Richard Kogan fundraising concert, June 6

## THE WONDER OF TCHAIKOVSKY

# How could anyone living in utter despair create such musical magic as Swan Lake and the Nutcracker Suite?

The all due respect, Tchaikovsky was a mess. Afflicted with depression since boyhood, he lived with insomnia, loss of appetite, pervasive melancholy, even delusions and hallucinations. He was also homosexual in an age when loss of civil rights and banishment were the official punishments for that crime.

the official punishments for that crime.

When you listen to his music,

www.amiquebec.org

vel that it ever happened.

you can only mar-

You'll learn Tchaikovsky's secrets and enjoy a

whole evening of Tchaikovsky pleasure on June 6, when Dr. Richard Kogan returns to Montreal to help us mark our 30th anniversary. Both a world-renowned concert pianist and a practicing psychiatrist, Kogan's unique recitals have won

him applause worldwide. He plays and explains how mental illness influenced the composer and his work.

Kogan performed Schumann at our first, highly successful fundraiser in 2005. This year's event, "Inspired by Depression: Tchaikovsky's Dark Genius," will be extra-special as we're both celebrating a milestone and also honoring an esteemed AMI



Enthusiastic appreciation at 2005 concert

member, the late Monty Berger. Call the office, 514-486-1448, and reserve your tickets now.

General admission: \$40. Sponsor tickets, \$100, include preferred seating, entree to the post-concert reception and a partial tax-deduction receipt. Patron category, \$150, offers those perks plus a chance to participate

in a draw. You could win a gift of jewellery, an Avanti Spa gift basket or a return trip for two via WestJet to any of its scheduled Canadian destinations. At Oscar Peterson Concert Hall, Concordia University, 7141 Sherbrooke St. W. □

#### VOLUNTEER HELP STILL NEEDED

This fundraising event is important for AMI's continued good health. Help us succeed by contributing a bit of your time.

You can either sell tickets to the concert or sell advertising space in our souvenir book. It's easy to do and it matters a lot. Call the office, 514-486-1448, and we'll give you the information and whatever else you need to get the job done.

# Good news from Quebec A BREAK FOR PEOPLE RECEIVING MONTHLY FINANCIAL HELP

In case you haven't heard, big changes occurred last January that may well affect you — and for the better. The Employment Assistance Program is now history. In its place Quebec introduced

two new programs that offer financial support along with greater flexibility and freedom to use your money as you wish without being penalized. Bottom line: it's a more accommodating approach to financial assistance, one that the government hopes will make it easier for beneficiaries to get their life back on track as quickly as possible.

The Social Assistance Program

continued on page 7

## A-OK

# MEMBERS GIVE OUR REVAMPED EDUCATION & INFORMATION PROGRAM A BIG THUMBS-UP

ast fall we updated our 2006-2007 lineup of education and information activities to better reflect the needs and interests of AMI members. The new program has been enthusiastically welcomed.

Here's a midterm review of the changes we've made and a look at what's on tap now through June. If you're thinking of participating, jump right in. If you're still holding back — whatever for? This is the sort of help families need. And isn't getting help the reason you joined AMI in the first place? Call the office for more information, to register or for answers to any questions. We're here for you.

#### **SPEAKER EVENINGS**

Now there are three instead of seven. The first, last October 23, introduced William MacPhee, founder and publisher of *Schizophrenia Digest*, who spoke on living with mental illness.

**March 26: Dr. David Bloom**, medical chief, adult psychiatry division of the Douglas Hospital, will discuss medications, their efficacy and side effects.

May 14: two speakers make up an evening devoted to employment opportunities for consumers. Diane Vinet, executive director of Collections Innova, runs a company that designs adapted clothing for people with handicaps. Over 60 percent of the employees have or have had mental health problems. Nicole Lahaie coordinates clinical services at the Wellington Centre (featured in the winter 2007 issue of *Share&Care*), where consumers successfully pursue their dreams of recovery in a variety of ways.

Speaker Evenings are held at **7:30pm, 4333 Côte Ste-Catherine Road**.

