

# BULLETIN



C/S Info Centre exists to meet the information needs of  
Consumer/Survivors in the Toronto Area

Bulletin 412 February 15 - 28, 2010

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## Newsbytes

Oregon State University has applied to patent a new anti-depressant they report to be an improvement over first and second generation anti-depressants. While similar in efficacy to Cymbalta (a "third-generation" anti-depressant), the researchers claim the new compound is "10 times better...at inhibiting the re-uptake of norepinephrine" and has fewer side-effects. <http://psychcentral.com/news/2010/02/05/improved-antidepressant-in-the-works/11212.html>

**"Rubber glasses" to reduce pub violence.** The British government has produced prototypes of a shatterproof beer glass for use in pubs to try to prevent and reduce beer-related violence. 2009 saw 87,000 incidents of pub glasses used as weapons in England and Wales. The glasses will be available to pubs next year.

<http://www.cbc.ca/consumer/story/2010/02/04/consumer-pint-glasses-britain.html#ixzz0ebM75MqG>

**No link between autism and measles vaccine.** The *Lancet*, an international medical journal, retracted an article they published 12 years ago that reported autism was caused by the measles-mumps-rubella vaccine. Dr. Andrew Wakefield, the author of the study, has been found guilty by the U.K. General Medical Council's Fitness to Practice Panel of providing false information in the report. One result of Wakefield's research was a sharp decline in vaccination rates and a resurgence of measles. The world's leading scientists agree there is no link between autism and the vaccine.

<http://www.medicalnewstoday.com/articles/178160.php>

**Family-based treatment for suicidal teens.** A study published recently in the *Journal of the American Academy of Child and Adolescent Psychiatry* reports that severely suicidal teenagers who received a family-based form of therapy did much better than those who received individual treatment. Suicide is the third leading cause of death in American teenagers.

<http://psychcentral.com/news/2010/02/08/family-therapy-helps-suicidal-teens/11256.html>

**Suspected link between TCE and Parkinson's disease.** Researchers examined the job histories of sets of twins in which one of the twins had Parkinson's disease. They found that twins who were exposed to the industrial cleaner trichloroethylene, (dry cleaners, machinists, mechanics, electricians) were 5.5 times more likely to have Parkinson's disease. <http://www.medicalnewstoday.com/articles/178474.php>

**Omega-3 fatty acids and prevention of psychosis.** A study published in the *Archives of General Psychiatry* suggests that people who have a very high risk of developing a psychotic disorder may benefit from treatment with long-chain omega-3 polyunsaturated fatty acids. People with severely high risk who received a 12-week course of fish oil capsules appear to be less likely to develop psychosis. <http://www.medicalnewstoday.com/articles/178086.php>

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# GIFT-WRAP

## Mary Ellen Copeland's Wellness & Recovery Resources

Here is the last chapter of Mary Ellen Copeland's online publication, *Action Planning for Prevention and Recovery* — a detailed guide to building a personal Wellness and Recovery Action Plan. The first 6 chapters are published in Bulletins #408 – 411. [http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720\\_action\\_planning\\_13p.pdf](http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720_action_planning_13p.pdf).

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland.

### Crisis Planning

Identifying and responding to symptoms early reduces the chances that you will find yourself in crisis. It is important to confront the possibility of crisis, because **in spite of your best planning and assertive action in your own behalf, you could find yourself in a situation where others will need to take over responsibility for your care. This is a difficult situation—one that no one likes to face. In a crisis, you may feel as if you are totally out of control. Writing a clear crisis plan when you are well, to instruct others about how to care for you when you are not well, helps you maintain responsibility for your own care.** It will keep your family members and friends from wasting time trying to figure out what to do for you. It relieves the guilt that may be felt by family members and other caregivers who may have wondered whether they were taking the right action. It also insures that your needs will be met and that you will get better as quickly as possible.

You need to develop your crisis plan when you are feeling well. However, you cannot do it quickly. Decisions like this take time, thought, and often collaboration with health care providers, family members and other supporters. Over the next few pages, information and ideas that others have included in their crisis plans will be shared. It can help you develop your own crisis plan.

