



BULLETIN

May 1 – 15, 2011

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto
Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4
Tel: 416-595-2882 Fax: 416-595-0291 Hcsinfo@camh.netH Hhttp://www.csinfo.ca/

Coalition Against Psychiatric Assault - Mother's Day March and Protest Against Electroshock

STOP SHOCKING OUR MOTHERS AND GRANDMOTHERS!

"ELECTROSHOCK IS STATE SPONSORED VIOLENCE AGAINST WOMEN"

A march-and-protest against electroshock sponsored by the Coalition against Psychiatric Assault (CAPA) is being held in Toronto on Saturday, May 7, 2011, one day before Mother's Day. People are gathering at 1:15 pm at the northeast corner of College St. and Spadina Ave. and peacefully marching to Queen's Park to join many others. At 2 pm in Queen's Park, there is a rally with speakers - shock survivors, academics, health care professionals, and other allies, including NDP- MPP Cheri DiNovo, who has introduced a private member's bill to defund electroshock in all public hospitals in Ontario.

This public protest -- like three previous protests in Toronto, Ottawa, and Montreal--is being held this year a day before Mother's Day to call public attention to the fact that elderly women and mothers diagnosed with post-partum depression are the main targets of this "treatment." Two to three times more women than men are electroshocked, and approximately 50% of these women are elderly – 60 years and older. ECT works by way of causing a grand mal seizure and as recent and comprehensive studies show (see Sackeim 2007 and Burstow 2006), the results are brain damage and memory loss in the case of every form of electroshock and with the damage incurred by women and the elderly more severe.

We ask the media to cover this event and to do so paying attention to the seriousness of this issue. We also call attention to the fact that despite the silence around this issue, current ECT machines are more dangerous and powerful than earlier ones because they deliver super threshold electrical currents as high as 450-500 volts. (Cameron, 1994).

The following organizations endorse this Mother's Day event: Nellie's Women's Shelter, The Opal Project, the Friendly Spike Theatre Band, Greenspiration, the Bread and Bricks Social Justice Group, the Women's Counselling Referral and Education Centre (WCREC), Maggie's Toronto, the Centre for Women's Studies in Education (CWSE at OISE/UT), MindFreedom International, the Ontario Coalition Against Poverty (OCAP), We the People, CKLN Radio, Students on Seven (at OISE/UT), Resistance Against Psychiatry, the Parkdale Activity-Recreation Centre (PARC), Street Health, the Mental Health Legal Committee, and the Health Professionals Against Electroshock Speakers Bureau.

References:

- Breggin. (1998). Electroshock: Scientific, Ethical, and Political Issues. *International Journal of Risk and Safety in Medicine*, vol.11, 5-40.
- Burstow, B. (2006). Understanding and Ending ECT: A Feminist Imperative, *Canadian Woman Studies*, Vol. 15, nos. 2 and 3, pp. 115-122;
- Cameron, D. G. (1994). ECT: Sham Statistics, the Myth of Convulsant Therapy, and the Case for Consumer Misinformation. *The Journal of Mind and Behavior*. Vol. 15, no. 2, 177-198.
- Sackeim, H. et al. (2007). The Cognitive Effects of Electroconvulsive Therapy in Community Settings. *Neuropsychopharmacology*, Vol. 32, pp. 245-254.

For more information: <http://coalitionagainstoppsychiatricassault.com/news/>

Contact: Dr. Bonnie Burstow at bonnie.burstow@utoronto.ca or 416-538-7103.



Online Course on Psychiatric Medications

If you are interested in exploring issues around medication, there is a free online course you can register for at: <http://www.criticalthinkrx.org/>.

It's actually a credit course for continuing education for mental health professionals and related workers, but can be accessed by anyone. You have to register to use the site. If you don't fit any of the listed professions you could type in "recovery specialist" or something to that effect. You may have to invent a "license number" but I found I was able to register without one.

The course is geared to thinking about psychiatric medication and its use in children and/or teenagers, but much of the information and the discussions are of more general interest. It is an American course so there may be differences between our local conditions and systems that you can question or consider.

Thanks to Elizabeth Carvalho for the head's up about this resource.