#### **EDUCATION PROGRAMS**

Mood & Thought Disorders. To make it easier to fit into your schedule, these sessions now run consecutively rather than concurrently. The spring flights start March 22 and May 8 and continue every week for six weeks.

**Obsessive Compulsive Disorder.** Spring session begins **April 18** for six weeks.

Registration is necessary for all education programs, so call the office. Open to relatives, consumers and caregivers. **At AMI, 7:00-9:00pm**. Free for AMI members and those on limited incomes.

#### **RECOVERY**

These well-attended workshops for consumers are led by professionals and focus on the choices consumers are free to make in quest of their goals. The rewards can be greater self-confidence and better interpersonal relationships.

The **six-week series** begins **April 13**. Registration is necessary. At **AMI**, **7:00pm**. With sufficient demand, separate recovery workshops for families can be organized.

#### **SUPPORT GROUPS**

It's friendly, empathetic support like this that eases the stress of coping with mental illness. The groups are open-agenda, led mostly by family members and run year-round. **No registration required**, come and go as you please. From the wide choice available, one will be perfect for you. See Calendar, p. 5, for types, times and locations.

#### **INTERACTIVE WORKSHOPS**

A new idea introduced last fall, these well-attended **round-table meetings** dealt with one subject per session. Conducted by **knowledgeable professionals in their field**, the format allowed participants to discuss, question and express their opinions on the topic at hand. The stimulating atmosphere has encouraged members to be proactive and search for information on their own. Another series of workshops is being planned for next fall.

#### **TELE-WORKSHOPS**

This was a pilot project begun last September with the Foundation for Vital Aging.

The workshops, hosted by healthcare professionals, employed **teleconferencing technology** to link people isolated by geography or circumstance. **Once a month for six months** participants were able to share information and get answers to a variety of problems affecting them or their family.

We recently began planning for a second year.  $\square$ 

### MAY GRUMAN 1924-2007

If organizations could be said to be born, AMI would have a mother in May Gruman.

It was she who, following the advice of a friend in Australia, started a support group with three other couples, all of them scrambling to cope with a family member suffering from mental illness. That group, then known as the Association of Relatives and Friends of the Mentally Ill, evolved into AMI-Québec.

For May life was full of interests and challenges. She was a music enthusiast who played

the piano, a lover of words who wrote stories, a camera buff who recorded AMI's members and events as our unofficial official photographer.

Many people consider eighty-three a ripe old age, but it was too young for a life like May's to end. □



## UNLOCKING THE MIND

### Art therapy holds the key at LES IMPATIENTS

he likelihood of some sort of synergy between art and mental illness has been debated for generations. As director of *Les Impatients*, Lorraine Palardy believes it without reservation. She sees the proof every day.

Les Impatients is a centre that offers art therapy to consumers. It began more or less as an experiment in the Hôpital Louis-H.-Lafontaine. That was 1989 and it was only scheduled for 10 days. No one foresaw that patients would be lining up to participate and how great their disappointment would be when it was over. Before long, thanks to a donation from the Fondation des maladies mentales, the workshop reopened on a once-a-week basis with an art therapist on board.

Today there's a second studio in Pointe-aux-Trembles and Les Impatients has its headquarters downtown in the Edifice du Bon-Pasteur, heritage a building on Sherbrooke St. With the



Lorraine Palardy

variety of activities being offered, it now takes a staff of 14 and over 50 volunteers keep the operation humming.

#### A world in a workshop

The art workshops remain at the heart of it all. Run by seven professional artists, there are morning and afternoon sessions four days a week. About 225 people attend, a world in miniature that has included, at one time or another, everyone from street people to doctors and architects. "We've had individuals who may have been working as artists before they got sick," says Palardy, "but the studios aren't primarily for them. The therapy is more for people without any previous art training, to tap into their emotions and allow them to

express themselves visually." Their work belongs to the genre of art known as *art brut*, defined as psychotic, primitive and

child art produced by untrained artists.

the Over years the consumers' need to express has translated into drawings, paintings, ceramics, sculptures and other artistic creations that are stunning in their honoften poignant and unfailingly fascinating.



From toys to birdhouses — endless variety

Les Impatients maintains a collection on display and items are for sale.

