

# BULLETIN

February 1 – 15, 2012

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/>

## TALKING BACK TO PSYCHIATRY WORKSHOP (CVDS 100)

Ryerson University's G. Raymond Chang School of Continuing Education offers a workshop investigating the history of the consumer/survivor/ex-patient movement. Workshop participants will follow the development of the movement from the late 60s to the present. This workshop will identify the major debates and activities, leaders, and allies who have characterized the consumer/survivor/ex-patient movement over time.

Feedback from a past workshop participant: "It was fascinating and enlightening."

### Who Should Enroll

This workshop is designed for psychiatric survivors, peer support workers, mental health workers, and social workers. It will also appeal to students currently studying social work or mental health and addiction.

Teaching methods include lectures, webdocs, Power Point presentations, readings, and discussions.

This workshop is taught by a professor with lived experience of madness and who is one of the builders of the mad movement. As a young man, David Reville spent two years in mental hospitals, and that experience has shaped his life and informed his work. He has an international reputation as an advocate for reforms to the mental health system. David has served on Toronto City Council and in the Ontario Legislature and he teaches courses on mad people's history at Ryerson University.

### Workshop Details

Duration: 9 hours Fee: \$103

Scheduling: This workshop will be delivered in three sessions:

- 6:30 – 9:30 pm on Thursday, February 23, 2012
- 6:30 – 9:30 pm on Thursday, March 1, 2012
- 6:30 – 9:30 pm on Thursday, March 8, 2012

Reserve your space now! Visit [www.ryerson.ca/ceworkshops](http://www.ryerson.ca/ceworkshops) for more details.

Interested people please contact David Reville directly at 416-979-5000 x 4811 or [dreville@ryerson.ca](mailto:dreville@ryerson.ca). A limited number of sponsored spaces in the workshop are available to psych survivors.

## CBT GROUP FOR VOICE HEARERS

### DID YOU KNOW THAT...?

- 10 - 25% of the general population has had a hallucinatory experience at least once.
- Sensory or sleep deprivation can bring on voices.
- Many people who hear voices have learned ways to cope and are living well with them.

Some people find these experiences comforting, but others feel overwhelmed and scared by them. Whatever your experience is, and however you feel about it, it's good to know that you're not alone.

If your voices bother you and you are interested in learning more about them--join the

### **Cognitive Behavioural Therapy for Voices Group!**

You will learn about:

- What does it mean when someone hears voices? How can we explain voice hearing?
- What is the relation between stress and hearing voices?
- Keeping track of the voices: when are they worse, when better?
- Sharing and learning new strategies on how to cope—developing a tool box of strategies.
- How do I decrease voices' impact on my day-to-day life?

The CBT for voices group offers a safe space for you to meet with others who understand what you're going through, without worrying about being judged. You might want to: find new ways of coping with your experiences, feel less isolated; make sense of what's going on; use your experiences to help others; feel ok to be yourself.

Location: Community Resource Connection of Toronto's main office – 366 Adelaide Street East, Suite 241 (Adelaide and Sherbourne).

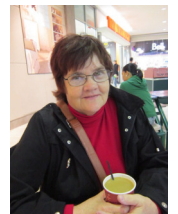
The group will run for 16 weeks, once a week. Start date: TBD. We will be scheduling orientation/interviews the week of January 24 and first week of February. To register, please call: Deqa Farah 416-482-4103 x 223.

## **WORKSHOP ON FORM T2201 & THE DISABILITY TAX CREDIT**

Join the Consumer/Survivor Info Centre on Monday February 27 at 10:00 for a free workshop on Form T2201 and the Disability Tax Credit. The workshop will be held in Room B40 in the basement of Unit 4 at CAMH – the Centre for Addiction and Mental Health. We'll put up lots of directional signs. This workshop is a follow-up to the one we held on the Registered Disability Savings Plan. You need a Form T2201 to start a Registered Disability savings Plan, as well as to claim the additional tax credit, of course. Come and find out all about it – from the experts.

## **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](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.



# TORONTO FACES HUMAN RIGHTS LEGAL HEARING ON CITY'S RESTRICTIVE ZONING RULES

*From the Wellesley Institute, January 19, 2012*

<http://www.wellesleyinstitute.com/news/toronto-faces-human-rights-legal-hearing-on-city%E2%80%99s-restrictive-zoning-rules/>

“The City of Toronto has been ordered to face a full legal hearing at the Ontario Human Rights Tribunal regarding city zoning rules that restrict the location of supportive housing for people with physical or mental health needs. [The Dream Team](#), a group of psychiatric consumer / survivors, launched legal action against Toronto, alleging that city zoning rules that impose minimum separations and other restrictions on supportive housing and group homes are a violation of the Human Rights Code. The city’s lawyers sought to have the case thrown out, arguing that the Tribunal didn’t have the legal jurisdiction to decide the matter. In early January, the [Tribunal released a legal decision](#) ordering the case to proceed, and also setting a tight timeline to move to a full hearing.