Mental Health Regained - A Public Orthomolecular Workshop

Featuring Patrick Holford – a leading authority from the UK on the link between nutrition & mental health

Sunday, May 1 from 2 – 4 pm

Fairmont Royal York Hotel Concert Hall

100 Front Street West

Admission is \$20 and doors open at 1:30 pm.

Learn how patients moved from mental illness to mental health with the help of orthomolecular therapy. A great opportunity to speak directly with other experts in orthomolecular treatment for mental health including James Greenblatt, MD, and Ron Hunninghake, MD.

Orthomolecular therapy optimizes health and treats disease by providing correct amounts of vitamins, minerals, amino acids, essential fatty acids and other nutrients which are natural to the body's environment.

Presented by International Schizophrenia Foundation and Orthomolecular Health. To register call 416-733-2117 or email centre@orthomed.org www.orthomed.org



Empowerment Council Site Meetings

The Empowerment Council is a voice for clients at the Centre for Addiction and Mental Health. Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with substance use issues. We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the Community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to a meeting at the CAMH site you attended, and/or come to our Annual General Meeting. Give the Empowerment Council direction and elect a representative for the coming year, or run to be a representative yourself for your site or for the community at large.

Site meeting times and places:

60 White Squirrel Way – Monday, May 9, 2011 at 5:00 pm in Room 308

33 Russell Street – Tuesday, May 10, 2011 at 4:00 pm in Room 2062

250 College Street – Wednesday, May 11, 2011 at 5:00 pm in Room 801

1001 Queen Street – Wednesday, May 4, 2011 at 4:30 pm in Training Room A

Empowerment Council Annual General Meeting

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to the **EC's Annual General Meeting**. Give the Empowerment Council direction and elect a community representative to the Board of Directors, or run to be the representative yourself.

1001 Queen St. West in Training Room A

Thursday, May 19, 2011 at 5:30 pm

Refreshments and transportation fee will be provided.

For more information, please contact Beth Jacob at 416-535-8501 x 6837 or beth_jacob@camh.net.

Understanding and Coping with Mental Illness

A speech presentation by Dr. David Goldbloom, MD, FRCPC. He will talk about mental illness and addictions and how to attain and maintain good mental health. He works with the Mental Health Commission of Canada & CAMH to combat the stigma that still surrounds mental illness. This presentation is FREE. All are welcome.

Kingsway Lambton United Church, 85 The Kingsway, Etobicoke.

Monday, May 9 at 7:30 pm.

For more information: 416-621-5415 suetheakston@sympatico.ca

www.kingswaylambton.ca/announcements.html#pastoralcare

Mental Health and Physical Activity Roundtable

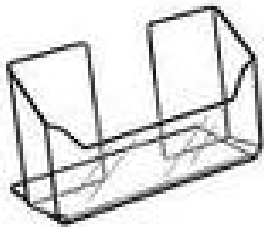
Celebrate the success of those working in the community mental health and physical activity sectors. Includes a panel of peer leaders sharing their perspectives on the importance of including people with lived experience in the planning and delivery of physical activity programs, program profiles, and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

Thursday, May 5, 2011 from 8:30 am – 4:30 pm
Metro Central YMCA, 20 Grosvenor St.

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

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

Attention ALL Agencies: WE NEED YOU(r Brochures)!



An important part of the **Consumer/Survivor Information Resource Centre** is a **Great Wall** of brochures and flyers displayed on several large racks. We keep it well stocked with a wide variety of information from c/s organizations, housing providers, peer support groups, drop-ins, c/s arts and culture initiatives, government agencies, mental health organizations, public health and sexual health information providers, education and employment resources, and more. We also take pride in maintaining two large Bulletin Boards completely up-to-date with community announcements and consumer/survivor-friendly employment opportunities; including news and time-sensitive events that don't make it into the Bulletin. We take our mission to meet the information needs of Toronto consumer/survivors very seriously.

The Centre gets **a lot of traffic due to our central location** in the busy community centre of the Centre for Addiction and Mental Health. If your agency or group has the capacity to send us material about who you are and what you do we would be delighted to receive it and we will ensure that it is readily available to the wide variety of consumer/survivors who visit us looking for mental health resources.

