

BULLETIN



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

Bulletin 416 April 15 - 30, 2010

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Exercise – Mental Health’s Best Kept Secret

One of my peer friends said to me recently “Exercise is mental health’s best kept secret.” I wondered if there was any validity to what he had said, so I decided to try it out for myself.

I started working out once per week to see if it affected my mood. I noticed immediately following each workout session that I felt not only happier, but more focused and my thoughts were clearer. I also slept a lot better on those nights.

Exercising once a week seemed to help immediately after the workout, so I added in another day a week with similar results.

I have steadily added more exercise activities and I am now up to 4 times per week from 30 minutes to an hour per session with the positive results lasting longer. I have not only noticed a positive shift in my mood but also a decrease in my pant size!

Thanks Tom for sharing your secret with me!!

Cheri E Faris (a social worker with lived experience)

ODSP, OW and the Special Diet Allowance

The rumours are true – the new Budget brought in by the Liberal Government has eliminated the Special Diet Allowance for people on the Ontario Disability Support Program (ODSP) and Ontario Works (OW).

A memo dated March 30 from Erin Hannah, the Director of Ontario Works, and Norm Helfand, the Director of ODSP, was vague but outlined some of the details. The only good news is that nothing is happening immediately. They are talking about a transition period during which they will continue to deliver the allowance and even continue to take new applications. They say that updates will be announced in the coming months.

The allowance will be replaced with a medically-based nutritional supplement program for individuals on social assistance who have severe medical needs. The new program will be administered by the Ministry of Health and Long-Term Care. Not everyone who gets the current Special Diet Allowance will get the new ‘Nutritional Supplement’, and again, announcements will be made in the coming months.

There will be a 1% increase in social assistance rates to take effect in November for ODSP recipients and in December for OW recipients.

Helen

Exercise	Special Diet	HST and GST	Newsbytes	Wish List	Announcements	Employment	Places To Go...
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News about the HST and Your GST Cheques

As you know from the news, the 5% GST and 8% PST are being combined into one, and will be replaced by a Harmonized Sales Tax, or HST, of 13%, starting on July 1st 2010. This will mean that more things than before are taxed at 13%. Sounds like bad news.

BUT, if you file your income tax return, you can get some credits and refund cheques that will make it a little bit easier to swallow.

There will be a new sales tax credit for up to \$260 for each adult and child in low- and middle income families. These cheques will be paid quarterly and will start in July 2010. So, it looks like it will be seamless, as that is when the old GST rebate cheques would have been expected. The tax rate has been lowered by 1% from 6.05% to 5.05% for the lowest income bracket, i.e. people earning under \$36,848 per year. There's also an Ontario Tax Reduction of \$205 per person and \$379 per child. This part isn't refundable, it just reduces the taxes that you might have to pay.

Finally, there will be three cheques starting in August to help people get over the sticker shock of the HST. For single people the total of all three cheques will be no more than \$300 and for families it will be no higher than \$1,000. The last of the three cheques comes in June 2011. This is called the Transitional Benefit and it's to help us over the hump of starting to pay the HST.

Neither the new sales tax credit nor the transitional financial assistance benefit will be deducted from anyone's OW or ODSP. They are Exempt Income.

A reminder that just like the GST, you have to do your income tax return to get these refunds. Even if you have no income at all, you have to say so and tell Canada Revenue that you are applying for this every year. Call the C/S Info Centre and make an appointment to have your taxes done.

Helen

Newsbytes

Four welfare rules to be changed. Social services minister, Madeleine Meilleurs, plans to move on only 4 of the 13 welfare rules cited as the "most egregious" by an advisory council on social assistance review chaired by Gail Nyberg (Daily Bread Food Bank). Changes include shortening welfare suspension from 3 months to 1 month for first-time welfare rule breakers; allowing recipients of financial windfalls to pay down government debt (like student loans) without losing their welfare; changing the shelter allowance calculation for shared accommodation and allowing recipients to accept small amounts of cash or goods.

