

BULLETIN



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

Bulletin 415 April 1 - 14, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON
Mailing Address: c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4
Open Monday - Friday. Phone Hours: 9 - 5 Drop-in Hours: 9 - 4
Tel: 416-595-2882 Fax: 416-595-0291 csinfo@camh.net http://www.csinfo.ca/

Please Take ... Make Copies ... Post ... Share ... Forward ... Distribute ... Subscribe ...

Physical Activity and Recovery

By Scott McDougall

One constant in my attempts at recovery of my mental health and addiction issues has been the use of physical activity to get and stay well. I have struggled with mood and anxiety issues from a very young age. But even as a child I knew that if I was physically active I would always feel better after the activity. I knew that the activity would help me be calm. I was so active and involved with sports that I went to the Faculty of Education and became a physical education teacher for many years. However the mental health issues (that developed into an addiction issue) were ever present and getting more intense. Even though I was a Phys Ed teacher, I stopped using activity as a means of coping with my illness and life.

Things became worse and more serious in terms of my illness and I started using substances at ever increasing amounts and frequency to cope. In 2007 at the age of 50 my life was in a meltdown situation. I was using substances on a daily basis and stopped going to work. I was spending large amounts of money to keep my habit going. I managed to spend all my savings and most of my assets. Living like this finally gave me the notion that I should seriously think about getting well.

Thankfully I was able to enter CAMH for substance use in the summer of 2007 at the Brentcliffe site. I completed the program. While I was at rehab another client and myself started running and weight training every day before classes started. That was the start of my most successful recovery and I have used physical activity on a daily basis to manage and cope with my health. Later that year I completed a day program in the Mood/Anxiety clinic.

Apart from the good feeling I get after exercising I receive other pros from activity. There is evidence that activity lessens the stress chemicals that build up in the body and can be better managed with physical activity. Also the social aspect of playing sports is important for my recovery. Participating in the walking group Phacs (Physical Activity for Consumer/Survivors) helps to fortify my recovery and we always welcome new members. The friendship and socializing works wonders with one's mood. My self esteem and self worth issues are helped by my sense of keeping fit. I am in my mid-fifties and feel I have a good energy level because of my fitness schedule, which I am proud of.

I wanted to volunteer at CAMH to "give back" and as a tool to keep my recovery going so I have been volunteering in the Recreation Department at CAMH with therapist Bryan Scott. By volunteering with clients at CAMH I can share my experiences and skills to assist others who struggle with mental health/addictions issues by helping them discover the amazing benefits that being active can have on their mental and physical health and enjoyment of life.

Keeping physically fit is the most important tool I use for my ongoing recovery.

Doing It for Ourselves	Newsbytes	Wish List	Community Announcements	Employment	Places To Go...
1	2 - 3	3	3 - 6	6 - 8	8 - 10

Newsbytes

Severity of drug side-effects downplayed by clinicians. An article published in the *New England Journal of Medicine* reports that clinicians underestimate the severity of side-effects and symptoms experienced by patients. This failure to recognize patients' self-reports about side-effects informs drug-labeling and results in adverse drug reactions that could have been prevented. <http://healthcarereform.nejm.org/?p=3140&query=home>

Disappointing results for new Alzheimer's drug. Dimebon is an antihistamine that Pfizer and Medivation have been developing for the treatment of Alzheimer's. The pharmaceutical companies announced in early March that the drug is not effective for treating cognitive decline or behaviour problems. http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20100304/dimebon_100304/20100304?hub=Health

Sense of purpose reduces Alzheimer's risk. Researchers studied 951 seniors without dementia to find out if there is a connection between having a sense of purpose and protection against Alzheimer's. They discovered that a greater sense of purpose may reduce the risk of developing the disease by as much as 50 percent. The research results were published in the March issue of *Archives of General Psychiatry*. <http://abcnews.go.com/Health/AlzheimersNews/purpose-life-stave-off-alzheimers/story?id=9986018>

