

# BULLETIN

AUG 16 – 31, 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.ca <http://www.csinfo.ca/>

## Save The Community Start-up and Maintenance Benefit

As most of you are aware, the government is eliminating the Community Start-Up and Maintenance Benefit as of December 31, 2012. They have already eliminated the Home Repairs Benefit as of June 30, 2012.

These cuts are really going to hurt people. So there are legal clinics and activist groups working around the province to demand that the government reverse these cuts. As part of that work, we're going to be talking with people in Parkdale (and anyone else who wants to make their way here) about what's happening and what we can do about it together.

**Tuesday, August 21<sup>st</sup> 6:30 - 8:15 pm**

Parkdale Public Library 1303 Queen Street West (Cowan and Queen St West), in the basement auditorium.

Losing these benefits will have direct impacts on people, like:

- women trying to move from transition shelters into permanent homes after experiencing domestic violence;
- people trying to move from homelessness – living on the street, in ravines, alleyways, parks, or under bridges – or a shelter into permanent homes;
- people dealing with bedbugs who need to move and/or buy new furniture and clothing;
- people who cannot afford the rising cost of utilities;
- women with a lack of resources to buy cribs and other items for infants whose parenting may be called into question by Children's Aid;
- people with mental health disabilities / mental illness who are trying to move from hospital into the community and whose discharge from hospital will be delayed;
- people with health challenges and disabilities who require air conditioners, hospital beds, bathroom aids, etc.;
- people who have to pay retroactive electricity bills that come in annually;
- people needing to transition from one home to another for safety reasons, an increase or decrease in family size, because of maintenance problems, or simply because of eviction;
- anyone needing to rent a truck in order to move their possessions;
- people moving to another city or town for education or to try to find work;
- people recovering from substance abuse issues who are trying to get back on their feet;
- youth transitioning out of family or institutional trauma who need to get established independently in the community for the first time.

**Join Us On August 21 at 6:30**

Community Announcements 1 – 3    Training Matters 4 - 5    Places to go...5 – 8    PREFER Summit 9 - 10

## Gerstein Centre and Houselink are participating in the Scotiabank Waterfront Marathon Charity Challenge

Run, walk, wheel...join the Gerstein Centre/Houselink team at the Scotiabank Toronto Waterfront Marathon on Sunday, October 14<sup>th</sup> and help the thousands of Torontonians living with mental health difficulties.

Donations this year will be directed towards our FRESH program, Finding Recovery through Exercise Skills and Hope a peer support program in cooperation with Houselink that focuses on helping people get physically active. The program helps people enhance social interaction and connect with their communities. Some of the activities include gym groups, yoga, walking groups, hockey and information about nutrition.

Join the Gerstein Centre/Houselink Team today and help us reach our fundraising goal.

Register as a walker/runner at [http://eventsonline.ca/events/crs\\_scotia/](http://eventsonline.ca/events/crs_scotia/)

Or if you can't participate on Oct 14<sup>th</sup> you can sponsor a member of the team at

<https://secure.e2rm.com/registrator/PersonalPage.aspx?eventid=85736&RegistrationID=1487649>

**For information on the FRESH Program, call 647 462-9601.**

## The Toronto District School Board Adult General Education Catalogue is Out.

[http://www.tdsb.on.ca/\\_site/ViewItem.asp?siteid=200&menuid=2393&pageid=1891](http://www.tdsb.on.ca/_site/ViewItem.asp?siteid=200&menuid=2393&pageid=1891)

Remember that ODSP recipients pay only \$10 plus material fees: "A GAINS certificate or Social Assistance Receipt is required to qualify for the reduced rate of \$10 per course. A copy must be submitted with the application form to support this request. This reduced rate applies to course fees only and is limited to one course per term. Material costs or specialized fees are payable in full."

## The Empowerment Council

An organization that represents the voice of clients of CAMH

### Volunteer Orientation Session

Are you a mental health/addiction client of CAMH who wants to learn about becoming a volunteer? and promoting the Bill of Client Rights within CAMH?

