



## 2011 Ontario Budget Highlights as they relate to Mental Health and Addictions

*(news via the Ontario Federation of Community Mental Health and Addiction Programs, OFCMHAP)*

There are a limited number of references in the budget for mental health and addictions but there is a clear commitment to moving forward on the addiction and mental health agenda. The highlights of the budget include:

- Commitment to release of the 10-year Mental Health Strategy. Recently a private members motion was passed by the Ontario Legislature asking the government to table an implementation plan within 60 days. This plan should be out by the end of May 2011. The initial actions arising from the strategy will focus on children and mental health first. The funding for children's mental health will increase by \$93 million by 2013-14
- In order to relieve pressure on the ER and support alternatives, **the community services sector including mental health and addictions, community support sector, and health centres will receive an increase on average of 3% in each of the next three years.** This does not mean individual organizations will receive 3% but the system will receive the increases. We assume the LHINs will determine what funding will flow to identified needs and services in their catchments.
- ODSP and Ontario Works will receive a 1% increase (to basic needs and shelter) to begin in the fall – this money is addressing a promise made in the poverty reduction strategy.
- The government is committed to a full program review process that will also address health care. This review could impact the back offices of organizations or how they relate to other mental health and addiction providers as well as other health system components.

# **Comment on the 2011 Ontario Budget: Ontario Continues to Trap Social Assistance Recipients in Poverty**

*(From the Income Security Advocacy Centre (ISAC))*

The 2011 provincial budget did nothing to free people relying on Ontario Works (OW) and the Ontario Disability Support Program (ODSP) from the poverty traps built into those programs.

Given skyrocketing food prices and continuing increases in energy and transportation costs, the budget's 1% increase to OW and ODSP rates is more than disappointing and does not respond to deep poverty and desperation, particularly among single people on OW whose incomes are the lowest.

Inflation in 2010 was 2.6% and for 2011 is projected to be 2.3%. But people living on low income experience much higher inflation because the cost of items that make up a larger share of their monthly budgets -- such as food, energy, and transportation -- are increasing at a much higher rate.

In addition, government has made no moves to change the punitive rules in OW and ODSP that effectively cap people's incomes far below the poverty line and prevent them from improving their incomes on their own.

Despite asking for advice on which rule changes to make -- such as increasing asset limits, reducing earned income and child support deductions, and improving access to better education and skills training supports -- the Ontario government has done nothing in this budget to loosen these restrictions on opportunity for people on OW and ODSP.

ISAC is very supportive of the government's initiative on the Social Assistance Review, because a thoughtful evaluation of program effectiveness is critical for long term solutions to be found. However, rule changes and significant increases to financial benefits could have been funded in this budget to provide better income and skill building supports over the near term.

The budget did include a restructuring of tax credit payments for low-income people in the new Ontario Trillium Benefit. Instead of the current fragmented system, low-income people will receive sales, energy, and property tax credits in one monthly payment starting July 2012, which will give more regularity to their income. But more assistance needs to be given to the many low-income people who can't or don't file income tax returns, leading them to miss out on these benefits.

The government has made a responsible choice to avoid across-the-board cuts to services and programs in the face of the deficit. But without improving incomes and opportunities for people on OW and ODSP, the government will miss its target of a 25% reduction in child poverty by 2013 -- and Ontario's increasingly costly social deficit will simply continue to grow.

## **25 in 5 Network for Poverty Reduction Comments on 2011 Ontario budget**

March 30, 2011

The 2011 Ontario budget is disappointing for low income people. There is little new here that will help people struggling in poverty.

With an improvement in the economic outlook, the government had an opportunity to invest in affordable housing and child care to support people to move out of poverty. But this budget actually moves backwards in these areas.

The budget fails to include stabilization funding for child care. As a result, the Ontario Coalition for Better child Care warns of rising parent fees, cuts in services, and closure of child care centres.

