

BULLETIN



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

Bulletin 423 August 1- 15, 2010

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Launch of the Canadian Hearing Voices Network

The Hearing Voices forum held on July 19 at the Workman Arts Theatre was a success. 75 attendees were anticipated and 100 showed up for this in-depth exploration of the experience of hearing voices. A main theme of the forum was that voice hearers can benefit from exploring the meanings of the voices in their (our) lives. This alternative was contrasted to a biomedical approach that treats hearing voices as the criteria for a schizophrenia diagnosis and as a symptom to be eradicated.

A second key theme of the forum is the value of a trauma-informed approach to hearing voices. Presenters explained that the vast majority of voice hearers first began to hear voices following a significant trauma. Presenters argued for the importance of normalizing the voice hearing experience, noting that people in prolonged isolation usually hear voices, some people experience voices as positive, and that various famous people throughout history were voice hearers.

The forum launched the Canadian Hearing Voices Network, presented by the Leadership Project and Intervoice: the international community for hearing voices. Their hope is that Ontario and the rest of Canada will develop self help/recovery groups for people to explore the meaning of their voices and share helpful ways of managing them. There are Hearing Voices self-help groups across Europe. Colleen

Here is a list of links provided at the forum for those interested in further exploring these alternative approaches:

“Hearing Voices” - Resources/Links

INTERVOICE – “the international community for hearing voices - If you hear voices (aka auditory hallucinations); if you know someone who does; if you work with people who hear voices; if you want to know more...” <http://www.intervoiceonline.org/>

Hearing Voices Network – “If you hear voices the HVN can help - we are committed to helping people who hear voices. Psychiatry refers to hearing voices as 'auditory hallucinations' but our research shows that there are many explanations for hearing voices. Many people begin to hear voices as a result of extreme stress or trauma. We offer information, support and understanding to people who hear voices and those who support them.” <http://www.hearing-voices.org/>

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“A practical guide to coping with hearing voices” by **Paul Baker**

http://www.mind.org.uk/help/medical_and_alternative_care/the_voice_inside_coping_with_hearing_voices

“**Learning from voices**” Voice-hearing experiences and ways of coping are different for every individual. Jan Holloway and J. Thomas describe their voices and how they manage, and the Hearing Voices Network outlines its work.

http://www.mind.org.uk/help/people_groups_and_communities/user/survivor_empowerment/learning_from_voices

Voice Collective – “Peer support for young people who hear, see and sense things others don’t”

http://www.voicecollective.co.uk/voices/voices_what.html

“**The Doctor Who Hears Voices**” “This docu-drama focuses on Rufus' treatment and support of Ruth, a junior doctor who is suspended from her job after she starts to hear a voice telling her to kill herself. It follows their 18-month journey as Ruth is determined to become well enough to retain her job and manage her voice and health problems, showing Rufus' unconventional approach to treating his patients including rejecting medication in favour of therapy, and opposing the singular diagnosis of schizophrenia.” (from the UK Mind website). To see this film go to www.rufusmay.com or Youtube

In Quebec, **Le Pavois** offers a service called “Living with Voices”. For more information www.lepavois.org . (en francais)

Crazy Diamond – “Come on you raver, you seer of visions, come on you painter, you piper, you prisoner and shine!” – trainers and consultants on recovery and thriving with a unique perspective on Voice Hearing.

<http://www.crazydiamond.org.uk/>

Newsbytes

Canada’s Anti-Drug Strategy criticized. Globe and Mail public health reporter, Andre Picard, reports that debate over the controversial Vienna Declaration has taken centre stage at the 18th International Aids Conference. The Declaration argues that the war on drugs has failed and is fueling the HIV/AIDS epidemic. Supporters of the Declaration are very critical of the Canadian government’s National Anti-Drug Strategy and Federal Health Minister Leona Aglukag’s statement that she will not sign the Declaration.

