





The Consumer/Survivor Information Resource Centre
Distributed through generous support from CSRU Program (Community Support and Research Unit) of
CAMH (Centre for Addiction & Mental Health)

BULLETIN

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

June 15, 2008 Bulletin 372

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday PHONE HOURS: 9-5 Monday-Friday LOCATION: 252 College Street, 3rd Floor, Toronto, ON MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8 TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

SO LONG, FAREWELL...

Oh, my. I hate goodbyes, I really do. But after a year almost to the day of working with the C/S Information Resource Centre as the Assistant Coordinator, it's time for me to say so long. This will be my last contribution to the Bulletin.

It's been a good year, and working here has been an excellent experience for me. I have met some wonderful people; I've learned a great deal, and I've grown. I found new strengths and overcame a few weak spots, and I developed new passions. Now, one of those passions is about to become a new job at CAMH.

Thanks to all of you, and special thanks to Helen for being such a big part of this leg of the journey, and for giving me the opportunity of working with the C/S Info Centre.

So, no goodbyes; just so long, stay strong, and one more *Words to Live By* for the road. This one is close to my heart – especially right now.

What we call the beginning is often the end and to make an end is to make a beginning.

The end is where we start from.

~ T.S. Eliot

All the best. Deb

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TELL US WHAT YOU WANT...

The Consumer/Survivor Info Centre is about to embark on holding a series of public information sessions, forums, workshops. Call them what you will, it will be another way for us to fulfill our mandate of distributing information. So, we'd like to hear from you about what kind of information you want to have. We've had a few ideas passed to us already such as: payday loan places, aging as consumer/survivors, being on a board, recovery, public speaking, and dealing with bedbugs. In the past, we've done talks on ODSP and Employment Supports and the Disability Tax Credit. Tell us what you want to hear about, or explore with other consumer/survivors. You'll be helping us to give you the kind of information you want.

We want to hear your ideas - contact us -- 416 595-2882 or <u>csinfo@camh.net</u> or C/S Info Centre c/o CAMH 250 College St Toronto ON M5T 1R8.

Wish List

Hello Bulletin readers,

This issue, we have dishes to give to anyone who needs them. Call the centre.

If you have something to donate for our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.

BOARD RECRUITMENT

THE NORTH YORK WOMEN'S CENTRE IS LOOKING FOR VOLUNTEER BOARD MEMBERS

Have enthusiasm and energy? Want to make a difference? Interested in women's issues? If you answered yes, we want to hear from you! We are a small organization with a 19-year history of providing quality programs and services for women in North York and beyond. We are well established and have a strong, solid reputation in the community.

NOW WE ARE READY TO GROW! We are looking for board members with experience in social activism, fundraising, human resources, management and building of non-profit organizations. A time commitment of 8-10 hours per month for three years is required. If you are interested in applying, please submit a volunteer application (available on our website), a letter of interest and your resume to: North York Women's Centre, Attn: Recruitment Committee, 201 Caribou Road, Toronto, ON M5N 2B5 OR Email board@nywc.org OR Fax 416 781-3822.

Applications will be accepted until 5:00 pm on June 20, 2008. For information on the board, contact Mulu Haddis at 416 781-0479. For general information on the North York Women's Centre, its programs and services, visit www.nywc.org.





REBUTTAL TO THE VIEW FROM HERE, BULLETIN 371 COMMUNITY CRISIS TEAMS: ARE THEY REALLY IN OUR BEST INTERESTS?

By Graeme Bacque

Given the strained and occasionally deadly nature of the overall relationship between psychiatric survivors and law enforcement agencies, it really begs the question: should the police even become involved in situations where someone is experiencing an emotional or mental crisis?

It never ceases to amaze me how our community can be so acquiescent toward the continued (and escalating) state/psychiatric invasiveness in our lives when we are (to my mind) capable of much greater initiatives in our own behalf.

The much-touted community crisis teams, which pair a psychiatric nurse with a police officer on patrol in several Toronto neighborhoods, are no solution to my mind. On the contrary, these teams are dangerous for a number of reasons.

For one, they do essentially nothing to mitigate the risk of someone suffering serious bodily harm or even death at the hands of the police. The cop in the equation still has access to all the hardware of his own trade – a 9mm Glock, pepper spray, baton and quite possibly a Taser, as well as ETF backup – which the police culture of violence has trained him to resort to with possibly deadly outcome. Second, these teams enable far greater legal invasive capabilities by psychiatric personnel.