Homeless woman tasered repeatedly. A police officer in Barre, Vermont tasered a 58 year old homeless woman four times when she resisted arrest for unlawful trespass in the parking lot of a convenience store. The officer reported that the woman crossed her arms and refused to uncross them. She laughed when the first taser did not penetrate her jacket and the officer responded with a "drive stun to Osborn's left thigh" and "a second drive stun to her right thigh." The woman screamed after both stuns and uncrossed her arms after a fourth taser to her left leg. The City Police Chief defended the officer's actions to the City Council. <http://www.timesargus.com/article/20100317/NEWS01/3170351/1002/NEWS01>

Compatibility of addictions treatment and clean needle distribution questioned. The Vancouver Island Health Authority is considering an addiction treatment centre located downtown as a possible site for a needle distribution program. The director of the treatment centre strongly rejects the plan, arguing that the availability of needles on site poses a threat to recovery. The Health Authority may exempt the centre from the needle distribution program if it is shown to be incompatible with treatment. <http://www.mapinc.org/drugnews/v10/n185/a04.html>

MHCC announces study on consumer/survivor experiences with police. The Mental Health Commission will fund a new research project on the interactions between police and consumer/survivors in Metro Vancouver. The project will focus on the feelings, attitudes and beliefs of consumer/survivors who have had direct contact with police. The study is led by BC Mental Health and Addiction Services in partnership with Simon Fraser University, the University of British Columbia and the Canadian Mental Health Association – BC Division. <http://www.mentalhealthcommission.ca/English/Pages/default.aspx>

Social anxiety and risky behaviour. A study published recently in *Current Directions in Psychological Science* reports that a subset of adults diagnosed with social anxiety disorder engage in risky and aggressive behaviour. This finding conflicts with the standard characterization of socially anxious adults as "shy, inhibited and submissive". Researchers suggest that social anxiety may underlie certain risk-prone activities like substance abuse and unprotected sex in "a large minority of people". <http://psychcentral.com/news/2010/03/19/the-other-side-of-social-anxiety-disorder/12249.html>

DBS treatment for seizures. A Stanford University study found that patients with partial and complex seizures that do not respond to antiepileptic drugs experienced a reduction in the quantity and severity of seizures after treatment with deep brain stimulation (DBS). After 2 years there was a 56% reduction in frequency of seizures. Researchers caution that DBS therapy is invasive and can produce serious complications. <http://www.sciencedaily.com/releases/2010/03/100318082016.htm>

Alcohol and valium associated with violence. A study by the Scottish Prison Service of 35 young offenders at Polmont Young Offenders Institution reveals that many had committed violent acts under the combined influence of alcohol and diazepam. The teens also reported that the combination led to committing violent offences they couldn't remember afterwards. <http://www.heraldscotland.com/news/crime-courts/the-worst-recipe-for-violence-just-mix-alcohol-and-valium-1.1004388>

Wish List

We have a request for a card table with folding legs. We have a donation of a 3-in-1 canon printer in like new condition. A reader has 2 IKEA carpets to donate. One is blue with hearts, birds, and flowers in various colours (7 x 10 feet). The other is red with hearts, birds and flowers (5 x 8 ft.). Both are in good condition.

COMMUNITY ANNOUNCEMENTS

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

Join us for a valuable learning experience with
renowned therapist/trauma specialist, Natalie Zlodre

“An Introduction to Trauma-Informed Practice for Peer Support Workers” A Free Workshop for Consumer/Survivors

The workshop will provide an overview of what trauma is, and how it impacts the brain, body and mind. It will provide a basic understanding of how to recognize the signs of trauma and some recommendations of how to respond.

The workshop is sponsored by the Trauma and Homelessness Work Group. It is offered to consumer/survivors who are working or volunteering in any kind of peer-support capacity.

College Street United Church
502 Bathurst St. (north-west corner of College and Bathurst)
Wednesday, April 21 from 1 - 4:30 pm

To register or for more information contact Brian McKinnon at 416-285-7996 x 227 or by email at bmckinnon@alternativestoronto.org.

C/S Info's Free Income Tax Clinic **It's tax time!**

If you are a consumer/survivor who meets the following criteria (set by Canada Revenue Agency), then we can file your tax return for you:

- for a single person income must be under \$25,000
- for couples or a person with a dependant, income must be under \$30,000
- no self-employment income
- no bankruptcy
- no rental income
- no capital gains, and no returns for a deceased spouse.

Gather your T4's, T5's and rental receipts and call 416-595-2882 for an appointment.