Housing advocates expected the budget to fill a gap in Ontario's Affordable Housing Strategy by providing funding to deliver a new supply of affordable homes. At a minimum, the Housing Network of Ontario was hoping the budget would include a renewal of provincial funding for the next three years in the existing Federal-Ontario Affordable Housing Program. But there is nothing in the budget for housing.

Social assistance advocates were looking for a meaningful increase in social assistance rates and an easing of some of the rules that trap people in poverty. A 1% one time increase to social assistance rates is scant help for people on social assistance when the items they need most – food, transportation, hydro – are rising at rates higher than inflation.

A recent report from Ontario Association of Food Banks says that over 400,000 people in Ontario are forced to rely on food banks each month. This represents a 28% increase in food bank use since the 2008 recession. Nothing in the Ontario budget will help to address this growing hunger problem, and we fear these numbers will continue to rise.

One small positive change, which will give low income people more regularity in their tax-related benefit payments, is the government's combination of three tax credits (Ontario Sales Tax Credit, Ontario Energy and Property Tax Credit, and Northern Ontario Energy Credit) into the new Ontario Trillium Benefit. This new system will provide monthly tax credit payments, starting in July 2012, rather than the current quarterly payments.

Two elections are coming up over the next six months – both federal and provincial. The 25 in 5 Network for Poverty Reduction reminds all political parties that effectively turning the corner on the recession will require addressing the needs of the more than 12% of Ontarians living in poverty. We need a concerted action plan to address poverty at the federal level, and the next Ontario government must make strategic investments that address poverty and inequality.

## **Parkdale Community Solidarity Rally & March**

Saturday April 16

3 pm. Rain or Shine!

Beginning at the corner of Queen St. W. and Dowling Ave.

Join neighbours, residents, psychiatric survivors, consumers and friends as we march through the side streets of south Parkdale to signify our belonging, and our discontent with the series of attacks. The march will start at 3 pm and wind its way through the local side streets and will return to PARC at 4 pm for conversation and a light meal as we talk about belonging, safety and community.

Please bring an unopened nonperishable food item to donate to those in need.

EVERYONE WELCOME

Questions - contact Lucy Costa 416 535-8501 Ext. 3013

Organised by a network of representatives from community organisations, city services and residents in and around Parkdale.

## **Privacy and Your Health Record**

### **PART I: You and Your Patient Chart: An Information Sharing Session**

Over the years, there has been much focus on improving how professionals write information into patient charts. The Empowerment Council in partnership with York University and the Health Systems & Health Equity Research Group has been looking at how sexuality, race and class are documented in patient records. We would like to share some of our findings.

Wednesday, April 20 from 4 – 6 pm

Training Room A & B, CAMH, 1001 Queen Street

### **PART II: Privacy Rights and Participating in my Health Record**

Want to learn more about your Health Record? Did you know that you can participate in your CAMH treatment plan while in hospital? Speakers: Nicole Breeze: Privacy Officer at CAMH Carrie Clark: Advanced Practice Clinician at the Centre for Addiction and Mental Health (CAMH).

Thursday, April 21 from 4 – 6 pm

CAMH, 1001 Queen Street West, Training Room A & B

*(For more info about these events and to RSVP please contact Lucy Costa at 416-535-8501 x 3013)*

## C/S Info Centre's Free Tax Clinic

C/S Info Centre runs a Free Tax Clinic. It's only for consumer/survivors of the mental health or addictions system who live in Toronto. If you have a simple return as described below and you have your tax documents, please call us to book your appointment: 416-595-2882.

The guidelines:

- If you are single your income must be under \$25,000.
- If you are a family your income must be under \$30,000 - 35,000.

We can't do your taxes if you have employment expenses, declared bankruptcy during the tax year, have business or rental income and expenses, or were living outside of Canada during the tax year. We can't do your taxes if you are also filing for a deceased person. These guidelines are set by the Canada Revenue Agency.

If you don't have your T slips yet, then please call Canada Revenue at 1-800-959-8281 to have them sent to you. We can't do your taxes without them. Please note that our Clinic operates one day a week (Tuesdays).