You will learn about:

- important changes in the mental health sector
- Participating on CAMH centre wide committees
- How to become a strong voice for CAMH clients
- Promoting the Bill of Client Rights
- Translating "personal story" into systemic advocacy

Orientation Training Session will be held Tuesday August 21, 2012 4:00 pm – 5:30 pm

Register by calling: 416-535-8501 x 33013. Interested individuals should be familiar with the Empowerment Council Mission Statement & Terms of Reference: [www.empowermentcouncil.ca](http://www.empowermentcouncil.ca)

### Keep fit with PhACS free walking groups!

*We meet outside the cafes at the times and location listed below, year round.*

**Wednesday:** 3:30 pm – The Park beside Parkdale Community Health Centre, 1229 Queen Street West (west of Dufferin)

**Wednesday:** 7:00 pm – Tim Horton's, 481 Danforth Avenue (at Logan)

**Saturday:** 1:00 pm – Brown Sugar Bakery & Deli, 1374 Queen Street West (west of Brock)

**Sunday:** 10:00 am – The Riverdale Perk, 633 Logan Ave. (at Withrow)

PhACS (Physical Activities for Consumer/Survivors) works in partnership with Accent on Ability, a registered charitable organization, to promote wellness through physical and social activities. PhACS serves consumer/survivors (people who have had experience with the mental health system), their friends and people with diabetes.



## 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.

## Upcoming Conferences

### World Hearing Voices Day – Sept 14, 2012 – Toronto

This year Toronto is joining in marking **World Hearing Voices Day**.....

A day of community, connecting across Canada and round the globe learn about hearing voices experience, community and some of the innovative ways we work helping people learn to live with the voices they hear...

- **Intensive Training Workshop for Workers 9:00 am to 12 noon**  
Intensive small group workshop for workers only, limited spaces, materials provided
- **Community Information 1:00 pm to 4:30 pm**  
networking and connecting with the global hearing voices community
- **Social/buffet to 6:00 pm**

For more info, see

- **For full info and updates** as we confirm guests from round the globe ....  
<http://recoverynetworktoronto.wordpress.com/2012/07/27/world-hearing-voices-day-friday-14th-september-2012/>

### Support Work As Dignity Work - Friday, Sept 21, 2012 – North York

“**Support Work As Dignity Work**” workshop presented by PREFER (Peer Recovery Education For Employment and Resilience)

Friday, Sept. 21 Fee \$150.00 (Early Bird) \$160.00 (Regular) \$75.00 (Student)

Where: North York General Hospital – Branson Site 555 Finch Ave. West, Toronto

Time: 9:00 am – 4:00 pm

This workshop will explore the processes and structures of dignity violation, dignity promotion and opportunities, the consequences for individual and collective health and imagine reform of our systems of health and social care. The workshop features a presentation on Dignity and Health by Nora Jacobson, M.A., Ph.D., author of the book, “Dignity and Health”, and a presentation by Kathryn Storey, RN, MA, PhD. which will update the research project on finding balance in setting limits within peer support relationships.

1 888-780-0724

### Bellwood Health Services: The Many Faces of Addiction 2012 Symposium

October 16 – 17, 2012, 7:30 am - 5:00 pm Ontario Science Centre, 770 Don Mills Road, Toronto

The Many Faces of Addiction Symposium is a dynamic forum for examining the illness of addiction, and exploring treatment, workplace management, and recovery best practices.

At the fourth annual symposium, we will delve into the areas of concurrent trauma/PTSD and substance abuse, Internet and gaming addiction, best practices for managing employees with addiction, and clinical techniques for achieving excellent results.

Take advantage of this opportunity to hear from leaders in the addiction and mental health field, and gain new insights into how to help those who are struggling at home, in the workplace, and in our communities.

