

PLEASE  
POST,  
COPY,  
DISTRIBUTE



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.

August 15<sup>th</sup> 2005

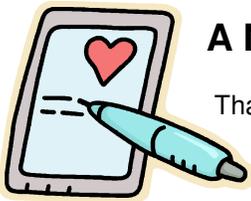
Bulletin 305

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday

LOCATION: 252 College Street, 3<sup>rd</sup> 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](mailto:csinfo@camh.net)



## A Note from the Staff

Wow! A whole year has gone by! And I would like to express my biggest Thanks to all of you for your best wishes and support during my maternity leave. Much appreciated. But to be honest, it is with mixed emotions that I return.

On the one hand it is nice to get back to work, to be challenged intellectually, to feel productive in the community, to interact with adults again and just simply to get out of the house that doesn't include going to a parent/child drop-in centre or shopping (not to mention the extra income that is much needed at this time).

But on the other hand, I now have a beautifully perfect little baby girl named Jaya and leaving her is proving to be much harder than I had anticipated. No one seems to be good enough to take care of her. I worry others will not notice all her little signs for what she needs, and will she cry? And will she miss me? Will she get enough attention? Will she be changed or fed enough? And so on and so on! It is surprising to me that after all these years and changes to women's status, mothers still feel prongs of guilt of leaving their children. And then there is the anxiety over whether I am strong enough to handle the double duty of work and children? Can I really do it all, as is expected of us as working parents? (Did I also mention I have an 18 year old teenager as well? But that is another story).

To add to all the stress, even after months of searching for the "proper" child facility and the hassles of subsidy applications and deadlines, I still have not been able to find childcare for her. This has proven to be much more difficult than I had originally presumed. The waiting lists are enormous for infants (and only a few spots to begin with) and most daycares do not even take children under 18 months. But we are only given 12 months for maternity leave. So once again I have discovered holes in the "system". What is a parent to do? Hopefully, through a lot of hard work and determination things will surely work out!

As for C/S Info, I have returned to find that life has moved on without me and many changes have occurred. Even though I will miss Linda (our past coordinator) and the comfortable routine of how the Bulletin was done (since it too has changed somewhat), I am sure I will enjoy the new challenges (besides I need to learn more than the "Barney" song).

So again, I Thank You all for your kind wishes and welcoming support upon my return. It makes it all just a little easier and worthwhile.

Michelle Rowsell  
Assistant Coordinator

### Table of Contents

Staff News  
Page 1

Newsbytes  
Page 2

Book Review  
Page 3

Mental Health  
Funding  
Page 3

Free & Low Cost  
Activities  
Pages 4, 5 & 6

Announcements  
Pages 7 & 8

Job Postings  
Pages 9 & 10

**McGuinty Government Announces Additional Funding for Mental Health Services** The McGuinty government is improving access to community-based mental health services for 34,000 more Ontarians this year, Health and Long-Term Care Minister George Smitherman has announced. The McGuinty government is investing \$58.3 million this year. Services receiving additional funding include case management, crisis response, early intervention, assertive community treatment teams, and supportive housing. For additional information, please see the full press release issued July 14th on the Ministry's web site [www.health.gov.on.ca](http://www.health.gov.on.ca). There is also a lengthy background document attached to the press release, which lists the exact funding allocations for all programs around the province.

**City probes two deaths for link to severe heat** The coroner's office is probing whether or not the deaths of two men, living in over-heated rooms in the city's west end last weekend, were due to the heat wave. One man lived in Strachan House, a transitional support house for homeless people near Strachan Ave. and King St. which is operated by Homes First Society. The other man lived in a Habitat Services boarding home located near Lansdowne Ave. and Queen St. West. (Article "City probes two deaths for link to severe heat", by Isabel Teotonio, Staff Reporter, Toronto Star, Wednesday, July 20, 2005, page A7)

**Feature article describes new city program to move homeless into housing** Streets to Homes is a new City of Toronto program which has hired 11 outreach workers to find housing for homeless persons. "In its first five months, Streets to Homes has found a place to live for 212 people, ranging in age from 18 to their late 80s." To enforce the process, the city has cut funding to agencies which in the past distributed food and supplies to the homeless, so that now the only agency doing such work is Native Men's Residence (Na-Me-Res). (Feature article "Last of the homeless", by Peter Cheney, Globe and Mail, Saturday, July 23, 2005, page M1)