We are looking for **brochures, pamphlets, booklets or flyers** as well as information about specific services you currently offer. We also display informational materials and fact sheets on specific mental health and related topics. We welcome materials that reflect the ethnic diversity of Toronto and the people who visit our Centre. Our address is:

C/S Info Centre
c/o CAMH, The Mall
1001 Queen Street West
Toronto ON M6J 1H4

If you have materials available for pick-up only please let us know so we can drop by when we are in the neighbourhood. Thanks kindly,

Helen & Colleen

EMPLOYMENT MATTERS

EMPLOYMENT OPPORTUNITY

Peer Support Worker

Initial Assignment: Schizophrenia Program - LEARN

Job Description:

The Peer Support Worker will work as a member of a diverse inter-disciplinary team to facilitate and support clients with their recovery process. You will utilize your lived experience with mental health and/or addiction challenges as you facilitate clients in determining their unique goals and objectives. You will provide a source of encouragement and hope, partnering with clients as they move towards their visions. Your collaborative work with clients will involve the role of a coach and liaison and assisting clients to advocate for themselves. Your role will include bridging people back into community and helping clients to link with community resources of their choice. This role focuses on being a shared learner with clients, rather than being a helper, therapist or treatment provider. You will connect with clients on an individual basis and also as a group facilitator. In this role, you will provide education about recovery and peer support to staff and students. You will be expected to contribute to program development, research and educational activities of the Program. You will report to the manager of the service, and you will receive clinical support facilitated by the Advanced Practise Clinician. You will provide services reflective of the diverse needs of the clients and their families. Some evening and/or weekend hours may be required. This position will be located at the LEARN offices on St. Clair Avenue West in Toronto.

Qualifications:

The successful candidate will have lived experience as a recipient of mental health and/or addictions services. You have a strong understanding of the psychiatric consumer/survivor community. You possess excellent communication and interpersonal skills enabling you to work within a collaborative and diverse inter-disciplinary team. Effective leadership, decision-making, organizational and problem solving skills are required. Your skills will include the ability to be flexible, self-reflective, and supportive. The ability to work effectively in a dynamic and a fast-paced multidisciplinary environment is essential. Experience working with clients, staff, and organizations of diverse backgrounds are required. You possess knowledge in the areas of group facilitation, community resources, the recovery process and the peer support role. Participation in training on Peer Support/Recovery would be an asset as would knowledge of Wellness Recover Action Planning. Computer literacy and the willingness to learn new computer programs is required. Your role will include documentation on the computer. Bilingualism or the ability to speak a second language is considered an asset. Training and supervision will be provided for this position.

Please note: This part-time, permanent position is part of the OPSEU Bargaining Unit. This position is 0.5 FTE (two and a half days/week). Hours may include early evenings and weekends.

Salary range: \$18.25 to \$22.50 per hour

Please forward your resume to:

Human Resources, Centre for Addiction and Mental Health, 1001 Queen Street West, Toronto, Ontario M6J 1H4

Fax: (416) 583-4316

E-mail: jobs@camh.net

Please remember to include the File Number when applying.

Posting Date: April 27th, 2011

Closing Date: May 6th, 2011

File Number: 11117E

As an employment equity employer CAMH actively seeks Aboriginal peoples, visible minorities, women, people with disabilities, (including people with who have experienced mental health and substance use challenges), and additional diverse identities for our workforce.

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

Free and Low-Cost Events for **May 1 - May 15, 2011**

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

ACTIVISM/ADVOCACY

Sun 1 at 1 pm. **6th Annual May Day of Action for Status for All.** Rally and March. On this International Workers Day, join the tens of thousands of people across North America and millions across the planet as we pour onto the streets. Workers waged and unwaged, migrants with and without status. We refuse to be silent in the face of deepening austerity, job losses, environmental destruction, imperialist wars and corporate greed. We will march from Parkdale, where Daniel Garcia was arrested to Dufferin Mall, where the US style immigration enforcement raids began over 5 years ago. Queen St. West & Jameson St. (Parkdale)

<http://toronto.nooneisillegal.org/MayDay> Facebook: <http://on.fb.me/fDXIpW> FREE (free meal)