Restrictive zoning practices are increasingly coming under human rights scrutiny. The [Ontario Human Rights Code](#) prohibits discrimination based on a number of protected grounds, including disability. The Ontario Human Rights Commission, in its [human rights and housing work](#), has warned that municipal zoning rules that discriminate against people on one of the grounds set out in the Code may be illegal.

A year ago, the [Ontario Municipal Board struck down a zoning bylaw in Kitchener](#) that restricted supportive housing in a particular neighbourhood, citing the Ontario Human Rights Code and the Canadian Charter of Rights and Freedoms.”



## STUDY ON MUSLIM SENIORS REPORT LAUNCH

The North American Muslim Foundation (NAMF) cordially invites you to attend the launch of our revealing research report entitled, “Study of the Social and Emotional Needs of Muslim Seniors.” The exclusive release will take place on Tuesday, February 7, 2012, between 11 am – 12 pm.

The North American Muslim Foundation, in collaboration with the G. Raymond Chang School of Continuing Education at Ryerson University, is proud to present this informative and groundbreaking study. Funding was provided by the New Horizons for Seniors Program, Government of Canada. This research is a first of its kind and will benefit families, service providers, and the Canadian community. Seniors are the fastest growing population in Ontario and it is crucial to understand this demographic in order to ensure positive aging and well-being.

The event is intended for anyone who may be interested in learning about the Social and Emotional needs of Muslim Seniors. One of the findings was that Muslim Seniors are experiencing feelings of loneliness despite living with extended family and social opportunities. The cause of this phenomenon has yet to be determined and is clearly a concern within mental health. This report gives greater insight into Muslim Seniors, a population that rarely has been studied.

Please RSVP before Friday, February 3, 2012 at 416-299-1969 x 26 or [camillemohamed@hotmail.com](mailto:camillemohamed@hotmail.com). [www.namf.ca](http://www.namf.ca). Refreshments will be served. The full report will be made available for all attendees.

## **CONSUMER/SURVIVOR PUNK BAND**

Here's something different! Someone I know wants to form a Punk Band consisting of all band members with lived experience. This individual hopes to perform at functions (including but not limited to mental health functions) and hopes the band would also be an advocate for recovery and a voice against stigma and discrimination. If you are interested or know someone who might be interested, please let me know and I will connect interested parties with this individual. Thanks!

Ciao. Paolo

[scottipaolo@yahoo.ca](mailto:scottipaolo@yahoo.ca) or 416-789-7957 X 316.

## **SUPPORTING SURVIVORS BY SUPPORTING STAFF – 2 DAY TRAINING CONFERENCE**

Toronto Botanical Garden, 777 Lawrence Avenue East

March 1, 2012 to March 2, 2012 from 9:00 am to 5:00 pm

Deadline for Registration is February 13th, 2012

For front line workers in the violence against women sector. Panel discussions, speaker presentations and interactive training workshops where industry or issue experts discuss powerful and practical ideas on key issues facing this sector.

First priority for registration for this event should be given to agency and relief staff. Should space permit, we will open registration to students and volunteers.

This event is FREE for organizations funded by the Ministry of Community and Social Services, Toronto Region (MCSS). We are also welcoming other agencies and organizations to attend for a minimal fee of \$45.00.

Breakfast, lunch and refreshments will be provided. Please indicate dietary and/or accommodation needs.

[CLICK for more Information](#)

For More Information Contact: WomanACT, Paula Wells 416-944-9242 x 230 or [socialmedia@womanabuse.ca](mailto:socialmedia@womanabuse.ca)

## **'PROGRESS NOT PRISONS' - CANADIAN STUDENTS FOR SENSIBLE DRUG POLICY NATIONAL CONFERENCE 2012**

Calgary, Alberta March 2 - 4, 2012

THE PLACE TO CONNECT for Young People, Activists, Researchers, Service Providers and Others Looking to Change Drug Policies in Canada and Around the World

JOIN US at Canada's only national drug policy reform conference! Join students, young people, researchers, social workers, policy makers, activists, academics, curious onlookers, and more for an exciting weekend! The conference will feature panel discussions on pressing topics in drug policy, interactive workshops, student research presentations, chances to hang out with inspiring people, and more. As Canada continues to increase the role of prisons and punishment in our society, we will come together to ask what 'progress' means for the current Canadian drug policy movement.