<http://www.theglobeandmail.com/news/world/abandoning-moralistic-war-on-drugs-becomes-centrepiece-of-aids-meeting/article1646891/>

Depression makes the world seem grey. A University of Freiburg study published in the *Biological Psychiatry* journal reports that depressed people do not see contrast as well as people who aren’t depressed. Researchers compared the amount of optical nerve activity in 40 people with major depression and 40 people without depression while observing a black and white checkered screen. Depressed subjects had much less nerve activity. The scientists say that the reduced perception of contrast may play a role in the development or continuation of depression. <http://www.digitaljournal.com/article/294930>

Buddhist meditation improves attention span. A study of 30 people studying Buddhist meditation on a 30-day retreat found they experienced improvements in attention span. Their attention spans were monitored throughout the retreat with a computer test that measured their ability to make fine visual distinctions and sustain visual attention. The improvement was still seen 5 months later especially in participants who continued daily meditation practice. <http://consumer.healthday.com/Article.asp?AID=641260>

New compound may improve Alzheimer’s medications. Researchers have discovered a chemical compound called P7C3 that supports new cell growth in the brain. The compound allows more new brain cells to survive and become functional. They found that a derivative of the compound called A20 works even better.

Researchers say the new compound may contribute to the efficacy of experimental Alzheimer's drugs.

<http://www.nationalpost.com/scientists+uncover+drug+that+helps+grow+brain+cells/3252663/story.html>

New analgesic for chronic pain discovered. A Columbia University Medical Center research team has developed a powerful new compound for treating chronic pain. The researchers were trying to discover ways to treat depression and substance abuse related to chronic pain from combat injuries. They wanted to develop a drug that could shut off a pain pathway triggered by a protein called PKG. PKG acts like a switch that causes the brain to continue to receive pain signals even after an injury is healed. They designed a compound (called N60) that targets and blocks PKG. The compound is non-sedative and non-addictive.

<http://www.medicalnewstoday.com/articles/194879.php>

Bipolar disorder, alcohol and suicide risk. Researchers at Columbia University in New York analyzed data on 1,643 patients in a National Epidemiologic Survey on Alcohol and Related Conditions (NESARC). All of the patients had diagnoses of bipolar disorder. They found that people with a diagnosis of bipolar disorder who drink too much alcohol are twice as likely to experience suicidal behaviour than those who don't.

<http://www.medwire-news.md/Default.aspx>

'Ecstasy' used to treat PTSD. Research from the Multidisciplinary Association for Psychedelic Studies in Santa Cruz reports that MDMA, widely known as 'ecstasy', is useful in treating severe post-traumatic stress disorder. Researchers found that patients who received MDMA in addition to psychotherapy improved significantly more than patients who did not receive MDMA. 83 percent of the patients who received MDMA and psychotherapy experienced a reduction in PTSD symptoms in contrast to only 25 percent who received psychotherapy and a placebo. The study is published in the *Journal of Psychopharmacology*.

<http://psychcentral.com/news/2010/07/20/mdma-may-have-role-in-treatment-of-ptsd/15778.html>

CBT helpful for body dysmorphic disorder. The Fernand-Seguin Research Centre of Louis-H. Lafontaine Hospital has developed a specialized cognitive behavioural therapy (CBT) treatment for people diagnosed with body dysmorphic disorder (BDD). The participants received the treatment for 20 weeks and experienced reductions of 46 percent in appearance-related fixations, 53 percent in troubling rituals related to perceived flaws in appearance, and 34 percent in symptoms of depression.

<http://www.sciencedaily.com/releases/2010/06/100628124605.htm>

COMMUNITY ANNOUNCEMENTS

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

Creating Together - LGBT Consultation

This consultation will ask participants to help us create a non-pathologizing mental health and addictions research agenda for Ontario that investigates the mental health and addictions disparities that we experience and creates a vision for improving mental health and addictions outcomes in our communities.

Date: Monday September 13, 2010 12pm-5pm EST

Location: 519 Community Centre - 519 Church St., Toronto

Please also note that a light lunch and refreshments will be provided.

For further information, please visit www.creatingtogether.net or contact Nandini Saxena, Communications Associate at nandini_saxena@camh.net or 416-535-8501 x 6465.



TORONTO COMMUNITY HOUSING TENANTS SPEAKERS BUREAU IS SEEKING APPLICATIONS



Are you a **current resident of Toronto Community Housing (TCH)** interested in joining a speakers bureau comprised of tenants who have had direct experience with homelessness, poverty, and/or mental health issues?