## Healthy Smiles Ontario

Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you.

Kids 17 and under may be eligible if:

They are residents of Ontario; they are members of a household with an Adjusted Family Net Income of \$20,000 per year or below; and, they do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works).

To see if you qualify, call the ServiceOntario INFOLine:

Toll-free: 1-866-532-3161

TTY toll-free: 1-800-387-5559

416-327-4282 (Toronto only)

If you are not eligible for the Healthy Smiles Ontario program, find out more about other dental services that may be available to you or your family: <http://www.health.gov.on.ca/en/public/programs/dental/>

## Space Request

We are a group of Consumer Survivors who share common interests and are seeking a space in the central/west or downtown core to discuss and share our concerns. We need the space to accommodate approximately 10 - 12 people. We are flexible with the schedule, but would like to meet for about 2 hours, twice a month. If you or someone you know can help us with this, please contact me at 647-764-4758. If we need to pay for this please keep the cost low. Thank-you tremendously and respectfully.

## Laughing Like Crazy is accepting Applications

for its 11th stand-up comedy program. Participants will learn how to face their own mental health challenges, use humour to cope positively, communicate more effectively, and turn their experiences into a short stand-up comedy routine. The program will conclude with a showcase performance in August of this year. The group meets Wednesday evenings from April 27 to August 3 at 7 - 9:45 pm at the Mood Disorders Association of Ontario. This is a FREE program.

Application forms are available on the MDAO website: <http://mooddisorders.on.ca/pdf/LLCApril-Aug.pdf> or at 36 Eglinton Ave. West, Suite 602. For info call 416-486-8046 or email [laughinglikecrazy@gmail.com](mailto:laughinglikecrazy@gmail.com)

The firm deadline for applications to be received is **April 20, 2011**.

## Ontario Human Rights Commission wants to hear from Clients, Consumers, Psychiatric Survivors

Have you been treated badly because of mental health or addiction issues and experienced discrimination?

The Ontario Human Rights Commission wants to hear from you about human rights, mental health prejudice and discrimination where you work, where you live, and in the services you receive.

Wednesday, April 27, 2011

2 - 4 pm

Empowerment Council Office

CAMH, Room 160 - 1001 Queen Street

12 spots available. To register call Lucy Costa at 416-535-8501 x 3013 (Priority will be given to clients in CAMH)

## Ontario Human Rights Commission Deadline Extended

Due to the large community response to the Human Rights and Mental Health Consultation of the Ontario Human Rights Commission (OHRC), the deadline for submissions/comments has been extended. They can be sent to the OHRC by **April 30, 2011** by mail to: Ontario Human Rights Commission, Human Rights and Mental Health Consultation, Policy, Education, Monitoring and Outreach Branch, 180 Dundas Street West, 8th Floor, Toronto, ON, M7A 2R9; or by fax to 416-314-4533; or by email to [consultations@ohrc.on.ca](mailto:consultations@ohrc.on.ca)

Read their consultation paper at [http://www.ohrc.on.ca/en/resources/discussion\\_consultation/mentalhealthpr](http://www.ohrc.on.ca/en/resources/discussion_consultation/mentalhealthpr).

## PARC Professional Development Online Workshop Series 2011 – Mental Health and Physical Activity

What is the connection between mental health and physical activity? What partnerships are helpful to improve access to physical activity for people with mental illness? What role do peer leaders play in programs for people with serious mental illness? These are some of the questions that will be answered in Minding Our Bodies: Physical Activity & Mental Health. Minding Our Bodies is a capacity-building project that connects a network of physical activity programs made accessible to people with mental illness. During three years of this project, the particular benefits and the barriers for physical activity have been demonstrated through pilot programs across the province. The workshops will be presented by Jessica Kwick, Kim Umbach, Susan Roach and Judy Koss who will discuss the research and findings. The dates for the webinars are Monday, April 18 and Tuesday, April 19 from 10 am to noon. Please visit: <http://parc.ophea.net/training-workshops> for registration details.

