

The Consumer/Survivor Information Resource Centre of Toronto

BULLETIN

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

*Distributed through generous support from the Community Support and Research Unit (CSRU)
of the Centre for Addiction & Mental Health (CAMH)*

May 15, 2009 Bulletin 394

LOCATION: 1001 Queen St. West, Toronto, ON
MAILING ADDRESS: c/o CAMH, 1001 Queen St. West, Toronto, ON M6J 1H4
DROP-IN HOURS: Monday to Friday, 1-4 pm PHONE HOURS: Monday to Friday, 9-5 pm
TEL: 416-595-2882 FAX: 416-595-0291 E-MAIL: csinfo@camh.net WEBSITE: <http://www.csinfo.ca/>

Newsbytes

Ontario's health disaster plan fails to meet needs of all Ontarians. According to a new policy paper released by the Wellesley Institute, Ontario's health disaster plan fails to provide the resources and funding needed so that all Ontarians can follow prescribed safety measures. Lower-income and homeless people may be unable to stockpile food or stay close to home. ("Bridging the Preparedness Divide", The Wellesley Institute, Media Advisory – April 28, 2009). For details visit www.wellesleyinstitute.com.

Toronto arm of Canada's "housing first" study scheduled for September 2009. The "housing first" approach to housing homeless people does not make treatment for substance addiction a condition of qualifying for housing. A study published in the *American Journal of Public Health* reported that housing first resulted in earlier and more stable housing than a "treatment first" approach. A study of the housing first approach is to be conducted in Moncton, Vancouver, Winnipeg, Montreal and Toronto. It is funded by Health Canada and managed by the Mental Health Commission of Canada. ("Houses for homeless, no strings attached – 300 people in Toronto to be housed in September as part of \$110-million study", Donovan Vincent – Staff Reporter, The Star – Health Zone, May 2, 2009). Visit <http://www.healthzone.ca/health/article/626090> for full story.

Heroism in Winnipeg. CBC News reported that a man living on the riverbank by Provencher Bridge in Winnipeg, jumped into the Red River and swam against the swift current to rescue a teenager. The boy had fallen into the river while playing with friends and was being carried downstream in the cold water when Farron Hall heard screams and immediately took action. ("Homeless man in Winnipeg jumps into river to save teen", CBC News, Updated Monday, May 4, 2009). For full story visit <http://www.cbc.ca/canada/manitoba/story/2009/05/04/mb-homeless-hero.html>.

Certified Peer Specialist Training highly successful. A Pennsylvania study reveals an excellent success rate for Certified Peer Specialist Training. Highlights include that 97% of participants completed the training, 82% were working one-year later and reported satisfaction with their jobs. The Certified Peer Specialists reported they receive good but infrequent supervision. ("Pennsylvania Study Shows Value of Certified Peer Specialist Training", OPDI News To Go, May 1, 2009, http://opdi.org/newstogo/opdi_newstogo_issue_219_-_may_1_2009/).

Bullied children at higher risk of psychosis. The *Archives of General Psychiatry* reports that traumatic events in childhood are associated with hallucinations and delusions in adulthood. "The risk of psychotic symptoms was approximately doubled among children who were victims of bullying at age 8 or 10, independent of other psychiatric illness, family adversity or the child's IQ. The association was stronger when victimization was chronic or severe." The study's authors conclude "Reduction of peer victimization and of the resulting stress caused to victims could be a worthwhile target for prevention and early intervention efforts for common mental health problems and psychosis." For details visit <http://www.mentalhealth.org.uk/information/news/?entryid17=72294>.

Binge drinking increases significantly in UK women. Research from the Joseph Rowntree Foundation shows that close to 1 in 6 UK women over 16 who drink alcohol consume more than twice the recommended daily limit. Women's binge drinking has nearly doubled over the past decade in the United Kingdom. ("Concern as women's binge drinking nearly doubles", Released May 6, 2009). Visit <http://www.mentalhealth.org.uk/information/news/?entryid17=72313> for details.

Correction: We would like to clarify a newsbyte published in Bulletin 393, the May 1st edition. The Health Canada advisory concerning reusable blood lancing devices advises that these devices may only be used on one person. They must not be shared. We apologize for any confusion created by our original post.