Sat 7 to Sun 8. **Jane's Walk.** Guided tours and other events "encourage walkable neighbourhoods, urban literacy and cities planned for people" in memory of Jane Jacobs. Jane's Walk Toronto is holding a 'reading relay' in front of Toronto's City Hall. Starting at 10 am on Saturday May 7, anybody can drop by the Jane's Walk tent on Nathan Phillips Square and read aloud from her classic text. The book will be read from start to finish, continuously, over the Jane's Walk weekend. Come on by and add your voice. All over town. Call 416-642-5779 or visit <http://www.janeswalk.net/> for more events. FREE

Fri 13 at 7 pm. **Wage Theft Campaign Launch.** The Workers' Action Centre is launching its wage theft campaign, with performances by Rehaset, Ruben 'Beny' Esguerra and Lishaiand. WAC leaders will talk about their fight to stop employers from stealing workers' wages. Beit Zatoun, 612 Markham St. (Bathurst & Bloor) http://www.workersactioncentre.org/campaigns_stopwagetheft.html

EXHIBITS

Until 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 FREE

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 FREE

Until 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 FREE

May 1 to June 18. **Encounter Ontario's Greenbelt.** Eight artists and 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 www.harbourfrontcentre.com FREE

Sun 15 from 1 - 3 pm. **Ontario Iris Society Flower Show.** Members display their named bloom stalks for judging. Stalks remain on display for the public to enjoy. Potted irises will also be on sale. Toronto Botanical Garden, 777 Lawrence Ave. East 905-841-9676 laurin@rogers.com sites.google.com/site/ontarioirissociety/ FREE

FESTIVAL

Mon 1 – Tues 31. **Scotia Bank CONTACT Photography Festival:** Figure & Ground, Openings, showings, workshops, film screenings and artists' talks in many locations including the Distillery District, Campbell House, MaRS Centre, plus many more. 416-539-9595 www.scotiabankcontactphoto.com FREE

Sat 7 from 9 am – 5 pm and Sun 8 from 11 am – 5 pm. The **Toronto Comic Arts Festival.** Toronto Reference Library, 789 Yonge St. 416-533-9168 FREE

Sat 14 from 7am – 4 pm. **Tommy Thompson Park Spring Bird Festival.** Go Wild, Go Birding! Celebrate International Migratory Bird Day and the return of songbirds. Guided bird hikes, family nature walks, fun activities, interesting displays, see a live bird banding demo at the Tommy Thompson Park Bird Research Station. www.springbirdfestival.ca Andrea at ttp@trca.on.ca FREE

FILM

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.

Fri 6 from 2 – 4 pm. **Movies and Munchies with Marie.** Toronto Public Library, Kennedy/Eglinton Branch 2380 Eglinton Ave. East 416-396-8924 FREE

Saturday May 7 at 7 – 10 pm. **My Word Film Festival – Documentaries by and about Adults with Autism.** Presented by Helping Adults with Autism and Developmental Disorders. In our Own Words (23 min), Travel With My Brother (15 min), Now't As Queer As Folk (4 min), just because (16 min), The National Film Board Mediatheque, 50 John Street <http://www.haadd.ca/my-word-film-festival.html> Suggested donation of \$5 - \$15 Wheelchair Accessible

Mon 9 from 6:30 – 8:30 pm. **Documentary: Toxic Trespass.** The effects of the chemical soup around us. Toronto Public Library, Annette Street Branch, 145 Annette St. 416-393-7692 FREE

LEARNING/TALKS/FORUMS

The Older LGBTTQ Resource Centre, The Older LGBTTQ 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. From 1 – 2:45 pm there is a Meet and Greet. The 519 Church Street Community Centre, 519 Church Street. 416-355-6787 FREE

- ✓ Mon 2 at 3 pm. **Helen Grace Swan from COPA** (Community Outreach Programs in Addiction) will speak about the services her organization offers: COPA works with persons 55 years and older with addictions in the Toronto area through outreach programs which are innovative and nonjudgmental.
- ✓ Mon 9 at 3 – 4 pm. **Yegi Dadui from IRQR** (Iranian Railroad for Queer Refugees) will speak about the history of the organization, what it means to be queer in Iran and contrast that experience with being queer in Toronto.