**Agencies battle for cash** Toronto Star staff reporter Naomi Carniol filed a story about a meeting which occurred the afternoon of July 19th in the Council Chambers of Metro Hall, where more than 100 community groups met to discuss the changes introduced by Human Resources and Skills Development Canada in February 2004 requiring agencies to file detailed proposals to obtain funding. As a result of the new proposal ranking system, a number of established programs (some of which are listed in the Toronto Star article) have lost funding and have had to lay off some staff or totally shut down. (Toronto Star, Wednesday, July 20, 2005, page A4)

**Toronto City Council approves affordable housing changes** Council has created a fast-track committee which will more quickly approve proposals for affordable housing. Sean Goetz-Gadon, the mayor's special adviser on housing, said there are now 62,000 applicants on the city's affordable-housing waiting list, the average affordable housing project takes as long as four years to get approved, but the new committee should cut up to 1 1/2 years off the approval process. (Article "Council approves affordable housing changes", by Jeff Gray and Jennifer Lewington, Globe and Mail, Wednesday, July 20, 2005, page A9)

**Psychiatric survivor dies of "heat related" causes during heat wave** Richard Howell, a psychiatric survivor who was living in a boarding home in Toronto's west end, recently died of what the Coroner's office described as "heat related" causes. In response, the Toronto Disaster Relief Committee (TDRC) held a press conference at PARC, urging that there be "a Coroner's Inquest to review the physical standards and operating requirements of the mental health boarding home system, including the use of psychiatric drugs and other medication and provision of air conditioning Toronto Public Health should launch a city-wide educational campaign to inform psychiatric survivors, people with disabilities and the elderly of the serious health risks of psychiatric drugs and other medications\* City of Toronto should legislate a maximum temperature in the city's Municipal Code\* The City should assist those most at risk during heat alerts by, for example, establishing a west-end cooling centre, and providing transportation to cooling centres (TDRC media advisory, July 4, 2005)

**Tom Cruise prompts war of words** Considerable controversy has been triggered by remarks which movie star Tom Cruise has made about psychiatric drugs during his promotional tour for the new movie adaptation of H.G. Wells' s novel "War of the Worlds". Cruise, a Scientologist, has expressed his belief that psychiatry is a "pseudo-science" and that people should not take psychiatric drugs. In particular, he was critical of Brooke Shields for taking the antidepressant Paxil to treat her postpartum depression, and with the prescribing of Ritalin for children with ADHD (attention deficit hyperactivity disorder). (article "Tom Cruise prompts war of words", by Mark Schwed, Cox News Service, Toronto Star, Friday, July 1, 2005, page D2)

*Newsbytes is compiled by Glen Dewar, Web Site Content Manager at Community Resource Connections of Toronto (CRCT).*

## Book Review

**Your Depression Map: Find the Source of Your Depression and Chart Your Own Recovery** by Randy J. Paterson, Ph.D., New Harbinger Publications, 2002, 307 pages.



This is a really excellent self-help workbook for people wanting to get a comprehensive list of things that may be causing you depression, types of treatment, and things that you can do yourself to counter the depression. It is very action-oriented.

Dr. Paterson begins his book by talking about common misconceptions about depression which can prevent you from making progress against it. He gives an exhaustive list of symptoms of depression, cross-indexed to the many different treatment types and strategies for attacking those particular symptoms, listed later in the book. The author puts in his lists of depression causes some specific causes of depression, for example specific features of your lifestyle, which I have not seen

catalogued anywhere else.

Everything gets tied together in the "Choosing Your Path" chapter, in which the reader fills out a set of questionnaires which leads to mapping out the appropriate strategies which you think may be most suitable for you. The book strongly adheres to the principle of consumer choice; giving the reader plenty of information about possible life changes which can be made as well as the rationale behind different strategies.

*Book Review by Glen Dewar, Web Site Content Manager at Community Resource Connections of Toronto (CRCT).*

---

## Funding is Needed for Consumer Initiatives and Studies Show that Supports For and By People with Mental Illness are Key to Recovery

A joint report by Ontario Peer Development Initiatives, Centre for Addiction and Mental Health, Canadian Mental Health Assoc (Ontario) and the Federation of Community Mental Health and Addiction Programs shows that consumer/survivor initiatives (CSIs) play a critical role in promoting recovery for people with mental illness, but have been historically undervalued.

"Consumer/Survivor Initiatives: Impact, Outcomes and Effectiveness," has gathered research which demonstrates CSIs are vital to the mental health care system; they improve people's health outcomes and support recovery, as well reducing the use of hospital, emergency and other expensive services. The evidence the report offers is clear:

- One study demonstrates that the mean number of days in hospital for the participants dropped from 48.36 to 4.29 after becoming involved with a CSI.
- Another study showed that CSIs saved more than \$12 million in reduced hospital stays for three hospitals over the course of one year.