If you want to see just how exciting the Consumer As Artist can be, visit a show. Four highly successful exhibitions are mounted each year: in summer, in

Imagination unchained

September, pre-Christmas and Valentine's Day, which features silent auction of works from workshops along with a selection by recognized Quebec

artists. Professional and amateur, the art all hangs very compatibly side by side.

#### The charms of music

Music is another mode of artistic expression that music therapists believe

play and improvise. Downstairs in the building is the *Chapelle historique du Bon-Pasteur*, a popular venue for intimate concerts in the city. Here *Les Impatients* holds its own concerts twice a year.

somehow frees consumers to find them-

selves. At Les Impatients they meet in the

music therapy room once a week to sing,

Palardy thinks that sensitivity is the link between art and mental illness. She reasons that artists have to feel, they have to be sensitive, and possibly that makes them more fragile. Similarly, "Having a mental illness can change everything. You lose a lot, your old life is gone, you also become more fragile. You're more in contact with your emotions and maybe that's the reason the work is so sensitive." In an earlier life, Palardy owned a contemporary art gallery. She dealt with professional artists for 15 years and claims the experience of working with and getting to know them was virtually the same as what she experiences now at Les Impatients.

The idea of art and music as therapy isn't new. Hospitals here were exploring the concept back in the '70s. Palardy notes that in Europe art therapy is a broadly accepted approach to treating mental illness. She describes the contributions art

continued on page 8

## TO NIP TROUBLE IN THE BUD, TAKE CAYR

# A new program at the Douglas works with young people at high risk for developing psychosis

n 2003 the Douglas Hospital launched an innovative outpatient program called PEPP (Prevention and Early Intervention Program for Psychoses). The program provides early assessment and treatment of psychotic disorders in people ages 14-30 who have never been treated before, or who have been taking antipsychotic medication for a month or less.

Prompted by their achievements in returning clients to a fully functional life, last year the hospital launched a new subprogram. CAYR (Clinic for Assessment of Youth at Risk) works with the same age group as PEPP, but at an even earlier stage — before an illness is diagnosed, but when there are risk factors present and warning signs that a psychosis might develop if action isn't taken.

#### **How CAYR works**

People referred to CAYR meet with a screening clinician who assesses the possibility of a mental illness developing. If risk factors are present, a psychiatrist and a psychologist will conduct a more detailed assessment. Follow-up assessments are scheduled regularly to help monitor changes and ensure timely intervention if necessary.

Should a psychosis develop, clients aren't kept waiting. They have immediate access to the assessment and treatment services provided by PEPP.

CAYR also offers advice and support for clients and their families. They're provided with information on psychosis and the risk factors that could lead to trouble.

#### **Qualifying for assessment**

- Clients must be 14-30 years old.
- Must speak English or French.
- Must seek help for a mental health problem.

They also need to show evidence of either a, b or c:

a. Attenuated psychotic symptoms (illu-

sions including shadows, noises or voices; an unproven suspicion of being followed or talked about).

- b. **Brief psychotic symptoms** such as true delusions (false beliefs, bizarre ideas) or hallucinations lasting less than 7 days.
- c. Both **a positive family history** and **a decline in functioning** are required:
- Family history of psychotic disorder (schizophrenia or bipolar affective disorder with psychosis) in a first-degree relative.
- Evidence of decline in level of functioning within the past five years in self-care or social, occupational or academic areas.

CAYR can't accept clients who have been treated with antipsychotic medication for longer than 7 days over their entire lifetime or those suffering from a neurological disorder, organic brain damage, epilepsy, mental retardation or severe substance abuse.

#### To submit a referral

Referrals are accepted from family members, healthcare professionals or the individuals seeking help themselves. Send your submission to CAYR (contact Marita Pruessner at 514-761-6131, ext. 3381) or PEPP (phone 514-888-4453). You can expect a response within three working days. □

# An online antidote for the isolation of depression

ut there in cyberspace is a website dedicated to improving the everyday life of people suffering from depression and related illnesses.

You can visit by clicking on www.depnet.ca.