**The crisis plan differs from the other action plans in that it will be used by others.** The other four sections of this planning process are implemented by you alone and need not be shared with anyone else; therefore you can write them using shorthand language that only you need to understand. However, when writing a crisis plan, **you need to make it clear, easy to understand, and legible.** While you may have developed other plans rather quickly, this plan is likely to take more time. **Don't rush the process.** Work at it for a while, then leave it for several days and keep coming back to it until you have developed a plan you feel has the best chance of working for you. Once you have completed your crisis plan, give copies of it to the people you name in this plan as your supporters.

On the fifth tab write "Crisis Plan" and insert at least nine sheets of paper. This crisis plan sample has nine parts to it, each addressing a particular concern.

#### Part 1 Feeling well

Write what you are like when you are feeling well. You can copy it from Section 1, Daily Maintenance Plan. This can help educate people who might be trying to help you. It might help someone who knows you well to understand you a little better, for someone who doesn't know you well—or at all—it is very important.

#### Part 2 Symptoms

Describe symptoms that would indicate to others that they need to take over responsibility for your care and make decisions on your behalf. This is hard for everyone. **No one likes to think that someone else will have to take over responsibility for his or her care. Yet, through a careful, well-developed description of symptoms that you know would indicate to you that you can't make smart decisions anymore, you can stay in control even when things seem to be out of control.** Allow yourself plenty of time to complete this section. Ask your friends, family members, and other supporters for input, but always remember that the final determination is up to you. Be very clear and specific in describing each symptom. Don't just summarize; use as many words as it takes. Your list of symptoms might include—

- being unable to recognize or correctly identify family members and friends
- uncontrollable pacing; inability to stay still
- neglecting personal hygiene (for how many days?)
- not cooking or doing any housework (for how many days?)
- not understanding what people are saying

- thinking I am someone I am not
- thinking I have the ability to do something I don't
- displaying abusive, destructive, or violent behaviour, toward self, others, or property
- abusing alcohol and/or drugs
- not getting out of bed (for how long?)
- refusing to eat or drink

### **Part 3 Supporters**

In this next section of the crisis plan, list these people who you want to take over for you when the symptoms you listed in the previous section arise. Before listing people in this part of your plan though, talk with them about what you'd like from them and make sure they understand and agree to be in the plan. They can be family members, friends, or health care providers. They should be committed to following the plans you have written. When you first develop this plan, your list may be mostly health care providers. But as you work on developing your support system, try to add more family members and friends because they will be more available.

It's best to have at least five people on your list of supporters. If you have only one or two, when they go on vacation or are sick, they might not be available when you really need them. If you don't have that many supporters now, you may need to work on developing new and/or closer relationships with people. Ask yourself how best you can build these kinds of relationships. Seek new friends by doing things such as volunteering and going to support groups and community activities. (See *Making and Keeping Friends a Mental Health self-help booklet* in this series)

In the past, health care providers or family members may have made decisions that were not according to your wishes. You may not want them involved in your care again. If so, write on your plan, "I do not want the following people involved in any way in my care or treatment." Then list those people and why you don't want them involved. They may be people who have treated you badly in the past, have made poor decisions, or who get too upset when you are having a hard time.

Many people like to include a section that describes how they want possible disputes between their supporters settled. For instance, you may want to say that if a disagreement occurs about a course of action, a majority of your supporters can decide or a particular person will make the determination. You also might request that a consumer or advocacy organization become involved in the decision-making.

### **Part 4 Health care providers and medications**

Name your physician, pharmacist, and other health care providers, along with their phone numbers. Then list the following—

- the medications you are currently using, the dosage, and why you are using them
- the medications you would prefer to take if medications or additional medications became necessary—like those that have worked well for you in the past—and why you would choose those
- the medications that would be acceptable to you if medications became necessary and why you would choose those
- the medications that must be avoided—like those you are allergic to, that conflict with another medication, or cause undesirable side effects—and give the reasons they should be avoided.

Also list any vitamins, herbs, alternative medications (such as homeopathic remedies), and supplements you are taking. Note which should be increased or decreased if you are in crisis, and which you have discovered are not good for you.

### **Part 5 Treatments**

There may be particular treatments that you like in a crisis situation and others that you would want to avoid.