"CSIs have been at the forefront of this area for many years." Shawn Lauzon of the Ontario Peer Development Initiative (OPDI), a provincial association of CSIs and a partner in the report's development, said "This report is the first to make the case so clearly; CSIs are good for people with mental illness, and they're good for the health care system as a whole."

Paul Garfinkel, CEO of the Centre for Addiction and Mental Health, adds "We know from our own experience here at CAMH that consumer-run businesses, training programs, peer support groups are enormously valuable in developing skills, building social relationships, and promoting independence. They are making a tremendous difference here at CAMH. The trouble is there aren't enough of them."

CSIs are run for and by people with mental health problems, or who have received mental health services. CSIs take many forms, including employment and training programs, peer support, advocacy, and Patient Councils at both general and psychiatric hospitals. They support people in transition from hospital to community and help people with mental illness take control of their lives and recovery.



The report was developed in partnership with the CAMH, the OPDI, CMHA, Ontario and OFCMHAP. The full report can be found at each organization's web site. For more information, contact: Shawn Lauzon, OPDI, 416 484-8785 x 238.

## Free and Low Cost Events

### Monday, August 15

**Storytelling Workshops** "Telling it Straight". Tell a story in your words. **Free.** Bloor/Gladstone Public Library, 2-4pm.

**Movies Under the Stars.** Outdoor screening of *Guess Who*. Dusk. **Free.** High Park S of Bloor entrance. [www.thegrenadiergroup.com/movies](http://www.thegrenadiergroup.com/movies).

**U of T Historical Walking Tours.** **Free** tour the St George campus Mon-Fri 10:30 am, 1 and 2:30 pm.

### Tuesday, August 16

**Art Bar** poetry Jennifer LoveGrove and John Donlan. 8 pm. **Free.** Victory Cafe, 581 Markham Street. [www.artbar.org](http://www.artbar.org).

**City Cinema** Outdoor screening of Little Shop Of Horrors. 8:30-11 pm. **Free.** Yonge-Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca).



**Folk Dancing in the Park** Led by Ontario Folk Dance Assoc. 7:30-10 pm. **Free.** Winston Churchill Park, St Clair W of Spadina. <http://snipurl.com/folkdance>.

### Wednesday, August 17

**Benefit: Introduction to Revolution** (Canadian Council of Equity, Peace and Development) Hip-hop, live art and discussion on global injustices. 8 pm. **\$3.** Apothecary, 340 Adelaide W. [introtorev@yahoo.com](mailto:introtorev@yahoo.com).

**Green Drinks in Toronto** Meet others interested in environmental issues. 5:45 pm. **No cover.** Duke of York Pub, 39 Prince Arthur. 416-964-2441.

**Romwalk** Guided walk of Cabbagetown. 6 pm. **Free.** Parliament and Spruce. 416-586-5513, [www.rom.on.ca](http://www.rom.on.ca).

### Thursday, August 18

**Music Garden Tours** Guided tours happen Thursdays 5:30 pm, Wednesdays 11 am. **Free.** Queens Quay and Spadina. [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com).

### Friday, August 19

**Canadian National Exhibition** Rising Star youth talent competition, the horse show, midway, entertainment and much more. To Sep 5, 10 am-midnight. **\$12, stu/srs \$8.** Exhibition Place. 416-263-3800.

**Inline Skating** Skate the city streets at night. 10 pm. **Free.** NE corner Yonge and Bloor. [www.geocities.com/cityblading/night skating.html](http://www.geocities.com/cityblading/night skating.html).

**1001 Friday Nights of Storytelling** Folk tales, legends and stories from around the world. 8 pm. **\$4.** Innis College, 2 Sussex. [www.storytellingtoronto.org](http://www.storytellingtoronto.org).



### Saturday, August 20

**Benefit: Safe & Sound** (Interval House) Music by all-queer band Scandalnavia, Cougar Party, Galaxy and others plus dancing. 9 pm. **\$6-\$10 sliding scale.** Sneaky Dee's, 431 College. 416-203-7926.

**Yonge-Dundas Square Artisans Market** Clothing, sculpture, jewellery, visual art and more. Weekends to Sep 18. **Free.** [www.ydsquare.ca](http://www.ydsquare.ca).