Tues 3 from 10 am – 3 pm. **Personal Bundle.** What is a personal bundle? Eleanor Pine. Ceremony protocols observed. DODEM KANONHSA' is a learning and sharing facility which fosters greater Dodem Kanonhsa' Elder's Cultural Facility, 55 St. Clair Avenue East, 6th floor (just east of Yonge). All are welcome. 416-952-9272 dodemkanonhsa@inac-ainc.gc.ca FREE

Tuesday 3 from 7 – 9 pm. **Workshop: Power of Attitude.** Create your own personal power by changing your attitude. Scarborough Women's Centre, 2100 Ellesmere Road Suite 245, Scarborough 416-439-7111 www.scarboroughwomenscentre.ca \$5

Tues 3 from 10 am – 4 pm. Register today. **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/changshoolevents FREE

Wed 4 at 6:30 pm. **Anger & You.** This workshop focuses on the positive aspects of anger. North York Women's Centre, 2446 Dufferin St. Toronto 416-781-0479 www.nywc.org FREE

Wed 4 from 3 – 5 pm. **Starting a Small Business.** Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 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

- ✓ 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

Sat 7 from 10:25 – 11:55 am. **Learn Chinese Brush Painting.** Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 FREE

Sat 7 at 10 am. **Contact: What We Can Learn From UFO's.** www.exopoliticscanada.ca Toronto Public Library, Richview Branch, 1806 Islington Ave. 416-394-5120 FREE

Fri 13 at 9:30 am. **Councillor Gord Perks at the Library.** Toronto Public Library, Parkdale Branch, 1303 Queen St. West 416-393-7686 FREE

Thurs 26 from 11 am – noon. **Webinar on Henson Trusts.** Henson Trusts are instruments designed to protect the assets, such as an inheritance, of people with disabilities, while preserving their right to collect government benefits. This webinar is presented by Sallie Hunt of Northwest Community Legal Clinic. It gives service providers and advocates information on how Henson Trusts can support people receiving Ontario Disability Support Program (ODSP) benefits. The webinar reviews some points to think about when considering this type of trust. Space is limited **so register today.** Please note: Registrations for this webinar will be taken on a first come first served basis. This webinar will also be recorded and made available as a resource on the CLEONet web site. FREE

MUSIC/DANCE/PERFORMANCE

Sunday Serenades for May. All concerts are from 2 – 4 pm unless otherwise noted. Scarborough Civic Centre, Rotunda, 150 Borough Drive (McCowan & Ellesmere) 416-396-7766 www.toronto.ca/indulge/albertcampbellsquare.htm

- ✓ Sun 1. Toronto Youth Wind Orchestra FREE
- ✓ Sun 8. Brian Rose Band FREE
- ✓ Sun 15. Thornhill Swing Band FREE

Tues 10 from 7 – 8 pm. **Canada Sings! / Chantons Canada! Toronto-Riverdale.** Neighbourhood Singalong for the experienced, inexperienced and especially for those who were told they can't sing. Second Tuesday of each month. Various venues in the Riverdale neighbourhood. Come alone, with a friend, or bring the whole family. All ages welcome. Riverdale Collegiate Institute Auditorium, 1094 Gerrard St. East 416-778-0796 info@canadasings.ca www.canadasings.ca FREE (donations welcome)

May 13. **Esprit Orchestra's New Wave Composers Festival.** New works by Mathew Ricketts, Anthony Tan, Zasha DiCasteri, Farshid Samarandi and John Rea. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 info@harbourfrontcentre.com www.harbourfrontcentre.com

Sat 14 at 11 am. **Puppet Show: Cinderella.** Toronto Public Library, Parkdale Branch, Basement Auditorium, 1303 Queen St. West 416-393-7686 FREE

SHOWS

Sat 14 from 10 am – 3 pm. **Fair Trade Fare & Fair Trade Café.** Come to the Fare! Featuring a Fair Trade Café serving locally grown and/or fairly traded foods – coffee, chocolate, tea, spices, nuts, global crafts and textiles, unique jewelry and clothes. Plus films and speakers on global economic issues. Donway Covenant United Church, 230 The Donway West (Lawrence & Don Mills Road). 416-444-8444 Jaren McLeod donwaycovenant@msn.com www.donwaycovenant.com FREE admission

