

Meeting the information needs of Consumer/Survivors in the Toronto Area

BULLETIN

October 16 – 31, 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 csinfo@camh.net <http://www.csinfo.ca/>

Supreme Court of Canada Defends Safe-Injection Centre

The Supreme Court of Canada voted unanimously in favour of Insite, Vancouver's safe-injection centre for people addicted to drugs like heroin and crack. It ordered the federal government to grant an exemption from certain drug laws to Insite. The exemption is needed for Insite to operate legally. The court ruled that withholding the exemption is a violation of the Charter of Rights and Freedoms.

During its eight years of operation, Insite has been proven to save lives with no discernible negative impact on the public safety and health objectives of Canada. The effect of denying the services of Insite to the population it serves and the correlative increase in the risk of death and disease to injection drug users is grossly disproportionate to any benefit that Canada might derive from presenting a uniform stance on the possession of narcotics.

—The Supreme Court of Canada, Sept. 30, 2011

<http://rabble.ca/news/2011/09/triumph-insite>

<http://www.theglobeandmail.com/news/opinions/editorials/addicts-deserve-treatment-too/article2186823/>

<http://www.cbc.ca/news/canada/british-columbia/story/2011/09/29/bc-insite-supreme-court-ruling-advancer.html>

Thrown Under the Omnibus: What you need to know about the Safe Streets and Communities Act

Church of the Redeemer, 162 Bloor Street West
October 18 from 7 – 9 pm

RSVP to omnibus@aidslaw.ca.

On Tuesday, October 18, experts from the fields of law, harm reduction, prison, women, youth and victims' rights will convene to discuss Bill C-10, the federal government's Safe Streets and Communities Act, and its impact on Canadian families, communities and our economy. The CBC's Maureen Brosnahan will moderate this lively, interactive panel.

The sweeping omnibus crime bill is part of the federal government's so-called "war on crime" — combining nine bills that died on the Order Paper in our last Parliament. But Opposition critics say the bill goes overboard, with significant consequences for our wallets and the health of our communities, without any evidence that it will prevent crime. Come hear what the experts have to say: what does Bill C-10 mean for you?

The event is hosted by the Canadian HIV/AIDS Legal Network, Canadian Harm Reduction Network, Toronto Harm Reduction Task Force, Prisoners with HIV/AIDS Support Action Network (PASAN), Community Justice Coalition (Human Rights) and others, with the support of the Canadian Drug Policy Coalition.

Community Announcements 1 – 3 Financial Matters 4 – 5 Employment Matters 5 Places to go... 6 – 9 How are we doing? 10

Public Lecture Series on Antipsychiatry by Don Weitz

Sponsored by Alumni for a Free University of Toronto

Friday, October 28 from 7 - 8:30 pm

OISE, Room 2211, 2nd Floor, 252 Bloor St. West (near St. George Subway)

Topic: Electroshock: The Struggle to Ban "ECT"

Summary: Electroshock ("Electroconvulsive Therapy/ECT") is the most 'controversial treatment' in psychiatry today. This seminar deconstructs electroshock as a traumatic, memory destroying and brain-damaging procedure that targets women and elderly people. Several studies and shock survivor testimony document ECT's severe effects and highlight the growth of global resistance against "ECT".

Biographical Note: Don is an antipsychiatry activist, insulin shock survivor, co-founder and member of the Coordinating Committee of the Coalition Against Psychiatric Assault, co-founder and board member of the Psychiatric Survivor Archives-Toronto, and member of the Ontario Coalition Against Poverty. He is also co-editor (with Dr. Bonnie Burstow) of *Shrink Resistant: The Struggle Against Psychiatry in Canada*. For over 30 years, he has been active in the psychiatric survivor/human rights movement and an outspoken critic of electroshock ('ECT') which he wants banned. Don is the recipient of several awards for his advocacy and social justice activism.

Orthomolecular Health – Public Information Series Is Your Mind Malnourished? The Link Between Nutrition and Depression

Presented by James M. Greenblatt, MD, Integrative Psychiatrist Medical Director, Comprehensive Psychiatric Resources

This lecture will examine the role of nutrition in the development and treatment of Depression. Current pharmaceutical interventions and ways to minimize their side effects will also be discussed in this important lecture.