**Heritage Toronto Walks** The Beach. **Free.** The Beach is known for its special character - a neighborhood connected to the lake. Explore some of the sites along Queen St. East and the lake that highlight important Beach personalities, institutions and landmarks, and which have contributed to its rich history. Start point: Beaches Branch, Toronto Public Library, 2161 Queen St. E. (Kew Gardens, west of Lee Ave.) at 1:30pm.

**Festival of South Asia** August 20th -21<sup>st</sup>. **Free.** Gerrard Street East at Coxwell Ave. For more information call 416-465-8513.

## **Sunday, August 21**

**Heritage Toronto Walks:** Colourful Corktown. **Free.** Corktown, one of Toronto's oldest areas, retains a rich stock of domestic and industrial heritage buildings. We'll hear some of the stories of the area – from the site of the First Parliament buildings of Upper Canada, to the saga of Thornton & Lucy Blackburn, fugitive slaves who were leaders of the Black community in 19th century Toronto. Start point: Enoch Turner Schoolhouse, 106 Trinity St. (1 block E. of Parliament and King St. E.) at 1:30pm. Finish point: Dominion Hotel, Queen St. E. and Sumach St.

**Laneway Bike Tour** Ride to explore laneways in Corktown, Cabbagetown and Regent Park. 11 am. **Free.** Distillery District gates, 55 Mill. [www.gramemparry.com/laneways/laneways.html](http://www.gramemparry.com/laneways/laneways.html).

**Portuguese Pavilion** Entertainment, food and drink. Noon-6 pm. **\$4**, srs/child \$2. Sunnyside Pavilion, 1755 Lakeshore W. [www.sunnysidesundays.com](http://www.sunnysidesundays.com).



**Romwalk** Guided walk of downtown churches. 2 pm. **Free.** Church and King. 416-586-5513, [www.rom.on.ca](http://www.rom.on.ca).

## **Monday, August 22**

**Movies Under the Stars** Outdoor screening of Scooby Doo. Dusk. **Free.** High Park S of Bloor entrance. [www.thegrenadiergroup.com/movies](http://www.thegrenadiergroup.com/movies).

**U of T Historical Walking Tours** Tour the St George campus. Mon-Fri 10:30 am, 1 and 2:30 pm. **Free.** Nona Macdonald Visitors Centre, 25 King's College Circle. 416-978-5000.



## **Tuesday, August 23**

**Ballet by the Water** The National Ballet performs dances from its upcoming season. Today, tomorrow and Aug 25 at 8 pm. **Free.** Harbourfront Centre, 235 Queens Quay W. 416-973-4000.

**Canoeing for Beginners** Hands-on basic skills workshop. 5-8 pm. **Free.** Sunnyside Pavilion, 1755 Lakeshore W. at 416-598-2277.

**City Cinema** Outdoor screening of Rangeela. 8:30-11 pm. **Free.** Yonge-Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca).

**Folk Dancing in the Park** Led by the Ontario Folk Dance Assoc. 7:30-10 pm. **Free.** Winston Churchill Park, St Clair W of Spadina. <http://snipurl.com/folkdance>.

## **Wednesday, August 24**

**Benefit: Introduction to Revolution** (Canadian Council of Equity, Peace and Development) Hiphop, live art and discussion on global injustices. 8 pm. **\$3.** Apothecary, 340 Adelaide W. [introtorev@yahoo.com](mailto:introtorev@yahoo.com).

**Romwalk** Guided walk through Parkdale. 6 pm. **Free.** Parkdale Library, 1303 Queen W. 416-586-5513, [www.rom.on.ca](http://www.rom.on.ca).

## **Thursday, August 25**

**Music Garden Tours** Guided tours happen Thursdays 5:30 pm, Wednesdays 11 am. **Free.** Queens Quay and Spadina. [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com).

**Buskerfest** August 25<sup>th</sup>-29<sup>th</sup>. Front Street between Jarvis and Scott Streets. For more information call 416-964-9095.

## **Friday, August 26**

**Critical Mass Ride** Cycle to celebrate and promote alternative transportation. **Free.** 6 pm. Spadina and Bloor.

**Inline Skating** Skate the city streets at night. 10 pm. **Free.** NE corner Yonge and Bloor. [www.geocities.com/cityblading/nightskating.html](http://www.geocities.com/cityblading/nightskating.html).

**1001 Friday Nights of Storytelling** Folk tales, legends and stories from around the world. 8 pm. **\$4.** Innis College, 2 Sussex. [www.storytellingtoronto.org](http://www.storytellingtoronto.org).