<http://cssdp.org/>

## What are people saying about the **Mental Health Commission of Canada's demonstration research project At Home / Chez Soi** a few years on?

The project was launched in 2008. A thousand homeless people received subsidized housing, mostly market rental rather than social housing. Participants pay 30% of the rent. After receiving housing, participants receive support services to address various other needs. A control group of homeless people do not receive housing but are offered other social services. The research project hopes to show that by receiving housing first, participants will experience an improved quality of life at a lesser cost than prioritizing treatment for mental illness and addictions. Each of the 5 cities, Moncton, Montreal, Toronto, Winnipeg and Vancouver targeted a specific population and Toronto's target is homeless people who are members of visible minorities and live with serious mental health and/or substance abuse issues.

Researchers report that 80% of the participants in this national study are experiencing the benefits and improvement of having a home.

Here is a sampling of Canadian newspaper articles about the project compiled by the Mental Health Commission of Canada. The general consensus from these articles is that the project has been very successful thus far.

The Canadian Press: [A housing-for-homeless project belies Harper's hard-line reputation](#)

The Canadian Press: [Some facts about the federally-funded pilot program At Home/Chez Soi](#)

CBC 'The National': [Housing the homeless](#)

CBC.ca: [Federally funded homeless project seeing results](#)

CTV.ca: [For the homeless, having a home means peace, safety](#)

Ottawa Citizen: [Get practical on homelessness](#)

Red River Valley Echo: [A refreshing change – reporting on help for the homeless](#) (Vic Toews, MP, Provencher)

Le Téléjournal (SRC) (french version only): [Difficile d'être partenaire Chez Soi](#)

## New Resource

New Group Starting. The Mood Disorders Association of Ontario announces a Toronto Drop-In Group: **Wellness & Peer Support for Chronic Pain and Depression**. The group is for people who live with depression and chronic pain conditions such as arthritis, fibromyalgia, migraines, and low back pain. The group will include informal information sharing on pain management tools and resources, and coping strategies such as meditation, mental imagery, aromatherapy, massage, humour and more. Tuesdays from 1:00 to 3:00 pm at their office at 36 Eglinton Ave West, Suite 602. Everyone is welcome to attend. No registration is required.

# Newsbytes

**Small rent reduction for some Toronto tenants.** From a *City of Toronto News Release*, Dec. 14, 2011: More than 167,000 Toronto households are eligible for a rent reduction under provincial legislation because the property taxes on their buildings have been lowered by more than 2.49 per cent. If you are among these households you should have received a letter in the mail addressed to the "Current Tenant" clearly marked "Rent Reduction Notice Enclosed". The rent reduction amounts to 0.61 per cent (about \$6.90/month on an average 2-bedroom apartment in Toronto). The rent reduction provisions in the Residential Tenancies Act apply only to private rental buildings occupied as residences before November 1, 1991. Newer apartment buildings, including rental condos, are not covered. A number of other exemptions apply, including social housing and housing owned by educational institutions. For more information please contact Preetha Stephen, communications agent at [pstephen@entite-3.ca](mailto:pstephen@entite-3.ca).

**The Globe and Mail mental health series.** The Globe and Mail is running a series of articles on Mental Health: State of Mind. The first in the series is about and argues that the stigma of mental illness remains and has hardly changed at all over the past several decades despite public awareness campaigns focused on presenting mental illness as a disease rather than a moral failing.

<http://www.theglobeandmail.com/life/health/new-health/conditions/addiction/mental-health/mentally-ill-and-out-but-not-yet-embraced/article2302213/page3/>

**Blogging good for teens' social anxiety.** An American Psychology Association study found that teenagers with social anxiety and trouble relating to friends, felt a lot better after 10 weeks of blogging about their experiences. Blogging and, interestingly, opening the blog to comments from readers, produced increased self-esteem, and lessening of anxiety. <http://www.medicalnewstoday.com/releases/239946.php>

**Michael Landsberg wins MDAO award.** Michael Landsberg, TSN broadcaster and host of "Off the Record" is the recipient of the 2012 Hero Inspiration Award from the Mood Disorders Association of Ontario. The award honours high profile individuals with personal experience of mental health issues who inspire others. Michael Landsberg is featured in a documentary about depression on CTV at 7 pm on Wednesday, February 8 which is Bell's "Let's Talk Day". <http://www.mooddisorders.ca/news/tsn-broadcaster-recognized-for-anti-stigma-efforts>