For more information, please visit <http://www.bellwood.ca/>

# Training Matters



## EMPLOYMENT SKILLS FOR COMMERCIAL BAKING

**Start Date: September 17, 2012**

### About the Program

- Program content based on input from industry and George Brown College's Centre for Hospitality & Culinary Arts
- Most courses provide graduates with Ontario Public College credits, credits may be applied towards an Ontario Public College Diploma
- Program graduates will receive a George Brown College Certificate
- All classes to be held at George Brown College, St. James Campus from 6:00 pm to 10:00 pm Tuesday – Friday and 1:00 pm to 5:00 pm Saturday inclusive. Instruction is at the level and pace of an Ontario Public College diploma program
- Industry work placement may be offered



### About the Job

- Jobs are entry level
- Many positions are day shift
- Starting pay range \$ 14.00 - \$16.00 per hour,
- Excellent career path with advancement opportunities

### Admission Requirements

- Applicants will be interviewed
- Applicants must have a current resume and be able to demonstrate interest and suitability to both training and employment in commercial baking.
- Good English communication and Math skills, Ontario Grade 12 or equivalent Applicants will be tested.

### Offer of Employment

- Students accepted into the program who meet all admission requirements may be provided with an offer of employment prior to the commencement of classes

### Funding to cover the tuition and course material costs may be available:

- To youth between the ages of 18 and 29 who qualify under Skills Link
- To people of any age who qualify for Second Career funding
- For Ontario Works Clients: Employment and Social Services

**For more information, please contact Sacha Bradley at 416-415-5000 ext 3007 or email: [sbradley@georgebrown.ca](mailto:sbradley@georgebrown.ca)**

Prepare for a career as a:

## Coffee and Vending Service Worker

Opportunities as:

- Bench Technicians
- Route Drivers
- Warehouse Persons

If you are legally entitled to work in Canada and have:



**A positive attitude**  
**An up-to-date resume**  
**Grade 10 education or equivalent**  
**Ability to lift 30 lbs.**  
**Flexibility with hours of work**  
**A valid driver's license with a clean abstract (an asset)**  
**Are currently in receipt of social assistance**

You may be able to receive free Coffee and Vending Training and Workplace Experience.

Please contact your worker or the Training Renewal Foundation at 416 621-6708

Come to an Information Session on Tuesday September 4, 2012 9:30 am at Mister Coffee 2045 Midland Ave, north of Ellesmere opposite the Midland RT Station.

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

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Free and Low-Cost Events for **Aug 16 – 31, 2012**

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

### ARCHITECTURE

Weekdays to Fri 31 at 1:30 pm. **Osgoode Hall Summer Tours.** Tour the hub of legal life and home of the highest courts of the province. With a new exhibition on the history of its famous fence. Osgoode Hall, 130 Queen Street West. 416-947-3315 [www.lsuc.on.ca](http://www.lsuc.on.ca) FREE

### ART AND MUSIC

Friday, Aug 17 at midnight. **Ink and Tattoo Contest.** Prizes for the best tatts. With DJ's. Black Eagle, 457 Church Street. 416-413-1219 [www.blackeagletoronto.com](http://www.blackeagletoronto.com) FREE

Tuesday, Aug 28 from 5:00 pm – 10:00 pm. **Mostly Unplugged: Casa Loma Music & Art Series.** Enjoy the gardens, the terrace overlooking the downtown skyline, a BBQ and live music, including an open mic. Casa Loma, 1 Austin Terrace, Toronto 647-725-1827 [www.casaloma.org](http://www.casaloma.org) (Cash Only) \$5.00.

Thursday, Aug 30 at 6:30 pm. **Art Spin.** A guided art tour of local galleries by bike, with an after-party. Tour starts at Dufferin Grove Park, 875 Dufferin Street. 416-712-7074. [www.artspin.ca](http://www.artspin.ca) FREE

## COMMUNITY

Wednesday, Aug 29 from 1:00 pm – 3:00 pm. **Kennedy House Youth Services 3rd Annual Community BBQ.** Local residents come together to celebrate community pride in East Scarborough and promote a safer environment for the young people who live there. Food and fun activities for the children. Scarborough Storefront, 4040 Lawrence Ave East at Kingston Road. 416-299-3157 [www.kennedyhouse.org](http://www.kennedyhouse.org) FREE