Friday, Oct 28 at 7 pm at JJR MacLeod Auditorium, 1 Kings College Circle, Medical Sciences Auditorium, M5S 1A8

Pre-registration required Admission: \$20 Register at 416-733-2117 or centre@orthomed.org. www.orthomed.org

Challenging Our Understanding of Psychosis and Exploring Alternatives for Recovery

Hart House, Toronto November 3 and 4, 2011

This conference involves an outstanding cast of presenters, and this is a rare opportunity for the mental health community to connect with an extraordinary group of educators, thinkers, clinical specialists, change agents and psychological innovators.

We want to make this opportunity more accessible to organizations and agencies that have a vested interest in recovery and clinical innovation. We now have a group registration rate. The group rate is \$750 for three registrations. The same math applies if four staff want to come - \$1000, and so on.

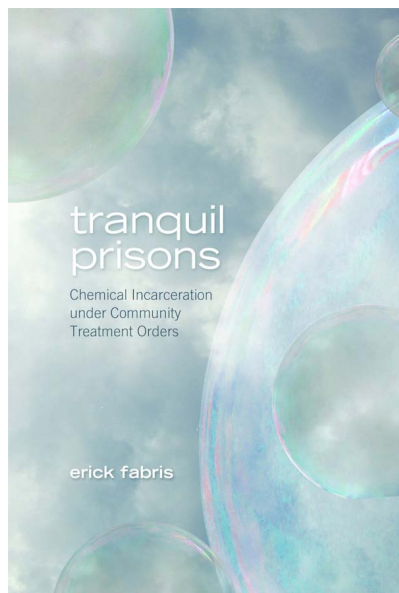
The registration for peer support workers on staff is \$150.

Brian McKinnon at 416-285-7996 x227 or visit <http://understandingpsychosisexploringalternatives.wordpress.com/>.

Free Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.





“Tranquil Prisons” Book Launch

Book release: Tuesday, November 1, 2011, Gladstone Hotel, Toronto, Ontario.
Tranquil Prisons: Chemical Incarceration Under Community Treatment Orders, by Erick Fabris, published by University of Toronto Press. (240 pages. \$27.95.)

Under community treatment orders, antipsychotic medications are frequently imposed on psychiatric patients deemed dangerous to themselves or others. This practice is based on the assumption that the prescribed treatment is safe and effective and is medically necessary. Under recent mental health laws, patients may be required to remain on prescribed medications after leaving hospital. However, many psychiatric survivors attest that such treatment, often used as a restraint, can feel like a form of torture. The consequences of withdrawal can also be severe, forestalling recovery.

In this unique academic study of psychiatric treatment, Erick Fabris, himself a former psychiatric patient, discusses the use of chemical agents for treatment despite the availability of suitable alternatives. He observes that many patients often become dependent on psychiatric drugs, many of which have serious side-effects such as restricted movement and impaired cognition or communication.

Calling for greater professional and public accountability and more therapeutic choices for patients, *Tranquil Prisons* is a bold, in-depth examination of a largely neglected but important social issue.

Erick Fabris is a lecturer in the School of Disability Studies at Ryerson University.

Getting On with Life and Its Challenges

FREE Fall 2011 Workshop Series – A Mental Health Support & Skill Development Program

Regeneration Community Services, 2238 Dundas St. West, Suite 307 (Dundas West Subway Station)
Wednesdays from 1:30 – 3:30 pm until December 14

Oct. 19: Take Charge of Your Future – Employment Opportunities and Training

Oct 26: Outing to St. Lawrence Market

Nov. 2: Therapeutic Remedies for Health & Wellbeing

Nov 9: Anger Management & Coping with Triggers

Nov. 16: Mindfulness Meditation

Nov. 23: Discrimination in the Mental Health Community – a DVD and discussion

Nov. 30: Beating the Blues – Music Therapy

Dec 7: Holiday Magic – Get Crafty

Dec 14: Holiday Potluck – Sharing Favourite Stories

Workshops are on a drop in basis. For more information call Ela at 416-604-3361 or Sandra at 416-703-9645 x246

Krasman Centre WRAP for Optimal Health Info Session

Do you have diabetes or pre-diabetes or are at risk of developing diabetes? Are you living with mental illness &/or addiction issues? You may benefit from our innovative program.

Info Session: Monday, October 17 at 1:30 pm.
Krasman Centre, 10121 Yonge St., Richmond Hill

Contact Wendy: 905-780-0491 x117 to register.