**SAMHSA Announces Working Definition Of "Recovery".** The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) has announced a working definition of Recovery from Mental Disorders and Substance Use Disorders: "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." SAMHSA's definition comes with a list of guiding principles. They have also delineated four major dimensions of recovery: Health, Home, Purpose and Community. The list of guiding principles includes hope, self-determination, multiple pathways, holistic support, peer support, social networks, culturally-based, holistic and trauma-informed services and supports, community and respect. The statement is the result of a year-long project by SAMHSA and partners in behavioural health care and other fields. The Substance Abuse and Mental Health Services Administration (SAMHSA) is a branch of the U.S. Department of Health and Human Services.

<http://www.medicalnewstoday.com/releases/239713.php> <http://www.samhsa.gov/>

**Treating Type 2 diabetes and depression together improves both.** A study published in the Annals of Family Medicine from the University of Pennsylvania found that patients who received treatment for Type 2 diabetes and depression experienced significant improvement in blood sugar and mood. This improvement was markedly higher than that experienced by patients who did not receive integrated care.

<http://www.medicalnewstoday.com/releases/240158.php>

**SSRI use in late pregnancy.** Massachusetts General Hospital Centre for Women's Health blog reports that the FDA has revised a 2006 warning that infants exposed to SSRIs (selective serotonin reuptake inhibitor antidepressants) in late pregnancy may have an increased risk for persistent pulmonary hypertension of the newborn. The Hospital reviewed the studies to date and conclude that the data supporting an association between SSRI in late pregnancy and PPHN is weak <http://www.womensmentalhealth.org/posts/ssris-and-pphn-the-fda-revises-its-warning/>

**US Housing First program reduces heavy drinking levels.** A Housing First program in Seattle that provides housing to homeless people without requiring that they receive treatment for addiction reports that newly housed heavy drinkers drink less. The average number of drinks on the heaviest drinking day of each month fell by 35 percent and the number of drinks on a typical drinking day decreased by 50 percent. Bouts of delirium from alcohol withdrawal decreased by 42 percent. The study is published in [American Journal of Public Health](http://www.drugfree.org/join-together/alcohol/newly-housed-heavy-drinkers-given-access-to-alcohol-cut-down-on-their-drinking). <http://www.drugfree.org/join-together/alcohol/newly-housed-heavy-drinkers-given-access-to-alcohol-cut-down-on-their-drinking>

# Employment Matters

## Job Posting: Focus On Food Project Interns

**FoodShare Toronto is now hiring for 10 positions for a 24 week long, full time, paid internship in our Focus on Food Project**

If you have had difficulty finding long-term employment and face systemic barriers to employment this program will give you work experience in either our food distribution warehouse or kitchen program. This program also includes weekly programming sessions providing certifications, such as First Aid, WHIMIS, and Food Handlers and hands on experience building a range of interpersonal and professional skills from how the food system works globally and locally, anti-oppression programming, employment counselling, creative arts exploration and more.

**You must be eager to work and learn in a team environment and ready and committed to work full time.**

**To qualify for the program you must be:**

- Between the ages of 15-30
- Unemployed
- Have had difficulty finding long-term employment and face systemic barriers
- Have not received Employment Insurance (EI) in the past two years
- Have not completed high school

The positions pay \$10.25/hour for a 37.5 hour work week **beginning on March 19<sup>th</sup>, 2012 and ending on August 31<sup>st</sup>, 2012. To apply and register for an orientation session** in either our Kitchen or Warehouse please call **416-363-6441 x 238 by Friday February 3**. We will be registering up to 40 applicants for each section, for a total combination of 80, and *registration may close before the closing date depending on availability.*

**The Application Process includes:** Registering and attending an orientation session at [FoodShare, 90 Croatia Street \(click for map and directions\)](#) where you will meet staff, spend the day working in our Good Food Program or Kitchen, receive an overview of our program and have your questions answered. You will then complete an application form and sign up for an interview. Everyone who comes for orientation is eligible for an interview.

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

Free and Low-Cost Events for **February 1 – 15, 2012**

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

### **BLACK HISTORY MONTH**

February is **Black History Month**. There's a huge variety of things to do at libraries across the city. Call the Answer Line at 416-393-7131, check out [torontopubliclibrary.ca](http://torontopubliclibrary.ca) or go to any library and pick up their book "What's On". It lists all the special events going on in all the libraries from January to March. The featured events for Black History Month are on pages 26 and 27.