We're seeking TCH tenants who would like to become members of an inaugural TCH Tenants Speakers Bureau training program that will provide participants with training on public speaking, policy issues, how government works, diversity issues, communication, conflict resolution and working with the media.

YOU GET: 10 weeks of intensive training in public speaking, leadership, conflict resolution, diversity, mental health and addictions ~ A small cash honorarium of \$20 per day for participating ~ TTC tokens ~ A hearty lunch on the days you are training ~ A connection to others in Toronto Community Housing who have similar experiences and a desire for change.

We ask you to use your ability to work well with others, your respect for diversity, your passion for social justice and your desire for change.

YOU GIVE: Your time every Tuesday & Wednesday from 10:00am-3:00pm from September to November 2010 ~ A desire to speak openly and publicly about your personal experiences with mental health, addictions, housing issues and poverty and ~ Your leadership skills back to your community.

If you are interested in becoming a member of Toronto Community Housing Tenants Speakers Bureau, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you would bring to the group, any leadership experience you have, and details about your previous or current involvement in the community.

Letters should be submitted by August 16, 2010 to:

VOICES FROM THE STREET
C/O ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES
Suite 203, 1499 QUEEN STREET WEST
TORONTO, ON M6R 1A3
FAX: 416 504-8063 E-MAIL: speakersbureau@bellnet.ca

Funding and support for this program was made available from Toronto Community Housing's Social Investment Fund and Voices From the Street.

The PAR Clubhouse, a program of the Canadian Mental Health Association, Peel Branch,
is proudly hosting the 2nd Canadian Clubhouse Conference

November 3rd – 6th, 2010

Novotel Toronto Mississauga Centre

Theme: Wholeness is Wellness

Cost: \$150 per person, including meals

Visit our Blog for more information: wholenessiswellness.blogspot.com

Learn about Canadian Clubhouses and the great work they do.

Contact Steve Farstad, Manager, PAR Clubhouse

Canadian Mental Health Association - Peel Branch at 905-270-6295, ext 126 or at farstads@cmhapeel.ca.
www.cmhapeel.ca

I am a student with disabilities who would like to hear from other ODSP people who are students in the Second Career Program. Have you been having difficulties getting your disability supports in place? How have you been treated as a student with disabilities from the disability center at your school? Send email to antoniaballoi@mail.com.



Come Out and Show Your Support for **The Gerstein Centre**
at the Scotiabank Toronto Waterfront Marathon Charity Challenge
on Sunday, September 26th, 2010

Walk or Run - 5k
Walk or Run - Half Marathon
Walk or Run - Full Marathon

Participants in the 'Charity Challenge' get a special discounted registration fee of \$35 and Consumer/Survivors running or walking for Gerstein Centre can participate for **FREE!** Call Pamela, Paul, Nicki or Vicki at Gerstein Centre to get the special code you will need to register for free. **416-929-0149**

To register, go to: http://eventsonline.ca/events/crs_scotia/

After you register, you'll need to set up your fundraising page at <https://secure.e2rm.com/registrator/LoginRegister.aspx?EventID=42776&LangPref=en-CA> in order for you to appear on the site as a member of the Gerstein Centre Charity Challenge Team. Once your fundraising page is set up, you'll be able to send the link to everyone you know so that they can sponsor you.

If you have any questions or need help signing up, please contact Pamela at Gerstein Centre 416-929-0149 x226 or prodgerson@gersteincentre.org.

Not very physical? You can still help by sponsoring someone on Gerstein Centre's Team by logging on <https://secure.e2rm.com/registrator/SponsorSearch.aspx?EventID=42776&LangPref=en-CA>

Now Who's Talking: Telling Your Recovery Story

A Series of 8 Story-telling Workshops

Mood Disorders Association of Ontario

Main Boardroom – 36 Eglinton Ave. West, Suite 603

September 22, October 6, 13, 20 & 27 and November 3, 10 & 17 from 1 – 4 pm.

Explore your personal experience of recovery through the process of writing and telling your stories in a nurturing environment where humour is used to lighten an often-heavy subject. The workshops are led by Elly Litvak, a mental health recovery coach, consultant and the start of her one-woman show "Now Who's Crazy Now?"