Cashing your Government of Canada Cheque for Free

Your rights

Under Canadian law, you have the right to cash your Government of Canada cheque for free. You can cash a Government of Canada cheque for free at any bank, even if you are not a customer.



What is a Government of Canada cheque?

A Government of Canada cheque is a cheque issued to you by the federal government, such as an Employment Insurance, Old Age Security, a GST/HST credit or Child Tax Benefit cheque. Cheques from the Government of Canada are always yellow, with maple leaves and a map of Canada in the background.

Where can you cash your Government of Canada cheque?

You can cash your Government of Canada cheque at any bank branch in Canada that has tellers. A teller is a bank employee who provides banking services for you, such as depositing cheques or withdrawing money.

Do you have to pay?

No. All banks must cash your cheque for free. What if you don't have an account at the bank? Even if you don't have an account, the bank must cash your cheque.

Is there a limit?

If your cheque is for more than \$1,500, a bank can decide not to cash it.

What do you need to cash your cheque?

To cash your cheque you will have to show one piece of identification (I.D.) with both your photo and your signature, such as a driver's licence. If you don't have any I.D. that has both your photo and your signature on it, you will have to show two pieces of I.D. You must use original I.D. – not a photocopy.

What can you use for identification (I.D.)?

Here is a list of what you can use as I.D. *You can show:

- a Canadian driver's license
- a Social Insurance Number (SIN) card
- a Canadian birth certificate
- a provincial health insurance card (but this cannot be used in Ontario, PEI or Manitoba)
- a current Canadian passport
- a debit card or bank card that has your name and signature on it
- a Canadian credit card that has your name and signature on it
- an Old Age Security card
- a Certificate of Indian Status
- a current passport from another country
- a Certificate of Canadian Citizenship or Certification of Naturalization
- a Permanent Resident card or a Citizenship and Immigration Canada Form IMM 1000 or IMM 1442

*You can also use the new photo identification card.

What if you have only one piece of I.D. and it doesn't have both your photo and signature?

You can show only one piece of I.D. if you also have someone the bank knows confirm that you are who you say you are.

Can you show other types of I.D.?

Yes. To find out what they are, call the Financial Consumer Agency of Canada (FCAC) toll-free at: 1-866-461-3222.

What if the bank won't cash your cheque for you?

The bank can refuse to cash a Government of Canada cheque for you if the cheque is for more than \$1,500, or if the bank believes the cheque is fraudulent.

For more information on when a bank can refuse to cash a Government of Canada cheque, call FCAC.

If the bank won't cash your cheque, what can you do?

- Ask the bank for a letter saying it will not cash your cheque. The bank must give you this letter. It must also tell you how to contact FCAC. It's the law.
- Tell the bank you want to make a complaint. By law, all banks must have a complaint-handling process.
- Call FCAC. They're here to help.

What is the Financial Consumer Agency of Canada (FCAC)?

FCAC is an agency of the federal government. FCAC makes sure that banks respect the laws that protect you.

How can you contact FCAC?

You can contact FCAC when you need free help and information about banking.

Toll-free telephone: 1-866-461-3222 info@fcac.gc.ca www.fcac.gc.ca

Poverty Eradication & Community Economic Development

October 17, 2011 from 8 am - 5:30 pm

Jamaican Canadian Association Banquet Hall, 995 Arrow Road, North York

This forum is titled "Harvesting Billions of Unclaimed Government Benefits and Financial Supports for Low-Income Families in Toronto." It focuses on how low-income families can access government benefits that are going unclaimed by Canadians. http://www.cleonet.ca/news/2356?utm_source=CLEONet+email+bulletin&utm_campaign=6fb735ada3-LATEST_FROM_CLEONET_RSS&utm_medium=email

The Wills Project

Are you interested in learning more about wills/powers of attorney? You could have your will and powers of attorney drafted free of charge! Requirements for eligibility:

- 1) Income below \$25,000 per year
- 2) Total value of all assets below \$65,000

For info call 416-392-6878 x 4001 or email willsproject.pbsc@utoronto.ca.