### **Saturday, August 27**

**Heritage Toronto Walks The Queen's Park Stroll Free.** This popular tour examines the history of our provincial Legislative Building and the fascinating monuments that surround it. Free ½ hour tours of the interior of the Legislature are available before and after the tour of the grounds at 1 pm and 3 pm. Call 416-325-7500 to enquire about Start point: Main entrance doors of the Legislative Building, N. of Queen's Park Subway Station at 1:30 pm. Finish: same.

**Art in the Park** Visual art and live entertainment. 10 am-7 pm. **Free.** Little Avenue Memorial Park, Weston N of Lawrence. 416-241-5801.

**Muslim Day** Live entertainment, food and vendors. Free w/ admission. Ontario Place, 955 Lakeshore W. 416-314-9900, [www.ontarioplace.com](http://www.ontarioplace.com).

**Toolworks** Community Bicycle Network provides the tools and expertise to help you fix your bike. Saturdays 1-3 pm. **\$5/hr.** 761 Queen W. [www.communitybicyclenetwork.org](http://www.communitybicyclenetwork.org).

**Tree Identification Workshop** Learn to identify native trees and shrubs. 10 am-1 pm. **\$10.** High Park. 416-598-2277.

### **Sunday, August 28**

**Benefit:** Don River Run for Recovery (Centre for Addiction and Mental Health) 5 K and 10 K runs plus a 5 K fun walk support mental health. 10 am, registration 8 am. **\$10-\$35.** CAMH, 175 Brentcliffe Road. Register [www.events.runningroom.com](http://www.events.runningroom.com).

**Heritage Toronto Walks: Mackenzie's Toronto Free.** Discover Toronto as it was during the lifetime of William Lyon Mackenzie, Toronto's first mayor and leader of the 1837 Rebellion. The social and political issues of his day are revealed on this walk through old Toronto. Start point: South St. Lawrence Market, SW. corner of Front and Jarvis Streets at 1:30pm. Finish point: Mackenzie House Museum, 82 Bond St., just S. of Dundas St.

**Festival Bana Y Africa** Performances by Moto Kapia, Adam Solomon, Black Ice and others, plus an African marketplace. Noon-11 pm. **Free.** Metro Hall, 55 John. 416-294-5374.

**Monday Toast, The Improvised Talk Show** Comedy by Lisa Merchant, Janet Van De Graaff, Doug Morency and others. 8 pm. **Pwyc.** Drake Hotel, 1150 Queen W. [www.thedrakehotel.ca](http://www.thedrakehotel.ca).

**Pedestrian Sundays** Kensington Market's final car-free day of the season features an air-band competition, kitemaking and chilli cookoff. Noon-6 pm (to 10 pm on north Augusta). **Free.** Augusta, Baldwin and Kensington. 416-531-5409.

### **Monday, August 29**

**Movies Under the Stars** Outdoor screening of The Goonies. Dusk. **Free.** High Park S of Bloor entrance. [www.thegrenadiergroup.com/movies](http://www.thegrenadiergroup.com/movies).

**U of T Historical Walking Tours** Tour the St George campus Mon-Fri 10:30 am, 1 and 2:30 pm. **Free.** Nona Macdonald Visitors Centre, 25 King's College Circle. 416-978-5000.

### **Tuesday, August 30**

**Benefit: Introduction to Revolution** (Canadian Council of Equity, Peace and Development) Hiphop, live art and discussion on global injustices. 8 pm. **\$3.** Apothecary, 340 Adelaide W. [introtorev@yahoo.com](mailto:introtorev@yahoo.com).

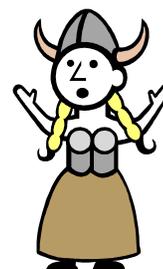
**City Cinema** Outdoor screening of Chicago. 8:30-11 pm. **Free.** Yonge-Dundas Square. [www.ydsquare.ca](http://www.ydsquare.ca).

**Folk Dancing in the Park** Led by the Ontario Folk Dance Assoc. 7:30-10 pm. **Free.** Winston Churchill Park, St Clair W of Spadina. <http://snipurl.com/folkdance>.

**Summer Opera** Traditional opera by the lake with the Canadian Opera Co. Today, Aug 31 and Sep 1, 8 pm. **Free** (sugg \$5 don). Harbourfront Centre, 235 Queens Quay W. 416-363-6671.