## Newcomer Speakers Bureau Graduation Ceremony

The Mennonite New Life Centre and Voices from the Street cordially invite you to come and meet our speakers and hear their stories. MC: Pat Capponi

Wednesday, April 27, 2011 at 6 pm.

Council Chambers, Toronto City Hall

100 Queen Street West

RSVP by April 20 at 416-699-4527 x 229 or [asalazar@mnlct.org](mailto:asalazar@mnlct.org)

## The federal election will be held on Monday, May 2.

You may vote in this federal election if you:

- ✓ Are a Canadian citizen
- ✓ Will be 18 or older on election day
- ✓ Can prove your identity and address

For more information, contact us: [www.elections.ca](http://www.elections.ca) 1-800-463-6868 TTY 1-800-361-8935

## Mental Health and Physical Activity Roundtable

Celebrate the success of those working in the community mental health and physical activity sectors. Includes a panel of peer leaders sharing their perspectives on the importance of including people with lived experience in the planning and delivery of physical activity programs, program profiles, and a presentation on tools and approaches.

Thursday, May 5, 2011

8:30 am – 4:30 pm

Metro Central YMCA, 20 Grosvenor St.

Registration is \$20 (includes lunch). Some subsidies available.

416-977-5580 x 4094 Visit [www.mindingourbodies.ca](http://www.mindingourbodies.ca) or register at <http://www.eventbrite.com/event/1459656873>

## Canadian Cancer Action Network Project

Be part of the “Canadian Partnership for Tomorrow” project. The project will follow a target population of 300,000 Canadians aged 35 to 69 over the long term, and is designed to provide information on how factors such as genetics, environment and lifestyle influence the development of cancer and other chronic illness such as diabetes and heart disease. It will collect information from participants over the next several decades. The overall project consists of five regional studies known as Atlantic PATH, BC Generations Project, Quebec's CARTaGENE, the Ontario Health Study, and Alberta's The Tomorrow Project. The Canadian Cancer Action Network (CCAN) urges Canadians to sign up now!

For more information please visit: [www.partnershipfortomorrow.ca](http://www.partnershipfortomorrow.ca).

## Toronto Western Hospital's Monthly Health Talk:

### Organ Donation – Myths & Facts

Host: Toronto Western Hospital, University Health Network, Auditorium, 2WW-401, 399 Bathurst Street

Organizer: Toronto Western Hospital Patient Education and Patient and Family Library

Coordinator: [Kevin Bradley, Trillium Gift of Life and a Recipient of Organ Donation](#)

Please note: The planned schedule or topic may be changed. Please call 416-603-5800 ext. 6475 or browse the flyers at [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) to get the confirmed details of the talk. Each talk will be live webcast at <http://webcast.otn.ca> i.e. you can view the talk anywhere with computer and high speed internet at the date and time of each talk. They will then be archived to enable the public to review them anytime for one year at [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca).

Deleted: Cancer Prevention and Screenings

Deleted: Miu Lin Wong at [miulin.wong@uhn.on.ca](mailto:miulin.wong@uhn.on.ca) or 416-603-5800 ext. 2661

## New customer service rules for low-income electricity customers

(from CLEONet)

From an Ontario Energy Board news release:

The Ontario Energy Board has announced new customer service rules for eligible low-income residential electricity customers that will take effect October 1, 2011.

Some of the new rules include:

- Allowing eligible low-income customers to ask for security deposits to be waived or returned;
- Allowing eligible low-income customers to request an equalized billing amount without enrolling in an automatic withdrawal payment plan;
- Providing enhanced arrears repayment agreements with more flexible terms.

For more details visit: <http://www.cnw.ca/en/releases/archive/March2011/30/c7813.html>.

## Toronto Harm Reduction Task Force - Motivational Interviewing Workshop

Motivational Interviewing is an evidence-based approach centred on the premise that "motivation is a changeable state", and is suited for those who work with people who use alcohol and drugs from a harm reduction perspective. Through a combination of client-centred yet counsellor directed conversation-style interviews, the goal is to promote healthier behaviours. This workshop is intended as a beginner level workshop. It is aimed at peer support workers, and recent graduates in health care and social services programs.

