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The Consumer/Survivor Information Resource Centre
Distributed through generous support from Queen Street Division of [CAMH](#)
(Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

July 15th 2005
Bulletin 304

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

For July – Please call before you drop-in to make sure someone is here.

The Heat & Meds Part Three

As we know, some of our medications make it hard for us to control our body temperature. This is even more true if we're on two or more. While everyone needs to be careful of heat and sun (loose fitting clothes, wear a hat, sunscreen, keep properly hydrated, stay in the shade, etc.) we are at higher risk for heat related illness, especially if we do heavy work or exercise, or we don't drink enough water.

Thank you to capistrano for the following tips:

-wear sunscreen!!! esp for those on meds (from personal experience) I battled a terrible rash from sitting in the sun) also, cool wraps around the neck is an excellent way to keep the body temperature down, and if it's a cool looking scarf, it can be fashionable, and you're only a washroom/sink away (found in most malls, areas of high traffic, etc.) from rinsing and re-wetting it.

Wear LINEN (if you have anything) as it cools the skin in summer, allowing it breath, and in winter, actually warms you..

I also found this article on the web about Keeping Cool Naturally
http://www.gaiam.com/retail/gai_content/learn/gai_learnArticle.asp?article_id=334)

Do you have any tips for people about handling medication and the heat? Email csinfo@camh.net or write us at the address above. Let's share our survival strategies.

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ANNOUNCEMENTS

The Veggie Market at the Sunshine Garden has started again !!!

Mondays and Thursdays from 10 am to 11:30 am you can buy fresh, organic produce grown on the grounds of CAMH (Centre for Addiction and Mental Health). This is a joint project of Foodshare and VERS (Vocational and Educational Rehabilitation Services). Employees grow and sell the food and have been doing so since 2002. The garden won a Green Toronto Award of Excellence. These Environmental Awards recognize contributions to making Toronto a greener place to live, work and play. Show them your support and feed yourself better, too. Buy from them at the Queen Street site of CAMH

1001 Queen Street West
In the Garden
Mondays & Thursdays
10 am – 11:30 am



HRSDC Community Meeting Tuesday, July 19 2:00 pm Council Chamber Metro Hall (King St & John St)

Now is the chance to make real change! Community agencies and their clients continue to feel the negative impact of funding decisions by Human Resources and Skills Development Canada (HRSDC). The response from the community resulted in a Parliamentary Committee review of the HRSDC process. To help build a community response to the destructive initiatives, the Community and Social Planning Council of Toronto (CSPC-T) is joining with community partners to hold a meeting to provide community organizations an opportunity to hear the results of the Parliamentary Committee report, including a progress report from MPs pursuing these issues. There also will be discussion and strategy planning regarding agencies dealing with significant disruption of service to clients, about potential new threats to community organizations, and how best to pursue these matters with the government.

To confirm your attendance, please email cspc@cspc.toronto.on.ca
For more info, contact John Campey at jcampey@cspc.toronto.on.ca or 416-351-0095 ext 260



Come Laugh Your Head Off

Event: Stand Up For Mental Health Comedy Showcase

People with Mental Illness are always being told what they can't do.
In this show, we get to prove what we can do!

When: Wednesday, August 3, 2005 at 7:00 p.m.

Where: 40 Orchard View Blvd, Room 224

For more information, call 416 486-8046 or www.standupformentalhealth.com

**Sponsored by the Mood Disorders Association of Ontario and
Stand Up For Mental Health**



the empowerment council presents:

**** A cELEBRaTION of mad PRide ****

Sunday July 17th 2005

3:00 - 4:00 PM

TRAINING ROOM A and B

(main floor just past the elevators)

1001 Queen Street West

Queen and Ossington

All Welcome to Attend!

PREJUDICE & PRIDE

Struggling for Rights Past And Present

- History of Psychiatric Patients at Queen Street over the last hundred years
 - History of Patients Fighting for their Rights
 - Breaking Down Walls of Discrimination
- What we can do to change things right here at Queen Street

Guest Speaker: Psychiatric Survivor and PhD Geoffrey Reaume

For more info call 416 535-8501 x 3013



More Mad Pride !!!!

HUMAN RIGHTS MATTER: The Friendly Spike Theatre Band - 2466 Dundas Street West # 210, Toronto.
July 14th 2005 - July 16th 8 pm - 9 pm.

Premiere of "Human Rights Matter," a new play by The Friendly Spike Theatre Band! The play uses a make-believe Human Rights Commission to review complaints. The play is designed to encourage people to speak out against human wrongs.