Registration Required. First 20 registrations will take the course. Writing materials provided. Presented by Mood Disorders Association and Spark of Brilliance. To register call 519-766-4450 x 237 or email info@sparkofbrilliance.org FREE

Sponsored by Workman Arts and the Ontario Trillium Foundation.

Volunteer Opportunity: Growing People Growing Food Program for CAMH Outpatients

The CAMH Sunshine Organic Garden is back with our new program Growing People Growing Food for CAMH Outpatients. If you love the outdoors, gardening, nature, or want to grow and share your own healthy food, then participating in growing an organic vegetable garden at CAMH could be the ideal volunteer opportunity for you.

FoodShare Toronto, in partnership with CAMH and the Social Phobia Support Group of Toronto is now gardening at 1001 Queen Street on Mondays, Tuesdays, Wednesdays, and Thursdays. from 9:30 am - 12:30 pm.

Learn how to grow and harvest a huge variety of veggies in a relaxed and sociable environment. If you enjoy interacting with people you might also enjoy volunteering at our regular organic market where we sell the wonderful produce we have harvested from the garden. Volunteers who garden on a regular basis will also be able to take home some of the produce they helped to grow.

Project made possible by funding from City of Toronto Live Green Toronto program

For more information, please contact Liz Kirk, Garden Facilitator at 416-460-0308 or email liz@foodshare.net.

Wish List: A subscriber needs curtain rods to fit 2 windows that are each 7 feet across

EMPLOYMENT MATTERS

Canadian Mental Health Association, Peel Branch is hiring a Mental Health Worker-Clubhouse

Application Deadline:08/31/2010

The Canadian Mental Health Association/Peel Branch is recruiting for a contract full-time Mental Health Worker for the PAR Clubhouse Program, which provides a rehabilitation day program to adults with serious mental illness. We are hiring for a 14-month maternity leave contract in our Mississauga Clubhouse.

<http://www.cmhapeel.ca/employmentopportunities.php>

Saint Elizabeth Health Care is hiring Personal Support Workers (Mental Health / Addictions)

Saint Elizabeth Health Care has been selected as the provider to deliver services for the Toronto Central CCACs Marginalized Access Partnership Initiative. We will provide nursing and personal support services to individuals who reside in alternate housing. The aim is to provide a new service delivery approach to reach individuals who are marginalized or currently underserved and require health care in the community. The three alternative housing agencies are Fred Victor Centre, Women's Residence, and Homes First.

Application deadline: 8/31/2010

<http://www.workinginmentalhealth.ca/forms/listJobs.aspx>

Connections program begins on Monday, August 30th, 2010

Connections is a free 18-week training program assisting newcomers in finding employment. The program includes 12 weeks of in-class training comprising of Intermediate Computer, Customer Service Excellence, Business English & Job Search Preparation, as well as a 6-week co-op placement with reputable organizations in the financial, hospitality, retail and travel industries.

Eligibility:

- Newcomer to Canada (5 years or less)
- Currently receiving assistance from Ontario Works
- Speaks English as a second language at an intermediate level (level 6 or higher)

For more information or to register, contact us at connections@ststephenshouse.com or 416-531-4631 x 221.

George Brown College will be hosting an Information Session for each of our programs:

CONSTRUCTION CRAFT WORKER EXTENDED TRAINING (CCWET)

Wednesday, August 11 at 12:30 pm
Casa Loma Campus, Room E326, 146 Kendal Ave
Application Deadline is February 4, 2011

ASSISTANT COOK EXTENDED TRAINING (ACET)

Thursday, August 12, 2010 at 1:00 pm
St James Campus, Room 538E, 200 King St E
Application Deadline is October 22, 2010

Please RSVP at auged@georgebrown.ca or 416-415-5000 x 6790. Please give us your name, phone number, and indicate which info session you'll be attending and number of people attending. Note: Attendance to the information session is NOT mandatory to apply for the training.