DepNet was developed by the Lundbeck Institute, an organization involved with psychiatric and neurological illnesses. Their idea was to use the site to build a one-stop self-support network for people affected by depression — and there are many. A 2000-2001 Statistics Canada survey found that 7.1 percent of Canadians aged 12 or older had experienced at least one major depressive episode within the previous 12 months.

DepNet calls itself a community on the Internet. It's an interactive site as well as a resource and information site. Aside from the articles, information and help in obtaining medical advice and treatment you'd expect to find, there are personal stories and diary excerpts. You're welcome to add your own. You can meet other members of the DepNet family and exchange ideas and experiences.

The site also addresses the problem of stigma and suggests ways of dealing with it. Those suffering from depression, families, friends and anyone simply interested in learning more — DepNet offers something useful for everyone.

For more information, click on Lundbeck Canada at the same website.

Based on information in *moods maga*zine, winter 2007

## SPRING 2007

#### **GUEST SPEAKER EVENINGS**

Mondays 7:30pm 4333 Côte Ste-Catherine Road

**March 26:** Dr. David Bloom, medical chief, adult psychiatry division, Douglas Hospital. *Medications: can they help without hurting?* 

May 14: Diane Vinet, executive director, Collections Innova; Nicole Lahaie, clinical services coordinator, Wellington Centre. *Employment Opportunities for Consumers* 

#### **SUPPORT GROUPS**

Mondays 7:30pm 4333 Côte Ste-Catherine Road unless otherwise indicated

#### **FAMILY** for relatives

April 9, 16, 23; May 7, 28; June 4, 18

#### **SOUTH SHORE** for relatives

Wednesdays 7:00pm 2499 rue St-Georges, room 200, Le Moyne April 11, 25; May 9, 23; June 6, 20

#### **PARENTS** of adult children

7:00pm at AMI

April 17; May 17; June 26

#### SIBLINGS AND ADULT CHILDREN

April 16; May 7; June 4

#### **DEPRESSION/BIPOLAR DISORDER**

for consumers and relatives
April 9; May 7; June 4

**DEPRESSION for consumers and relatives**April 23; May 28; June 18

#### **OBSESSIVE COMPULSIVE DISORDER**

for consumers and relatives April 23; May 28; June 18

#### **KALEIDOSCOPE** for consumers

April 16; May 7; June 4

#### **LIFELINE** for consumers

Thursdays 1:00-3:00pm Alternative Centregens, 5770 Auteuil, Brossard For more information, call 450-445-5427

#### **ANNUAL GENERAL MEETING**

June 11 (further details to come)

#### **BOARD MEETINGS**

Tuesdays 7:00pm at AMI April 10; May 1, 29

# The Disability Savings Plan

# Here's a proposal to secure a happier future for your relative — and save you tax, too. By the time you read this, it might even be a done deal

ast December the earth shook — and it wasn't an earthquake. It was Ottawa inching its way towards adopting a new approach to helping people with disabilities.

The idea began with a B.C. family organization called Planned Lifetime Advocacy Network (PLAN). They developed the concept, did the legwork and took their proposal to Ottawa.

Subsequently, last December, the Expert Panel on Financial Security for Children with Severe Disabilities, a body established by federal finance minister James Flaherty, recommended the creation of a disability savings plan (DSP), a disability savings grant and a Canada disability bond. Modeled on the RRSP and RESP tax-shelter concepts, this idea means much more to families than simply tax deductions.

#### **Main recommendations**

- Plan applies to anyone eligible for the disability tax credit.
- No restrictions on who can contribute relatives, friends, even strangers.
- A lifetime contribution limit of \$200,000.
- No annual contribution limit.
- No holding period for contributions.
- No restrictions on how the funds can be used.
- For low-income families: creation of a bond of at least \$1,000 per year for 20 years.
- For families with incomes below \$72,756: annual grants of \$3,500 for contributions of \$1,500.
- For families with incomes over \$72,756: matching grants for the first \$1,000 contributed.
- Contributions not taxable when withdrawn.
- Tax-free rollovers from and to RESPs.

#### Every good reason for it

For the first time ever, children with disabilities are outliving their parents. Add that to the growing health needs of an aging population and you can safely conclude we're looking at a chronic shortage of funds for social services. If you've ever worried what will happen to your relative when you're gone, the DSP is a boon.