<http://www.thestar.com/news/canada/article/786837--welfare-rules-tweaked-after-diet-allowance-axed>

More evidence that physical exercise helps. A study of dozens of population-based studies, clinical studies and meta-analytic reviews concerning exercise and mental health reveals that exercise is highly effective for treating depression and anxiety. Mood improves after 25 minutes of exercise and individuals report less anxiety, depression, stress and anger. The researchers urge mental health care providers to serve as motivators to help people feel better faster. <http://psychcentral.com/news/2010/04/06/exercise-therapy-for-depression/12627.html>

Monitoring physical health without evidence of efficacy. Research published in *The Cochrane Collaboration* concludes that despite an increased focus on monitoring the physical health of people with serious mental problems there is no evidence to support its effectiveness. The review of the medical literature failed to turn up any randomized trials and researchers conclude that the guidelines to focus on monitoring physical health is based on "good intentions" rather than good evidence. They assert there is a "duty of care" to conduct research in order to avoid doing what could turn out to be unhelpful or even harmful. http://www.medwire-news.md/47/86966/Psychiatry/Physical_health_monitoring_guidance_in_mentally_ill_not_backed_by_evidence.html

Persistence of negative symptoms with antipsychotic treatment. A study published in the *Journal of Clinical Psychiatry* reports that many people diagnosed with schizophrenia experience symptoms such as social withdrawal, emotional withdrawal, poor rapport, and blunted affect despite receiving antipsychotics. The

CLAMORS (Cardiovascular, Lipid, and Metabolic Outcomes Research in Schizophrenia) study examined 1704 adults who were taking antipsychotics and found that almost 60 percent experienced at least one of the symptoms. <http://www.medwire-news.md/61/Schizophrenia.html>

Self-guided program effective for treating binge eating. Researchers at the Kaiser Permanente Center for Health Research, Wesleyan University and Rutgers University studied the effectiveness of a 12 week self-guided program designed to treat binge eating. They discovered that 63 percent of the participants stopped and most were still not bingeing a year later. A related study found that participants saved money because they no longer purchased weight loss aids. <http://www.medicalnewstoday.com/articles/184297.php>

New business for Niagara CSI. The Consumer/Survivor Initiative of Niagara, Ontario has been awarded a three-year contract to operate the ticket sales kiosk at Welland Transit Terminal. The kiosk opened the first week of April and executive director Judy Hoover reports she plans to bring Canada Coach service back to Welland in a few weeks. <http://www.wellandtribune.ca/>

U.S. memorial to honour those who died in psychiatric institutions. A national memorial to honour the hundreds of thousands of people estimated to have died in state psychiatric hospitals and been buried in unnamed graves is planned. Construction of The Gardens at Saint Elizabeth: A National Memorial of Recovered Dignity, is to begin in 2011 in Washington, D.C. <http://www.optumhealth.com/News/Article/162/>

WISH LIST: A TV and rabbit ears, and an adjustable grab-bar for the bathtub have been donated. We have requests for a printer and for more rugs after the donations that were in last time went so quickly.

COMMUNITY ANNOUNCEMENTS

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

The Opening Doors Project Mental Health + Equity + Diversity Free Workshop Series

Every day people experience stigma related to mental health conditions, discrimination and racism. As researchers, advocates, health promoters and frontline workers we can always use help to support communities and clients to challenge these systemic barriers.

You can support the communities and clients you work with by contacting THE OPENING DOORS PROJECT to organize FREE peer-led workshops in your agency. Our focus is on consumer/survivors and also people who use immigration and settlement services and mental health services. Our workshops are free, available to consumer/survivor groups and definitely open to individual consumer/survivors.

We offer the following workshops:

- Building Bridges: Anti-Racism 101
- Working Across Differences: Anti-Mentalism Meets Anti-Racism
- Journeys to Canada: Stories of Migration
- Mental Health & Wellness 101
- Journeys Through Mental Health: A Story-Based Approach
- Breathe: Self-Care in Stressful Times

Contact Renée Ferguson, Peer Support and Logistics Coordinator, Opening Doors Project, Canadian Mental Health Association – Toronto. 416-631-9896 x239 rferguson@cmha-toronto.net www.toronto.cmha.ca

Spring 2010: LCO Community Consultation with Persons with Disabilities

In May and June 2010, the Law Commission of Ontario (LCO) will hold accessible focus groups with persons with disabilities in Toronto, Owen Sound, Thunder Bay, Ottawa and London. As a participant at an in-person focus group in your community, you will be reimbursed for child care costs (up to a maximum of \$50) and for local travel expenses. You will also be given an honorarium for sharing your experiences with the LCO.