CABARET and Open Stage - The Friendly Spike Theatre Band - 2466 Dundas Street West, 210. Toronto. July 14 to July 16, 2005. 9 pm - 11:30 pm.

Hosted by Mikel Renout, featuring the groovy improv band Michael Holt and Kids, and Open Stage.

CAPA (Coalition Against Psychiatric Assault) July 16th 2005 -1 pm - 4 pm.

CAPA PRESENTS ANTIPSYCHIATRY IN FILM AND VIDEO: The Peace lounge, seventh floor, Ontario Institute for Studies in Education (OISE).

The afternoon will begin by a screening of "**Still Sane**" made by Brenda Ingratta and Lidia Patriasc featuring our very own Sheila Gilhooly and Persimmon Blackbridge.

Next will be the premiere showing of a video by Jeffrey Myers on "**Inquiry into Psychiatry 2005**" - the public hearings into electroshock and drugs, which CAPA held this April 2005. This video shows both the planning that went into the event CAPA members will answer questions about the public hearings process.

Sunday - HISTORICAL PATIENT BUILT WALL TOUR - Queen and Shaw (outside Center for Addiction and Mental Health, 1001 Queen Street West); July 17th 2005 6 pm - 8:00 pm.

Historian, and author of "Remembrance of Patients Past: Patient life at The Toronto Hospital for The Insane, 1870-1940" **Geoffrey Reaume** will lead a walking tour featuring the strengths and achievements of the psychiatric captives who built the wall, and lived and died in it's shadow. A HAPPENING, on the site will follow.

For more information contact: Ruth Ruth.
Phone: (416) 516-4740 or e-mail
friendlyspike@globalserve.net



DETOX CLOSURES!
Community Meeting
Thursday July 21, 2005 3:00 pm
Parkdale Activity Recreation Centre (PARC)
1499 Queen St W (at Sorauren)

The 501 Queen St site is closing on August 31, 2005
The 16 Ossington St site is closing on October 31, 2005

The Ministry of Health's restructuring plan for detox services will cost the city 36 beds, despite detox centres already being overwhelmed by the demand. The plan is to use the money from the closures for alternative detox programs. This meeting will address the concerns over the cut in services. It also will be an opportunity to strategize a response to the cuts and the vague plan for alternative resources.

For more info call Danielle Koyama 416-426-4439 or email Lucy Costa at yu217993@yorku.ca.



Do You Suffer from OCD?

There is a solution! The twelve step OCA (Obsessive Compulsive Anonymous) program, can bring relief to our common dilemma.

OCA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from OCD. The only requirement for membership is a desire to recover from OCD. There are no dues or fees, we are self-supporting through our own contributions.

OCA has groups in the United States active since 1990, these will be the first meetings of their kind in Toronto.

The July 12th 19th and 26th meetings are at Romero House, 1558 Bloor Street West, at the Dundas West subway station, from 6:00 to 7:30 pm.

We will continue to meet at Romero House in September 2005. For the month of August, we're looking for a place to have the group. We'll probably be back at CAMH. Room number not yet known. We'll let you know. For more information, email ocatoronto@gmail.com.

While this group is getting started, the Consumer / Survivor Information Resource Centre has agreed to be the telephone contact for people who don't have internet access, and want more info. Call: 416 595-2882.



Food and Mood

Sherbourne Health Centre is holding a special series of workshops on Food and Mood. The presenter will be Rosalie Moscoe, RNCP, Wellness and Nutritional Consultant. The workshops are free, but you must pre-register, by calling 416 324-5064 or by email ftomlin@sherbourne.on.ca. The first in the series is July 20 from 10:00 to 11:30 am and is titled Food and Mood – A Love/Hate Relationship. The next is July 27th from 10:00 – 12:00 and is called Tune Up Your Brain Nutritionally (on a Budget).



Inclusion of an announcement is NOT an endorsement of the views of any organization or individual. The Consumer/Survivor Information Resource Centre of Toronto reserves the right to edit submissions.

Free and Low Cost Events



Friday, July 15th

Summer Observatory Tour. \$6.00. Lecture and telescope observing. Friday July 15th and Saturday July 16th. Dunlap Observatory, Richmond Hill. Info: 905 884-9562 x 232. 9 pm.

Friday Funk. Free Concert. Ray Robinson performs. Yonge-Dundas Square. Info: www.ydsquare.ca 6 – 8 pm.