CRCT

About the Health Promotion Telephone Information Line

The Health Promotion Telephone Information Line is operated by the Health Promotion Program of Community Resource Connections of Toronto. CRCT's Health Promotion Program has longstanding expertise in the collection and provision of information to users of the mental health services system, family members, service providers, and others.

What information is available from the Health Promotion Telephone Information Line? Here are a few of the many things about which information is available:

- Advocacy resources
- Court support services
- Community support (e.g. Case management, Assertive Community Treatment Teams)
- Crisis services
- Employment
- Family support
- Housing
- Social Recreation Programs
- Wellness and Recovery (including WRAP and Pathways to Recovery)

The phone number for the Health Promotion Telephone Information Line is **(416) 482-4103 ext. 328**. Inquiries may also be submitted by email to info@crct.org. Visit CRCT's web site www.crct.org for mental health-related information, as well as information about the Health Promotion Program and other programs operated by CRCT.

Wellness Recovery Action Plan (WRAP) Level 1 Training

Downtown Toronto (TBA)
Thursday April 22 and Friday April 23
Facilitated by Rona McBrierty of Edinburgh, Scotland
Cost: \$250.00
Register by April 12. www.christinegayler.com

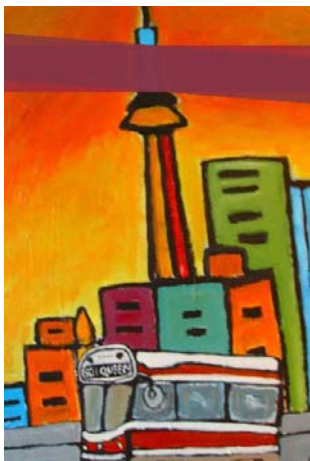
Recovery Now! A Conference for Consumers, Family Members and Service Providers

Monday April 26 from 9 am – 5 pm
Whitby Centennial Building Regal Room
416 Centre Street South, Whitby
\$15.00 per person Register by April 15, 2010

Topics include The Recovery Vision, Consumer Voices, Peer Support and Partnership, The Family Perspective and Recovery Skills – Building our Resilience.

Presented by Durham Mental Health Services, Ontario Shores Centre for Mental Health Sciences, OPDI, Self-Help Alliance/Stand Up for Mental Health, United Survivors Support Centre, Schizophrenia Society of Ontario

905-666-0831 x 221 ckellam@admhs.ca



Betty and the City - A Fine Art Exhibition
Opening Reception: Saturday, April 3, 2010 from 2 – 4 pm
Exhibit runs April 1 – April 30
Yorkville Library, 22 Yorkville Avenue
416-393-7660

The Dream Team

Annual Fundraising Dinner

Thursday, April 29th 2010

6:00 PM

Lithuanian House

1573 Bloor Street West

(one block west of the Dundas West TTC station)

The Dream Team is a group of mental health service consumers and family members who conduct political advocacy, research and public education on issues related to mental health and addictions. For over a decade, the Dream Team has advocated for supportive housing as a cost-efficient way of assisting the recovery of people who experience homelessness and who live with mental health and addiction issues.

The Dream Team advocates by sharing of personal stories about life-altering benefits of supportive housing, tackling discrimination and striving to eliminate barriers to the creation of more supportive housing.

The Dream Team looks forward to sharing this year's successes with you on April 29 ... and to celebrating the achievements of an organization that was founded by and continues to be led by consumer survivors.

The Dream Team dinner will showcase the stories and talent of its members, and guest speakers have also been invited.

Tickets are \$30.00, or \$270.00 for a table of nine seats

For further information and to reserve a ticket/table, please contact the Dream Team office at (416) 516-1422, ext 263 ... or e-mail coordinator@thedreamteam.ca.

The Dream Team <http://www.thedreamteam.ca/>

The Mad Pride Toronto 2010 Organizing Committee is delighted to announce

The Bobbi Nahwegahbow Memorial Award



Bobbi Nahwegahbow was an active member of Psychiatric Survivor, Mad Pride, Women's and Native rights communities in the city of Toronto. Psychiatric Survivor Archives Toronto, The Lakeshore Asylum Cemetery Project, Parkdale Activity Recreation Centre, The Native Centre, The Friendly Spike Theatre Band, St. Francis Table, Toronto Rape Crisis Center, are but a few of the organizations which benefited from this energetic, passionate and righteous human being who was dedicated to equality rights for everyone.