Before trying to "Help" someone else, think about this!

On April 29 I experienced something of a personal crisis and posted a status update on Facebook that caused one of my 'friends' to seriously overreact. The ensuing brouhaha at my home had to be seen to be believed. It was like something out of a bad movie. Certainly an eye-opening moment, albeit terrifying.

I fail to understand why it is that the modern concept of 'help' requires that the person being 'helped' be firmly under the 'helper's thumb before things can proceed.

Following the April 29 Gestapo raid on my home in the name of 'help' I have been actively pondering this question. As that turned into a sleepless night I had no shortage of time to think about it.

Before setting out to 'help' another person in crisis, people really need to ask themselves these searching questions:

- 1. Are you really acting out of concern for the welfare of another, or are you merely wanting to play the hero in a crisis?*
- 2. Are you prepared to maintain the utmost respect for the other person's wishes, rights and boundaries under these circumstances, or do you feel that power and control are necessary elements of 'helping'?*

To my mind, unwanted 'help' is by definition a violent act. The closest equivalent would be rape. It is a fundamental violation of the person's body, mind or spirit which will inevitably have long-term negative consequences of unknown severity.

In this case, the safety and sanctity of the living space I've occupied largely without incident for twenty-one years has been shattered - perhaps irreparably. Knowing that the management with state backing can enter my dwelling space at will on the say-so of some third party (who doesn't even live on this site) when I've done nothing illegal both enrages and terrifies me. Right now I'm finding it very difficult to feel safe in my own home, even with the door securely locked.

Even when more than twelve hours had passed after the fact I was still shaking. At one point (from what I was told) there were as many as a dozen people crowded into my tiny apartment early that Wednesday evening including as many as eight armed, uniformed police officers. (What saved my butt was I had gone out for a half-hour or so and encountered this scenario upon my return, in time to take evasive measures).

Contents

Newsbytes
Pages 1 - 2

"Before Trying
to 'Help'"
Pages 2 - 3

Wish List
Page 3

C/S Online
Page 3

Job Postings
Pages 3 - 5

Community
Announcements
Pages 5 - 6

Places To Go ...
Pages 6 - 10

Health Matters
Page 10

"Today I
Practice"
Page 10

Luckily, among the 'responders' were three of my friends from OCAP. This turned into one of the most powerful acts of solidarity I have ever experienced, enabling me to escape a potentially life-ruining situation essentially unscathed. Love and respect, folks - you know who you are!

Unfortunately the next phase will likely be the 'social worker' types associated with my building sniffing around my door making their typically puerile suggestions, smug in the knowledge that the law gives them the prerogative to force the issue if they see fit (Courtesy of Mike Harris's tinkering with the Mental Health Act in the year 2000 - thanks for nothing!)

I'm wondering just how hard I might have to push back if it comes to it or if it might be more worthwhile simply abandoning ship and seeking new accommodations. Right now I'm more pissed off than anything else but that may change - I'm also bloody exhausted. What can actually be salvaged from this mess remains unknown.

As it turned out, in this situation I was lucky. Far too many people have been far less fortunate in similar situations. Proponents of 'community crisis teams' or those who feel it is appropriate to respond to someone's personal crises by calling the cops need to seriously rethink their strategies.

Graeme Bacque
April 30, 2009

Wish List

We have received requests for a drafting table and a basic lap top for word processing, email and internet for a budding writer who works best outside her apartment. If you have any leads on free or low cost pottery-making workshops or a life coach who offers services for free or on a sliding scale please let us know.

A printer (Canon BJC-4100 colour Bubble jet) and a Mastek 1200 IIIIEP scanner are looking for a good home. An air conditioner has been donated.

A big problem we have is that people who request a large item usually don't have access to a vehicle to pick it up. If you are interested in moving items from time to time for a very small fee or the cost of gas (or even for free!) please let us know. If you can fulfill a request, would like to make a request, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882.

C/S Online

<http://www.mentalhealth.org.uk/welcome/>

This website is produced by the Mental Health Foundation in the United Kingdom. Although it is based in the UK and focuses on local events, its daily digest of current mental health-related news is of interest to a wider public.