### **Wednesday, August 31**

**Romwalk** Guided walk of historic Toronto. 6 pm. **Free.** 260 Adelaide E. 416-586-5513, [www.rom.on.ca](http://www.rom.on.ca).



# Announcements

## Focus Group on Client Participation at CAMH

It is the Empowerment Council's responsibility to ensure the client perspective is represented on CAMH committees, and to increase clients' involvement in decision-making at CAMH. There is a need to discuss the role of clients on CAMH committees. Is it working? Are we making a difference? What values should clients on committees be upholding on behalf of other clients? If you are on a committee, what do you need to make your time count? All clients on CAMH committees are invited and asked to attend. Clients who want to be on committees or who have an opinion about how this should work are also very welcome. The discussion will take place on Tuesday, August 16<sup>th</sup>, 5:30pm at 1001 Queen Street West, Training Room A+B. For more info contact 416 535-8501: Queen Street: Lucy Costa, Ext. 3013. College Street: Jennifer Chambers, Ext. 4022. Donwood Site: Sarah Prowse, Ext. 7020.

## Mad Students Society

Do you come out in your classes about past or present experiences in a psychiatric institution? Why or why not? Is there a place, forum, club in your school to meet and socialize with other psychiatric survivors and consumers? Interested in meeting and talking about your experiences with other students who have been through the psychiatric system? Mad Students Society is open to students of any post-secondary institution. The purpose of the group is to discuss a range of issues facing students who have experienced the psychiatric system. These issues include a critical analysis about a mad students experience in the classroom, self-advocacy, and socio-economic factors influencing perceptions of madness. The group also aims to create a space that is an alternative to medical model ideologies and supports the history of the psychiatric survivor movement. The group will be held on Saturday, August 20<sup>th</sup>, 3pm-5pm at 280 Parliament St(S of Dundas). For more information contact: Lucy at [yu217993@yorku.ca](mailto:yu217993@yorku.ca) (or call 416 660-4095.)

## The Toronto Harm Reduction Task Force is excited to announce our 2005-6 Peer Project "No Fixed Address: The Sequel".

Are you interested in theatre? Acting? Set design? Research? Promotion? Do you have experience with illicit drugs/homelessness? Do you want to work with others to produce a REALITY Play? Do you want a chance to share your expertise and learn more about harm reduction? The Toronto Harm Reduction Task Force will provide space, snacks and TTC for regular planning meetings and rehearsals; materials for sets and promotions; opportunities to build on your existing skills and share your expertise and a small honorarium. This is a 7 month project, beginning this fall. The play will premiere at the THRTF annual harm reduction forum early next spring. They are looking for 12 individuals to make this happen! Please send a message telling them a little about yourself and why you want to participate in this project to: (Email) [torontoharmreduction@yahoo.ca](mailto:torontoharmreduction@yahoo.ca) (please state "NFA" in the subject line) (Mail) Attn. Holly Kramer, 100 Lombard St., Ste 205, Toronto, M5C 1M3 (Fax) Attn. Holly Kramer at 416-364-7815. Deadline is Wednesday, August 31, 2005.



**New Peer Support Group, "The Secret Handshake" is seeking members** who have been diagnosed with schizophrenia. The group will also need management oriented individuals who are willing to aid with grant proposals and/or fundraising. If you have experience in either of these fields that would be helpful, but it is not mandatory. For more information call Jordan at 416-968-9095.

**Educational Evening For Family Members Who Would Like To Learn More About Substance Use** will be held on Tuesday, August 23, 2005, 6pm at CAMH, 33 Russell Street, Room 2022. Topics will include: understanding addiction, motivation and change, effects of substance use on families, coping strategies and treatment options. For more information call Joanne Shenfeld at 416-535-8501 ext. 6765.

## 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. The August meetings are at CAMH (Centre for Addiction and Mental Health) 250 College Street, Room 845. Tuesday August 2, 9, 16, 23, and 30 from 5:30 to 7 pm. In September, we will meet again at our new home at Romero House, 1558 Bloor Street West, at the Dundas West subway station, from 6:00 to 7:30 pm. For more information, email [ocatoronto@gmail.com](mailto:ocatoronto@gmail.com).

**Cooling Centre at Queen Street:** For the month of August CAMH, Queen Street Site, has set up a cooling centre, located at 1001 Queen Street West, in the Mall. You can drop by between 10am-4pm, Monday thru Friday for a break from the heat and free water. There is also a nurse of duty.