The reason may be as simple as "this treatment has or has not worked in the past," or you may have some concerns about the safety of this treatment. Maybe you just don't like the way a particular treatment makes you feel. Treatments here can mean medical procedures or the many possibilities of alternative therapy, (such as injections of B vitamins, massages, or cranial sacral therapy). In this part of your crisis plan, list the following—

- treatments you are currently undergoing and why
- treatments you would prefer if treatments or additional treatments became necessary and why you would choose those
- treatments that would be acceptable to you if treatments were deemed necessary by your support team

- treatments that must be avoided and why

### **Part 6 Planning for your care**

Describe a plan for your care in a crisis that would allow you to stay where you like. Think about your family and friends. Would they be able to take turns providing you with care? Could transportation be arranged to health care appointments? Is there a program in your community that could provide you with care part of the time, with family members and friends taking care of you the rest of the time? Many people who would prefer to stay at home rather than be hospitalized are setting up these kinds of plans. You may need to ask your family members, friends, and health care providers what options are available. If you are having a hard time coming up with a plan, at least write down what you imagine the ideal scenario would be.

### **Part 7 Treatment facilities**

Describe the treatment facilities you would like to use if family members and friends cannot provide you with care, or if your condition requires hospital care. Your options may be limited by the facilities available in your area and by your insurance coverage. If you are not sure which facilities you would like to use, write down a description of what the ideal facility would be like. Then, talk to family members and friends about the available choices and call the facilities to request information that may help you in making a decision. Also include a list of treatment facilities you would like to avoid—such as places where you received poor care in the past.

### **Part 8 What you need from others**

Describe what your supporters can do for you that will help you feel better. This part of the plan is very important and deserves careful attention. Describe everything you can think of that you want your supporters to do (or not do) for you. You may want to get more ideas from your supporters and health care professionals.

Things others could do for you that would help you feel more comfortable might include—

- listen to me without giving me advice, judging me, or criticizing me
- hold me (how? how firmly?)
- let me pace
- encourage me to move, help me move
- lead me through a relaxation or stress reduction technique
- peer counsel with me
- provide me with materials so I can draw or paint
- give me the space to express my feelings
- don't talk to me (or do talk to me)
- encourage me and reassure me
- feed me nutritious food
- make sure I take my vitamins and other medications
- play me comic videos
- play me good music (list the kind)
- just let me rest

Include a list of specific tasks you would like others to do for you, who you would like to do which task, and any specific instructions they might need. These tasks might include—

- watering the plants
- feeding the pets
- taking care of the children
- paying the bills
- taking out the garbage or trash
- doing the laundry

You may also want to include a list of things that you do not want others to do for you—things they might otherwise do because they think it would be helpful, but that might even be harmful or worsen the situation. These might include—

- forcing you to do anything, such as walking
- scolding you
- becoming impatient with you

- taking away your cigarettes or coffee
- talking continuously

Some people also include instructions in this section on how they want to be treated by their caregivers. These instructions might include statements such as “kindly, but firmly, tell me what you are going to do,” “don’t ask me to make any choices at this point,” or “make sure to take my medications out of my top dresser drawer right away.”

### Part 9 Recognizing recovery

In the last part of this plan, give your supporters information on how to recognize when you have recovered enough to take care of yourself and they no longer need to use this plan. Some examples are—

- when I am eating at least two meals a day
- when I am awake for six hours a day
- when I am taking care of my personal hygiene needs daily
- when I can carry on a good conversation
- when I can easily walk around the house

**You have now completed your crisis plan. Update it when you learn new information or change your mind about things. Date your crisis plan each time you change it and give revised copies to your supporters.**

You can help ensure that your crisis plan will be followed by signing it in the presence of two witnesses. It will further increase potential for use if you appoint and name a durable power of attorney—a person who could legally make decisions for you if you were not able to make them for yourself. Since power of attorney documents vary from state to state, you cannot be absolutely sure the plan will be followed. However, it is your best assurance that your wishes will be honoured.

### Using Your Action Plans

You have now completed your action plans for prevention and recovery. At first, you will need to spend 15-20 minutes each day reviewing your plans. People report that the morning, either before or after breakfast, is the best time to review the book. As you become familiar with your daily list, triggers, symptoms, and plans, you will find the review process takes less time and that you will know how to respond without even referring to the book.