Employment Matters

Apprenticeship Information Workshop

October 19, 2011 at 2:30 pm. Toronto Employment and Social Services Employment Centre, 111 Wellesley St. East, 2nd Floor. More than 140 skilled trades ranging from bakers to carpenters. To register call Andrea at 416-392-8999

Retail Job Fair

Monday, October 24, 2011 from 10 am – 2 pm at The Toronto Reference Library, 789 Yonge Street – 2nd Floor (Bloor Yonge subway) • Over 20 major retail companies now hiring for seasonal, part-time, full-time and permanent positions • Bring multiple copies of your resume with you • Dress for success and come to impress!

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

Free and Low-Cost Events for **October 16 - 31, 2011**

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

ART

Ends Nov 5. **Revolution.** Solo exhibition by photojournalist Ed Ou. Images from the revolution in Egypt. O'Born Contemporary, 131 Ossington Avenue 416-413- 9555 www.oborncontemporary.com FREE

Until Dec 31. **Fall 2011 Visual Arts at Harbourfront Centre.** Visual and architectural exhibits examine our perceptions of maps, the language of painting, the power of portrait, the mysteries of the universe, the moon, families and folklore. Harbourfront Centre, 235 Queens Quay West 416-973-4000 www.harbourfrontcentre.com FREE

Sat 22 and Sun 23. **Postpartum – A State of Art. Expressions of Infinite Motion Captured on Canvas.** Paula Arciniega created this collection while experiencing post-partum depression. Wu Xing Martial Arts Studio, 374 Dupont Street, 2nd floor 416-908-2523 www.paulaarciniega.com FREE

FESTIVAL

Until Nov 29. Various locations. **20th Anniversary of the Cultural Celebration of the Spanish Language in Toronto.** Exhibits, music, film. 647-893-3130 www.wordsandimagesfestival.com/#!noticias Most events are FREE.

Sat 15 – Tues 25. **Toronto International Flamenco Festival.** Lots of free events including Flamenco performance at Richard Bradshaw Amphitheatre, short film, lecture and demo, and Flamenco dance lesson for absolute beginners. 416-457-2085 www.torontoflamecofestival.com

Sat 15 – Sat 29. **Creative Spiritual Festival and Conference: Dreams.** Creative Spirit Art Centre – Dedicated to Advancing the Creative Power in Artists with Disabilities. Speakers, presenters, exhibitions, performances and documentaries. 999 Dovercourt Road 416-588-8801 csac@creativespirit.on.ca www.creativespirit.on.ca Contact Ellen Anderson to register. FREE

Wed 19 – Sun 23. Variety of venues and times. **imagineNATIVE Film and Media Arts Festival.** Welcome gathering, film screenings, installations, exhibitions, artist talks, workshops and panels. 416-585-2333 www.imagenative.org Welcome Gathering and many other events/exhibits are FREE. Free same day tickets to all regular screenings before 6 pm for students/seniors/underemployed.

FILM

NFB Mediatheque Film presentations. 150 John St. 416-973-3012 www.nfb.ca/mediatheque

- Wed 19 at 4 pm. Free Favourites at Four presents **Cricket... and the Meaning of Life.** A filmmaker and cricket fan discover a team of avid players - in Toronto! FREE
- Fri 21 at 1 pm. **Flamenco at 5:15.** This Oscar-winning film is a visual and emotional thriller. Followed by a flamenco demo and giveaways. Part of the Toronto International Flamenco Festival. FREE
- Wed 26 at 4 pm. **The Last Round: Chivalo vs. Ali.** In 1966 George Chivalo from Toronto fought Cassius Clay (Muhammad Ali). Includes archival images and commentary by eye witnesses. FREE

Wed 19 from 6 – 8 pm. Riverdale Arts and Letters Club presents **House Calls** (120 min.), an award winning National Film Board film by Ian McLeod. Toronto Public Library, [Riverdale Branch](#), 370 Broadview Ave. 416-393-7720 FREE

Sun 23 at 1 pm. Screening of **“Toxic Trespass”** and discussion with producer, Dr. Dorothy Goldin Rosenberg. Award-winning documentary on effects of environmental chemicals on children’s health. Noor Cultural Centre, 123 Wynford Drive 416-444-7148 www.noorculturalcentre.ca FREE

Mon 24 from 6:30 – 8:30 pm. Trans Film Screening Series: **Glen or Glenda**. Docudrama about cross-dressing by cross dresser Ed Wood. A plea for tolerance. The Centre for Women and Trans People, 563 Spadina Ave. 416-978-8201 tig.action.torontoSPAMFILTER@gmail.com Vegan & nut-free meal/snacks FREE