**Research Study: Does Your Child Have Autism, Asperger Syndrome or other Pervasive Developmental Disorder?** Would you be interested in participating in a research study? Dr. John Vincent, Ph.D. and Dr. Leon Sloman, M.D., FRCP(C) and their colleagues at the Centre for Addiction and Mental Health would like to recruit volunteer families to participate in studies of the genetics of autism. They are looking to recruit individuals with a formal diagnosis of autism, autism spectrum disorder, Asperger syndrome or other pervasive developmental disorder, and, where possible, both parents. For further information about the study, or to inquire about participating, please contact: Dr. John Vincent: Tel: 416 535 8501 x6487, Email: [john\\_vincent@camh.net](mailto:john_vincent@camh.net), Neurogenetics Section, CAMH 250 College St, Toronto, Ontario, M5T 1R8

## Job Training Announcements

### **New Opportunities is An Employment Readiness Training Program:**

The sessions are designed to help people living with mental health challenges to develop the skills and confidences to pursue employment/volunteer opportunities. Do you want to: develop a resume, conduct a job search, build confidence and understand employer and employee expectations/rights? The 4 Week sessions run 9:30 am - 1:30 pm Mon. to Fri. Snacks and refreshments are provided. Sessions have a max. of 14 participants and there is no cost! Next session starts on Sept. 6 - 30th, 2005 at Dunn and King St. W. For more information contact Jeannette Kruger at 416-785-9230, ext 4001, or go on COTA Health's web site : [www.cotahealth.ca](http://www.cotahealth.ca), click on "Community Site Support", then click on "Site Support", there you will see a yellow star marked "New Opportunities", click there for application and outline.



### **How to Start a Food Business Workshop**

Do you have an idea about starting a food company? Would you like to learn more before you "venture" into a food business? Are you looking to find a licensed industrial kitchen that you can rent? If so you are invited to a free morning workshop on Wednesday, August 31 at 9:30 am to 12:00 noon. The workshop is being hosted by the Toronto Kitchen Incubator and delivered in partnership with the City of Toronto's Economic Development Department and Biz Launch. You will hear from Michael Wolfson, City of Toronto Economic Development's Food & Beverage Sector Specialist who will be covering information about Basic Distribution Channels, How to Market your Product, and some Food Regulation Guidelines. Andrew Patricio of Biz Launch will address issues such as Preparing a Business Plan, Pricing and Costing your products, and How to Effectively Network. Doris Bercariah of FoodShare's TKI will provide a tour of the TKI and give an overview of what the TKI can provide fledgling entrepreneurs. The Toronto Kitchen Incubator (TKI), a project of FoodShare Toronto, supports small entrepreneurs and community groups interested in starting new food companies. The TKI is a fully licensed industrial kitchen for use by small entrepreneurs and community groups. This is a free workshop! For more information contact Michael Wolfson at 416-392-3830, Email: [mwolfson@toronto.ca](mailto:mwolfson@toronto.ca) Website: <http://www.foodshare.net/upcoming02.htm>

**Career Steps and Let Us Help you Get Back to Work One Step at a Time at Dixon Hall.** It is a place where women can find free pre-employment services. They offer a 3 week program of career assessment and employment workshops, individual counselling and support and assistance with volunteer & job placements. They also offer basic computer skills for employment, how to prepare job search documents, and aid you in emailing and job searching on the internet. The next start date is August 22, 2005. Some restrictions apply. To find out more information and to attend an orientation session call 416-864-1511 or 416-863-0499.

**Guest Speaker Series: Help Yourself By Helping Others** will be held on Tuesday, August 16, 2005, 1pm-2:30pm at Skills for Change, Dufferin Mall Employment Resource Centre. It's all about You and Volunteer Opportunities. Learn how volunteering can make a positive difference in your life and the lives of others. Learn the different types of volunteering you can do. Learn how to find the perfect "fit" with Volunteer Toronto's matching system: on-line, by phone or in-person. Call 416-516-4689 to register.

# Volunteer Posting

## Dufferin Mall Employment Resource Centre Computer Clinic Volunteer

The Dufferin Mall Employment Resource Centre (DERC) provides a wide range of resources such as computers, Internet access, training information, photocopier access, fax machine access and daily workshops to all self-directed job seekers in the community. **Required:** 2 hours per week (every Thursday evening), between 5:00 p.m. and 7:00 p.m. for a three-month period.

**Responsibilities:** Become familiar with Computer Clinic strategies, materials, and equipment, Aid clients (particularly first-time computer users) in becoming confident in using the equipment, Provide both small-group facilitation and one-on-one assistance to various clients engaged in different activities at the same time, Provide clients with suggestions regarding their job-search documents and strategies, Troubleshoot simple software and hardware problems, Participate in planning and development of the Computer Clinic, including review of client feedback, creation/revision of strategies, materials, and documentation.