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

Free and Low-Cost Events for August 1 - August 15

DANCE

Dancing at Trinity St. Paul's United Church. 427 Bloor Street West (near Spadina Station).
416-922-8435 tsp@trinitystpauls.ca www.torontodancepractice.com

- **Sundays from 5 - 5:30 pm. Ballroom Dancing Lesson** Multi-level, beginners welcome. \$5
- **Sundays from 5:30 - 7:30 pm. Toronto Dance Practice.** All levels, all forms of ballroom dancing. No lesson; just practice. Supervised by Dance Non-Stop. \$5
- **Saturdays from 3:30 - 5:30 pm and 5:30 - 8:00 pm. Toronto Salsa Practice.** All levels welcome. No lessons, just practice. See www.torontosalsapractice.com for information. \$4

Tues 3 to Sun 8 at 7 pm. Dusk Dances. Original routines by premier dance groups performed to live music as dusk falls in the park. Withrow Park, 725 Logan Avenue (south of Danforth Avenue).
416-504-6429 x 41 www.duskdances.ca Pay What You Can

Saturdays, Aug 21 - Sept 11 from 11:30 am - 12:30 pm. Belly Dancing. Get fit in a fun and unique way. Learn the basic moves and rhythms of belly dancing in this four-week workshop. No experience required. Limit of 20 participants. Registration required. Toronto Public Library, Woodside Square Branch, Woodside Square Mall, 1571 Sandhurst Circle. 416-396-8979 FREE

EXHIBITS

Mon - Fri from 9 - 4:30 pm. Until December 31, 2010. A New Lease on Life: rental housing in 20th century Toronto. A City Archives exhibition looks at examples of public and private rental housing projects that responded to Toronto's need for rental accommodation. Whether creating more liveable spaces, devising new methods of financing, or incorporating modern planning theory, developers aspired to raise the status of rental housing. Through their success, or lack of it, they have shaped our understanding of good rental housing and offered lessons for future development. City of Toronto Archives, 255 Spadina Road. 416-397-5000 archives@toronto.ca FREE



Until June 18, 2011. Beyond Imaginings: Eight Artists Encounter Ontario's Greenbelt. Harbourfront Centre has commissioned eight artists to participate in the exhibition: Becky Comber, Keesic Douglas, Martie Giefert, Mark Kasumovic, Rob MacInnis, Erin Riley, Meera Margaret Singh, and Garrett Walker. A total of 72 large-scale photographs will provide glimpses of this environmentally protected region, one of the largest of its type in the world. Each will explore one of three aspects through their

work: Natural Beauty, Working the Land and People of the Greenbelt. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe & Queens Quay West) 416-973-4000 info@harbourfrontcentre.com FREE

Wed 4 & 11 from 5 – 8 pm. Drawing with Scissors: Molas from Kuna Yala. Exhibition of traditional hand-embroidered blouses of the autonomous indigenous peoples of Panama. Textile Museum of Canada, 55 Centre Avenue. 416-599-5321 www.textilemuseum.ca FREE

FESTIVAL

Until Aug 29. Various locations and times. Free Weekends At Toronto's Historic Sites continues. Presented by City of Toronto. Each weekend this summer running until Sunday, August 29 - visitors can enjoy programming at Colborne Lodge, Fort York National Historic Site, Gibson House Museum, Mackenzie House, Montgomery's Inn, Scarborough Museum, and Todmorden Mills Heritage Museum and Arts Centre. Programming at the sites features music, drama, crafts for kids, heritage recipes to taste and other fun for the entire family. Phone: 311 www.toronto.ca/culture/museums/freeweekends.htm FREE

From July 30 – August 2. Irie Music Festival. The 9th annual TD IRIE Music Festival is a four-day cultural extravaganza. TD IRIE Music Festival features a variety of music, food, arts and ideas at three main stages: Nathan Phillips Square, Queen's Park and our newest location: Yonge Dundas Square. 905-799-1630 x 28 www.iriemusicfestival.com info@iriemusicfestival.com FREE

July 30 – August 2. Island Soul. Caribbean culture celebrated through music, food and art in a weekend-long festival that bridges the gap between Canada and the Islands. Harbourfront Centre, 235 Queen's Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 www.harbourfrontcentre.com FREE