Job Postings

Toronto People With Aids Foundation seeks Treatment Resources Coordinator

Application Deadline: 5/22/2009

The Treatment Resources Coordinator works with individuals, communities and service providers to build the capacity of people living with HIV/AIDS to better understand and manage the short and long-term effects of HIV and HIV treatments. Through individual capacity building and community development, the Treatment Resources Coordinator connects people living with HIV/AIDS to easy-to-understand and culturally appropriate HIV and HIV treatment information, resources and services. This year will be a transitional year for the program as we work with our community partners to determine best practices in delivering treatment resources. To view the complete job post please visit <http://www.pwatoronto.org/>.

Houselink Community Homes seeks Manager of Property Services

Application Deadline: May 29, 2009

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness.

General Responsibilities:

- The Manager has responsibility for a portfolio of three hundred & thirty units at twenty-two properties. The Manager reports to the Director of Property Services and is responsible for: overseeing the day-to-day maintenance operations; ensuring work orders meet the required standards and guidelines; developing systems and policies for maintenance and operations issues; and scheduling and supervising of six staff.
- Values must be consistent with and align with Houselink's mission and purpose including anti-oppression and recovery.

For full job posting please visit www.houselink.on.ca/careers.

Salary starts at \$61,000 per annum, plus benefits

Please send cover letter and resume by May 29, 2009 to:

Human Resources Manager
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

Quote File # MPS222.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, gays, lesbians and women.

Islamic Social Services and Resources Association seeks Counselor

Application Deadline: 5/20/2009

The Islamic Social Services and Resources Association is a multi-service non-profit organization that responds to the needs of marginalized populations. While most of our clients are immigrants and refugees, many of our clients are 2nd and 3rd generation Canadian.

Responsibilities: The Counseling Program requires one part-time Counselor to provide individual, couple, family, and group counseling. The successful candidate will be responsible for providing counseling, crisis intervention, advocacy, and support. The position requires participation in community initiatives, community outreach activities, and casework services. For full job posting please visit <http://www.issra.ca>.

\$18/hour

Applications should be sent by email to <mailto:issra@issra.ca> <<mailto:issra@issra.ca>>. Quote Job # Counselor 2009.

The Gerstein Centre seeks Community Crisis Worker

Closing Date: Friday May 22, 2009

The Gerstein Centre is a voluntary, non-medical 24-hour mental health crisis intervention service located in the downtown Toronto area. The Short Term Residential Crisis Bed program (14 beds) offers short-term crisis support to adults with mental health issues experiencing crisis compounded by involvement with the justice system and/or homelessness.

The Community Crisis Worker:

- screens and assesses referrals to short-term residential crisis beds
- provides short term crisis support, case management, advocacy and community referrals for individuals staying in the short-term residential crisis beds
- provides crisis intervention and exercises good judgment in emergency and/or crisis situations
- can work independently and within a team and shares responsibility for 14 high-support beds within a residential setting

\$51,316 plus benefits

Consumer/survivors from the psychiatric system, members of ethno-racial communities and Native Canadians are encouraged to apply. Please send resume to:

The Selection Committee
Gerstein Crisis Centre
100 Charles Street East
Toronto, Ontario M4Y 1V3
Fax: 416-929-1080
jobs@gersteincentre.org

May 20 and May 21 from 10 am – 3 pm. **NAPP Canada Job Fair 2009**. Centennial College Residence and Conference Centre. 940 Progress Avenue (Hwy 401 & Markham Rd). Call Rita Persaud at 647-203-8759 or visit www.nappcanada.com. Open to Everyone. Free for jobseekers

May 20 from 10 am – 3 pm. **Job Fair**. Davenport Perth Neighbourhood Centre. 1900 Davenport Road. Call Sharon at 416-656-8025 x 401. Free to everyone.

COMMUNITY ANNOUNCEMENTS

Inclusion of an announcement is *not* an endorsement of the views of any organization or individual.

Come Celebrate the 22nd Anniversary of A-WAY EXPRESS Toronto's Environmentally Friendly Same-Day Courier

Managed and Staffed by Survivors of Mental Health Challenges since 1987

Help us launch our new video produced by The Cooperators and help us raise funds to establish a new social enterprise: *Applause Gallery Café*, an artist-friendly venue for musicians, singer-songwriters, poets, painters and writers, and create more jobs for survivors in a truly supportive workplace!