Begin with Section 1. Review the list of how you are if you are all right. If you are all right, do the things on your list of things you need to do every day to keep yourself well. Also refer to the page of things you may need to do to see if anything “rings a bell” with you. If it does, make a note to yourself to include it in your day. If you are not feeling all right, review the other sections to see where the symptoms you are experiencing fit. Then follow the action plan you have designed.

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland

### Wish List

Available: a flexible, black metal desktop lamp, computer keyboard and mouse. Needed: a telephone (good volume)

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## COMMUNITY ANNOUNCEMENTS

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

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### Gaining Autonomy With Medication (GAM)

Work with Celine Cyr on a one day Train the Trainer Workshop

502 Bathurst St.

March 2, 2010

9:30 – 4:30 pm

Quebecoise GAM facilitator and psychiatric survivor, Celine Cyr, will share an approach to psychiatric medication that is about making decisions, self-advocacy, engaging external supports, taking risks and taking charge. A *Self Management Guide to Psychiatric Medications* is included in the training. Space is limited to 20 people.

\$75 for Survivors and Family    \$100 Mental Health Staff    Lunch and materials provided.

Call Leslie Morris at 416-482-4103 x 227.

## Stand Up For Mental Health! Learn to be a Stand Up Comedian.

The Spring 2010 program starts March 10. It is a 15-week program on Wednesday from 7:00 to 9:45 pm at the Mood Disorders Association of Ontario's office at 36 Eglinton Avenue West, Suite 602 (Yonge & Eglinton).

The course is limited to 15 people and candidates must participate in a short telephone interview in order to be assessed for suitability and commitment. People must commit to attending the entire 15-week program. More than 70 people have graduated from the program over the past 5 years. Graduates report that it has had powerful positive affects on their lives. The program concludes with a Comedy Showcase in late spring 2010 featuring a brief comedy routine by each participant in front of a friendly audience.

Call MDAO for an application form at 416-486-8046 or fax a request to 416-486-8127. You can also pick one up at the C/S Info Centre. Applications must be received by Monday March 1.

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### Alcohol: No Ordinary Commodity Forum Alcohol Policy: Time to Act! Current Research, Policy and Practical Applications to Address Alcohol-related Harm

March 2, 2010 8:30 am - 4:30 pm  
North York Memorial Community Hall (5100 Yonge Street/3 Park Home Ave.)

Keynote Address: Dr. Thomas Babor, University of Connecticut School of Medicine and lead author and principle investigator of the landmark book "Alcohol: No Ordinary Commodity – Research and Public Policy."

Cost: \$86 Contact Jason LeMar, Coordinator, Alcohol Education Programs, Ontario Public Health Association  
416-367-3313 x 264 [jleamar@opha.on.ca](mailto:jleamar@opha.on.ca) Event website: <http://www.apolnet.ca/Index.html>

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Across Boundaries: An Ethnoracial Mental Health Centre, Centre for Addiction and Mental Health (CAMH) and Internationally Educated Social Work Professionals (IESW) Bridging Program invite you to

### *"Recovery Approaches to Trauma and Mental Illness in Racialized\* Communities: A Community Perspective"*

Tuesday June 8<sup>th</sup> 2010  
9:30 a.m. - 4:00 p.m.  
Ryerson University Heaslip House, 297 Victoria Street, 7<sup>th</sup> floor

**Keynote speaker (morning):** Dr. Suman Fernando, MB B Chir, MD (Camb) FRCPsych, UK, Author, "Mental Health, Race and Culture" 3<sup>rd</sup> edition, January, 2010

**Keynote speaker (afternoon):** Dr. Kwame McKenzie, Psychiatrist, Researcher, Policy Advisor

The focus of the conference is to explore recovery/healing approaches used in different countries and in communities in the GTA to deal with wide scale trauma, mental illness and/or addictions.

Participants will interact with a panel of colleagues, researchers, mental health service providers and community workers who will share their knowledge and effective practices in mental health recovery.

Registration Fee: \$100 (Light lunch and refreshment included)

Phone: 416-787-3007 x 224 Email: [martha@acrossboundaries.ca](mailto:martha@acrossboundaries.ca)

\*Racialized groups in this conference refer to the term used by the Ontario Human Rights Commission which recognizes the dynamic and complex process by which racial categories are socially produced by dominant groups in ways that entrench social inequalities and marginalization.