Beaches International Jazz Festival. Free. Queen Street East of Woodbine, Kew Gardens, and the Distillery Historic District. Latin, jazz, blues, swing and more. Info: 416 698-2152.

Saturday, July 16th

Leslie Street Spit Nature Walk. Free. Toronto Field Naturalists all day walk. Meet at the corner of Queen Street East and Leslie. Bring lunch and binoculars. Info: 416 593-2656. Please, no pets. 10:30 am.

Caribana Children's Festival. Free. Young masqueraders show off their finery with a carnival parade. Yorkgate Mall. Jane & Finch. Info: www.caribana.com. 12 noon to 4 pm.



The Future of Calypso – Caribana 2005. Free. Calypsonians and a moderator from the Organization of Calypso Performing Artists (OCPA) lead a panel discussion on the history of calypso, the woman in calypso and the metamorphosis of calypso. Register in person or call 416 395-5980. York Woods Library, 1785 Finch Avenue West. 2 – 4 pm.

Lynx Soccer. \$5.00. Toronto Lynx play Seattle. Centennial Stadium, Renforth & Rathburn. Info: 416 251-4625 ext. 31 or www.lynxsoccer.com. 7:30 pm.

Tastes of Thailand. Free. Thai dance, cooking, boxing, massage and more. Nathan Phillips Square, Queen Street West & Bay Street. Info: www.tastesofthailand.ca. Saturday 12 noon to 9 pm, Sunday 10 am to 6 pm.

Sunday, July 17th

Physical Activity for Consumer Survivors. Free. Run or walk. Meet at Riverdale Perk coffee shop, 633 Logan Avenue. Info: 416 604-6973 or www.accentonability.org/phacs.htm. 10 am.



Maple Leafs Baseball. Free. Toronto Maple Leafs play Oshawa. Christie Pitts, Bloor West & Christie. Info: www.leafsbaseball.com. 2 pm.

Nordic Pavilion. \$4.00. Entertainment, food and drink from just south of the Arctic Circle. Sunnyside Pavilion, 1755 Lakeshore West. Info: www.sunnysidesundays.com. 12 noon to 6 pm.

Sunday Serenades Concert Series. Free. Live music featuring swing, big band and jazz tunes from the '30's, '40's and '50's. Mel Lastman Square, 5100 Yonge Street. 7:30 – 9:00 pm.

Lady Lynx Soccer. \$5.00. Toronto Lady Lynx play Ottawa. Centennial Stadium, Renforth and Rathburn. Info: 416 251-4625 x 31 or www.lynxsoccer.com. 6 pm.



Monday, July 18th

U of T Historical Walking Tour. Free. Tour the St. George Campus. Nona MacDonald Visitors Centre, 25 Kings College Circle. Info: 416 978-5000. At: 10:30 am, 1:00 and 2:30 pm.

Toronto Cycling Committee. Free. Meeting to advocate city cycling initiatives. City Hall, Queen West and Bay Street. Info: www.toronto.ca/cycling/committee. 7 pm.

Tuesday, July 19th

City Cinema. Free. Outdoor screening of West Side Story. Yonge-Dundas Square. www.ydsquare.ca. 8:30 – 11:00 pm.




Wednesday, July 20th

Farmer's Market. Free. Local Ontario flowers, fruit, vegetables, baked goods and more. Nathan Phillip's Square, 100 Queen Street West. Info: 416 338-0338. Wednesdays 10 am to 2 pm.

Summer Serenades. Free Concert. Yonge-Dundas Square. 12:30 – 1:30 pm.

Free Flicks. Free. Outdoor screening of Big Fish. Harbourfront Centre, 235 Queens Quay West. For information, call: 416 973-4000. 9 pm.

 **Thursday, July 21st**
Candlemaking. \$15.00. Learn to make candles. Todmorden Mills Museum, Pottery Road between Bayview and Broadview. Info: 416 396-2819. 9:30 am to 12 noon.

Squeaky Clean. \$15.00. Learn how to make soap and herbal cosmetics. Todmorden Mills Museum, Pottery Road between Bayview and Broadview. Info: 416 396-2819. 1:30 to 3:00 pm.

Music Garden Tours. Free. Guided tour of this unique garden. Queens Quay and Spadina. Info: www.harbourfrontcentre.com. 5:30 pm.

Swingin' Out. \$5 -\$7. The queer swing dancing club offers beginner lessons. Crews/Tango, 508 Church Street. Info: www.swinginout.ca. 8:30 pm.