Party to the Reggae Rhythms & Rhymes of Ritalin and Instant Release.

Performers include Greg Frankson, aka Ritalin, poet laureate for the International Initiative for Mental Health Leadership and Kiki Mahy, Toronto Performance Poet, a creative, free spirited moonchild navigating the path of life with gratitude, humility and the sweet taste of poetry on her tongue.

Friday, June 5th

Starting at 7 pm sharp and ending at 10 pm

Church of the Holy Trinity

10 Trinity Square, on the west side of the Eaton Centre, north of Old City Hall

Admission \$10

Legal Adult Photo I.D. Required

Food and Beverages prepared and served by The Raging Spoon Restaurant and Catering

50 Door Prizes worth over \$5,000 donated by Kumari's (94 Cumberland St. in Yorkville - www.kumaris.ca).

Call for Human Rights Award Recipient Nominations

Consider honouring a City of Toronto resident or organization for making a significant contribution to improving human rights in Toronto. The deadline for submitting nominations will be extended to Monday, May 25, 2009.

The Human Rights Awards are presented in five categories:

- Aboriginal Affairs Award
- Access Award for Disability Issues
- Constance E. Hamilton Award on the Status of Women
- Pride Award for Lesbian Gay Bisexual Transgender Two Spirited Issues
- William P. Hubbard Award for Race Relations

Award recipients will be recognized at a ceremony on Wednesday, November 25, 2009 at Toronto City Hall.

Nomination forms are on the website at <http://www.toronto.ca/civicawards>.

Ceta Ramkhalawansingh
Manager, Diversity Management and Community Engagement
City Manager's Office
Toronto City Hall
416-392-6824

<mailto:cramkhal@toronto.ca>

Town Hall meeting on Feds & Poverty Reduction

On Monday June 1 from 6 – 9 pm Campaign 2000, with the support of the 25 in 5 Network for Poverty Reduction, will hold a Town Hall meeting on The Federal Role in Poverty Reduction. Please plan to attend. Bring your ideas. Let's show our support for federal action to address poverty.

Federal government agencies don't often come to Ontario asking for input on poverty issues. But on June 1st and 2nd the Federal Standing Committee on Human Resources (HUMA) will be in Toronto to hold hearings on "the Federal Contribution to Reducing Poverty in Canada". Campaign 2000 plans our own community forum where organizations and low-income individuals are invited to make short presentations to the MPs present.

We particularly want to hear from people with lived experience of poverty on their ideas for federal policies and programs needed to end poverty.

Metro Hall, 55 John St. at King

June 1 from 6 pm – 9 pm

6 pm: Refreshments

7 – 9 pm: Presentations to MPs

If you'd like to attend please email liyugu@familyservicetoronto.org or call Liyu at 416-595-9230x244.

Massey Centre for Women is Seeking Board Members

The Massey Centre for Women (the "MCW") is an award-winning, accredited Children's Mental Health Centre that is a multi-service, non-profit, community agency located in the east end of Toronto. The MCW is committed to improving the lives of disadvantaged young women and their babies by providing programs and services such as: supportive and transitional housing; pre-employment services, an on-site high school program, counseling and primary health care. MCW is also an Ontario Early Years Centre and also operates a Child Care Centre. All the Early Years programs and services are accessible to families, young women and their children living in the broader community.

The MCW Board of Directors recognizes the challenges of effectively meeting the needs of diverse communities within the city and is reaching out to culturally diverse groups to become members of our board. Culturally competent service delivery is a critical component of achieving our strategic goals.

The Board of Directors meets monthly, has a committee structure, assists with fundraising and works in close partnership with the staff. We currently have vacant positions on our board and are searching for people who:

- are professionals: legal, financial, medical
- have expertise in mental health, education
- are part of the East York neighbourhood
- have fundraising ideas and skills
- are committed to helping young mothers, children and families
- have networking connections for partnerships with culturally-specific groups
- are fun and eager to help

If you are interested in The Massey Centre for Women Board of Directors positions, please contact Ekua Asabea Blair, CEO at 416-425-6348 x 222.