# Harm Reduction Competency Workshop

## Working with substance users from a harm reduction perspective

This two day workshop, organized by Toronto Public Health Sexual Health Promoters and community partners, is designed for people who work with people who use drugs.

The main focus of the workshop is to raise awareness about:

- Safer drug use and risk reduction to prevent the transmission of HIV and Hepatitis
- Strategies to reduce barriers to accessing equitable services
- The policies and politics that affect the lives of people who use drugs and their communities

**Metro Hall** is located at 55 John Street  
(University Line, St. Andrew stop on the Subway)

**Steelworkers Hall** at 25 Cecil Street  
(Dundas W & Spadina)

Feb 16 & 23. March 10 & 11. March 24 & 25. April 20 & 27. May 26 & 27. June 23 & 24.

**Fee:** Free **Time:** 9:30 am to 4:15 pm

**For more information and to register, please contact:** Susan Talusan at 416-338-3654 or 416-392-0888, or email [stalusa@toronto.ca](mailto:stalusa@toronto.ca)

**Please Note:** Workshop spaces are limited and quickly fill up. In respect to other participants please give notice if you can not attend as planned.

For those outside of Toronto and interested in this workshop, please do call as they have allowed participants from other parts of the GTA.

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## EMPLOYMENT MATTERS

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### Gerstein Centre Hiring Notice

**Position:** Community Crisis Worker, full-time      Short-term Residential Crisis Bed Program  
**Salary:** \$52,471. plus benefits  
**Closing Date:** Friday, February 19, 2010 (Resume and cover letter must be received by the closing date.)

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.

**Successful applicants will have:**

- at least 5 years experience in community mental health and crisis intervention or experience in a related field.
- an extensive knowledge of community supports available in the City of Toronto.
- experience with the mental health, criminal justice and shelter systems
- experience running groups and programs
- demonstrated capability to be flexible and to work under pressure.
- good written and verbal communication skills (a second language would be an asset).

**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.

**Please note:**

- the position involves regular shift work which includes **afternoons** and occasional **overnights**.
- the position also includes some light housekeeping and cooking.
- **consumer/survivors from the psychiatric system**, members of ethno-racial communities and Native Canadians are encouraged to apply

Please send resume and cover letter to: **Selection Committee**

Gerstein Crisis Centre  
100 Charles Street East  
Toronto, Ontario M4Y 1V3  
Fax: 416-929-1080  
[jobs@gersteincentre.org](mailto:jobs@gersteincentre.org)

*We thank all applicants, but will contact only those selected to be interviewed.*

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

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Free and Low-Cost Events for February 15 - February 28

### ART

Until March 7. **Recent Snow: Projected Works by Michael Snow**. Exhibition of 7 projection works including world premiere of 2 new installations and screenings of Snow's experimental films. The Power Plant Gallery, 231 Queens Quay West. 416-973-4949 [www.thepowerplant.org](http://www.thepowerplant.org) Wednesdays from 5 – 8 pm are free. Otherwise \$6

### FESTIVALS



Fri 19 – Sun 21. Throughout the weekend. **Masala! Mehndi! Masti!**

**Winterfest**. North America's South Asian festival launches a Winterfest. International artists. York Quay Centre, Harbourfront Centre, 235 Queen's Quay West. 416-666-9494 [masalamehndimasti.com](http://masalamehndimasti.com) Free entry and over 80 free events/performances.

- **Fri 19 from 8 – 9 pm. HOLI KE GEET** featuring Vineeta Dayal and Chitra Mathur. Celebrate the 'Festival of Colors' with traditional folk and popular Holi songs. Lakeside Terrace FREE
- **Fri 19 from 10 – 11 pm. A MUSICAL TRIP: 10 YEARS OF LAL**. LAL's dynamic show is a testament to the glorious exploration of the depths of humanism. Lakeside Terrace FREE
- **Fri 19 from 11 pm – 2 am. M!M!M! ROCKS!** Featuring Kazak, Prita Chhabra, Naomi Zaman, secret trial five. This opening night concert is headlined by Canadian Pakistani rockers Kazak who mark the worldwide release of their debut CD *Avaraga*. Brigantine Room FREE
- **Sat 20 from 12:30 – 1:30 pm. GhuMMMo!** presents **Bollywood Dance Workshop**. Learn the latest Bollywood moves to the hottest new tracks smashing desi-nightclubs from Mumbai to Melbourne and Dallas to Dubai! No skill or experience required. Brigantine Room FREE
- **Sat 20 from 2:30 – 4 pm. GhuMMMo!** Ismailova Theatre of Dance, 7 Arts Dance Company, Melange Entertainment and DIYA Arts & Entertainment. Collection of unique dance companies who bring to life South Asian inspired dance stylings in incarnations of their own. FREE
- **Sat 20 from 6 – 7 pm. MERI KAHANI: MY STORY**. Written by Umbereen Inayet and Mehreen Poonja. An innovative play addressing the challenges faced by South Asian survivors of abuse using theatre, dance and music. Studio Theatre. FREE
- **Sat 20 from 8 – 9:30 pm. SAMA (Sacred Arts and Music Alliance)** presents *We Need Peace – Not Pieces*, produced and directed by Raheel Raza. A sacred music concert with spiritual music from the Hindu, Sikh, Christian, Islamic and Native faiths. Lakeside Terrace FREE