### **LEARNING**

<http://onlinenursepractitionerschools.com/top-100-overcoming-addiction-blogs/> This site contains a big listing of addiction-related blogs by people in recovery from various addictions.

<http://yourlegalrights.on.ca/> A project of CLEO (Community Legal Education Ontario), **Your Legal Rights** is a newly launched website of legal information for people in Ontario. This excellent site has free, practical, and easy-to-find legal information produced by hundreds of organizations across Ontario. You may also subscribe to their informative email bulletin to stay abreast with the latest developments. Topics covered include Abuse and family violence, consumer law, criminal law, education law, employment and work, environmental law, family law, health and disability, housing law, human rights, immigration and refugee law, the legal system, social assistance and pensions, wills and estates.

<http://addiction-dirkh.blogspot.com/>

Addiction Inbox: The Science of Substance Abuse by Dirk Hanson

Articles and health studies about drugs, addiction and alcoholism, including the most recent scientific and medical findings. I've mentioned this site in the past but it is worth mentioning again. Dirk Hanson's blog is the one to visit for people interested in current thinking and research into the nature of addiction. Interviews with recovering addicts and experts on addiction covering a wide spectrum of addiction issues and current thinking/treatment approaches.

<http://addiction-recovery-blog.com/> is another smart blog well worth visiting. This time because of its comprehensive resources and high degree of optimism about recovery. "The Addiction Recovery Blog is a place where recovering alcoholics and addicts can share their experiences, both good and bad, and help each other Live Life Clean! The plan is for this to be a place where there is a free exchange of ideas: not dogma or absolutes. Controversy is okay, but bullying and belittling is not. Healthy respect for how others have successfully stayed clean and sober is the best attitude here!"

Wed 8 from 6:30 – 8 pm. You are invited to a FREE presentation: **Criminal Justice in the City. This Month's Focus: Youth & Criminal Justice in Toronto.** Everyone is welcome! Young & old! Kids, teenagers, adults of all ages! If you are interested in learning about criminal justice please join us! Presented by: Glen Crisp – Assistant Crown Attorney, Downtown Toronto St Lawrence Community Centre – Adult Lounge, 230 Esplanade 416-392-1347 (refreshments provided) Contact [criminaljusticetoronto@gmail.com](mailto:criminaljusticetoronto@gmail.com) for more info or read the article about the program at [www.thebulletin.ca](http://www.thebulletin.ca)

## MUSICAL TRAINING

**Freaks and Geeks: A Drag Musical.** "Freaks and Geeks" is a FREE performance program for LGBTTIQ2S youth of colour and aboriginal youth. Over 12 weeks in a safe, nurturing and fun space, we'll use song, movement and theatre to create a group drag performance to celebrate the nonconforming and unique expressions of self that "Freaks and Geeks" embody.

WHERE: The 519 Church Street Community Centre (519 Church Street) & Buddies in Bad Times Theatre (12 Alexander Street) Both The 519 and Buddies in Bad Times are wheelchair accessible.

WHEN: Thursdays. February 23<sup>rd</sup> – May 3<sup>rd</sup>, 5 – 8 pm (@ the 519)

Each Participant will receive an honorarium at the end of the program.  
Food and TTC tickets/tokens are provided.

To apply, please fill out the application form located [here](#) and send it to [freaksandgeeks.freedomschool@gmail.com](mailto:freaksandgeeks.freedomschool@gmail.com)



## NATURE LOVERS

Sun 5 at 2:30 pm. **Geologic Journey:** Seven Months on the Road with the CBC. Nick Eyles, Professor Geology, University of Toronto, Scarborough. Toronto Field Naturalist Monthly Talks. Once a month, from September to May, members meet on Sunday at 2:30 p.m. at Emmanuel College, 75 Queens Park, Toronto, for illustrated talks by noted experts on a wide variety of natural history topics. Visitors are welcome!

### Nature Walks for February 2012

Wed Feb 1 • Sunnybrook Park – **Birds & Plants in Winter**

Sat Feb 4 • The Brickworks– **Nature Arts**

Thurs Feb 9 • Humber Bay Park East – **Birds**. Leader: Wendy Rothwell. Meet at the southwest corner of Lake Shore Blvd W and Park Lawn Rd. Bring binoculars. Morning only.