A psychiatric nurse, under ordinary circumstances, has no more right to cross another person's threshold uninvited than does any other private citizen. By virtue of being in the company of a police officer, this health worker can now simply offer the opinion that a 'medical emergency' exists within the premises in question, after which the cop can utilize his own 'discretion' in dealing with the situation – by kicking the door in. Presto-changeo – the nurse now has a legal 'in' where none existed before. On top of that, we need to factor in the insensitivity regarding gender, culture and sexual orientation so frequently demonstrated by both the police and 'mental health' professionals, which can further complicate situations.

What's wrong with this picture? And what needs to be done instead?

For starters, rather than resorting to involvement by law enforcement (or psychiatry) when someone is in crisis, we need trained teams composed of members of our own communities who can intervene in a non-violent manner by deescalating potentially threatening situations and offering mediation, referrals to community resources or merely a sympathetic ear. First contact can be made by telephone or in person in a safe neutral space without threatening the safety or sanctity of someone's home.

Another helpful initiative would be the establishment of small, neighborhood-based, hassle-free crisis facilities that would operate on a walk-in basis and be staffed by trained members of the psychiatric survivor community. Such centres could offer a safe place where a distressed person could find someone to talk to, a few hours' uninterrupted sleep, a hot meal or a portal for accessing other community resources.

Then there are other ideas such as survivor-run housing co-operatives, retreat centres and longer-term intentional communities – the possibilities are virtually endless. The only limits are within our own imaginations.

Given the alternatives we are capable of creating for ourselves, there is no sense in continuing to sanction potentially violent state/psychiatric intervention in the lives of frightened, angry, lonely, distraught human beings. An approach rooted in consent, respect, compassion and the potential for genuine healing must be the way of the future.

-Graeme Bacque, June 3, 2008 graemeb@295.ca



ANNOUNCEMENTS

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

ON BEHALF OF THE CITY OF TORONTO, MAYOR DAVID MILLER WILL PROCLAIM JULY 14TH TO JULY 20TH 2008 AS

MAD PRIDE WEEK 2008

In addition to Mayor Miller's Proclamation, MPP Cheri DiNovo will announce Mad Pride Week in both her newsletter and in the Ontario Legislature. MP Peggy Nash will do the same in her constituency.

This year, the MAD Pride Toronto Organizing Committee is planning a fabulous week of activity from Monday, July 14th at 3:00 pm, to Sunday morning, July 20th. We encourage you to think about how you can participate in this year's Mad Pride Week, and introduce Mad Pride to others. Based on examples from Mad Pride celebrations past, the event compels the artist and writer within. Mad Pride Toronto is written about in many essays and articles, and is the subject of a few documentaries.

We are seeking submissions of live theatre, literature and spoken word, performance art, arts and crafts, film and educational presentations. If you would like to include your work in Mad Pride Toronto 2008, please send a brief description along with an estimated running time to friendlyspike@primus.ca or Friendly Spike Theatre Band, Suite 210, 2466 Dundas Street West, Toronto ON M6P 1W9. For more information call 416 516-4740.



Presents a World Premiere



EDWARD THE "CRAZY MAN"

A PLAY FOR CHILDREN ABOUT MENTAL ILLNESS AND HOMELESSNESS

By Emil Sher, based on the award-winning book by Marie Day. Recommended for children age 9 and up

SUNDAY, JUNE 15, 2008, 10:30 AM AND 1:30 PM

TICKETS:

Call TicketWeb at 1 888 222-6608 or go online at www.ticketweb.ca

Children and seniors \$15; Adults \$20; Student groups \$11

Lorraine Kismet Theatre for Young People, 165 Front Street East

For information go to

www.workmanarts.com/Theatre/Edward.cfm or call Workman Arts at 416 583-4439. School bookings ask for Shannon Quesnelle, email Shannon_Quesnelle@camh.net.

Generously supported by Ontario Arts Council, Toronto Arts Council, CAMH, and Lorraine Kismet Theatre for Young People.



TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK (LHIN) OPEN BOARD MEETING

The next Open Board meeting of the Toronto Central LHIN (Local Health Integration Network) has been re-scheduled to Tuesday June 24th from 4:00 pm to 6:00 pm. It will be held at the LHIN office at 425 Bloor Street East, Suite 201. For more information call 416 921-7453 or 1 866 383-5446.