Tues 25 at 7 pm. **The Diving Bell and the Butterfly**. When the editor of Elle Magazine wakes up from a coma after a massive stroke, he learns to lead a life without boundaries. <http://christchurchdeerpark.org/faith-film.htm> FREE

Tues 25 from 6 – 8 pm. **When the Moors Ruled Europe**. Free documentary film screening. [Toronto Public Library](#) Agincourt District Branch, 155 Bonis Ave. 416-396-8943 FREE

FITNESS

Ongoing. Various dates and times. Malvern Family Resource Centre. Malvern Community Centre has excellent **fitness programs for seniors** in the Rouge River area. 1321 Neilson Road 416-281-1376 <http://www.mfrc.org/AboutUs/mission.html> FREE

Sat 22 from 10:30 – 11:30 am. Fitness Salsa for adults of all ages. Join us every other Saturday for a fun salsa workout! [Toronto Public Library](#), Annette Street Branch, 145 Annette St. Register at 416-393-7692. Space is limited. FREE

Oct 24, Nov 21, Dec 05 from 6 – 7:30 pm. **Meditation and Yoga**. Learn simple meditation exercises and stretches to relieve your stress and anxiety, and restore your sense of well-being with an instructor from Meditation Toronto. Bring a yoga mat or a towel and wear comfortable clothes. [Toronto Public Library](#), Cedarbrae Branch, 545 Markham Rd. 416-396-8850 FREE

Oct 27, Nov 24, Dec 22 from 1:30 – 3:30 pm. **Wellness Program for Seniors**. A wellness program with St Paul's Community Services and Housing for older adults and seniors in Chinese. [Toronto Public Library](#), Steeles Branch, Bamburgh Gardens Shopping Plaza, 375 Bamburgh Circle 416-396-8975 FREE

Oct 29 and Dec 3 from 11 am – 12:30 pm. **Advance Yoga & Meditation: Stress Management thru Restorative Meditation**. Learn and practice meditation through advance stretching exercises. Instructor from Meditation Toronto. Bring a yoga mat, towel or blanket and wear loose clothing. [Toronto Public Library](#), Main St. Branch, 137 Main St. 416-393-7700 FREE



LEARNING

Tues 18 at 6 pm. **Tenant Rights**. A presentation on the Residential Tenancies Act, rent increases, repair and maintenance, eviction prevention, and more. [Toronto Public Library](#), Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 FREE

Tues 18 from 7 – 8:15 pm. **Learn about Homeopathy**. Join a practitioner for an introduction to the principles of homeopathic medicine and its application to your health. [Toronto Public Library](#), Palmerston Branch, 560 Palmerston Ave. 416-393-7680 FREE

Wed 19 from 7 – 8:30 pm. **Health Talks - Intro to the Blood Type Diet**. Naturopath Kate Whimster explains the basics behind this diet system for determining which foods are best for your body. [Toronto Public Library](#), Deer Park Branch, 40 St. Clair Ave. East 416-393-7657 FREE

Tues 25 from 7 – 8:30 pm. **Planning for the Future with Aging Parents - Community Support Services**. A social worker from Circle of Care presents workshop on community support services available in Toronto to help seniors live independently in their own homes. [Toronto Public Library](#), North York Central Library, 5120 Yonge St. Call 416-395-5672 to register. Drop-ins are also welcome. FREE

From Garbled Science to Death from the Skies. Popular doomsday scenarios predict the world will end December 21, 2012. Kelly Lepo, PhD candidate at University of Toronto's Department of Astronomy and Astrophysics, visits the Toronto Public Library to explain why you shouldn't believe everything you read.

