, participants will draw roles randomly and dive into the text. For more information contact Tyler Sequin by email: info@eastendarts.ca. Du Café, 885 O'Connor Drive. All Ages. **Free**

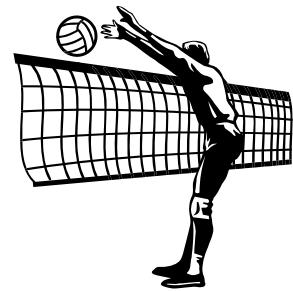


Shuffleboard

Tuesdays, January 7th, January 14th and January 21st at 1:00 pm. **Shuffleboard**. Come out and play a fun and relaxing game of shuffleboard, all levels are welcome. For more information contact Navina or Susan by phone: 416 252-6822 or by email: franklinhorner.navina@gmail.com. Franklin Horner Community Centre, 432 Horner Ave. Adults. **\$2 members/\$3 non-members**

Volleyball

Saturday, January 11th at 1:00 pm and 3:00 pm. **Seneca Sting Volleyball**. The Seneca Sting Men's and Women's Volleyball teams will play the Durham Lords for their second time this season. The games will be at 1:00 pm and then at 3:00 pm. For more information contact Ryan Phipps by email: ryan.phipps@senecacollege.ca or visit: www.senecastin.ca or call: 416 491-5050. Seneca College's Newnham Campus, 1750 Finch Avenue East. All Ages. **Free**



Women's Basketball

Friday, January 3rd and Saturday, January 4th at 9:00 am. **The Seneca Sting Women's Basketball Classic Tournament**. The Seneca Sting women's basketball team will compete against 6 other OCAA teams in this annual tournament. Games run all day Friday and Saturday. Official times TBA. For more information contact Ryan Phipps by email: ryan.phipps@senecacollege.ca, by phone: 416 491- 5050 or visit: <http://www.senecasting.ca>. Seneca College's Newnham Campus, 1750 Finch Avenue E. All Ages. **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.ca.

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Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, 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.



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.ca. Your Mother Earth will thank you. Your Bulletin Team, **Helen, Cassandra and Arlene**.