## DESIGN

Daily to Sept 2nd from noon – 5 pm. **60 Years of Designing the Ballet.** A behind-the-scenes look at the fantasy of the ballet with its costumes, props, sets, lighting, and dance. Design Exchange, 234 Bay Street. 416-363-6121 [www.dx.org](http://www.dx.org) FREE

## FESTIVALS

Sat 18 6:30 pm. **Korean Culture Caravan.** A celebration of the 50th Anniversary of Korea Canada diplomatic relations. Performances of traditional Korean and modern music and dance. North York – Mel Lastman Square, 5100 Yonge Street. 416-538-2211 <http://www.facebook.com/alltvcaravan> FREE

Thurs 23 to Sun 26. Thurs noon - 10 pm, Fri noon – 11 pm, Sat 11 am – 11 pm, and Sun 11 am – 8 pm. **BuskerFest.** Comedians, contortionists, musicians, magicians, fire jugglers, acrobats, aerial artists, clowns and daredevils at North America's largest street performer festival. St. Lawrence Market Neighbourhood, Front Street East and Yonge Street. 416-964-9095 [www.torontobuskerfest.com](http://www.torontobuskerfest.com) FREE with donations to Epilepsy Toronto

Fri 24 to Sun 26 from 1 – 11 pm. **TaiwanFest.** A three-day culinary arts, music, dance and film fest encouraging dialogue between new immigrants and Canadians who have been here for generations. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 [www.harbourfrontcentre.com/summer/](http://www.harbourfrontcentre.com/summer/) FREE

Fri 24 to Sun 26 from 9 am – midnight. **Toronto Turkish Festival.** Celebrate Turkish culture through music, exhibitions, arts, crafts, dance, shows, and delicious food. Multiple locations including Nathan Phillips Square and David Pecaut Square. 647-774-4615 [www.torontoturkishfestival.org](http://www.torontoturkishfestival.org) FREE

Sat 25 and Sun 26 from 9 am – 8 pm. **Aloha Toronto.** Join the largest beach party ever to happen in Toronto. With longboard surfer Izzy Paskowitz, big wave surfer Garrett McNamara and other surfing celebrities. Including classic surf movies, DJs and live entertainment. Supporting Surfers Healing and SickKids. Woodbine Beach, 1675 Lakeshore Boulevard East. 416-508-5652 <http://alohatoronto.com/> FREE

Sun 26 from noon - 11:30 pm. **Bangladesh Festival 2012.** Celebrating Bangladeshi social and cultural workers and volunteers with cultural dance, music, drama, a fashion show, and vendors of handcrafted fashion, traditional clothing and delicious foods. Albert Campbell Square, 150 Borough Drive. 416-710-3640 [www.obcs.ca](http://www.obcs.ca) FREE

Tues 28 to Sept 3 at various times. **Ashkenaz Jewish and Yiddish Cultural Festival.** With Israel's Yemen Blues, Shadowland Theatre, Theatre Panik, the Ashkenaz parade and more. Harbourfront Centre, 235 Queens Quay West. 416-973-4000 [www.harbourfrontcentre.com/summer/](http://www.harbourfrontcentre.com/summer/) FREE



## FILM

Tues to Sun throughout August from noon – 5 pm. **Making Waves Interactive Aquarium Exhibit.** Journey into the depths of mysterious water-worlds with experienced National Film Board animators. NFB Mediatheque, 150 John Street. 416-973-3012 [www.onf-nfb.gc.ca/eng/mediatheque](http://www.onf-nfb.gc.ca/eng/mediatheque) FREE

## GARDENING

Mon 27 from 6 - 7:30 pm. **Fall Gardening Workshop.** A gardening expert from Toronto Green will teach you how to extend your gardening season with tips for fall. Learn how to plant bulbs, save seeds, and improve your soil for next year. Toronto Public Library, Agincourt Branch, 155 Bonis Avenue. Register at 416-396-8950 <http://www.torontopubliclibrary.ca/> FREE