May 1 from 11 am – 6 pm. **Beach Studio Tour, Spring.** Local artists show and sale, 25 artists 13 studios from Woodbine Ave. to Victoria Park Ave. Natalie Vachon at 416-691-5195 or visit www.beachstudiotour.ca. FREE

VOTE

May 2. Various locations. 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, and can prove your identity and address. For more information, contact us: www.elections.ca 1-800-463-6868 TTY 1-800-361-8935

WALKS

1 May ongoing to December 2011 from 1 – 2:30 pm. **Free Toronto Walking Tour.** This short but sweet mini-tour will take you around the few blocks surrounding Toronto City Hall. Starting at Old City Hall, the tour will take you past the Eaton Centre, Nathan Philips Square, and many more landmarks, before finishing back where you started. It is a great introduction to Toronto, and perfect for people new to the city, or for residents who want to learn more about the things they see every day downtown. The tour schedule is posted on our website. The tour starts on the south east corner across the street from Old City Hall, 401 Bay Street. Please reserve your tour online OR call to confirm the day of the tour. 647-230-7891 FREE but feel free to tip your tour guide.

Sat 7 from 1 – 3 pm. **Spring Nature Walk: Prescribed Burn.** Visit the restoration areas of High Park. The rare Black Oak Savannahs of High Park are invigorated by controlled burns. We will tour a recent burn area to understand how fire helps the native plants and trees of this ecosystem thrive. High Park Nature Centre, 430 Parkside Drive. Sarah 416-392-1748 naturecentre@highpark.org www.highparknaturecentre.com \$2

WELLNESS

Wed 4 from 12:15 – 12:45 pm. **Lunchtime Meditation.** We are guided through a simple breathing meditation, perfect for beginners and advanced meditators. By focusing on the breath all our worries, distractions and obsessive ways of thinking fall away and we experience inner peace. Our mind is refreshed and relaxed and we'll find it easier to deal with day to day stress. Kadampa Meditation Centre Canada, 631 Crawford St. 416-762-8033 Kelsang Choyang info@kadampa.ca www.nkt-kmc-canada.org FREE

5 May from noon – 1 pm. **'Laugh Out Loud. It's Good For Your Mental Health'.** Come laugh out loud with CMHA Toronto as we celebrate the 60th Anniversary of Mental Health Week. The first 500 participants will receive a mood stress ball package. An important part of assessing one's mental fitness is to give ourselves permission to take a break from our worries and concerns. CMHA Toronto's mental health week activities encourages Torontonians to give themselves a break from their worries and concerns and join us for a free laughter yoga session during their lunch hour. For more information, please contact Paige Souter at psouter@cmha-toronto.net 416-789-7957 x 237.

WORD UP!

Sunday May 1 from 3 pm to 8 pm (doors open 2:30). **May Day Poetry Marathon!** Mayworks Festival is pleased to announce our annual fundraiser - celebrate May Day poetically! Join local, published, first-time and established poets, reading 5 minutes each, non-stop for five hours. The Garrison, 1197 Dundas Street West. Wheelchair accessible, all are welcome to attend. Vegetarian-friendly refreshments available for purchase. \$10 to \$25 (nobody turned away for lack of funds).

Wed 4 from 8 – 9:30 pm. **Scarborough Writers Association Meeting.** All adults who have a passion for poetry & prose are welcome to friendly discussions in a constructive atmosphere! Meet weekly. Jack Goodlad Centre, 929 Kennedy Road (between Eglinton & Lawrence). Thorpe-c@hotmail.com www.scarborougharts.com/scarborough-writers-association/ \$10 annual admission



To subscribe call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

The **Bulletin** is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Ministry of Health and Long-Term Care. It's free. If you don't have email you may receive it through the post due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health. Editors: Helen Hook and Colleen Burns. Affordable recreation researcher: Diana Scattolon. www.csinfo.ca

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.

Mailing Address: C/S INFO, c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4