The Law Commission of Ontario would like to hear about the experiences of persons with disabilities with provincial laws, programs and policies. We are looking for participants in our focus groups to discuss how the law affects you, as a person living with disability. The LCO will consider your stories and ideas in making recommendations for law reform to the Ontario government.

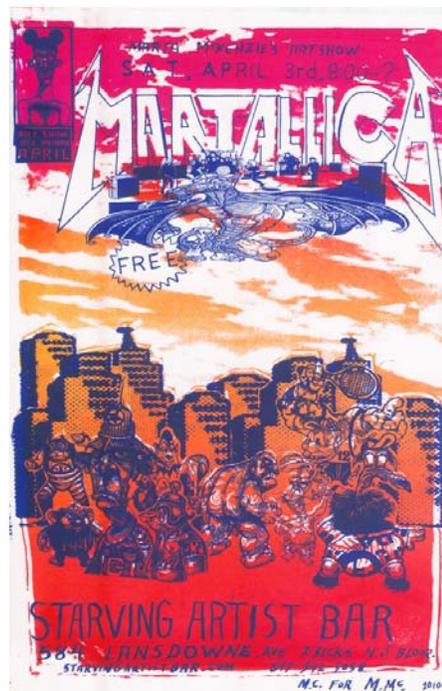
We are looking for a diversity of participants who live with disability for our focus groups. The LCO works independently of government to make recommendations for law reform to the provincial government to increase access to justice.

Starting in mid-April, sign-up will be available on the LCO's website, by mail and by phone.

Contact us at the LCO at 1-866-950-8406, by TTY at 416-650-8082 (toll-free TTY number forthcoming, to be found on our website). Visit <http://www.lco-cdo.org/>



MARTA MCKENZIE'S AWESOME illustration art!



Can't be missed... *seriously*

Starving Artist resident DJ spinning funk, soul, hip hop and fun stuff!

Show continues through April

Starving Artist Bar

584 Lansdowne Ave (2 blocks North of Bloor)

647-342-5058 starvingartistbar.com

MEDITATION / MINDFULNESS

Run by and for Persons in Recovery



The Meditation/Mindfulness group is searching high and low for a free, wheelchair accessible location capable of accommodating up to 30 persons for weekly group meetings on Tuesday evenings from 7:00 to 8:30. The group's purpose is to provide persons in recovery the opportunity to explore and discuss meditation/mindfulness as a personal recovery tool. If you know about a suitable space that is currently available please contact Zane at 416-709-8630 or meditationforrecovery@yahoo.ca. Thank you!

WORDS ON THE WALL: Geoffrey Reaume in Conversation with Ruth Ruth

To celebrate the re-issue of his groundbreaking study, *Remembrance of Patients Past* (University of Toronto Press), scholar and activist Geoffrey Reaume will conduct a walking tour of the Centre for Addiction and Mental Health (CAMH) grounds. Reaume will then guide the group to the Gladstone Hotel, where he will have an on-stage conversation with Ruth Ruth Stackhouse of the Friendly Spike Theatre Band.

Three of the installation pieces from *The Story Behind the Wall*, an exhibition by Workman Arts (WA) inspired by Reaume's text, will be featured on-stage. There will be a silent auction of bricks painted by local artists. Proceeds from the auction will be donated to the Psychiatric Survivor Archives of Toronto (PSAT) for the purpose of buying plaques to commemorate the labour of CAMH patients during the construction of a wall on the institution's grounds.

Marc Glassman, Executive Director of This Is Not A Reading Series, will host the evening event -- a TINARS event presented by University of Toronto Press, Gladstone Hotel, NOW Magazine, Torontoist.com, Take Five On CIUT, Psychiatric Survivor Archives of Toronto and Workman Arts.

Gladstone Hotel Ballroom, 1214 Queen St. West
Wednesday, April 21 at 8 pm (Doors: 7:30 pm) \$5 (or Free With Book Purchase)

EVENT ITINERARY

- Silent Auction Viewing begins at 4 pm in the Gladstone Hotel Ballroom
 - Wall Walking Tour begins at 6m. Meet at the Main Entrance, CAMH, 1001 Queen St. West
 - Interview / Auction at 8 pm (Doors: 7:30 pm) in the Gladstone Ballroom
-

The Canadian Harm Reduction Network Community Meeting

Saturday, April 17 from 2 – 5 pm
Metro Hall, Room 308, 55 John St.

walter.cavaliere@rogers.com www.canadianharmreduction.com

Are you concerned about increased spending on prisons?