## FILMS

Doors open at 8:30 and film starts at 9 pm. Trash Palace. A group of 16mm film collectors screening obscure, forgotten films in a sweet downtown location. **Advance tickets only** at Eyesore Cinema, 801 Queen St. West, 2<sup>nd</sup> floor (416-955-1599). The address of Trash Palace is printed on the ticket (King and Bathurst area). 416-203-2389 <http://www.trashpalace.ca/>

- Fri 19 Whiskey Mountain SCOPE \$5
- Fri 26 Classroom Films \$5

## FITNESS AND RECREATION

**7 Days a Week from dawn til dusk.** Discovery Walks is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Informative signage will help you experience an area's heritage and environment. In this edition of the *Bulletin* we feature the **Garrison Creek Discovery Walk**. Trace the path of the buried Garrison Creek Ravine. A good starting point is Christie Pits Park, across the street from the Christie Subway station. The route leads you along the now-buried Garrison Creek Valley from the park down to Lake Ontario. Points of Interest: Christie Pits Park, Trinity Bellwoods Park, Fort York. 416-338-0338

[http://www.toronto.ca/parks/recreation\\_facilities/discovery\\_walks/discover\\_index.htm](http://www.toronto.ca/parks/recreation_facilities/discovery_walks/discover_index.htm) for detailed map. FREE

## MUSIC

Sat 20 from 5 – 8:30 pm. Peel United Cultural Partners presents **9<sup>th</sup> Annual Black History Month Concert**. Music, dance, poetry and comedy. Lester B. Pearson Theatre, Bramalea Civic Centre, 150 Central Park Drive, Brampton. Call 905-455-6789. Adults: \$6 Seniors and Children under 10: \$4

## WORKSHOPS

Every Wednesday from 8 - midnight. Toronto Juggling Club. All ages, all experience levels. Come learn to juggle or work on your chops. Toronto Juggling Club, 1300 Gerrard St. East. 647-299-7677 [fessofesso@gmail.com](mailto:fessofesso@gmail.com) [www.centrefofgravity.ca](http://www.centrefofgravity.ca) \$5 drop in fee

Wed 17 from noon – 1:30 pm. Lunchbox Speakers' Series (& Webcast) event. **Entrepreneurship in Worker Co-operatives**. Heather Barclay, *The Big Carrot*; Cory Silverberg, *Come As You Are*; Reba Plumber, *Urban Cyclist*; Moderated by Cynthia Stuart, *Worker Co-operative Federation*. Ontario Institute for Studies in Education. University of Toronto. 252 Bloor St. West. Room 12-199. Call Lisa White 416-978-0022 or email [secspeaker@oise.utoronto.ca](mailto:secspeaker@oise.utoronto.ca) or visit <http://socialeconomy.utoronto.ca>. Bring your lunch and a mug. Water, coffee and tea will be provided. FREE (no registration required)

Wed 17 from 6:30 – 8 pm. Turning Point Youth Services Parent Workshop Series 2009-10. **Walk A Mile In My Shoes (Learning Disabilities)**. Gain greater awareness about learning disabilities. Turning Point Youth Services, 95 Wellesley St. East. 416-925-9250 x 233 [www.turningpoint.ca](http://www.turningpoint.ca) FREE