- Wed 19 at 6:30 pm. Danforth/Coxwell Branch, 1675 Danforth Ave. 416-393-7783 FREE
- Thurs 20 at 7 pm. Lock Branch, 3500 Lake Shore Blvd. West 416-394-5320 FREE
- Tues 25 at 7 pm. Annette Street, 145 Annette St. 416-393-7692 FREE

- November 16 at 6:30 pm. High Park, 228 Roncesvalles Ave. 416-393-7671 FREE
- November 17 at 7 pm. Riverdale Branch, 370 Broadview Ave. 416-393-7720 FREE

Wed 19 at 6:30 pm. Islamic History Month 2011 Lecture. **Islam's Contribution to Enlightened Governance, Pluralism and Diversity as a Civilization.** Presented by Michael Hamilton Morgan, former diplomat and founder of New Foundations for Peace. Noor Cultural Centre, 123 Wynford Drive 416-444-7148 www.noorculturalcentre.ca FREE

Fri 21 from 1:30 – 3:30 pm. **Spend an afternoon with Elder, Thunderbird**, counteracting racism with teamwork, jealousy with self-respect, despair with hope, gender bias and gender choice with acceptance, and fear with personal courage. Dodem Kanonhsa', 55 St. Clair Avenue East, 6th floor (just east of Yonge). 416-952-9272 dodemkanonhsa@inac-ainc.gc.ca FREE

Oct 22 and Dec 6 at 7 pm. **Doing Market Research Online.** A virtual tour of Statistics Canada, MarketLine and census tract information to help you with market research for your small business. [Toronto Reference Library](#), Learning Centre 1, 789 Yonge St. 416-395-5577 Call 416-393-7209 to register FREE

Tue 25 from 2 – 4 pm. **Healthy Futures: Arthritis.** Community Care East York presents a workshop on arthritis. Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Ave. 416-396-3975 FREE

Wed 26 at 6:30 pm. Thought Exchange. International Year of Chemistry. **The Chemistry of Sex, Drugs and the Brain.** Prof. William J. Pietro discusses how nerve cells communicate in the human brain through chemical messengers and how molecules designed to mimic these natural substances can be used to treat depression, schizophrenia, and psychosexual dysfunction. [Toronto Reference Library](#), Elizabeth Beeton Auditorium, 789 Yonge St. 416-395-5577 FREE

Wed 26 from 2 – 3 pm. **Memory and Aging: Strategies to Improve Mental Abilities.** An interactive presentation by the Graduate students of the Cognitive Aging Lab at Ryerson University. [Toronto Public Library](#), Spadina Road Branch, 10 Spadina Rd. 416-393-7666 FREE

Older Women & Financial Literacy: Bridging the Income Gap. Free two day workshop on money management. To register or for more info: Alexandra Wilson at 416-978-7323 alexandra.wilson@nice.net.ca

- Oct 27 and 28 from 9:30 am – 4 pm. Central Neighbourhood House, 349 Ontario St. FREE
- Nov 9 and 10 from 9:30 am – 4 pm. Metro Central YMCA of Greater Toronto, 20 Grosvenor St. FREE
- Nov 28 and 30 from 9:30 am – 4 pm. Older Women's Network Housing Co-op, 115 The Esplanade FREE

Thurs 27 at 7 pm. History Matters Lecture Series. **Labour on the March: 150 Years of Labour Parades in Toronto.** Craig Heron (York University). Beeton Auditorium, Toronto Reference Library, 789 Yonge Street 416-395-5577 FREE

Thurs 27 at 6:30 pm. **Build Your Own Business Website.** A marketing expert talks about how you can build a professional website using open source software. [Toronto Public Library](#), North York Central Library, Auditorium, 5120 Yonge St. 416-395-5535 FREE

Fri 28 from 1 – 3 pm. **Monthly Health Talk Series: Osteoporosis.** Toronto Western Hospital, University Health Network, Auditorium, 2WW-401, 399 Bathurst St. 416-603-5800 x 2661 miulin.wong@uhn.on.ca FREE

Sat 29 from 1:30 – 3:30 pm. **Starting a Business? Things to Consider.** Woodgreen Employment Services, 1533 Victoria Park (Eglinton and Victoria Park) 416-645-6000 x 2900 (limited seating) FREE

Sat 29 from 1 – 6 pm. Tools for Change Training. **Action Scouting Workshop.** Develop skills to champion social, economic, and environmental justice. This workshop introduces the basics of scouting for situations where you are trying to go unnoticed, like checking out a location for an event. University of Toronto, St George Campus (Room location is given upon registration.) www.Toolsforchange.net Register at <http://www.toolsforchange.net/2011/09/08/introduction-to-action-scouting/>. Suggested donation: organizations and wage earners: \$20; unwaged: \$10. No one turned away for lack of funds.