There is no fee to attend this workshop which will be held in a downtown, central location (venue details will be forwarded with registration confirmation) on Thursday, April 28 from 9 am – 4:30 pm. Space is limited. Register at [torontoharmreduction@yahoo.ca](mailto:torontoharmreduction@yahoo.ca).

## NEWSBYTES

**Psych Survivor appointed to Consent and Capacity Board.** Local anti-poverty activist Pat Capponi has been appointed to the Consent and Capacity Board, an independent panel established by the Ontario government that conducts different types of hearings, including deciding on a person's capacity to consent to or refuse treatment and whether Ontarians receiving psychiatric treatment are capable of living outside an institution without endangering themselves or others. Her appointment was approved unanimously by the Public Appointments Committee. The appointment has historical significance as the first appointment of a psych survivor to the Board.

**6<sup>th</sup> Assault in Parkdale.** The Toronto Police Service issued a news release reporting a sixth assault in Parkdale. On April 5<sup>th</sup>, a 45-year-old man returning home in the Maynard Avenue/Leopold area was attacked from behind by a man who fits the description of the suspect in five previous assaults. The suspect is described as 5'9"-5'10" with a medium build. He was last seen wearing dark clothing with an unknown item around his face. Anyone with information is asked to call police at 416-808-1100 or Crime Stoppers at 4 1 6 2 2 2 TIPS.

**Poverty and rate of alcohol consumption.** A new study at St. Michael's Hospital reveals that men who live in poor neighbourhoods drink three times as much alcohol as women who live in poor neighbourhoods and almost twice as much as men in wealthy neighbourhoods. But where a woman lives doesn't make much difference in how much she drinks. Published in the *Journal of Epidemiology and Community Health*. A "poor neighbourhood" is defined as one where a large number of people have less than high school education, many single parent families, people receiving social assistance, high unemployment, buildings in disrepair and families in financial difficulty. <http://www.torontosun.com/news/canada/2011/03/03/17487011.html>

## Places to go... People to see...

*Free and Low-Cost Events for April 16 – April 30, 2011*

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

### CELEBRATION

Sat 16 at 7 pm, Sun 17 at 3 pm, Fri 22 at 2 pm and 7 pm, Sat 23 at 2 pm and 7 pm, Sun 24 at 3 pm. **Toronto Passion Play.** Bring your family and friends and share this memorable journey through the life of Christ. 250 volunteers and elaborate production values. Doors open one hour prior to performance. The Church on the Queensway, 1536 The Queensway (across from IKEA) 416-255-0141

<http://www.torontopassionplay.com/PP2010newsite/index.html> Free - \$5 depending on the seat. Pre-purchase tickets to ensure entrance at Church on the Queensway or online at [www.iTickets.com](http://www.iTickets.com).

Sun April 24 at 2 pm. **Toronto Beaches Lions Annual Easter Parade**. Runs along Queen Street East from Neville Park, west along Queen Street East to Woodbine Avenue. Themes may not always relate directly to Easter, but it's all good fun. FREE

## FILM

Wed 20 at 4 pm. **Margaret's Museum**. A film depicting the harsh realities of life in the coal mining community of Glace Bay, Nova Scotia. A story of love and loss between a woman and her coal miner husband. NFB Mediatheque, 150 John Street 416-973-3012 [www.onf-nfb.gc.ca/eng/mediatheque](http://www.onf-nfb.gc.ca/eng/mediatheque) FREE

Thurs April 28 - Sun May 8. 13 downtown venues. **HotDocs Canadian International Documentary Festival**. A large festival screening of over 200 documentaries and various industry events. 416-203-2155 <http://www.hotdocs.ca/> All late night screenings (after 11 pm) are \$5 or you can buy a late-night screening pass for \$10.