Although Bobbi Nahwegahbow passed on November 4th, 2007 her tenacious example will always be remembered by the people she worked with.

In memory of Bobbi Nahwegahbow, The Mad Pride Organizing Committee has established a \$250.00 award in her name, to be presented during Mad Pride Toronto celebrations in July 2010.

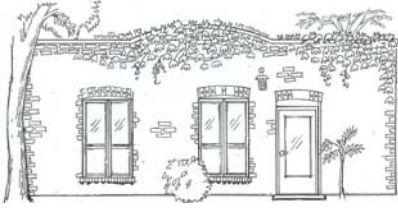
The committee requests suggestions from the community in the spirit of who best exemplifies the work which Bobbi so actively nourished. These nominations should be made in the form of a simple statement not more than one page in length, which

highlights the person or group's contributions to our community. Please send to either friendlyspike@primus.ca or Friendly Spike Theatre Band, #210, 2466 Dundas Street West, Toronto M6P 1W9

Suggestions will be reviewed and decided on by the Mad Pride Organizing Committee.

Submissions should be received by April 30th 2010

The VanDuzer Art Studio is looking for artists!



In association with Eden Community Homes, the VanDuzer Art Studio offers art workshops to artists of all abilities. Self-expression through art can play an important role in life and contribute significantly to the process of recovery from mental illness. The VanDuzer Art Studio is a newly renovated historical building centrally located behind Eden Community Homes at 196 Beverley St. If your group is a Non-Profit Organization mandated to serve adults with mental health issues, use of the space is free. Consumer/survivors may self-refer or be referred by a worker. To

book time for a group, apply to join a workshop, or volunteer please call Tamara Wilen, Art Studio Coordinator at 416-977-3655, 647-280-4931 or email tamarawilen@rogers.com.

Saturday, April 3 from noon - 3:30 pm
Saturday, April 10 from 2 - 5:30 pm
Saturday, April 17 from 9:30 - 5:30 pm
Saturday, April 24 from noon - 5:30 pm

Beading Workshop with Tamara Wilen (Free)
Sketching and Painting with Peter Rahul (Free)
Encaustic Painting with Victoria Wallace (Fee TBA)
Card-making Workshop with Michele Bakic (Free)

People and Pets



Become part of an important service that provides foster care to pets when a consumer/survivor goes has to go into hospital. Contact Linda Chamberlain at 416-824-3435 (cell phone) or Ichamb5702@rogers.com for information on how to access our services or become a foster parent.

<http://www.peopleandpets.ca/>

EMPLOYMENT MATTERS

Cooling Centre Project Coordinator Job Posting

Since 2008, Change Toronto has worked with the City of Toronto to provide employment and training opportunities for people with lived experience of homelessness through the Cooling Centre Project. Each summer 35-40 people with lived experience of homelessness are hired and trained to operate the City's 7 cooling centres.

Change Toronto is looking for a person to provide support to the 35 – 40 people hired on as Cooling Centre participants from **April 15th to September 30th 2010**. The Cooling Centre Project Coordinator will work closely with Cooling Centre participants, providing ongoing support, coordinating training, making calls during Extreme Heat Alerts, conducting interviews and developing work plans with each Cooling Centre Participant.

Job Requirements:

- Assist with the selection of Cooling Centre participants.
- Coordinate and attend meetings and training sessions.
- Conduct interviews with Cooling Centre participants to determine personal goals.
- Ensure Cooling Centre Staff arrive at their designated location on time.
- Check-in with Cooling Centre participants on a regular basis, both during Extreme Heat Alerts and throughout the summer.
- Ensure Cooling Centre participants receive honorariums for attending training sessions, meetings and shifts at Cooling Centres.
- Be prepared for Extreme Heat Alert calls which may happen between 6:30am and 8:30am any day between May 15th and September 30th.
- Be on-call during Extreme Heat Alerts and respond to questions, concerns and conflicts in an appropriate manner.

- Ensure prompt reporting of Cooling Centre statistics to City of Toronto staff.