Not only can the contributions lighten your tax burden and simplify your financial planning, you'll be helping your relative to enjoy social and economic freedoms well beyond those affordable through government-funded programs alone.

continued on page 7

#### TRIBUTES & MEMORIALS

In honor of Elizabeth and Jim Tremain

**Frances Sault** 

In honor of Dr. Lucia Fernandez

De Sierra

**Theodore Chazin** 

In honor of Georgina and Gordon

**Peacock** 

**Judy Phillipson** 

In honor of Sandy Voronka

**Judy Phillipson** 

In honor of Anne O'Neil

**Judy Phillipson** 

In honor of Bernadette Laroche

**Judy Phillipson** 

In honor of Glenys Vaughan and Ben

**Turner** 

**Judy Phillipson** 

In honor of Shirley Steele

**Judy Phillipson** 

In honor of Dr. and Mrs. José Jimenez

**Judy Phillipson** 

In honor of Moira Bettinville

**Judy Phillipson** 

In honor of Marianne Brown

**Judy Phillipson** 

In honor of Kalman Samuels

Elaine and Avrom Podbere

In honor of Judy Phillipson

**Bernadette Laroche** 

In honor of Mary Quinlan

Josef Schmidt

In honor of Abe Weiss

Fran, Howard and Michael Brenhouse

In honor of Daniel Drudi

Vicky Drudi

Carol and Leonard Drudi

In honor of Herbert Herman Marylin Block and the boys

In memory of Barbara Swan

Kay Simpson

In memory of Judith Ann Ortenberg

Elsie Shriar

In memory of Lynda Percival

**Iohn Done** 

In memory of Sylvia Hammer

Ella Macklin and family

In memory of Nanny, Grampa and Poppa

Sue Hayward

In memory of Deborah Richardson

Charlotte and Eric J. Bracegirdle

In memory of Dr. Guy Debonel

**Dr. Thomas Kolivakis** 

In memory of Natalia Toyota

Jack Toyota

In memory of Ted Outram

**Andrea Segal** 

In memory of Mary Zavergiu

**Transport Canada** 

Connie Cuffaro and family

Jean Rachfalski Cecilia Tavarozzi

In memory of Elsie Johns

**Kay Simpson** 

In memory of Edward White

**Kay Simpson** 

In memory of Joan, Watson and

Stuart Gall

John Gall

In memory of Joan Anna-Maria Di Chiaro

Tony Scarsella

Maria Mariano Di Sciullo

Luisa Cerantola Silvia Delli Colli

Filomena Di Maule

Gloria and Gerald Mastro Matteo

Ida Poitras

**Giovanna and Robert Poitras** Concetta and Lolino Perugino

Ivana Perugino and Paolo Scotto

Luisa Perugino

Anna Maria Perugino

Mary and Aldo Ciot

Josette Perrotta

Patricia Borland

Carol and Leonard Drudi

Helene Valiquette Wiederkehr

In memory of Monty Berger

Naomi and Alvin Guttman Iris and Michael Desroches

Sonia and Dave Oberman

Saretta Levitan

Eleanor Kruger

**Bina and Leonard Ellen** Lorna and David Moscovitch

Gvita and Stanley Hyman

**Grace Gallay** 

Janice Greenberg

**Shirley and Leonard Simand** 

**Arlene Greenberg** 

Liliane Shapiro

Syd Starr Travel

Laura and Morty Pesner

Kay Simpson

**Arthur Rubin** 

Marsha Korenstein

Myrna and Hy Edessky

Riva and Carl Gelber

Twinkle Rudberg

Karen and Phil Milstein Marcia and Milton Stober

Rae Buckman

Fae and Wilfred Leith

Meta Fitch and family

**Miriam Tompkins** 

Rena Segal

Claudia and Jerry Ikeman

Dr. Naomi Lowi

**Barbara and Stanley Plotnick** 

Joan Lazarus

Sheila and Marvyn Kussner

Ellie and Norman Latsky

Marylin and Jeffrey Block

**Brian Smith** 

Susan and Ionathan Wener

Beth and Bill Keskin

Zelda and Simon Harris

Myra Fineman

Marcia Addleman

Shirley and Bob Smith

**Helen and Ned Better** 

Winnie and Phillip Margles

Miriam and Nomi Berger

Dorothy and Bruce McCullogh

**Marthe Bolduc** 

Gail Bergman

Roslyn Starke Carole Levine and Esther Buchsbaum

Sheila Prupas

Toni and Gregory Sanders, Sharon and Jim Sanders, Julia and David Sommers,

Susan Bresler and families

Lillian and Stephen Vineberg

Andrea Feldman

Suzanne and Leo Klag

Sherry Ellen Marjorie and Anthony Godine

Julia Godine Thomas

Maxine and Harvey Sigman

**Delores and Dr. Harry Rosen** 

**Gordon Burnett** Sylvia and Max Silver

Eleanor Beattie

**Barbara Bourke Clark** 

The Henry and Berenice Kaufmann