We have created four working groups:

- Harm Reduction and Bill C-15 (mandatory minimums)
- Human Rights and Bill C-43 (changes to Corrections and Conditional Release Act)
- Youth Justice (this is a small group that we hope grows with time)
- Prison Expansion Working Group

Please join us in working to make a difference!

EMPLOYMENT MATTERS

C/S Info Centre Volunteer Position

Job Title: Free Fun Finder

Time Commitment: 3 hours per week / 6 month commitment

Schedule: Flexible

Location of work: In our office (accessible) or from home if you have your own computer and internet connection.

Summary of position: Help us locate low-cost, free and Pay What You Can activities in the GTA to include under Places To Go... in the *Bulletin*.

Volunteer Liaison: Colleen Burns

Responsibilities:

- Research upcoming low-cost events including art shows, exhibits, festivals, fitness, music, theatre, dance performances, workshops, films, talks, community activities, and more
- Add new sources of events to existing database
- Find events that reflect the diversity of our readership
- Write an event listing that includes date, time, description, location, contact information and cost
- Work independently and in collaboration with Colleen Burns and Helen Hook to meet publishing deadlines twice a month

Qualifications:

- Experience using search engines and email
- Basic word processing skills an asset
- Strong attention to accuracy and detail
- Lived experience of mental health or addiction challenges
- Strong appreciation of cultural diversity (gender, class, ethnicity, age, sexuality, and so on)

Training:

- Orientation to C/S Info Centre with Helen and Colleen
- On-The-Job Training with Colleen

Benefits to you and the community:

- Contribute to an important and popular resource for Toronto consumer/survivors
- Participate actively in a local Consumer/Survivor Initiative
- Become an expert on affordable places to go and things to do in Toronto
- Use your research and writing skills
- Receive acknowledgement in the *Bulletin* and appreciation by C/S Info staff and *Bulletin* readers (1540 subscribers and growing steadily!) for your work

To apply for this volunteer position please call or email us for details and an application form. We encourage consumer/survivors from diverse communities to apply.

Colleen and Helen

CMHA Toronto Branch seeks Job Coach for Employment and Social Services Program

Part-time Casual Salary: \$16.86/hr **Application Deadline: April 23, 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. Consumers of Mental Health are encouraged to apply. For complete job description visit <http://www.workinginmentalhealth.ca/default.aspx>.

Contract Position Available at Community Resource Connections of Toronto

We are offering a new program called, 'Take the Extra Step,' for women from the Hostel Outreach Program who live with diabetes and mental health issues. This program will include an 8 week WRAP group and 4 week peer support program (where issues related to diabetes and mental health will be discussed). Walking takes place throughout the program after each meeting.

We are interested in hiring a person who is a trained WRAP facilitator living with diabetes and mental health issues and has previous experience facilitating WRAP groups.

The program will begin May 5th and run to July 22nd, 2010. The contract will include facilitating a 2 hour weekly WRAP session for 8 weeks followed by 4 weeks of peer support (2 hours each meeting) as well as walking together as a group after each meeting. Interested people please send your resume to: Leslie Morris at CRCT at: lmorris@crct.org

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

Free and Low-Cost Events for April 15 - April 30

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

ART



Thurs 1 – Fri 30. Mon – Fri from 10 am – 5 pm. **With Open Arms.** International artist and photographer James C. Swartz's art and photography exhibition: landscapes, flowers, maple, birch and abstracts. Joseph D. Carrier Art Gallery, Columbus Centre, 901 Lawrence Avenue West (Lawrence Avenue and Dufferin Street). 416-789-7011 x 300 www.jcswartz.com FREE

Thurs 1 – Sat 24. **Yonge Street** presented by Toronto Image works. An exhibition of 26 black and white photographs by Toronto documentary photographer, Peter MacCallum. The 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 gallery@torontoimageworks.com FREE

April 10 - June 10. **Spring 2010 VISUAL ARTS at York Quay Centre** is made up of 10 exhibition spaces located within and outside York Quay Centre proper. The Centre exhibits new works in fine art, craft, new media, design, architecture and photography. The exhibition schedule changes five times a year.