**Skills:** Good interpersonal, communication, reading and writing skills, patience, inter-cultural sensitivity, general knowledge of job-search strategies and documents; specific knowledge of formatting and emailing job-search documents, posting resumes on the Internet; and familiarity with Internet job-search sites, proficiency in using Microsoft Word; knowledge of or willingness to learn basic usage of Resume Writer software, Yahoo, Hotmail and Internet (as related to job-search purposes).

**To apply for this volunteer position, please contact: Barbara, Volunteer Co-ordinator, Dufferin Mall Employment Resource Centre at (416) 516-4689**

## Job Postings

### Manpower

#### Computerized Note Takers (Part-Time)

Manpower is recruiting Computerized Note-Takers to attend lectures to provide deaf and hard of hearing students with clear, concise class notes. Note-Takers earn \$26.65 per hour; Flexible hours 0-23hr/week; Must be available between 7am-10pm Monday to Friday and occasionally on weekends

#### Responsibilities:

- Work one-on-one with students who are deaf & hard of hearing by providing computerized notes during lectures
- Ensure notes are clear, concise and include all necessary information for the student.
- Prepare for notetaking before class and proof read and edit notes after class.

#### Qualifications:

- Type 68+wpm with accuracy
- Strong proofreading, editing and written communication skills
- Advanced knowledge of word processing and Microsoft Office
- Must own or have access to Laptop computer
- Flexibility to attend lectures at various campuses- Humber, Centennial, George Brown, Seneca
- Ability to accommodate last minute schedule changes.
- Excellent people skills.
- Post-secondary education



Amount: \$26.65

Applicant should quote Job# Computerized Note Taker, On the subject line, write " Computerized Note-Taker."

**Please send resume and cover by September 12, 2005 letter to:**

**Manpower, Email: [torontodowntown.on@na.manpower.com](mailto:torontodowntown.on@na.manpower.com)**

**For more information visit: <http://www.manpower.ca>**

## Job Posting

### What Next! Peer Facilitator

**What Next! Peer Support Drop-in Centre** is a meeting place where people recovering from mental health or mental health and addiction issues can share with others and gain social and emotional support. Although the program has existed for ten years, it has recently partnered with the Canadian Mental Health Association/Toronto Branch to expand its services to five days per week to promote wellness and recovery for people with major mental illness living in the North York community through meaningful activities, peer support, and advocacy. This permanent full-time position includes engaging and building strong working relationships with consumer members from various backgrounds, assisting in the development and implementation of peer support activities, consumer outreach, and liaison with community organizations. The candidate will be a hardworking individual who is flexible, reliable, demonstrates a positive attitude and enthusiasm to work with consumer members and will be part of a team reporting to the Team Leader.

#### Responsibilities include:

- Welcoming new and present members to the centre;
- Developing, implementing, and facilitating program activities;
- Completing daily operational activities of the centre including: keeping the physical space organized and welcoming to members and keeping track of member attendance;
- Assisting in the development and production of monthly calendar;
- Program promotion and outreach through community liaison and advocacy *and*
- Other duties as assigned by the Team Leader.

#### Qualifications:

- Excellent facilitation skills and extensive experience;
- Direct personal experience as a consumer of mental health services;
- Degree or Diploma in Social Services or Health Related field preferred;
- experience working (paid or volunteer) with people with mental illness and/or mental health and addiction;
- Knowledge of community resources available to people with mental illness;
- Excellent interpersonal and communication skills;
- Ability to work cooperatively with team members and independently;
- Self starter with the ability to think quickly and handle crisis situations;
- Strong commitment to enriching the lives of others;
- Willingness to work day and/or evening hours as required;
- Knowledge of office equipment and basic computer skills.



**Salary Range \$38,962- \$45,113**

Please submit resumes by **Friday, August 19, 2005** to What Next!, Canadian Mental Health Association/Toronto Branch, 970 Lawrence Avenue West, Suite 205, Toronto, Ontario, M6A 3B6 or Fax (416)789-9079. No telephone inquiries please. Only those candidates selected for an interview will be contacted. Please note that confidentiality is assured if requested for an interview.

*These posting can also be found at [www.charityvillage.com](http://www.charityvillage.com)*

---

***“The best indicator for success in a job is when your work matches your interests”.***

Diana Capponi