Tues 16 at 7:30 pm. Beach Garden Society. Speaker: Paul Zammit discusses **Perennials worth the Hunt**. Adam Beck. 79 Lawlor Avenue. Visitors welcome. FREE

Friday 19 from 1 - 2 pm. **2 Spirits 1 Heart**: Laugh, Learn, Love and Share. 2 Spirit People often known as visionaries, healers, seers and artists. There are no closets in the tipi. **DODEM KANONHSA' Elder's Cultural Facility**. 55 St. Clair Avenue East. 6th floor (just east of Yonge). 416-952-9272 [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca) FREE

Upcoming workshops at **Scarborough Women's Centre**, 2100 Ellesmere Road, Suite 245. All workshops are held from 6:30 – 8:30 pm. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111 <http://www.scarboroughwomenscentre.ca/>

- **Tues 23. WORK/LIFE BALANCE.** Work-life balance is possible. Women have multiple responsibilities as a parent, spouse, caregiver and worker. Learning how to balance a professional career will prevent the detrimental effects of stress on your health and reduce the risk of burnout. Learn how to tap into resources that will help you achieve a healthy balance. \$5
- **Tues March 2. TOXIC WORKPLACE.** Do you often feel isolated, frustrated and not supported at your place of employment? Since we spend more than half of our lives in the workplace it is

important for us to find positive, constructive methods to deal with the negativity and how it impacts our lives. \$5

**Tues 23 at 7:30 pm.** Scarborough Historical Society. **Toronto Rocks.** Guest speaker: Nick Eyles, Professor of Geology. Toronto Public Library, Bendale Public Library, 1515 Danforth Rd. 416-396-8910 <http://www.torontopubliclibrary.ca/> FREE

**Wed 24 at 7 pm. Toronto Public Information Series: Understanding Fibromyalgia.** Presented by Leigh Arseneau, BSc, ND. This series provides the public with introductory presentations on the benefits of Orthomolecular and nutritional therapy. Join us to learn why patients get Fibromyalgia and what strategies can help when dealing with it. OISE, 252 Bloor Street West, Room 5260. Pre-registration is suggested. 416-733-2117 [enews@orthomed.org](mailto:enews@orthomed.org) <http://www.helpyourselfcommunity.org/> \$5 at the door.

**Wed 24 from 7 – 8 pm. The Art of Decluttering. Weighted down by STUFF?** Alixe MacRae, member of the Professional Organizers in Canada group shows you how to get rid of things you no longer need. Toronto Public Library. Don Mills Branch. 888 Lawrence Avenue East. 416-395-5710 <http://www.torontopubliclibrary.ca/>. FREE

## WRITERS

**February 21 – 27 at 6 pm. Freedom to Read Week.** Raising awareness about censorship, freedom of expression and access to Canadian books and writing. 416-975-9366 [www.freedomtoread.ca](http://www.freedomtoread.ca)

- **Tues 23.** The BPC's Freedom of Expression Committee presents a panel discussion entitled "**The Good Fight: The Legal Limits of Free Expression.**" This lively and challenging panel is a key event of the Book and Periodical Council's Freedom to Read Week. The event includes the presentation of The Writers' Union of Canada's Freedom to Read Award. Gladstone Hotel, 1214 Queen Street West. [publicity@theBPC.ca](mailto:publicity@theBPC.ca) FREE

**Wed 24 at 7 pm. A New Black Literature?** Toronto Public library invites you to a discussion hosted by CBC's Garvia Bailey on how Toronto's black urban spoken word expands and enriches the Canadian literary landscape. Toronto Reference Library. 789 Yonge St. 416-395-5577 [www.torontopubliclibrary.ca/pro\\_black\\_history.jsp](http://www.torontopubliclibrary.ca/pro_black_history.jsp) FREE

The *Journal of Ethics in Mental Health* is a free international, peer-reviewed, on-line journal that aims to provide a forum for sharing ideas and experiences to improve ethical standards, behaviours, and choices in mental health care giving. The journal is published in April and November and submissions should be received 4 months in advance of publication date. They accept submissions (articles, case studies, reflections, reviews, personal narratives, and so on) from consumer/survivors, professionals, and others. 705-742-9767 x 25 [maherj@ontarioshores.ca](mailto:maherj@ontarioshores.ca) <http://www.jemh.ca/>

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To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

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