York Quay Centre, 235 Queens Quay West. 416-973-5379

http://www.harbourfrontcentre.com/visualarts/yorkquaycentreYQC10_2.cfm All exhibits are FREE

A sampling of the new exhibits:

- **Neighbourhood Diaries: Stories from where I live.** A collaboration between artist/writer teams and children from nine Toronto community centres.
- **Portraits from Above: Hong Kong's Informal Rooftop Communities** by Rufina Wu + Stefan Canham. Photographs, drawings and transcribed oral histories depict self-built settlements on the roofs of high-rise buildings in Hong Kong.
- **Cartoon City** - Graphic novelists use their city's neighbourhoods as settings for their illustrated stories to unfold.
- **Hedging Desire** by Rita Godlevskis. A photographic study of Toronto's private urban gardens.
- **Slanguage.** Curated by Melanie Egan, Head of Craft. Within each art discipline there is a spoken slanguage that only the insiders and the aficionados truly understand. Jargon, short-hand, dialect

and lingo can impress and confuse the uninitiated. But is that truly the essence of what is created? You can talk it up or talk it down, but the object must eventually stand on its own, tell its own story and speak for itself.



April 19 to May 9. Opening Reception: May 1 at 1 pm. With their new show, **Earth, Water, Fire**, Joe Calleja, Ursula Jorch and Felicity Somerset explore three elemental forces to create abstract images with strong emotional impact. Neilson Park Creative Centre, Hall Gallery, 56 Neilson Drive, Etobicoke. joe@callejadesign.com FREE

April 23 – May 2. All day and evening. **Art of the Danforth**. A new art event in East Toronto. Art created by professional artists and community groups will be displayed on and near the Danforth between Greenwood and Woodbine Aves – in empty store windows, within operating retail establishments, on the street and in park areas. www.artofthedanforth.com FREE

DANCE

Fri 16 at 5, 6 and 7 pm. **Sensorium** - Dance MFA Thesis Concert by Susan Lee. *Sensorium* creates a sensuous, rich and intimate environment that aims to spark questions about the nature of sharing intimacy, self-revelation and how identity is perceived. York University, Accolade West Building, Room 103, 4700 Keele St. 416-736-5137 dance@yorku.ca \$5 or Food Bank donation

Thurs 15 – Sun 18. **Facts of Influence** presented by Forcier Stage Works. Two new works by indie contemporary dance companies: *Gold* and *Bliss* (running time: 1 hour 10 minutes with intermission). Forcier Stage Works. 80 Winchester Street (Parliament and Winchester). 416-904-5961 info@forcierstageworks.com Sunday show at 2 pm is PWYC

ENVIRONMENT

April 3 – October 2. **Community Environment Days**. Hours vary by location. Presented by Live Green Toronto and hosted by your local Councilor. Drop off unwanted household items. Many locations bring in a truckload of free compost. Bring buckets or strong bags and a shovel! 311 teo@toronto.ca http://www.toronto.ca/environment_days/schedule.htm FREE

Thurs 22 all day. **Earth Day**. Everywhere. Celebrate the Earth however you see fit. FREE

Sat 24 from 10 am – 2 pm. **Trees Across Toronto** presented by City of Toronto. Help double Toronto's Tree Canopy and grow the urban forest. City staff leads volunteers on how to plant native trees and shrubs in a designated planting area. Earl Bales Park, Broad Acres Park, Milliken Park, McCowan District Park. 311 www.toronto.ca/parks/tat FREE

FESTIVAL

Sat 24 – May 2. Various times and locations across Toronto. The **25th Annual Mayworks Festival** of Working People and Ideas. Visual arts and performances. 416-599-9096 admin@mayworks.ca FREE

FILMS

Rebel Films Series. Each of the films in this series will be preceded by a brief introduction and followed by a commentary and open discussion. OISE, 252 Bloor St. West, Room 2-212. All are welcome. \$4

- Fri 16 from 7 – 9 pm. *American Casino 2009*, (89 minutes). This new documentary by Andrew and Leslie Cockburn is about the mortgage crisis in the U.S. and the effect that it has had on African-Americans living in Baltimore. Commentary by Socialist Action member Christian Whittall, followed by an open discussion period.
- Fri 23 from 7 – 9 pm. *Crude: The Real Price of Oil 2009*, 105 minutes. This is an inside look at one of the largest and most controversial legal cases on the planet, the infamous \$27 billion "Amazon Chernobyl" case in Ecuador.