Sat Feb 11 • High Park – **Oak Savannah in Winter**

Wed Feb 15 • Lower Scarborough Bluffs – **Birds & Plants in Winter**

Ongoing. **Toronto Field Naturalists** (Since 1923). 2 Carlton Street, Suite 1519. 416-593-2656

<http://www.torontofieldnaturalists.org/v-walks.htm>

### Come outside this winter!

Appreciate nature close to home at these FREE events hosted by Toronto and Region Conservation.



Thurs 9 from 7 – 9 pm. **Hoot and Howl at Morningside Park**. Join us for a night of fun and adventure! A short slide presentation on owls and coyotes is followed by a trip into the woods. Together we will call out to these wild creatures in the hope that they will hoot or howl back.

Morningside Park Curran Hall Community Centre, 277 Orton Park Road

416-661-660 x 5660 <http://www.trcastewardshipevents.ca/> FREE

**Walking Group** Are you motivated to improve your health? Would you like to set personal goals and experience outdoor walking trails in your community? Are you interested in learning about the benefits of walking? Would you like to have fun while working out with others?

To kick off the New Year and share information on the benefits of walking in your community we invite you to revisit your resolution and get fit in 2012. Come out and participate in a community walk in High Park on Sunday February 12<sup>th</sup> at 11 am in High Park at the Black Oak Café – 220 West Road- Bloor Street entrance. The walk will take place on Ring Road.

For more information please contact Katie or Chantal at 416-604-3362 at the Four Villages Community Health Centre or visit [www.highparkwalkers.com](http://www.highparkwalkers.com)

## SCARBOROUGH WOMEN'S CENTRE FEBRUARY WORKSHOPS

Thurs 2 from 7 – 9 pm. **“Empowering Yourself With Intuition and Awareness”**. with Darlene Montgomery. Learn how your intuitive language speaks to you. Practice different ways of using your intuition to get answers to practical questions, and see how your dreams play a part in giving you practical wisdom in all areas of your life. **Free** (\$5 suggested, or donate what you can). Sponsored by Ontario Power Generation Employees' & Pensioners' Charity Trust.

Sat 4 from 10 am – 3 pm. **“Growing Healthy Relationships” with Darlene Montgomery**—many of us come from dysfunctional families. Learn the art of discernment, boundaries and clear communication. Find your core beliefs and choose new healthy ones that empower you and help you recognize healthy people. Set goals to ensure you'll be in charge of your future relationships. **Free** (\$25 suggested, or donate what you can). Sponsored by St. Andrew's Charitable Foundation.

Sat 11 from 10 am – 3 pm. **“Basic Car Maintenance”**. By the end of this workshop you will be able to comfortably identify issues with your vehicle and communicate them confidently and specifically to your automotive professional, engage in auto conversations with confidence and make empowered decisions about purchasing new & used vehicles. **Free** (\$25 suggested, or donate what you can). Sponsored by Elaine Dandy and A ‘Jest’ Cause.

2100 Ellesmere Road, Suite 245. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111 [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca)

## TV TAPING

**Canada Reads: True Stories.** A live taping of Canada's favourite literary battle hosted by Jian Ghomeshi! Mon to Thursday February 6 - 9 from 9 am – 11 am.

This year, Canada Reads is all about non-fiction. The panel includes:

Actor Alan Thicke defending *The Game* by Ken Dryden

Dragons' Den costar Arlene Dickinson defending *Prisoner of Tehran* by Marina Nemat

Juno award-winning musician Shad defending *Something Fierce* by Carmen Aguirre

Supermodel Stacey McKenzie defending *On a Cold Road* by Dave Bidini

Quebec's Judge Judy, Anne-France Goldwater defending *The Tiger* by John Vaillant

There will be four live and lively shows for which you can be an audience member: CBC's 10th floor studios, Toronto Broadcast Centre (250 Front Street West)

To reserve tickets send an email to [canadareads@cbc.ca](mailto:canadareads@cbc.ca) and specify "Canada Reads Tickets" and the date for which you are requesting them in the subject headline. In the body of the email, tell us: how many seats you want, which day(s) you want them for, the names of the people they are reserved for and contact information (phone number and email address).

\*\*Please note that due to high demand, there is a reservation limit of 4 seats per person.

This event will be recorded for TV and the web, in addition to radio. By attending the event, you are granting CBC the right to air your image on TV and on the web. This will be a closed set, and attendance will commit you to the studio for about 2 hours with no in-and-out privileges once doors are locked at 9:30 am. In the meantime, please check back online at <http://www.cbc.ca/canadareads> for updates.

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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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