SEEKING EMPLOYERS!

We work with motivated young individuals recovering from mental illness to seek paid work. One of our strategies to facilitate employment is to network with supportive people like C/S Info Bulletin readers. Some of the Toronto area positions/work sites our clients are seeking include:

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- security work
- □ light clerical/office work
- mechanic work
- cashier/merchandising for a pharmacy
- computer sales

If you have any leads, please email us at:

Trent: <u>Trent_Copp@camh.net</u> or phone at 416 200-7866 Jenifer: <u>Jenifer_Kim@camh.net</u> or phone at: 416 459-9006

THE COMMUNITY SOCIAL PLANNING COUNCIL OF TORONTO SENDS ALONG THE FOLLOWING INFORMATION: ONTARIO GOVERNMENT ANNOUNCES A CONSULTATION ON TEMP AGENCY WORK

Contact the Workers' Action Centre at 416 531-0778, Deena Ladd x 222 or Sonia Singh x 221 or you can email deena@workersactioncentre.org if you would like to give some feedback about some key issues that the consultation will be focussing on, such as:

- public holiday pay for temp workers
- who's responsible when workers don't get their pay or other employment rights
- barriers to permanent employment
- fees charged to workers by agencies
- · ensuring workers get information about assignments

Deadline for your feedback is July 7th, 2008

HELP SHAPE THE FUTURE OF ONTARIO'S DRUG FUNDING POLICY

The Ontario Government is also looking for citizen engagement about the prescription drug plan. Ontarians of all backgrounds are encouraged to apply for the Ontario Citizens' Council. Recruitment started May 20 and closes June 30, 2008. There will be 25 people representing a cross-section of ages, cultures and regions of the province. They will meet twice a year to "reflect upon pressing matters of provincial drug policy and to give advice to the government."

George Smitherman, Deputy Premier and and Minister of Health and Long-Term Care says, "Good governance includes opening up processes to the everyday citizen's point of view. This council reflects our government's commitment to ensure the public's opinions and values are heard." To participate, go to the Ontario Ministry of Health website www.health.gov.on.ca and click on Ontario Citizens' Council.



JOB POSTINGS

COMMUNITY OUTREACH PROGRAMS IN ADDICTION (COPA) EXECUTIVE DIRECTOR

For more than 24 years, COPA has been a leader in providing innovative community-based services to older adults in the Coty of Toronto who are experiencing problems related to substance misuse and gambling. COPA is seeking an innovative, highly motivated, and resourceful leader who is eager to continue the realization of COPA's transformational strategic initiatives. We offer a competitive compensation package and are centrally located in a vibrant downtown Toronto community. This position reports to the Chairperson of the COPA Board of Directors.

Pri	mary Functions
	To manage the programs, services and staff of the agency
	To act as the CEO and ex-officio member of the Board of Directors
	To continue to grow the organization
	To act as the agency liaison with the Toronto Central Local Health Integration Network and relevant community agencies
Du	ties and Responsibilities
	Manage staff
	Manage program activities to ensure quality of service to clients
	Proactive resource development
	Serve as a non-voting member of the Board of Directors and all Board committees
	Manage administration
	Public relations, networking and advocacy
Qu	alifications
	Post graduate degree in business, social work, nursing, psychology or social science or equivalent experience in a related field
	Experience in management, preferably in addictions, community mental health, health, and/or gerentology
	Experience in developing and implementing programming
	Experience in working with a community Board of Directors
	Excellent communication and writing skills
	Excellent leadership skills

Please forward your resume and a covering letter explaining why you are the ideal candidate by **5:00 pm on June 30, 1008** to HR@copacommunity.ca. Only those selected for interviews will be contacted. For more information on COPA please visit our website at www.copacommunity.ca.

ROUGE VALLEY HEALTH SYSTEM PEER SPECIALIST ASSERTIVE COMMUNITY TREATMENT TEAM (ACTT) Temporary Part Time (approximately 6 months) 1400 Bayly Street, Pickering, Ontario

JOB SCOPE: Reporting to the Manager, ACTT, the incumbent will work closely with the interdisciplinary team to deliver rehabilitation and support services to clients living in the community. The Peer Specialist on the ACT team brings both a specialist and generalist role to the team. The peer role brings expertise about the recovery process and symptom management to clients and team members. The role also includes: case management functions as well as activities of daily living support, facilitating recreational activities, education, substance abuse services, skills teaching, psychosocial goals, advocacy and facilitating of linkages with community partners.