Mon 19 from 7 – 9:30 pm. **Home Safe Toronto**. A documentary film by Laura Sky, produced by Cathy Crowe. Second in the SkyWorks series of documentaries that deals with how families in Canada are living with the threat and experience of homelessness. Questions and answers afterward with Cathy Crowe

and Rene Adams (parent and advocate). North York Central Library, Auditorium, 5120 Yonge St. amfitzpatrick@torontocas.ca www.recession-relief-coalition.org FREE

FITNESS AND RECREATION

Ongoing. **Toronto Field Naturalists** (Since 1923). 2 Carlton Street, Suite 1519, 416-593-2656 <http://www.torontofieldnaturalists.org/v-walks.htm>.

- Sun 18 at 2 pm. **TOILET TO TAP** – Lost Rivers (Earth Day). Leaders: Helen Mills and John Wilson. Meet at the southwest corner of Coxwell Ave. and Lake Shore Blvd. Follow the "Toilet to Tap" walk in the Beach neighbourhood described at www.thirstycitywalks.ca from Ashbridge's Bay Sewage Treatment Plant to the R.C. Harris Drinking Water Filtration Plant.
- Tues 20 at 10:00 am. **York Cemetery – Birds**. Leader: Carol Sellers. Meet at cemetery entrance on Beecroft Rd at North York Blvd. Bring lunch and binoculars.
- Sat 24. **German Mills Park** – Nature Walk
- Sat 24. **Cedarville Ravine** – Mayor Miller's Clean-Up Day
- Thurs 29. **Rouge Park** – Wildflowers & Nature

Membership includes eight issues a year of the Toronto Field Naturalist newsletter, over a hundred guided walks per year, and eight informative lectures a year. To become a member call 416-593-2565 or email office@torontofieldnaturalists.org. Annual Membership Fees: \$40 Single \$30 Senior Single \$30 Student \$50 Family (2 adults - same address, children included) \$40 Senior family (2 adults 65+)

MUSIC

Tues 20 from 8 pm – midnight. **Drummers in Exile**. Annex Wreck Room, 794 Bathurst St. 19+ bring ID! 416-536-0346 <http://www.drummersinexile.com/> PWYC (\$2-\$5) Bring food to share if you can.

Tues 27 – Wed 28 from 9 pm – 12:30 am. **Locomotive 8, Nate Sielger & the Gentiles, and the Tribulations**. Bread & Circus, 299 Augusta. 416-336-3399 www.breadandcircus.ca \$5

SHOWS

Mon 19 from 10 am – 4 pm. **The Mompreneur Fall Show**. The latest and greatest for the woman, the mom and the entrepreneur. The Distillery Historic District, Fermenting Cellar, Building 6 & 7, 55 Mill St. k.bechthold@themompreneur.com www.themompreneur.com FREE

Sat 24 from 10 am – 4 pm. **Ontario Insect Fair**. Annual show and sale of worldwide exotic butterflies, moths, beetles and other dried insects. This is an excellent venue for both the experienced and novice collector as well as being educational for students. Toronto Botanical Gardens, 777 Lawrence Avenue East (Leslie Street & Lawrence Avenue East) 519-652-6696 www.thornesinsects.com FREE

WORKSHOPS AND CLASSES

Sat 17 from 2 – 3 pm. **A 200-year Affair: African-American History in Paris**. Journey through the Paris of African-American writers, artists and entertainers with Walking the Spirit Tours. Toronto Public Library, Beaches Branch, 2161 Queen St. East. 416-393-7703 <http://www.torontopubliclibrary.ca/> FREE

Sat 17 from 2 – 4 pm. **Digital Photography Workshop**. Basic camera techniques. Register now. Toronto Public Library, Fairview Branch, 35 Fairview Mall Dr. 416-395-5750 www.torontopubliclibrary.ca FREE

Mon 19 from 2 – 4 pm. **Guide for Tough Times** by Credit Canada. Debt management. Toronto Public Library, Richview Branch, 1806 Islington Ave. 416-394-5120 <http://www.torontopubliclibrary.ca/> FREE