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for May 15 - May 31

Advocacy

May 29 from 6 - 7:30 pm. **Critical Mass Bike Ride**. Corner of Bloor and Spadina. Group bike ride through main streets of Toronto. Critical mass is a chance to take over the streets; it originally started to draw attention to how unfriendly most cities are to bicyclists. FREE

Art

Art Gallery of Ontario. 317 Dundas Street West. Call 416-979-6648 or visit www.ago.net. Free admission every Wednesday from 6 – 8:30 pm to visit all exhibits.

- April 4 – August 23. **Remix: New Modernities in a Post-Indian World.** A collaborative exhibition by Heard Museum and Smithsonian National Museum of the American Indian that explores what it means to be an indigenous artist in the 21st century.
- May 9 – August 30. **Surreal Things.** An exploration of conflict between consumer culture and principles of surrealism. Includes painting, sculpture, architecture, works on paper, jewelry, ceramics, textiles, furniture, fashion, film and photography.
- May 23 – August 30. **Angelika Hoerle – The Comet of the Cologne Avant-Garde, 1912-23.** Key figure in the Dadaist movement in Cologne.
- May 23 – August 30. **Painting as a Weapon. Progressive Cologne 1920 – 33/Seiwert-Hoerle-Arntz.** Exhibition examines the artists' treatment of the relationship between art and politics in painting.

Note: A visitor who dropped by the Centre was informed by one of the ushers at the AGO that there is no need to arrive early and wait in the long line-up to get in. He told her that everyone is going to get in anyway so if you show up at 6 pm you can just walk right in.

Asian Heritage Month 2009. Origami. Learn the ancient art of paper folding at various library branches throughout the city. FREE

- May 16 at 2 pm. Toronto Public Library. Downsview Branch. 2793 Keele St. Call 416-395-5720.
- May 23 at 2:30 pm. Toronto Public Library. Brookbanks Branch. 210 Brookbanks Drive. Call 416-395-5480.
- May 26 at 7 pm. Toronto Public Library. Brentwood Branch. 36 Brentwood Road North. Call 416-394-5240.

Drama/Performing Artists

On Stage: A series of talks by **Canadian Performing Artists** who are at the top of their game. FREE

- May 22 from 7 – 8 pm. **Sheila McCarthy.** Star of CBC TV's *Little Mosque on the Prairie* and multiple award-winning Canadian film, stage and television actor.
- May 29 from 7 – 8 pm. **Isabel Bayrakdarian.** Armenian-Canadian Soprano has performed at the Metropolitan Opera, the Salzburg Festival, the Canadian Opera Company and Covent Garden. Presentation includes excerpt from the film *A Long Journey Home*.

May 24 from 9 am – midnight. **Centauri Performance Marathon.** In celebration of the 15th anniversary of Centauri Summer Arts Camp, staff past and present will be holding a 15-hour performance marathon to raise money to build a school in an impoverished community in Nepal. 25 performing and visual artists will be engaged continuously in original projects including theatre, dance, storytelling, sword combat, clown, film, music, art and collaborations. Lower Ossington Theatre. 100a Ossington Street (Ossington & Queen). Call Julie Hartley at 416-766-7124 or email julie@centauri.on.ca or visit www.centauri.on.ca. Donations appreciated.

Festival

May 23 and May 24. Various times and locations around the city. **2009 Doors Open Toronto.** Celebrate the 10th Anniversary of Doors Open Toronto. 175 buildings of architectural, historic, cultural and social significance open their doors free to the public. There are almost 200 buildings participating in this event - simply too many to list. The Toronto Star's Thursday, May 21 edition contains the official program guide or visit <http://www.toronto.ca/doorsopen/> for complete listing. We have the list of buildings here at the Centre if you want to drop by to see it or you can call us if you want to know whether a particular building is included. FREE

Photography

May 1 – May 31. **CONTACT Toronto Photography Festival.** Annual month-long festival of photography with over 1,000 local, national and international artists at more than 220 venues across the Greater Toronto Area. Founded as a not-for-profit organization 13 years ago, CONTACT is devoted to celebrating and fostering an appreciation of photography. The largest photography event in the world with an audience of over 1,000,000 people. Various locations across the GTA. For more information call 416-539-9595 or email info@contactphoto.com. Visit www.ttc.ca to plan your route. FREE