Sat 7 from 11 am – 3 pm. St. Lawrence Market's Annual Corn Roast. Enjoy complimentary hot-buttered roasted corn on the cob, plus music and fun. St. Lawrence Market, 92 Front St. East (Front & Jarvis). 416-392-7219 www.stlawrencemarket.com FREE

Sat 7 & Sun 8 from 10 am – 10 pm. Toronto Turkish Festival. Celebrate the rich cultural heritage of Turkey with music, dance, crafts and great food. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 www.torontoturkishfestival.org FREE

Fri 13 from 6 pm to Sun 15 at 6 pm. Hot & Spicy Food Festival. A weekend of multi-cultural flavourful food plus music, theatre, and more. Bring your appetite and sense of fun. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 www.harbourfrontcentre.com FREE

FILMS

Tues 3 at dusk. How to Train Your Dragon. Watch this family-friendly film outdoors as night falls. Centennial Square, Exhibition Place, 200 Princes' Boulevard (enter at the Dufferin Gates.) 416-263-3600 www.theex.com FREE

Mon 9 from 1 – 4 pm. Meet and Greet followed by Carlos Rivas, **Gay Men's Community Education Coordinator** with the Aids Committee of Toronto (ACT) will discuss who they are, what they do and volunteer opportunities. The Older LGBTTO Program's mandate is to provide people with opportunities to make deeper connections with their peers by socializing and learning through special events, guest speakers and cross-promoting community resources. Everyone is invited, regardless of gender identity or sexual orientation. The Older LGBTTO Resource Centre, The 519 Church Street Community Centre, 519 Church Street. 416-355-6787 FREE

Thurs 12 from 9 am – 5 pm. Animated Film Workshop for Families. Make an original stop-motion animated film. National Film Board, Mediathèque, 150 John Street. Pre-registration required. 1-866-363-5437 www.kidsummer.com FREE

Anytime! Mood Lighting Video Contest Winners. Log on to the Mood Disorders of Ontario Association website at www.mooddorders.on.ca to view winning short films promoting awareness of the consumer/survivor experience. FREE with internet access

FITNESS AND RECREATION

Wed 4 from 6 – 8 pm. High Park Nature Walk presented by The Power Plant. A specially designed nature walk of High Park led by Kathy Krelve, coordinator of the High Park Nature Centre. Meet at the High Park Nature Centre, High Park Nature Centre, 430 Parkside Drive. 416-973-4949 www.thepowerplant.org FREE

Wed 4 from 3 – 5 pm. Nintendo Wii World Cup Soccer Tournament. An afternoon of video game fun for 12-18 year olds. Choose your favourite soccer team and play knockout rounds to win prizes. Downsview Public Library, 2793 Keele Street. www.torontopubliclibrary.ca Register at 416-395-5720 FREE

Anytime! Count your steps to better mental health with the **Borrow a Pedometer** program at Toronto Public Library branches. Receive an information package that helps you chart your progress. See the Programs and Events link at www.torontopubliclibrary.ca or call Toronto Public Health at 416-338-7600 FREE

MUSIC

Until September 5 from 2 – 3 pm. Music at Mount Pleasant - Free Summer Concert Series. Rain or shine. Every Sunday afternoon, student performers from The Royal Conservatory will perform classical and favourite pieces. The concerts are held in the garden beside the conservatory, east off Mount Pleasant Road. Limited seating, please bring your own chairs and blankets. Mount Pleasant Cemetery, 375 Mount Pleasant Road, east of Yonge between St. Clair and Davisville. 416-485-9129 friends.mountpleasantgroup.com FREE

Wed 4 & 11 from 10 am – 2 pm. Fresh Wednesdays. Live noon-hour concerts by local musicians and a farmer's market featuring fresh Ontario produce. Nathan Phillips Square, 100 Queen Street West. 416-395-0490 www.utoronto.ca FREE

Thurs 5 at 7 pm. Nagata Shachu. Toronto-based Japanese music ensemble performs a selection of original works on taiko drums, the banjo-like shamisen and bamboo flutes. Toronto Music Garden, Queen's Quay West (between Spadina Avenue and Bathurst Street). 416-392-1111 www.harbourfrontcentre.com FREE

Fri 6 at 7:30 pm. Toronto Summer Music. A concert of classical music by emerging artists. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416-408-0208 www.torontosummertime.com FREE