Friday, July 22nd
Dim Sum. Free. Staged readings of works by 9 playwrights including Marjorie Chan, David Yee and Zoe Huang are part of the festival of contemporary Chinese culture. Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4000. or www.harbourfrontcentre.com. Friday, Saturday and Sunday - call or visit site for times.

Friday Funk. Free Concert. eccodek performs. Yonge-Dundas Square. Info: www.ydsquare.ca 6 – 8 pm.

Inline Skating. Free. Skate the city streets at night. Meet NE corner of Yonge and Bloor Street. Info: www.geocities.com/cityblading/night skating.html. 10 pm.

Lynx Soccer \$5.00. Lynx plays Montreal. Centennial Stadium, Renforth & Rathburn. Info: 416 251-4625 ext. 31 or www.lynxsoccer.com. 7:30 pm.

Summer Observation Tour. \$6.00 Lecture and telescope observing. Dunlap Observatory, Richmond Hill Info: 905 884-9562 x 232. 9 pm.

Saturday, July 23rd
The Merchant of Venice. pwyc. Shakespeare in the Rough mounts the tragic comedy featuring Pip Dwyer and Sarah Moyle. Withrow Park, South of Danforth between Pape & Chester. Info: 647 438-6742. 7 pm.

Toolworks. \$5/hour. Community Bicycle Network provides the tools and expertise to help you fix your bike. 761 Queen Street West. Info: www.communitybicyclenetwork.org. 1 – 3 pm.

Yonge-Dundas Artisans Market. Free. Clothing, sculpture, jewellery and more. Info: www.ydsquare.ca.

Sunday July 24th
Hungarian Pavilion. \$4.00. Entertainment, food and drink from a summer resort on Lake Balaton. Sunnyside Pavilion, 1755 Lakeshore West. Info: www.sunnysidesundays.com. 12 noon – 6 pm.



Physical Activity for Consumer Survivors. Free. Run or walk. Meet at Riverdale Perk coffee shop, 633 Logan Avenue. Info: 416 604-6973 or www.accentonability.org/phacs.htm. 10 am.

ROMWalk. Free. Guided tour of the Annex neighbourhood. Meet at Lowther & Avenue Road. Info: 416 586-5513 or www.rom.on.ca. 2 pm.

Monday, July 25th
Toronto Sculpture Gardens. Free. Features unique sculptures and horticultural displays. 115 King Street East at Jarvis. Open dawn to dusk.



Tuesday, July 26th

The Tempest & Electra. Tuesday pwy. Canopy Theatre Company mounts outdoor productions of Shakespeare and Sophocles' plays. Philosopher's Walk, Bloor & Avenue Road. Info: 416 978-8849. 8 pm.

City Cinema. Free. Outdoor screening of Sound of Music. Yonge-Dundas Square. Info: www.ydsquare.ca. 8:30 –11:00 pm.

Wednesday, July 27th

Art Gallery of Ontario. Free Wednesdays 6 to 9 pm. 317 Dundas Street West. Info: 416 979-6648.

Summer Serenades. Free Concert. Yonge-Dundas Square. 12:30 – 1:30 pm.

Free Flicks. Free. Outdoor screening of Jaws. Harbourfront Centre, 235 Queens Quay W. Info: 416 973-4000. 9 pm.

Thursday, July 28th

Dub Poetry Festival. Individual Expressions/Collective Voice. Free. Workshop lead by Lillian Allen with Kalmunity Collaborations. At the Hub of the Dub, 805 St. Clair Avenue West (upstairs). 8 – 11 pm.

UTM Weed 'n Walk. Free. Sponsored by Evergreen. Join us as we hike around the campus removing invasive plant species and tending to naturalized areas. We'll take time along the way to explore the natural wonders of University of Toronto, Mississauga. Mississauga Road and Dundas Street West. Meet in front of the South Building. Tools and light refreshments will be provided. Contact: Jessika Corkum 416 832-4487 or jessika@evergreen.ca . 2 – 4 pm.

Edwards Gardens Walking Tour. Free. Volunteer tour guides will take you through the scenic paths for a relaxing and peaceful stroll. Meet by the flowerbeds at the entrance to Edwards Gardens. Rain or Shine. Info: 416 397-1366. 10 am.

Friday, July 29th

Irie Music Festival & Word Fest. Dub Poets' Collective. Free. Toronto City Hall, 100 Queen Street West at Bay Street. 12 noon – 1 pm.