April 15 – May 23. Tuesdays through Saturdays from 11 am – 6 pm. **Alison Rossiter: *Lament*.** "Five years ago, I thought that I could no longer buy sheet film for a 5 x 7 camera. Fortunately, I was mistaken but my momentary panic prompted a massive search for discontinued gelatin silver materials. Photography, as I know it, is disappearing". Stephen Bulger Gallery. 1026 Queen Street West. Call 416-504-0575 or email info@bulgergallery.com or visit www.bulgergallery.com. FREE

May 29 at 7 pm. Speaker Session: **Brendan Yegana and Nikkei Voice writer Norm Ibuki.** Brendan is currently directing a short film called "Henry's Glasses" based on his family history. His grandfather, Imataro "Sam" Uegama immigrated to Canada in 1907 and fought for Canada in World War I. His father, Walter, was interned with his family in Greenwood, B.C. during World War II. Japanese Canadian Cultural Centre. 6 Garamond Court. Call 416-441-2345 x 222 or email jccc@jccc.on.ca or visit <http://www.jccc.on.ca/>. Refreshments will be served afterwards. FREE

Recreation/Fitness

Lost River Walks is a joint of project of The Toronto Green Community, The Toronto Field Naturalists and community partners including Hike Ontario. Lost River Walks is an official Ontario Legacy Trail, and has been voted one of the twenty-four best walking programs/trail systems in the province. The walks are led by knowledgeable naturalists. Visit <http://www.lostrivers.ca/index.htm> for more information. All walks are held rain or shine. All walks are FREE.

- Sunday, May 17 at 1 pm. A **Don Valley** walk led by John Routh. Meet at Broadview subway station, walking north from there towards Pottery Rd. Walk along trails from Todmorden Mills to Crother's Woods. Investigate forests and water features, human and natural. The walk will last 2 - 3 hours. Moderate exertion required.
- Monday, May 18 at 2 pm. **Don Inverted Triangle.** Ian Wheal and Ed Freeman lead the walk. Meet at the southwest corner of Broadview and Mortimer. Geology and ancient trails, springs, creeks but not much about the square of the hypotenuse (!)
- Saturday and Sunday, May 23 - 24 from 10 am – 1 pm. **Mud Creek Quarry Tour** at Evergreen Brick Works for Doors Open Toronto. Explore stories of the past in the quarry at the Don Valley Brick Works. Learn about the history and transformation of the quarry, the workers who dug the clay and shale, the dynamite blasts that rocked the valley, the horses that worked the land, and the Mud Creek that once emptied into the Don River. Tours will be held on the hour.
- Tuesday, May 26 at 1:30 pm. **Turtle Viewing Sites Eglinton Flats Ponds and Wetlands.** Come out of your shell and meet at Eglinton West and Jane St. on the southeast corner. Led by Ian Wheal.

Volunteer



Pet Volunteer Foster Parents. Become part of an important service that provides foster care to pets when a consumer/survivor has to go into hospital. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda Chamberlain at Ichamb5702@rogers.com for information and application forms.



Workshops

May 27 from 6 – 8 pm. **Resettlement, Stress and Mental Health.** The process of migration and resettlement can be a source of great stress and may cause feelings of isolation and depression. This workshop focuses on stress as it affects newcomers and strategies of how to cope with it as well as the mental health resources available in Toronto. Toronto Public Library. Richview Branch. 1806 Islington Ave. Call 416-394-5120. FREE

North York Women's Centre. 201 Caribou Rd. Tokens are provided for women who otherwise would not be able to attend the groups. Child minding may be available with advance notice. Pre-registration is required for all programs. To register, call the NYWC at 416-781-0479 between 10 am and 4 pm from Monday to Thursday, or register using our online registration form at nywc.org/programs. FREE (unless otherwise indicated).

- Mondays, May 25 - June 29 from 1 - 2:30 pm. **More Than Just Talk** - In a supportive space this group will allow you to discuss some of the barriers to communicating with others. Through role-play and activities you will work on developing skills for communicating effectively with others. FREE
- Wednesdays, May 20 – June 24 from 7 – 9 pm. **Building Self-Esteem.** This is a supportive group for women wanting to explore issues of self-esteem. By looking at what impacts our self-esteem, we will work together towards accepting ourselves. FREE

Scarborough Women's Centre. 2100 Ellesmere Road. Suite 245. To register call 416-430-7111 or email adminassist@scarboroughwomenscentre.ca or visit <http://www.scarboroughwomenscentre.ca/>.