For information on the requirements and qualifications for this position and the application process, visit www.rougevalley.ca and click on the careers link, or drop by and see the posting on the CS Info Centre's Job Board.



FREE AND LOW COST ACTIVITIES

We will make every effort to indicate if a venue is <u>not</u> wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

SUNDAY, JUNE 15

ROMwalk 2008: Parkdale. FREE. Highlights of the walk include St. Mark's Anglican Church, Masaryk Hall, the home of Mazo de la Roche, Queen Elizabeth Hospital and Melbourne Place. Meet at 2:00 pm in front of Parkdale Library, 1303 Queen Street West, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

Lost Rivers Walk: Bain Tree Tour. FREE. This guided nature tour will be led by Dagmar Baur and Todd Irvine of LEAF. Meet at Chester Subway station. 2:00 pm. For more information visit www.lostrivers.ca/WalkSched.htm or call The Toronto Field Naturalists at 416 593-2656.

MONDAY, JUNE 16

Writer's Group. FREE. Interested in joining a dynamic writer's group? New members are welcome! Toronto Public Library, Parliament Branch, 269 Gerrard Street East. 6:30 pm to 8:00 pm. For more information call 416 393-7663.



TUESDAY, JUNE 17

Scottish Dancing and Music in the Park. FREE. Every Tuesday evening in June, Toronto Scottish Country Dancers enjoy outdoor dancing at Edwards Gardens to the sounds of Bobby Brown and the Scottish Accent. Edwards Gardens, 777 Lawrence Avenue East at Leslie, south-west quadrant. Dancing is at the north side, behind the snack bar and barn area. 7:00 pm until dusk. For more information contact John Holmberg at 416 694-1218.

WEDNESDAY, JUNE 18

Richard Bradshaw Amphitheatre World Music Series: *Rain, Wind, Clouds and Lightening*. FREE. Featuring the Jeng Yi Korean Drumming Ensemble. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 pm to 1:00 pm. Doors open 30 minutes before each performance. Tickets are distributed at the door on a first-come first-served basis. For more information call 416 363-8231 or visit www.coc.ca.

Flat Fifth. FREE. From the heart of Nova Scotia's South Shore comes this pianocentric band that's loaded with creativity, energy and talent. Flat Fifth play a curious mix of pop and jazz that is accessible and very infectious. Yonge Dundas Square, southeast corner of Yonge and Dundas Streets. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email info@ydsquare.ca.

Older Women's Network (OWN) Book Discussion. FREE. Today's selection is *The Polished Hoe* by Austin Clarke. Toronto Public Library, Northern District Branch, 40 Orchard View Boulevard, Room 224A. 2:00 pm to 4:00 pm. For more information call 416 393-7610.

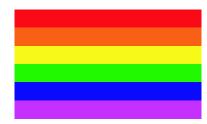
Keep Fit and Safe! FREE. A representative from the Don Mills Health Centre will discuss keeping fit and preventing falls. Toronto Public Library, Don Mills Branch, 888 Lawrence Avenue East. 2:00 pm to 3:30 pm. Register in person or by calling 416 395-5710.



THURSDAY, JUNE 19

Employment Assistance. FREE. Need help finding a job? Talk to a YMCA Employment Services Information Warehouse worker. Toronto Public Library, Downsview Branch, 2793 Keele Street. 2:00 pm to 4:00 pm. For more information call 416 395-5710.





FRIDAY, JUNE 20

Pride Toronto 2008: Rainbow Flag Raising and Proclamation. FREE. Mayor David Miller and Councillor Kyle Rae raise the Rainbow flag to signify the start of Pride Week 2008, followed by a reading of the official Pride Week Proclamation by Mayor David Miller. Toronto City Hall Podium, 100 Queen Street West. 12:00 noon. Wheelchair accessible; ASL provided. For more information visit www.pridetoronto.com.

Cultural Day for Seniors. FREE. Enjoy a harmonica performance and sing classic golden oldies while watching a demonstration on how to make a savoury Chinese delicacy. Toronto Public Library, Goldhawk Park Branch, 295 Alton Towers Circle. 12:00 noon to 3:00 pm. For more information call 416 396-8964.