Sun 8 at 4 pm. The King's Feast: Dilemma stories from around the world. Join a master of the Zimbabwean mbira, a great jazz and klezmer guitarist, and one of Toronto's favourite storytellers as they play music, dance, and tell stories filled with guessing-games and riddles. Toronto Music Garden, Queen's Quay West between Spadina Avenue and Bathurst Street. 416-392-1111 www.harbourfrontcentre.com FREE

Mon 9 at 12:15 pm. Music Mondays. Three pianists perform in a variety of musical styles. Church of the Holy Trinity, 10 Trinity Square. 416-598-4521 x 222. www.musicmondays.ca Pay What You Can

Fri 13 at 8 pm. Les Gitans de Sarajevo. Experience a live outdoor performance of this Balkan and Eastern European gypsy style music that inspires both nostalgic longing and joy. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 FREE

WORKSHOPS AND CLASSES

Wed 4 at 7 pm. Remixing Our World: A Special GREEN SCREENS Workshop presented by National Film Board of Canada. Participants will arrange cutout images from magazines to critically address environmental issues and superimpose them on an untouched landscape – remixing the portrayal of our environment and changing how we think about it. NFB Mediatheque, 150 John Street (John & Richmond Street West). 416-973-3012 www.nfb.ca/mediatheque FREE

Thurs 5 from 10 am – noon. Making Sense of Migraines. Dr Christine Lay. Neurologist, Director Centre for Headache, Women's College Hospital. Free information sessions open to ALL interested individuals: patients, staff, volunteers and general public. Montcalm Conference Centre, Providence Healthcare (St Clair E. & Warden) 416-285-3666 x 3810 FREE

Ongoing. Fridays from 10:30 am – noon. Housing Services. A Flemingdon Neighbourhood Services employee offers information on housing. Topics covered include subsidized housing, landlord and tenant laws, rental or utility arrears and apartment or room search. [Toronto Public Library, Flemingdon Park](#), 29 St. Dennis Drive, Auditorium. 416-395-5820 FREE

August 7 from 2 – 3 pm. Caribana comes to the library. **Panman Pat: Master of the Steelpan.** A history and hands-on demonstration. [Toronto Public Library, Maria A Shchuka Branch](#), 1745 Eglinton Ave. West 416-394-1000 FREE

WRITERS AND BOOKS

Mondays from August 9 – 30 at 5:30 – 7 pm. East End International Storytelling Program. Different activities each week. Co-sponsored with Woodgreen Immigrant Services. [Toronto Public Library, Danforth/Coxwell Branch](#), 1675 Danforth Ave. 416-393-7783 FREE

Mon 9 from 7 – 9 pm. Book Launch. "Beyond Toronto's Expectation": An Evening with Jacquelyne Luce, Hosted by Rachel Epstein. *Beyond Expectation*: An in-depth study of lesbian, bi, and queer women's experiences of thinking about and trying to become a parent. *Beyond Expectation* chronicles eighty-two women's experiences, from 1980 to 2000, during a period that saw significant changes to the governance of assisted reproduction and the status of lesbian, gay, bisexual, and transgender parents and same-sex partners. Gladstone Hotel, 1214 Queen St West. Chris Reed, University of Toronto Press. 416-978-2239 x 248, creed@utpress.utoronto.ca FREE


Deadline for Submissions: August 15, 2010. Calling all Gendervariant, Genderqueer and Trans Healthcare Practitioners! Jacoby Ballard (trans health educator, herbalist and yoga instructor) and Devynn Emory (trans health educator, healer, massage therapist) are preparing an anthology about varied approaches to trans healthcare. This will be a collection of writings by gendervariant, genderqueer and trans practitioners/ providers. We are in search of acupuncturists, Chinese Medicine practitioners, voice specialists, hormone specialists, yoga instructors, massage therapists, healers, fertility specialists, midwives, surgeons and psychotherapists to contribute to our anthology. transhealthanthology@gmail.com FREE

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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Disclaimer: The views expressed in articles, opinions and community events published in the *Bulletin* do not necessarily represent those of the C/S Info Centre staff, Board of Directors or volunteers.

 **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