- Tuesday, May 26 from 6:30 – 8:30 pm. **Boundary Boot Camp: Learn Better Self Protection to Define Your Space and Know What You Want to Move Ahead.** Confused, overwhelmed, with no sense of self or purpose? Boundaries are essential for self-protection, setting limits and goals. Many of us come from families where our parents lacked boundaries and we grew up with no clear sense of self. Learn to set limits, know what you feel and think, define boundaries in your relationships, and all areas of life. Facilitator: Darlene Montgomery. \$5.00

Writers/Books

The eh List Author Series. Showcasing Canada's best writers and their new books at library branches throughout the city. Visit torontopubliclibrary.ca/ehlist. All readings are FREE.

- May 30 at 2 pm. **Stephane Dompierre. *Mal eleve.*** (French Program). Toronto Reference Library. 789 Yonge St. Call 416-395-5577.
- May 28 at 7 pm. **David Bergen. *The Retreat.*** Toronto Public Library. S. Walter Stewart Branch. 170 Memorial Park Ave. Call 416-396-3975.
- May 28 at 2 pm. **David Bergen. *The Retreat.*** Toronto Public Library. Richview Branch. 1806 Islington Ave. Call 416-394-5120.

May 1 – 31. **Asian Heritage Month 2009.** Toronto Public Library joins in a national celebration of Asian Heritage with free events at branches throughout the city. All events are FREE.

- May 21 at 2 pm. **Noriko Yamamoto - *Silent storyteller.*** 1906 Sheppard Avenue West. Jane/Sheppard Branch.
- May 27 at 1:30 pm. **Noriko Yamamoto – *Silent Storyteller.*** 341 Oakwood Ave. Oakwood Village Branch.
- May 23 at 2 pm. **Arlene Chan. *Tracking the Roots: History of Chinese in Canada.*** 239 College St. Lillian H. Smith Branch.
- May 21 at 1:30 pm. **Bernice Hune. *Folktales of Asia.*** Registration required. Toronto Public Library. Albert Campbell Branch. 496 Birchmount Rd. Call 416-396-8890.

Iris the Dragon is an educational company that publishes books for children with mental health challenges. Two of their books can be downloaded for free to read either on screen or in print. Visit <http://www.iristhedragon.com/store.html>. Call 613-326-0001 for more information about the company. FREE

Health Matters

World No Tobacco Day May 31, 2009

The World Health Organization established **World No Tobacco Day** in 1987 to draw attention to the health risks of tobacco use and advocate for policies to reduce consumption. The WHO reports that tobacco use is the 2nd cause of death globally (1 in 10 adults worldwide).

Did you know that cigarettes contain over 4,000 chemicals including tar, carbon monoxide, formaldehyde, acetone, ammonia, arsenic, cadmium, shellac, benzene and cyanide?

Visit <http://www.who.int/mediacentre/events/annual/wntd/en/index.html> for detailed information.

Liver Disease: A talk for Caregivers and Family Members

Toronto Western Hospital – Auditorium - 2nd Floor - West Wing
399 Bathurst Street (just north of Dundas)
Friday, May 29, 2009 (1 - 3 pm)

To register, please contact me at <mailto:evangeline.rolan@uhn.on.ca> or 416-603-5800 x 6475.

Today I Practice

Today I practice loving good.

Loving good is doing good.

God is good, all good.

Today, I practice doing good; It is a godly thing to do.

Today, I practice loving myself.

Today, I practice loving my fellow man.

Practice makes me good,

Practice makes me better,

Practice makes me best.

Today, I practice dedication.

Today, I practice application.

Today, I practice good relation

With family, relatives, and all the people I meet.

Today, I practice sincerity.

Today, I practice sobriety.

Today, I practice tranquility.

Today, I practice attracting to myself

Only that which is good for me.

Today, I practice healthy living.

Today, I practice cheerful giving.

Today, I practice discipline and all that I hope to achieve.

Today, I practice excellence.

Today, I practice precision.

Today, I practice progression.

Practice brings me to perfection.

Allan Ritchie. (Feb. 2009)