Memory and Aging: What Changes and What Doesn't. FREE. Understand and diminish your memory loss. Dr. Nicole Anderson, Cognitive Rehabilitation Scientist and Assistant Professor of Psychology and Psychiatry at the University of Toronto, discusses the causes of memory loss and how to prevent further loss. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 2:00 pm to 3:00 pm. To register call 416 394-5240.

Documentary Fridays. FREE. Today's feature is *Super Size Me*. Movie critic Peter Howell of the Toronto Star says if you feel hungry for fast food after seeing this movie, you must enjoy living dangerously! The Krasman Centre, 10121 Yonge Street, Richmond Hill. 2:00 pm to 4:00 pm. For more information call 905 780-0491 or visit www.krasmancentre.com.

Job Searching Program: Interview Skills. FREE. Improve your interview skills at this job searching workshop hosted by Operation Springboard and Job Connect. Toronto Public Library, Bridlewood Branch, Bridlewood Mall, 2900 Warden Avenue. 1:00 pm to 3:00 pm. To register call 416 396-8960.

SATURDAY, JUNE 21

Sahaja Yoga Meditation. FREE. Reawaken the dormant energy within called Kundalini. Sahaja Yoga presents an ongoing Meditation program to help you in relaxing and managing physical, mental and emotional stress. Toronto Public Library, New Toronto Branch, 110 Eleventh Street. 10:00 am to 12:00 noon. To register call 416 394-5350 or 416 201-7649.



14th Annual National Aboriginal Day. FREE. The City of Toronto and the National Aboriginal City Celebration Committee host a number of events, beginning with a Sunrise Ceremony and Flag Raising at 5:30 am at the City Hall podium roof. At 9:00 am, the Buffalo Jump Parade leaves from the southwest corner of City Hall, 100 Queen Street West. For more information contact Mae Maracle at 416 392-5583 or mmaracle@toronto.ca.

Na-Me-Res Traditional Pow Wow. FREE. National Aboriginal Day celebrations continue with a pow wow hosted by Na-Me-Res. Wells Hill Park (Bathurst Street and St. Clair Avenue West). Grand entry is at 12:00 noon. For more information visit www.torontopowwow.com or contact Mae Maracle at 416 392-5583 or mmaracle@toronto.ca.

SUNDAY, JUNE 22

ROMwalk 2008: *Cabbagetown.* FREE. Highlights of the walk include Victorian Houses, former Trinity College Medical School, Riverdale Park, The Necropolis, and Wellesley Cottages. Meet at 2:00 pm at Parliament and Spruce Streets, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

MONDAY, JUNE 23

Identity Theft: Reduce Your Risk. FREE. Learn how to protect yourself from identity theft. This workshop explores the types of information identity thieves are looking for an how you can protect yourself from becoming a victim. Also included: bank machine skimmers, electronic scams, mail fraud and how to report incidents or concerns. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 7:00 pm to 8:00 pm. To register call 416 394-5240.





TUESDAY, JUNE 24

Service Canada Information Session. FREE. A Service Canada Agent will provide information on the Government of Canada's programs and services. Toronto Public Library, Victoria Village Branch, 184 Sloane Avenue. 2:00 pm to 5:00 pm. For more information call 416 395-5950.

Movies in the Square. FREE. Tonight's feature film is *Gone with the Wind*, Part I. Atlanta burns and hearts melt in this Clarke Gable classic. Part II will be shown on June 30th. In the square at Yonge and Dundas Streets. 9:00 pm to 11:00 pm. For more information call 416 979-9960 or email info@ydsquare.com.

Pride Verses. FREE. Toronto's most daring, most outrageous, and most talented performance poets will descend for an inspiring, energetic and in-your-face night of poetry. Performances by Ski Gilbert, Tara-Michelle Ziniuk and Kate Leadbeater. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 8:00 pm. For more information call 416 531-4635 or visit www.gladstonehotel.com.



WEDNESDAY, JUNE 25

2008 Being Scene Art Exhibition Opening. FREE. The 9th Annual, year-long art exhibition, Being Scene, officially opens in the lobby of the CAMH Administration Building. This juried exhibition, presented by Workman Arts, is displayed at CAMH's Queen, College and Russell Street sites and will showcase over 50 artists who receive services from CAMH. CAMH, Administration Building, 1001 Queen Street West. 12:00 noon. For more information visit http://www.camh.net/News_events/CAMH_Events/being_scene_2008_opening.html.