Skills and Competencies:

- Good interpersonal skills and a desire to work with people with lived experience of homelessness.
- Reliable and committed to working with Cooling Centre participants from April to September 2010.
- Ability to work flexible hours, with the possibility of some early morning and late evening shifts.
- **Has personal experience with homelessness.**
- Has the ability to respond to conflict effectively.
- Well organized, punctual and has the ability to multi-task.
- Patience and the ability to empathize.
- A strong commitment to the principles of diversity.
- Strong computer and administrative skills.

This position is based on 30 hours of work per week. The rate of pay will be \$17.00 per hour plus 4% vacation pay.

Please submit a resume along with a brief statement highlighting why you feel you are the right person for this position to mashton@fredvictor.org or fax to 416-364-4728 (to the attention of Mandy Ashton) by **March 31, 2010**.

**Are you someone who has experienced homelessness and poverty?
Currently looking for part-time work and training
related to the social service sector?**

Change Toronto and the Ontario Council of Alternative Businesses are looking to hire 40 people to staff the City of Toronto's Cooling Centres during extreme heat alerts. These positions provide ****LIMITED**** work opportunities between May and September. Individuals must be available on an on-call basis. Every participant will receive a cell phone (if they do not have one) and a monthly cell phone top-up to ensure they are able to participate in this project.

In addition to the potential of paid work, you will also have access to FREE training, including:

- Heat-Related Illness Training
- Communication Training
- Leadership Training
- Computer Training
- Resume Writing and Interview Assistance

For each training workshop you attend, you will receive a small honorarium and TTC assistance.

At the end of summer, those participants who have successfully completed the training and have shown a commitment to the project will also receive assistance and support in obtaining a work placement (paid or volunteer) within the non-profit sector. These placements will be geared to the skills and interests of each individual.

To fill out an application or learn more, please come to one of the following information sessions:
 Wednesday March 31 from 1 – 2 pm at OCAB, 1499 Queen Street West, Room 203 (Upstairs at PARC)
 Thursday, April 1 from 10 - 11am at 59 Adelaide Street East, 6th Floor.

Application Deadline: April 6 at 3 pm. Email to mashton@fredvictor.org or fax to 416-364-4728.

Canadian Mental Health Association/Toronto Branch Job Postings

- 1) Part-time Peer Support Worker to work within the CMHA Housing Services team on a 1-Year contract
- 2) Full Time, one year contract, Housing Outreach Worker for their Housing Outreach Workers and Residential Workers team
- 3) A Permanent, Full Time Housing Outreach Worker for their Mental Health and Justice Initiative/Homelessness Initiative.

Application Deadline for each of these job postings is March 31, 2010.

The Canadian Mental Health Association is an equal opportunity employer and encourages applications from equity seeking groups' **including qualified individuals with personal experience of the mental health system.**

To view the complete job postings visit <http://www.workinginmentalhealth.ca/default.aspx>.

PARKDALE GREEN THUMB ENTERPRISES

The Psychiatric Survivor-Run Business That Grows

ARE YOU A CONSUMER SURVIVOR INTERESTED IN
A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff. Do you have experience with indoor plants we need you too. If you are interested in working with us please come by and fill out an application at Parkdale Green Thumb Enterprises, Ontario Council of Alternative Business, 1499 Queen Street West, Suite 203. Or email us - greenthumb@on.aibn.com. No phone calls please.

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

Free and Low-Cost Events for April 1 - April 14

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

EXHIBIT

Fri 9 – Sun 11 from 11 am – 4 pm. National Postage Stamp Show presented by Canadian Stamp Dealers' Association. The Canadian Stamp Dealers' Association National Postage Stamp Show at the Queen Elizabeth Building, Exhibition Place. Dealers from across Canada, the United Kingdom, and the United States, Canada Post, annual exhibition of the North Toronto Stamp Club, society and club information, stamps for kids, hourly draw prizes and much more. Queen Elizabeth Building, Exhibition Place. 519-681-3420 www.csdaonline.com/shows FREE