## HEALTH& FITNESS

Sun 19 from 9:30 am -1 pm. **Yogathon.** Outdoor yoga classes. Yonge-Dundas Square at corner of Dundas Street and Yonge Street. 416-979-9960 [www.ydsquare.ca](http://www.ydsquare.ca) FREE

Tue 21 from 2 - 4:30 pm. **Agincourt Health Fair.** Features a variety of information booths regarding personal health including nutrition, injury prevention, diabetes, caregiver support services and much more. Toronto Public Library, Agincourt Branch, 155 Bonis Avenue. 416-396-8950 <http://www.torontopubliclibrary.ca/> FREE

Sat 25 at 7 pm and Sun 26 all day from 9 am. **NBA 3X.** Outdoor 3-on-3 basketball games for ages 13 and up. With free entertainment. Yonge-Dundas Square at corner of Dundas Street and Yonge Street. 416-979-9960 [www.ydsquare.ca](http://www.ydsquare.ca) FREE

## HISTORY

Sun 19 from 1:30 - 3 pm. **1849: The Rebel Returns! Walking Tour.** When William Lyon Mackenzie was discovered in Toronto in March 1849, twelve years after he led an armed rebellion down Yonge Street, chaos broke out, and a violent mob attacked the house he was visiting. Learn more about this important historical event. Mackenzie House, 82 Bond Street. 416-392-6915 <http://www.toronto.ca/culture/museums/featured-events.htm#mackenzie> FREE

Sun 19 from 1:30 - 2:30 pm. **Appetizing August Preserve Walk.** Tour the grounds and nature preserve in full bloom. Learn which flowers and herbs the European settlers and First Nations groups included as part of their harvest. Refreshments provided after the walk. Todmorden Mills Heritage Site, 67 Pottery Road 416-396-2819 <http://www.toronto.ca/culture/museums/todmorden.htm> \$3-\$5 plus HST

## LEARNING

Interested in a **free, on-line, university-level course** of approximately 6 weeks' duration? "Coursera" is a social entrepreneurship company that partners with the top universities in the world to offer courses online for anyone to take, for free. Currently they offer 116 courses covering a wide range of topic areas. Their teaching platform is designed to help students learn the material quickly and effectively. Here is an opportunity to take university level courses that are taught in a new and unique method at no cost. Go to [www.coursera.org](http://www.coursera.org) for more information.

Fri 24 from 10 am - noon. **Social Networking.** Discover new ways of creating and sharing information on the Internet, including wikis, blogging, photo sharing and social networks. Toronto Reference Library, 789 Yonge Street. 416-395-5577 <http://www.torontopubliclibrary.ca> FREE

Fri 31 from 1:00 – 3:00. Toronto Western Hospital Monthly Talk. **Headaches and Migraine.** TWH Auditorium, 399 Bathurst St. Info: 416-603-6277. FREE

Poverty. Violence. Racism. Abandoned housing. Safety. Green space. Clean air and water. These are **social determinants of mental health**—all shaped by public policy. Change them, and you change public health and the health of communities. Where do you start? You can watch a short video on the Adler School of Professional Psychology's website. Learn more about the social determinants of mental health and Mental Health Impact Assessment (MHIA), through the Adler School's Institute on Social Exclusion (ISE). ISE leads new thinking and practice on the social determinants of mental health, to help communities and policymakers improve community well-being. The ISE's pioneering Mental Health Impact Assessment (MHIA) is an important tool for change. The highly anticipated final report on the ISE's 18-month MHIA conducted in partnership with Chicago's Englewood community will be announced at "The Social Determinants of Urban Mental Health: Paving the Way Forward," Sept. 19-20 in Chicago. Watch the video here: <http://www.adler.edu/page/institutes/institute-on-social-exclusion/projects/mhia/social-determinants-of-mental-health>

## NATURE

Sat 25 from 10 am - noon. **Edible Tree Tour**. Learn about urban harvesting from the Not Far From The Tree organization and how each year Toronto's urban forest produces millions of pounds of edible treats. Ben Nobleman Park, across from Eglinton West subway station. 416-413-9244 [yourleaf.org](http://yourleaf.org) BY DONATION