Create a Mosaic. FREE; materials supplied. Artist Asha Rastogi will show you how to create beautiful mosaics from natural materials. Toronto Public Library, Don Mills Branch, 888 Lawrence Avenue East. 2:00 pm to 4:00 pm. Register in person or by calling 416 395-5710.

Housing Help. FREE. Meet a housing counsellor who will assist you with subsidized housing applications and landlord-tenant laws. Toronto Public Library, Victoria Village Branch, 184 Sloane Avenue. 3:00 pm to 5:00 pm. For more information call 416 395-5950.

ROMwalk 2008: *The Annex.* FREE. Highlights of the walk include Medical Arts Building, First Church of Christ Scientist, York Club, plus two residential styles of architecture unique to Toronto. Meet at 6:00 pm at Lowther and Avenue Road, rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

THURSDAY, JUNE 26

Afternoon at the Movies. FREE. Today's feature film is *Kate and Leopold.* Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3rd Floor, Room B, Auditorium. 2:00 pm to 4:00 pm. For more information call 416 395-5440.



FRIDAY, JUNE 27

Tea and Entertainment. FREE. Enjoy a wide variety of films and special seasonal programs with sing-alongs and treats. A film list is available each month from the second floor information desk or by calling the library. Toronto Public Library, North York Central Branch, 5129 Yonge Street. 2:00 pm to 4:00 pm. For more information call 416 395-5639.

Job Searching Program: Smart Serve Certificate Training. FREE. Operation Springboard and Job Connect host workshop that will allow you to qualify for the Smart Serve Certificate. Toronto Public Library, Bridlewood Mall Branch, 2900 Warden Avenue. 1:00 pm to 3:00 pm. For more information and to register call 416 396-8960.

The Exploitation of Beautiful: A Discussion on the Portrayal of Women in Print Media. FREE. Have you ever wondered how the media exploit women and affect people's perceptions of what is healthy and appropriate? If you are interested in analyzing some of these images and messages contained in media and how they relate to women, please join us. All are welcome to attend. The Krasman Centre, 10121 Yonge Street, Richmond Hill. 2:00 pm. For more information call 905 780-0491 or visit www.krasmancentre.com.



SATURDAY, JUNE 28

Dyke March 2008. FREE. The Dyke March is a grassroots event where women and trans people in LGBTTIQQ2S communities take over the streets of Toronto. The Dyke March is not a parade – it is a political demonstration of critical mass; a moment seized to revel in the strength, diversity and passion of LGBTTIQQ2S women and trans folk. The Dyke March route begins at Church Street and Hayden, and moves along Bloor Street East to Yonge Street, along Yonge Street, and ends at Church and Wood Streets. 2:00 pm. For more information visit www.pridetoronto.com/dyke.

Yoga/Meditation for 50+ Years Old. FREE. Enjoy a gentle workout as you relieve stress and anxiety. Toronto Public Library, Woodside Square Branch, Woodside Square Mall, 1571 Sandhurst Circle. 11:00 am to 12:30 pm. For more information call 416 396-8979.

SUNDAY, JUNE 29

ROMwalk 2008: *ROM and its Neighbours*. FREE. Highlights of the walk include Royal Ontario Museum, Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. Meet at 2:00 pm in front of the ROM (Bloor Street entrance), rain or shine. Look for the blue umbrella. For more information call 416 586-8097 or email visit@rom.on.ca.

2008 Toronto Pride Parade. FREE. Close to one million spectators will crowd the streets of Toronto for this vibrant annual event. The parade begins at the intersection of Bloor Street East and Church Street, then moves down Church, Yonge, and Gerrard Streets in a fabulous display of costumes, floats and free expression. This year's Grand Marshal will be Enza 'Supermodel' Anderson, who will lead the parade along with Friends for Life Bike Rally. 2:00 pm. For more information visit www.pridetoronto.com or call 416 927-7433.

MONDAY, JUNE 30

World Routes: *Lee Scratch Perry.* FREE. Featuring the sounds of Dub Reggae. Sirius Satellite Radio Stage, Harbourfront Centre, 235 Queen's Quay West. 9:00 pm. For more information call 416 973-4000.





In the midst of winter I finally learned there was in me an invincible summer.

-Albert Camus