FESTIVAL

April 1 – 10 at 8 pm – 11 pm. The Images Festival 2010. Established in 1987, Toronto's Images Festival the largest festival in North America for experimental and independent moving image culture, showcasing the innovative edge of international contemporary media art both on and off the screen. Alongside film and video screenings, the festival presents groundbreaking live performances, media art installations in local galleries and new media projects by many renowned Canadian and international artists. Various locations: Bloor Cinema, Royal Cinema, Workman Theatre, Music Gallery, Ontario College of Art and Design. 416-971-8405 www.imagesfestival.com FREE

Sun 4 at 2 pm. 44th Annual Easter Parade presented by the Toronto Beaches Lions. One of the largest Easter Parades in North America. We are excited to announce this year's Grand Marshalls "The Harlem Globetrotters". Enjoy the floats, clowns and marching bands in this "old-fashioned parade". The parade runs along Queen Street East, starting at Munroe Park and ending at Woodbine Avenue. www.beacheslions.com FREE

FILMS

Wed 7 at 7 pm. Green Screens presents **The Arctic Circle** presented by NFB Mediatheque Toronto. Directed by Wally Longul and Takashi Shibasaki. 2009, 92 minutes. Shot in HD, in some of the world's most desolate and stunning locations, The Arctic Circle marries dramatic footage with hard science and striking computer graphics to tell the story of climate change as no one has seen it before. Followed by a panel discussion. NFB Mediatheque, 150 John Street, Richmond Street West & John Street. 416-973-3012 www.nfb.ca/mediatheque FREE

April 29 – May 9. Various times and venues across Toronto. **Hot Docs Canadian International Documentary Festival.** North America's largest documentary festival runs for 11 days presenting over 170 films from more than 35 countries and welcoming hundreds of international filmmakers and industry delegates to Toronto. 416-637-5150 info@hotdocs.ca Tickets to late night screenings after 11 pm are \$5.

MUSIC

Thurs 8 from 7 – 9 pm. Women's open mic night presented by That's Women's Work. We warmly invite all singers, song writers, musicians, comedians and those with other talents to the mic. Everyone is invited to attend, however, the mic belongs to the ladies! It's a great place to try new material, connect with the community or make your first public appearance! Stop by 10-15 minutes before the show to sign up. All are welcome! Alternative Grounds, 333 Roncesvalles Ave. michelle@thatswomenswork.com FREE

PHOTOGRAPHY

Opening Event on Thurs 1 from 5 – 7 pm. Exhibit runs from Mon 5 – Fri 30 in April. **Yonge Street** presented by Image Works. An exhibition of 26 black and white photographs by Toronto documentary photographer, Peter MacCallum. First major exhibition of the rapidly evolving urban form of Toronto's lower Yonge Street. 80 Spadina Avenue, Suite 207 (Spadina Ave. and King Street). 416-703-1999 x 80 www.torontoimageworks.com FREE

April. Greg Schilhab's Oceanides – an exhibition of underwater figure photography, transposing the art of classical dance to a weightless underwater world. Toronto Public Library, Runnymede Branch, 2178 Bloor West. 416-393-7697 www.torontopubliclibrary.ca FREE

April. Jared Black's Perspective from a Chair. Self-taught photographer shoots powerful images from the unique perspective of his wheelchair. Toronto Public Library, Toronto Public Library, Pleasant View Branch. 575 Van Horne Ave. 416-395-5940 www.torontopubliclibrary.ca FREE

RALLY

Thurs 15 at noon. The Ontario Coalition Against Poverty is holding a rally for their **Raise the Rates campaign**. We demands: Raise Welfare and Disability rates by 40% now! Stop the attacks: Give us the Special Diet! Defend Public Services. Allan Gardens Park (Sherbourne and Gerrard). Free Meal. 416-925-6939 www.ocap.ca

THEATRE

Tues 13 at 7 pm. Neighbours Nights. The Factory Theatre is offering free tickets (limit of 2 per family) to local residents of the Bathurst and Adelaide neighbourhood for a performance of *Where the Blood Mixes*, by Keven Loring. Performance is at 8 pm. Pre-show reception and chat at 7 pm with artists and members of the Theatre. The Factory Theatre, 125 Bathurst St. 416-504-9971 <http://www.factorytheatre.ca/events.htm>