## GAMES

Fri 29 from 7 - 10 pm. BREAKTHROUGH presents **Games Night!** An evening filled with games, snacks and other social activities. There will be game stations, where you can play anything from scrabble to Wii! All newcomers and their friends are welcome. There will be snacks and refreshments served. BREAKTHROUGH creates social and educational events to connect LGBTQ newcomers in Toronto. We hold events the last Friday of every month at The 519 Church Street Community Centre. RSVP at

<http://www.facebook.com/?ref=home#!/pages/Breakthrough-Network/168950229787279>

Join our e-mail list: [breakthrough@the519.org](mailto:breakthrough@the519.org) FREE

## LEARNING/FORUMS/WORKSHOPS

Until June 12. Spring 2011 Art Exhibitions. Including **Oh Canada, A Lament** by Joanne Tod. A Canadian artist's portrait series documenting the Canadian soldiers who have died during the Afghanistan mission. York Quay Centre, 235 Queens Quay West 416-973-4000 [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) FREE

Wednesdays from 1:30 – 3:30 pm. **Getting on With Life and Its Challenges**. Free Workshop Series for Spring 2011. A Mental Health Support & Skills Development Program. Regeneration Community Services, 2238 Dundas St. W, Suite 307 (Dundas West Subway). Drop-in for any or all of the workshops. 416-604-3361 or 416-703-9645 x 246. FREE

- April 20 Staying Positive in Tough Times
- April 27 Recovery – Creating Wellness I
- May 4 Recovery – Creating Wellness II
- May 11 Overcoming Obstacles – Sharing Stories
- May 18 Developing Organizational Skills
- May 25 Making the Most of Your Free Time
- June 1 How to De-Stress
- June 8 Outing to Harbourfront
- June 15 Expressing Recovery Through Art
- June 22 Salad Potluck



Wed 20 from 2 - 3 pm. **Living Giants: The Trees of Toronto.** Photo artist Vincenzo Pietropaolo discusses the transformative power of nature and why Toronto trees have made an impact on the cultural identity of the city. [Spadina Road Branch](#), 10 Spadina Road 416-393-7666 [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

April 21 to June 20. **I'm Not Here.** This photography exhibition features the theme of portraiture and how personalities can be portrayed, not just through faces, but also through gesture and environment. Drake Hotel, 1150 Queen Street West 416-531-5042 [www.thedrakehotel.ca](http://www.thedrakehotel.ca) FREE

April 26 – 28 at various times. Appointment required. **Arrole Lawrence, Native Energy Healer**, Keeseekoowinn First Nation, Manitoba. He is self-taught and discovered his gift at the age of ten, when he learned to raise and direct electromagnetic energy from his hands into the body of another. He has been called to share this gift and is inspired through daily meditation and communication with Spirit. Dodem Kanonhsa' Elder's Cultural Facility, 55 St. Clair Avenue East, 6th floor (just east of Yonge) 416-952-9272 [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca) Open to First Nations and Non-Aboriginal People FREE

April 28 to May 8. Tues to Fri from 11 am - 6 pm, Sat from noon - 5 pm and Sun from 11am - 5 pm. **The Shape of Things: Sheridan College Craft & Design Graduate Exhibition.** See works of art in four disciplines: ceramics, glass, furniture and textiles. Ontario Crafts Council Gallery, 990 Queen Street West 416-925-4222 [www.craft.on.ca](http://www.craft.on.ca) FREE

Tues, May 3 from 10 am – 4 pm. Register by Sat, April 30. **Preventing Elder Abuse Forum.** Presented by Newcomer Women's Services Toronto, The Chang's Schools Program for 50+, and Spanning the Gaps. Who should attend: Seniors, service providers, policy makers, community agencies and faith-based organizations. Topics covered: Legal rights, seniors, leadership and best practices in prevention. Ryerson University, Rogers Communications Centre, Room RCC 204, 80 Gould Street. [www.ryerson.ca/ce/changschoolsevents](http://www.ryerson.ca/ce/changschoolsevents) FREE

