

point by point

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POINT NEWS

NORTH TORONTO TACKLES SUICIDE PREVENTION

Suicide prevention training was the subject of a well-attended, two-day workshop held last week in North Toronto. This very special program for front-line workers was initiated by the Northern Health Area Suicide Prevention Network (a very loose network of individuals and social service agencies in the North Toronto area concerned about this troubling issue) and was sponsored by the City of Toronto, Department of Public Health (Northern Health Area), Delisle Youth Services, Distress Centre Two and POINT.

Those attending the workshop included a wide spectrum of individuals representing North Toronto schools, churches, social service and health agencies, youth, seniors and the police. Also represented was the Yonge Eglinton Health Centre.

The Northern Health Area Suicide Prevention Network (currently chaired by Joan Osler, also Executive Director of POINT) came into being about five years ago out of a widespread concern over the growing number of suicides that were occurring in the Northern Health area, particularly in the age range of 15 to 24 year olds.

Since then, a variety of social service agencies (which includes POINT, Delisle Youth Services and Distress Centre Two) plus guidance counsellors from a number of schools in North Toronto, representatives from the Department of Public Health and others, meet on a regular basis to share information and keep up-to-date with

WHAT'S IN THIS MONTH

- * **Suicide Prevention:**
It's on the agenda for health workers in North Toronto. Read about training programs and conferences for front-line workers in our community.
- * **Growing Together:**
A conference of those who share a young child's world is slated for later this month.
- * **Rent Legislation:**
H.I.N.T.S. is holding a public meeting and you're invited to attend.



people and organizations in north toronto
P.O.I.N.T. INCORPORATED



A United Way Member Agency

important news and developments in this field.

Out of these meetings came the idea for the Suicide Prevention Training Program - a first for this area - held last week.

Because it's often the professionals and caregivers who are in the best position to identify suicidal tendencies, it's clear that they also require special training designed to build on and improve the skills of all those working with potentially suicidal individuals. The program focuses, therefore, on specific techniques involved in providing "first aid" for suicidal behaviours.

It included a discussion of personal attitudes and values around the issue of suicide; learning to spot cues which identify potential suicides; learning how to discuss suicide with potential victims; learning how to intervene when intervention is necessary; and learning what resources are available to workers in the field and how to access these resources.

The Network will assess the outcome of this workshop and continue to discuss ways in which individuals, groups and organizations providing care and services in North Toronto can help make suicide more preventable.

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POINT GIVES THANKS

For those who attended our highly successful Theatre Night event in April (Centre Stage production of The Dreamland at The St. Lawrence Centre) a special thank you to all who attended. And very special thanks to Laurien Hawke of C'Est Cheese and the North Yonge Fruit Market for their donations of cheese and fruit to the refreshment trays.

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DON'T FORGET OUR...

3 POINT YARD SALE

Saturday, May 25
(rain date Sunday, May 26)
from 9:00 a.m. on at 3 sites

- * 31 Alexandra Boulevard
(steps away from Yonge Street)
- * 149 Sherwood Avenue
(just east off Mt. Pleasant)
- * 72 Lascelles Boulevard
(south of Eglinton between
Duplex and Oriole Parkway)

All proceeds to POINT. Here's your chance to pick up some great bargains while you visit with friends and neighbours.

POINT members and other individuals who wish to contribute items to this important fundraising event should phone the office at 487-2390 for further details.

COMMUNITY NEWS

FOREST HILL LIBRARY OFFERS RANGE OF ACTIVITIES

Forest Hill Library presents the following activities for the month of June. The Thursday Afternoon Films/Activities program takes place every Thursday at 1:30 p.m., and offers a variety of films produced in the 1980's. Admission is free and refreshments will be served. Boys' and Girls' Activities are scheduled for every Saturday morning at 10:30 a.m., and will include films, stories and activities. Children and their parents are welcome, with a limit of 100. The Friendship Club for Seniors' activities, including bridge, meets on Mondays and Tuesdays from 12:00 to 5:00 p.m. All of the above take place at the Forest Hill Library, 700 Eglinton Avenue West, 393-7706.