Tues 20 from 2 - 4 pm. **Watercolours for Beginners**. Learn basics of watercolour painting for beginners. 239 College St. Lillian H. Smith Branch. <http://www.torontopubliclibrary.ca/> FREE

Tues 20 from 6 – 7:30 pm. **Decluttering Your Life**. Are you drowning in clutter? Informative session outlining the step by step process to bring balance and order to your life. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 <http://www.torontopubliclibrary.ca/> FREE

Wed 21 from 7 – 8 pm. **Posture Related Neck Pain and Headaches**. Discussion by Naturopath Graham Beato and Clinical Exercise Physiologist John-David Kato. Toronto Public Library. Deer Park Branch. 40 St. Clair Ave. East. 416-393-7657 <http://www.torontopubliclibrary.ca/> FREE

Fri 23 from 2 – 2:30 pm. **Understanding Dementia and Alzheimer's Disease**. Presented by Alzheimer Society of Toronto. Toronto Public Library. Don Mills Branch. 888 Lawrence Ave. East. Call 416-395-5710 or visit <http://www.torontopubliclibrary.ca/> FREE

May 1 from 2 – 3 pm. Asian Heritage Month: **The Art of Japanese Calligraphy**. Materials are provided. Wear dark clothing as Sumi ink does not come out. Register beginning April 19. Toronto Public Library. Bloor/Gladsone Branch. 1101 Bloor St. West. 416-393-7674 <http://www.torontopubliclibrary.ca/> FREE

WRITERS AND BOOKS

Keep Toronto Reading Festival continues until April 30 at Toronto Public Library. Here is a sampling of what is on offer. For full listing of festival events pick up a What's On at your local library branch or visit <http://beta.torontopubliclibrary.ca/ktr/>. (April is also Poetry Month). FREE

- Mon 19 from 7 - 8:30 pm. Vicki Delany discusses her latest mystery, *Winter of Secrets*. [Toronto Reference Library](#)
- Tue 20 from 6:30 - 7:30 pm. [Read one of your poems](#) that is five minutes or less. [Beaches](#)
- Wed 21 from 7 pm - 8 pm. Peter Unwin, *In Search of the Canadian Road* with musical accompaniment. [High Park](#)
- Thu 22 from 6:30 - 7:30 pm. Author/chef Judy Lynn Fleming on the benefits of a raw food lifestyle. [York Woods](#)
- Thu 22 from 7 - 8 pm. *One Book: Where are the Men?* Panel discussion on black families, youth and gangs. Featuring Dalton Higgins, Audette Shephard, and Pastor Orim Meikle. Moderated by Norman Otis Richmond. [Maria A Shchuka](#) Branch. 1745 Eglinton Ave. West. 416-394-1000 FREE
- Fri 23 from 7 - 8:30 pm. [Friday Nights with Diaspora Dialogues](#). Performances by Brenda MacIntyre, Donna-Michelle St. Bernard, Jaspreet Singh and Monica Rosas. Spoken word by Heather Hermant. [Palmerston](#)
- Mon 26 from 6:30 - 8:30 pm. The [Toronto Comic Arts Festival](#) celebrates the release of *Undeleted Scenes*, the latest graphic novel by cartoonist Jeffrey Brown. [North York Central Library](#)
- Wed 28 from 6:30 - 8:30 pm. Enjoy a reading from mystery writer [Maureen Jennings](#), author of the popular *Detective Murdoch* series, which has now been adapted into a TV series, *Murdoch Mysteries*. [Danforth/Coxwell](#)
- Wed 28 from 7 - 8:00 pm. [Short Story Contest Gala](#). Meet the winners of the 2010 Toronto Star Short Story Contest. [Toronto Reference Library](#)
- Thu 29 from 7 pm - 8:30 pm. [We Love Vampires](#). Chris Szego, contributor to the *Cultural Gutter* website, Tanya Huff and Robert Knowlton discuss why vampire fiction is so popular. Followed by a tour of the Merril Collection of Science Fiction, Speculation and Fantasy. [Lillian H. Smith](#)

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

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🌱 Save a tree. If you get the *Bulletin* by mail and you are able to convert to email, please contact the Centre and let us know your email address. 416-595-2882 csinfo@camh.net