## MUSIC

Tues 19 at 10 pm. **Electronica Night.** Weekly live acts, showcasing live electronic music by local artists. Bread and Circus, 299 Augusta Ave. 416-925-8898 [www.breadandcircus.ca](http://www.breadandcircus.ca) \$5

## SHOW

Fri 15 – Sun 17. **The Green Living Show.** 400+ Exhibitors. The Green Living Show is Canada's largest green consumer show dedicated to educating the public about easy and workable solutions for leading a sustainable lifestyle. Gather information and inspiration from a diverse selection of demonstrations, presentations, and activities. Direct Energy Centre, Exhibition Place <http://www.greenlivingonline.com/torontoshow/> FREE admission if you bring a no-longer needed electronic item for recycling

## TREES

April 30 starting at 10 am. Various locations. **Trees across Toronto.** Toronto has set a goal to double its tree canopy from 17% to 34%. This goal is part of the city's Climate Change, Clean Air and Sustainable Energy Action Plan, "Change is in the Air" introduced in June 2007. Milliken Park, Colonel Sam Smith Park, and McCowan District Park. Trees Across Toronto is the city's native tree and shrub planting program that responds directly to the tree canopy goal and is a major step forward in reclaiming some of our underdeveloped lands. Call 311 or visit <http://www.toronto.ca/parks/engagement/tat/> for details of time and locations. FREE

## WORD UP!

Sun 17 from 2 pm – 4 pm. Doors open at 1:30 pm. The Older Women's Network celebrates **Equality Day** with the screening of a new film. *Constitute!* tells the memorable story of the hundreds of Canadian women

who came together spontaneously and convened a history-making conference in Ottawa in 1981. Their aim was to ensure that women's rights were entrenched specifically in the Charter of Rights and Freedoms. Among the many participants in the film were: Sally Armstrong, Doris Anderson, Flora Macdonald, Michele Landsberg, Linda Palmer Nye, Simar Samar. The movie will be followed by a panel discussion, refreshments, and 50/50 draw. OWN HOUSING CO-OP, 1st Floor Meeting Room, 115 The Esplanade 416-214-1518  
[info@olderwomensnetwork.org](mailto:info@olderwomensnetwork.org) [ownweb@olderwomensnetwork.org](mailto:ownweb@olderwomensnetwork.org) PWYC

Wed 20 from 6:30 – 8 pm. **Meet Kim Moritsugu.** Author and food blogger Kim Moritsugu speaks about how she plans and plots her novels, includes good food in her fiction, and about her new mystery novelette, *And Everything Nice*. Danforth/Coxwell Branch, Toronto Public Library, 1675 Danforth Ave. 416-393-7783  
[www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

Wed 20 at 7:30 pm. **Launch of TOK: Writing the New Toronto, Book 6.** Publisher Diaspora Dialogues launches this new anthology with readings and a lively panel discussion from emerging and established writers, including Rishma Dunlop, David Layton, Karen Connelly, and more. Gladstone Hotel, 1214 Queen St. West 416-531-4635 [www.diasporadialogues.com](http://www.diasporadialogues.com) FREE

Thurs 28 from 7 – 8:30 pm. **Rock Memoir Book Club.** Join or just listen in on a discussion of two best-selling books by rock legends: *Life* by Keith Richards and *Just Kids* by Patti Smith. Type Queen West, 883 Queen St. West 416-366-8973 [www.typebooks.ca](http://www.typebooks.ca) FREE

Fri 29 at 7 pm. **Friday Nights with Diaspora Dialogues.** Readings by Lorna Goodison, Jacob McArthur Mooney, Adebe DeRango-Adem and Joyce Wayne. With an excerpted play reading of *Complex* by Rebecca Applebaum and spoken word by Angelica LeMinh. Toronto Reference Library, 789 Yonge Street 416-944-1101 x363 [www.diasporadialogues.com](http://www.diasporadialogues.com) FREE

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**To subscribe** call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

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