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CONFERENCES SEMINARS AND WORKSHOPS

SPECIAL EVENT WILL BE HELD DURING SUICIDE PREVENTION WEEK

The Council on Suicide Prevention invites you to a special event on Wednesday, May 22 at The Clarke Institute of Psychiatry, 250 College Street. The program begins at 2:30 p.m. with the featured speaker, Dr. Frederick Lowy, the Director of The Centre for Bio-Ethics at the University of Toronto. The Honourable Zanana Akande, Minister of Community and Social Services will officially proclaim Suicide Prevention Week (May 9 to 25) on behalf of the Province of Ontario. The Douglas Lear Memorial Award presentation follows. This year's recipient is Dr. James Young, Chief Coroner for the Province of Ontario. From 4:00 to 5:00 p.m., the Council on Suicide Prevention, in association with the Ontario Psychological Foundation, requests your participation in completing a survey and offering suggestions to assist in identifying areas of focus for their long-term project on ethno-cultural factors relevant in suicide prevention. The afternoon will close with a reception from 5:00 to 6:00 p.m. Space is limited to 250 persons, so please respond by May 17 to 751-8697.

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PARENT CO-OPERATIVE PRESCHOOL CORP. HOLDS ITS 20TH ANNUAL CONFERENCE

"Growing Together", a conference for parents, teachers and others who share a young child's world will be presented by the Toronto and District Parent Co-operative Preschool Corporation (PCPC), in co-operation with Parent Co-operative Preschools International and the Co-operative Resource Centre at OISE. They will be celebrating the 75th anniversary of parent co-op preschools in North America, and the 30th anniversary of Parent Co-

operative Preschools International. The conference will take place on Friday, May 24, Saturday, May 25, and Sunday, May 26 at the Ontario Institute for Studies in Education, 252 Bloor Street West, Toronto. A variety of workshops and seminars are being offered, and delegates are expected from U.S.A. and New Zealand as well as Canada. Advance registration is required, with fees varying, depending on the program selected. Childcare will be available on Saturday only. The PCPI Annual General Meeting and Luncheon will be held at the Unionville Co-op, on Wednesday, May 29 at 12 noon. There will be a reception and banquet that evening at 6:30 p.m. at the University Women's Club, 162 St. George Street. For more information about any of these events, call 285-7272.

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JOHN HOWARD SOCIETY ANNOUNCES PROGRAMS

The John Howard Society of Metropolitan Toronto provides services to voluntary clients only. It has announced new programs to meet the needs of clients in an extremely competitive marketplace.

A Life Skills Program and Communications/Anger Management Group will meet one night per week for twelve weeks. Film nights, with discussion following, will be held on Monday evenings. Films will be chosen for relevance to John Howard Society clients. These evenings are planned to provide a healthy recreational activity as well as provide positive peer interaction.

A one week, half days, Job Search Workshop has been developed to assist clients to learn and develop the necessary skills for successful job search. To receive brochures for these programs and further information, contact Michael K. Carter at 925-4386.

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SENIORS

SPRINT HOLDS ANNUAL MEETING

You're invited to attend the Annual General Meeting of SPRINT (Senior People's Resources in North Toronto) on Wednesday, June 5 at 8:00 p.m. in the SPRINT Board Room, 641 Eglinton Avenue West. The speaker will be Dallas Petroff, Executive Director, Yonge Eglinton Health Centre who will address to topic "Community Partnerships - the Strength of the Future". Everyone is welcome.

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RENT LEGISLATION TO BE DISCUSSED AT H.I.N.T.S.

H.I.N.T.S. (Housing in North Toronto for Seniors) is a non-profit and non-subsidized organization holding monthly programs concerning matters in and around the home. H.I.N.T.S. represents a group of seniors concerned with the shortage of adequate and affordable housing and/or auxiliary services for seniors in the North Toronto area. A free program, open to the public, will be held at Eglinton United Church, 65 Sheldrake Boulevard at 10:00 a.m. on Wednesday, May 22. Dianne Poole, M.P.P. Eglinton, will be the keynote speaker, discussing "How Will the New Rent Legislation Affect You?". For further information call Les Davis at 226-1237.

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ENVIRONMENT

ENVIRONMENTALLY SOUND TIPS

Don't forget POINT's Yard Sale!

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It's lawn mower time again - Grass clippings take up alot of room in landfill sites in the summer. They contain nitrogen which should be reused on your lawn. Don't spend your summer bagging your lawn clippings. Follow these tips and leave grass clippings on the lawn where they belong. You can also put some of them in your compost pile.

- * Only cut your lawn when it is dry - this prevents clumping of the clippings.
- * Don't let your grass get too tall before cutting it, or cut it too short. Clippings less than 1" long can easily fall through the grass to the soil below.
- * Make sure the lawnmower blade is sharp for finer clippings.
- * If you get a new mower, get one that mulches the grass.
- * If you don't like leaving the clippings, try removing clippings only every other time.

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