Improv and Other Visions. Free. Dub and poetry vibes from Montreal. Ellington's Music and Café, 805 St. Clair West. Info: www.dubpoetscollective.com. or 416 598-4932. 9 pm.

Friday Funk. Free Concert. Sou I ar performs. Yonge-Dundas Square. Info: www.ydsquare.ca 6 – 8 pm.



Saturday, July 30th

Caribana Parade. Free along Lakeshore. The 3.6 km. long street party featuring costumes, floats, bands and dancers starts at Exhibition Place and heads west along Lakeshore to the Boulevard Club. Info: www.caribana.com. Starts at 10 am.

Sunday, July 31st

Physical Activity for Consumer Survivors. Free. Run or walk. Meet at Riverdale Perk coffee shop, 633 Logan Avenue. Info: 416 604-6973 or www.accentonability.org/phacs.htm. 10 am.

ROMWalk. Free. Guided tour of Mount Pleasant Cemetery meet at cemetery entrance Yonge Street north of St. Clair. Info: 416 586-5513 or www.rom.on.ca. 2 pm.

Polish Pavilion. \$4.00. Entertainment, food and drink from the shores of the Baltic Sea. Sunnyside Pavilion, 1755 Lakeshore West. Info: www.sunnysidesundays.com. 12 noon - 6 pm.

Job Postings

Some of these positions are listed on Charity Village and some have come directly to the centre. If you are interested in any of these positions and do not have access to the internet, just call the centre at 416 595-2882 and we'll be happy to assist in any way possible – reading the posting to you over the phone, mailing it to you if there's time, or making an appointment for you to come by and see it.



Madison Avenue Housing and Support Services Inc. - Contract Mental Health Counsellor - Full Time. Responsible for providing support to clients. The ideal candidate must be able to work both independently as well as part of a team. Must also be a good communicator with excellent written/recording skills and a working knowledge of Microsoft Word. 5 years experience. Ability to speak Spanish would be an asset. Salary \$42,265.60 annual based on 40 hrs per week. Closing date: July 17/05

Operation Springboard - Residential Counsellor - Full Time - North Beaches Residence provides a home and life skills to 10 men with developmental disabilities. One-year work related experience. Thursday, Friday, Saturday, Sunday and Monday 4 pm 'til midnight shift. Union position, CUPE. \$32,303 - \$35,806. plus benefits. Application deadline: July 18/05

Davenport-Perth Neighborhood Centre - Job Search Workshop Outreach and Administration Assistant. Organize and facilitate Newcomer pre-employment workshops which develop awareness, knowledge and skills related to the Canadian style of job search. One-year experience. 17.5 hours per week (some evenings required). Salary \$27,664 - \$28,356 pro-rated to number of hrs plus statutory benefits. Contract: Non-core for 1 year with possibility of renewal. Closing date: July 21/05

Canadian HIV/AIDS Legal Network - Communications Director. The Legal Network seeks an experienced communications director to lead the organization's efforts in media and other communication with the public as well as to contribute to the organization's communication with its membership, government officials, NGO partners and donors. Excellent writing and oral communications skills in English and French. Salary will be commensurate with experience. The Legal Network offers a competitive benefits package. Application deadline: July 29/05

Christie Ossington Neighbourhood Centre - Outreach Worker - Full Time. Outreach to people who are homeless and on the street in order to assist them to move from the street into shelter. In order to effectively serve our client and maintain gender balance on our two-person outreach team, we are seeking female applicants at this time. A minimum of two years experience. Salary \$35,000. Closing date: July 29/05

Distress Centres of Toronto - Survivor Support Programme – Programme Coordinator – Full Time. The individual will be responsible for maintaining the programme on a daily basis but will also have the opportunity to participate in its future growth and service development. They will report to the Executive Director and work closely with programme volunteers and other agency coordinating staff. Application deadline: August 5, 2005.



Toronto's oldest **Consumer Survivor** business is looking for energetic, independent, enthusiastic and reliable **Consumer Survivors** of the psychiatric system to become a part of our **TEAM.**

If you like to be outside, are a reliable person, able to use the T.T.C., can read maps and would like to make some extra cash, then we have the job for you!

You can become a **Courier** and we will train you.

So what are you waiting for?

Come in and fill out an application.

We are located at 2168 Danforth Ave

(just East of Woodbine on the North side)

We only accept applications in person. You must come in to the office to fill out an application. We do not accept faxes or photocopied applications.