WALKS

Sat 3 at 2 pm. Parson's Creek and Area. Leader Ian Wheal. Meet at the northwest corner of Caledonia Rd. and Eglinton Ave. W. Lost River Walks is a joint of project of The Toronto Green Community, The Toronto Field Naturalists and community partners including Hike Ontario. Lost River Walks is an official Ontario Legacy Trail, and has been voted one of the twenty-four best walking programs/trail systems in the province. The walks are led by knowledgeable naturalists. Visit <http://www.lostrivers.ca/index.htm> for more information. All walks are held rain or shine. FREE

WORKSHOPS AND CLASSES

Every Sunday from 6 – 8 pm. An Enchanted Evening. Free Meditation Classes, Chants and Vegetarian Meal. Meditation Toronto. Join us for our Sunday evening group meditation. Feel yourself transported to another realm by the beautiful chanting of sacred mantras, and breathing meditation. Enjoy a fantastic vegetarian dinner. You will leave feeling refreshed, renewed and satisfied. Trinity-St. Paul's Church, the first room to the right as you enter the building, 427 Bloor St. West (just west of Spadina). 416-539-0234 <http://www.meditationtoronto.com/index.html> FREE

Thurs 8 at 7 pm. Out of the Shadows: An Evening with Rona Maynard. Author of *My Mother's Daughter* and former editor of *Chatelaine* magazine, shares her journey through chronic depression. Co-sponsored by Reconnect Mental Health Services. Toronto Public Library, Richview District Branch, 1806 Islington Ave. Tickets available from March 25. 416-394-5120 www.torontopubliclibrary.ca FREE

Sat 10 from 9 am – 3:30 pm. 1st Annual Black Diabetes Expo presented by Canadian Diabetes Association. Learn how to prevent and manage diabetes while improving your overall health. Emcee: Allan Jones, radio host on CKLN. Free diabetes risk assessment. Light lunch provided. Jamaican Canadian Association, 995 Arrow Road (Finch Avenue and Hwy 400). 416-408-7140 www.diabetes.ca/black-expo/ FREE admission, parking and return bus from Malvern Town Centre. Limited seats/pre-registration required.

Tues 13 from 7 – 9 pm. Freedom from Expectations. Learn to set yourself free from unwanted or unrealistic expectations you have of others. Facilitator: Niroma DeZoysa. Scarborough Women's Centre, 2100 Ellesmere Road, Suite 245. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111 adminassist@scarboroughwomenscentre.ca \$5

WRITERS AND BOOKS

Thurs 1 from 6 - 7:30 pm. Reading and discussion by Kevin Barry. Presented by The Irish Cultural Society of Toronto. One of Ireland's rising literary stars, Kevin Barry, will read from and discuss his work. Winner of the 2007 Rooney Prize for his short story collection *There are Little Kingdoms*. St. George, Carr Hall, 100 St. Joseph Street, Robert Madden Auditorium 416-926-7145 FREE

The **eh List Author Series (schedule for April 1 – 15)**. Meet the Canadian writers everyone's reading, including Jack Whyte, author of *Knights Templar: Order in Chaos*, Margaret Wente, author of *You Can't Say That in Canada*, Guy Gavriel Kay, author of *Under Heaven*, Catherine Gildiner, author of *After the Falls* and John Bemrose, author of *The Last Woman*. Various branches of the Toronto Public Library. 416-393-7131 <http://www.torontopubliclibrary.ca/> FREE

Fri 9 from 7 – 9 pm. EVOLVE: Vampire Stories of the New Undead. Book Launch presented by EDGE Science Fiction and Fantasy Publishing. Kelley Armstrong, Tanya Huff and twenty-two other Canadian dark fantasy and horror writers re-imagine the future in the first all-Canadian vampire anthology of original fiction. World's Biggest Bookstore, 20 Edward Street (Yonge Street and Dundas Street West). 403-254-0160 www.edgewebsite.com/books/evolve/ev-catalog.html FREE



Until June 5. The "Little Dog Laughed". Exhibit of children's books and art about everyone's best friend, including Old Mother Hubbard's comical companion, Alice's Wonderland puppy, Lassie Come-Home and Harry the Dirty Dog. Osborne Collection of Early Children's Books, 4th Floor, Lillian H. Smith Branch, 239 College St. <http://www.torontopubliclibrary.ca/> FREE

In Memoriam
David Louis Lovell
May 1, 1941 – March 11, 2010