**Foundation** 

**Judy and Lynn Ross** 

Ella and Shimon Amir

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity. For information, please phone 514-486-1448.

Quebec ... continued from page 1

helps those whose capacity for employment is temporarily, but not severely, limited. The **Social Solidarity Program** provides for people with a severely limited capacity for employment.

In both cases, the monthly sum paid includes a basic benefit and, if applicable, a temporary limited-capacity allowance, an adjustment of the Quebec sales tax, adjustments for dependent children and a sum paid out for any special benefits. The Social Assistance program is designed to encourage recipients to keep up their social and community participation and to get involved with activities that will simplify their job-reentry. The Social Solidarity program aims at helping consumers become active contributors to society.

#### More generous, more realistic

Beneficiaries in both programs, but particularly the Social Solidarity Program, get a break when it comes to money. Some of the changes:

- If you're in the Social Solidarity Program you can now have as much as \$2,500 in the bank without having your payments affected (\$5,000 if your family includes dependents). In the Social Assistance Program the maximum is \$1,500.
- Exemption for an automobile has been increased from \$5,000 to \$10,000.
- For those in the Social Solidarity Program, certain property and liquid assets worth up to \$130,000 in total (\$90,000 for those in the Social Assistance Program) are now exempt for benefit-calculation purposes. These include RRSPS and RESPs, inheritances and real estate such as a residence, land or a working farm.
- You can now own a residence without having to live in it.
- You can receive up to \$5,000 as an Individual Development Allowance, which you can use for employment-related purchases such as tools, a car or courses.



Discussing the changes. L-r: City of Montreal communications director Léo Bolduc, AMI board members Jean-Claude Benitah and Joe Lalla

The programs contain many more details and conditions, too many to list here. Best advice: **contact the officer assigned to your file** at your local employment centre or call the *Bureau des renseignements et plaintes* at the *Ministère de l'Emploi et de la Solidarité sociale*. The toll-free number is 1-888-643-4721. □

# DO SOMETHING VERY IMPORTANT:

# tell us your recovery story

That's simply to share your recovery experience with us. What helped you? What hindered? What was the turning point? Were there any surprises along the way? What has recovery taught you?

As more and more families and professionals buy into the concept, it's no longer a fantasy to talk about mental illness and recovery in the same breath. AMI believes in it 100 percent. No, recovery isn't a synonym for cure. Rather, it's the coming to terms with the illness and overcoming its challenges. Wellness instead of illness, strength instead of disability, control, self-respect, a love of life.

Your unique perspective on recovery will help make our education programs and workshops even more effective than they currently are. And you'll be encouraging others who dream of embarking on the same journey you did. Your account may even appear in a future issue of *Share&Care*.

Call us at 514-486-1448 to make an appointment to talk, e-mail your story to **amique@amiquebec.org** or send a letter to **AMI-Québec**, **5253 Decarie Blvd.**, **suite 200**, **Montreal**, **Que**. **H3W 3C3**. □

Savings plan ... continued from page 5

The federal budget was due to be tabled too late for *Share&Care* to learn whether or not the DSP was included in the finance minister's proposals. We're keeping our fingers crossed, because if it does become a *fait accompli* it will benefit some 745,000 Canadians with disabilities.