MUSIC

Wed 19 from 12:30 – 1:30 pm. **The Strumbellas Concert.** Mix of alt-country harmonies, bluegrass instrumentation, and big pop hooks. Yonge-Dundas Square 416-979-9960 info@ydsquare.ca www.ydsquare.ca FREE

Fri 21 at 7 pm. **The Yorkville Sound.** Come relive the magical Yorkville music scene of the 60s. [Toronto Reference Library](#), 789 Yonge St. 416-395-5577 FREE

WALKS

Toronto's Newest Discovery Walk. **Shared Path/Le Sentier Partagé.** This new Discovery Walk (2011) is based upon the concept of an outdoor museum. It follows the Humber trail from the mouth of the Humber River to Dundas Street West and back again, and along the way stops at 13 story circles, containing armoustone seating, landscaping and interpretative signage, sharing a story relevant to that particular point within the valley. The trail connects an ancient Aboriginal portage route to modern roads and railways, First Nation settlements to 18th century French trading posts, and the ruins of water-powered mills to the birth of industrial Toronto. In all there are approximately 15 km of trails. Visit <http://www.toronto.ca/parks/trails/discover.htm> for a list of Discovery walks and to download the map for the Shared Path. FREE

The Bad Feng Shui Project: A to Z or All I Know about Bad Feng Shui, is an art installation by Deborah Wang. It took place in April 2010 as part of *Projects for the city*, an ongoing project that investigates the creative and generative possibilities of walking and mapping. The Bad Feng Shui Project installation was a self-guided walking tour of all the houses with bad feng shui in the Trinity Bellwoods neighbourhood in Toronto. I stumbled across it while surfing and I think it would be an interesting walk to recreate for yourself. The map is on the website, along with the artist's narrative about each of the houses. <http://www.projectsforthecity.ca/> FREE

Sat 22 from 3 – 6 pm. **The 2011 Toronto Zombie Walk.** Be sure to show up early for a very special unforgettable scareamony and a chance to win many fiendtastic prizes! 6000 people participated last year. This year the walk starts at Trinity Bellwoods Park (Queen Street West and Strachan Avenue) at 3 pm! Feastivities start at 12 pm!
www.torontozombiewalk.ca info@torontozombiewalk.ca FREE

WRITERS

Every 2nd and 4th Thursday from 8 – 10 pm. Ongoing. **OUTwrites Queer Positive Writing Group.** Queer-Friendly Writing Group. OUTwrites is a queer-positive, sexually diverse writing group where writers can meet to share ideas about each other's works. 519 Community Centre, 519 Church St. <http://outwrites.org> FREE

Every Friday night (since 1978) from 8 - 10:30 pm. **1,001 Friday Nights of Storytelling.** Accomplished storytellers host evenings of storytelling and listening. All are welcome to tell a story. There is no beverage service available but you are welcome to bring your own coffee or snacks. Innis College Café, 2 Sussex Street www.1001fridays.org \$5 suggested donation

Tues 18 from 7 – 8:30 pm **The Imagined City: Will the Real Cabbagetown Please Stand Up?** Author Amy Lavender Harris explores the literary representations of Toronto as its inhabitants experience and narrate it. Topic of discussion: Regent Park, St. Jamestown and Cabbagetown in the literary imagination. [Toronto Public Library](#), Parliament Branch, 269 Gerrard St. East 416-393-7663 FREE

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.
www.csinfo.ca www.twitter.com/CSInfoCentre

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

How Are We Doing?

We will use your responses to better serve the information needs of consumer/survivors in the Toronto area.

1) If you have contacted the C/S Info Centre this past year please rate the service you received:

Excellent good satisfactory poor

Any suggestions or comments about the service?

2) If you have used the Centre's Free Tax Clinic please rate the service you received:

Excellent good satisfactory poor

Any suggestions or comments about the Tax Clinic?

3) Please rate the success of the Bulletin in meeting your information needs:

Excellent good satisfactory poor

How many people do you share your Bulletin with? _____

Any suggestions or comments about the Bulletin?

Please return the completed survey to us by

- ✓ mailing it to C/S Information Resource Centre, c/o CAMH, 1001 Queen Street West, Toronto, ON M6J 1H4.
- ✓ bringing it to the Centre at 1001 Queen West in the Paul Christie Community Centre (the Mall).
- ✓ sending it by email to csinfo@camh.net.
- ✓ calling us and we will be happy to take your answers over the phone. 416-595-2882

Thank you for taking the time to let us know how we're doing.