## PHOTOGRAPHY

To Sept 3. Tues to Sat from 11 am – 6 pm and Sun from noon – 5 pm. **Gaia** by Guy Laliberté. A selection of breathtaking large-scale photographs taken from 350 kilometres above the earth's surface from the International Space Station. Thompson Landry Gallery, Distillery District, 32 Distillery Lane. 416-364-4955 <http://www.thompsonlandry.com/> FREE

## READING

Wed 29 at 7 pm. **3-Day Novel Writing Contest Celebration**. Launch of winning novel Heidegger Stairwell by Kayt Burgess. Victory Café, 581 Markham Street. [info@3daynovel.com](mailto:info@3daynovel.com) [www.3daynovel.com](http://www.3daynovel.com) FREE

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

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**How about converting to email and doing a favour for our planet?  
Call The C/S Info Centre at 416 595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).  
Your Mother Earth will thank you.**



## PREFER

Peer Recovery Education  
For Employment & Resilience



## Building a Culture of Recovery

A comprehensive education strategy

# PREFER Annual Summit

**Saturday, September 22<sup>nd</sup>, 2012**

The Summit is a province-wide conference that enables PREFER participants, consumer/survivors, families, allies and professionals to gather and educate one another, be educated, network and share their experience on peer support.

10:00 am – 5:00 pm

Branson site – North York General Hospital  
555 Finch Avenue West\*, Auditorium (lower level)

### **Keynote Speaker: Nora Jacobson** **Peers as Dignity Workers**

How dignity violation and dignity promotion affect individual and collective health and how peers are well-suited to be dignity auditors.

### **“Setting Limits in Peer Support”**

**ART! Show & Sale** by PREFER participants & consumer survivors  
**Panel Discussion & Guest Speakers & Networking**

**REGISTRATION:** FREE for Consumer/Survivors. There is a \$25.00 fee for professionals, family members and allies. Lunch is included in registration. Details on how to register can be found on the next page. **DIRECTIONS & PARKING INFORMATION ON PREVIOUS PAGE.**

Contact us at: [prefersummit2012@gmail.com](mailto:prefersummit2012@gmail.com) or by telephone @ 647-203-3726

Krasmancentre

Gerstein  
Centre

HOUSELINK

Ontario  
Trillium  
Foundation

Fondation  
Trillium  
de l'Ontario

**Please Note – ¼ of the seats are already full - YOU MUST REGISTER TO ATTEND!!**

**We may be full by event date!**

REGISTRATION FORM **PREFER Summit 2012**

Saturday, September 22<sup>nd</sup>, 2012 - 10 am – 5 pm

NAME (Please print): \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT.# \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

TELEPHONE # \_\_\_\_\_ Cell: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Confirmation will be sent via email upon receipt of registration.

Please fax your registration to 905-780-1960 or by email at [prefersummit2012@gmail.com](mailto:prefersummit2012@gmail.com)

Further information: Call: Theresa at 647-203-3726

Payment can be mailed to Summit 2012 c/o Krasman Centre, 10121 Yonge Street, Richmond Hill, ON L4C 1T7. Please make cheque payable to Krasman Centre. Thank you.

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**Directions: Branson Site Directions and Parking**

**Address:** 555 Finch Ave. West, Toronto, Ontario, M2R 1N5

**Major Intersection:** Finch Avenue West and Bathurst Street

**Get to the Branson Site by TTC**

- Take the 36 Finch bus and exit Bathurst Street
- Take the 7 Bathurst bus and exit Finch Avenue West

For detailed information on TTC routes, call the Toronto Transit Commission at (416) 393-4636 or go to <http://www.ttc.ca> to plan your trip.

**Get to the Branson Site by Car**

**If you are coming from East to West** - Head west on Finch Ave. W past Bathurst St

**If you are coming from West to East** - Head east on Finch Ave. W past Dufferin St

**Parking at the Branson Site**

Rates: \$4 for 30 minutes - \$12 daily rate on site. **FREE** Parking is available across the street at the Carnegie Centennial Arena, 580 Finch Avenue West.