Regardless of the outcome, however, it's important that families coping with mental illness provide feedback to Ottawa on the concept. Take a few minutes and get in touch with Finance Minister Flaherty or Monte Solberg, Minister of Human Resources and Social Development. The government can't be reminded too often that mental illness places an enormous financial and social burden on consumers and their families and that attention must be paid.  $\Box$ 

#### **James Flaherty:**

e-mail, consltcomm@fin.gc.ca; website, www.fin.gc.ca

#### **Monte Solberg:**

phone, 1-800-277-9914; website, www.hrsde.gc.ca

### AMI-Québec Membership & Donation Form

NAME	
ADDRESS	
CITY	PROVINCE
POSTAL CODE	TELEPHONE
E-MAIL	
	26 1 1
	Membership
announcements, a	des the quarterly Share&Care, other mailings and lecture ccess to support groups and education programs and all other nentary membership is available for people with limited incomes.
☐ I wish to re	new my membership
	ecome a member
☐ I have a men	y member with a mental illness tal illness
☐ I am a menta	l health professional
	Donations
(Tax deductible Business Number 89652 4071 RR0001)	
I wish to support your work with a donation	
\$50 Sponsor \$250 Patron	\$100 Sustaining Donor  \$500 Benefactor Other
I wish to make this donation in honor of in memory of:	
FOR US TO ACK	NOWLEDGE YOUR GENEROSITY, SUPPLY DONEE'S NAME AND ADDRESS
☐ I would like	information about including AMI-Québec in my
	-
Membership (\$	25 annual): \$
Donation:	\$
Total amount e	enclosed: \$
Payment may be made by cheque, VISA or MASTERCARD Payments may also be made by phoning 514-486-1448	
☐ VISA	☐ MASTERCARD ☐ Cheque
Card number	
Name on card	Exp. date

Send payment to **AMI-Québec Alliance for the Mentally III Inc.**, 5253 Décarie, Suite 200, Montréal, Québec H3W 3C3

Impatients ... continued from page 3

makes to recovery as spectacular. "At the start of a season, newcomers to *Les Impatients* are in their own world. They don't speak to anyone. Their suffering and loneliness are plain to see. Just a few months afterwards, they're opening to the outside, like a window. They call me to talk, they communicate. Being involved in creating something gives them great courage and pride. It's obvious to everyone that they're happier."

La Fondation pour l'Art Thérapeutic et l'Art Brut is the centre's official name. So why Les Impatients? It was the artists' idea. They didn't like being called patients, they said, because they were very impatient: impatient to be well, impatient to go back to work, impatient to live again like everybody else.

This time it's **im**patience that's the virtue. □

*Les Impatients* is non-sectorized. A referral is needed for workshop registry. Visit at 100 Sherbrooke St. E. or call 514-842-1043.



This issue of *Share&Care* has been made possible by an educational grant from Janssen-Ortho.

## ami québec

Alliance pour les malades mentaux Inc. Alliance for the Mentally III

AMI-Québec, a grassroots organization, is committed to helping families manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

Mental illnesses, known to be biologically-based brain disorders, can profoundly disrupt a person's ability to think, feel and relate to others. Mental illness affects not only individuals, but also their families, friends and everyone around them.

Lorna Moscovitch, President Giovanna Donnini, Vice President Renée Griffiths, Vice President Annie Young, Secretary Claudia Ikeman, Treasurer Paul Rubin, Immediate Past President Ella Amir, Executive Director

#### SHARE CARE

Share&Care is published quarterly for members of AMI-Québec and mental health professionals.

Ella Amir, Managing Editor Bryna Feingold, Associate Editor Liane Keightley, Designer

Articles and comments are invited. Anonymity will be respected if requested. Guest articles reflect the opinions of the authors and do not necessarily reflect the views of AMI-Québec.

Legal deposit: Bibliothèque Nationale du Québec, National Library of Canada

5253 Décarie, Suite 200, Montréal, Québec H3W 3C3
Telephone 514-486-1448 Fax: 514-486-6157 Internet: www.amiquebec.org
E-mail: amique@amiquebec.org

Member of La Fédération des familles et amis de la personne atteinte de maladie mentale (Québec) and NAMI (USA)