

BULLETIN

482 March 16 - 31, 2013

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/>

Centre Updates

Taxes

Our **Income Tax Clinic** is in full swing, so if you haven't called for an appointment, please do. You need to be a consumer/survivor, with an income under \$30,000 and a simple return. Canada Revenue defines that as: no bankruptcy, no self employment income or expenses, no rental income, no capital gains, and not if you were widowed last year. So, if that fits you, give us a call and we'll put you in the appointment book. A reminder that we will do returns for past years, but only after the current tax season is over, that is after April 30th.

Information Sessions

March 18th from 1:30 to 3:30 is our **Housing Info Session** with Amanda Eaton from the Coordinated Access to Supportive Housing (CASH) and a speaker to be determined to talk about eviction prevention. It will be held in Room 1123 of the Doctor's Association Building, at 101 Stokes Street - please see the map in the last issue. Call or email to register. 416 595-2882 or csinfo@camh.ca.

Monday, April 29th is the next Info Session and it will feature **John Stapleton** telling us about getting the most income possible when we are 60+. He'll talk about maximizing the GIS (Guaranteed Income Supplement), when you should retire if you are a low income person, and other topics like why it's not a good idea to save in an RSP if you are on a low income. This session is back in our usual haunt, Room B-40, in the basement of Unit 4. Mark your calendars for April 29th 1:30 to 3:30.

Helen

Computer Column by Martha, The Computer Gal

Will return next issue



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, PhotoShop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you

Announcements

The Consumer/Survivor Timebank of Toronto (CSTB)

Do you have a skill or talent you would like to share?

Are you looking for a creative and free way to get support and learn new things without having to access social services?

Have you ever had experience with mental health services/the mental health system? Do you identify as mad, consumer, psychiatric survivor and/or as a person with a mental illness?

If yes, then The Consumer/Survivor Timebank of Toronto (CSTB) is looking for you. We are establishing a peer-based alternative currency system. Members list the things they would like to do, and the things they need help with. People earn time dollars by helping each other out, and can spend them by "purchasing" help from the Timebank. No goods or money is exchanged. Everyone is equal. Timebanks have been shown to reduce isolation and improve quality of life. This project has been made possible thanks to a grant from the Reva Gerstein Legacy Fund.

Contact us at c.s.timebanking@gmail.com or visit our web site at www.cstb.timebanks.org.

Free HIV 101 workshop - April 2013

A 2 day interactive HIV/AIDS 101 workshop facilitated by Toronto Public Health.

Topics include basic information, living with HIV, stigma, resilience and STI/HIV co-infection.

When Tuesday April 16th & Tuesday April 23rd, 9:30 am - 4:30 pm

Where: Metro Hall, 55 John Street

Register through Toronto Health Connections at publichealth@toronto.ca or 416 338-7600

VanDuzer Art Studio March Schedule

Tuesdays: 10:00 -10:30 am Yoga with Anna; 3:30 - 4:30 pm Guitar Lessons with Eddy

Wednesdays: 10:00 -10:30 am Yoga with Anna

Fridays: 10:00 -10:30 am Yoga with Anna; 12:00 -1:30 pm Express Yourself Writing Group with Katharine
1:30 - 4:30 pm Art Drop-in

Saturdays: 11:00 am -1:00 pm Tai Chi with Eddy; 1:00 - 3:00 pm Open Art with Tamara

VanDuzer Art Studio, Eden Community Homes, 196 Beverley Street, 647 280-4931

Osteoporosis Canada is presenting a Free Public Education Forum

Osteoporosis Myth Busters: What You Thought You Knew and What You Need to Know

When: Wednesday, March 27th, 7:00 pm – 9:00 pm (Doors open 6:30 pm)

Where: Women's College Hospital Auditorium, 76 Grenville Street, (Main intersection: College & University)

Refreshments available

Registration required by March 20th: Phone: 416 696-2663 x 350 or Email: ccruz@osteoporosis.ca

Send Your Feedback to The United Nations

Dear friends and colleagues,

In many countries, the realization of the Millennium Development Goals (MDGs) has not been achieved for persons with disabilities. This clearly highlights the importance of ensuring that development processes are inclusive of persons with disabilities and their perspectives for the still ongoing efforts to accelerate and expand progress on the MDGs, as well as in the definition of the new development framework that will succeed the MDGs, after 2015.

On 23 September 2013, the UN General Assembly will hold a High-level Meeting on disability and development, with the overarching theme “The way forward: a disability-inclusive development agenda towards 2015 and beyond”, at UN Headquarters in New York.

To ensure that the post-2015 agenda is inclusive of disability, the UN Department of Economic and Social Affairs in collaboration with UNICEF is holding an online moderated consultation to gather views from a broad range of stakeholders on how to include disability in the post-2015 development framework, in order to contribute to the ongoing work for the High-level Meeting.

Building on the earlier online discussion on “Addressing Inequalities and Persons with Disabilities in the Post-2015 development agenda”, held on this site in November (read the summary report here: <http://www.worldwewant2015.org/node/304822>), this consultation aims to take a closer look at the particular challenges faced by persons with disabilities in different regions, and to identify the specific measures and actions to be taken by different stakeholders to promote a disability-inclusive society and development.

In this context, we would like to invite you take part in this online consultation, starting on 8 March and running for three weeks until 28 March.

To participate, please visit the site www.worldwewant2015.org/enable and log-in or register here: <http://www.worldwewant2015.org/register>. Simultaneous consultations will take place in English, Arabic, Chinese, French, Portuguese, Russian and Spanish. The site is compatible with screen readers, however, if you are unable to access the site, please email your response to: enable@worldwewant2015.org. Please note that the forum is moderated, therefore your post will not appear immediately but will be posted within twenty-four hours.

The recommendations emerging from your contributions will be incorporated into a report on the consultations to inform the preparation of the outcome document for the UN High-level Meeting on 23 September 2013.

The consultation aims to be as broad and open as possible, in order to enable a multitude of voices to be heard from Governments, UN system organizations, academia, media, private sector and civil society organizations, including persons with disabilities and their organizations (DPOs).

Please invite your colleagues, partners and networks to participate!

Warm regards,

United Nations Department of Economic and Social Affairs (DESA) and UNICEF in collaboration with the United Nations Partnership to promote the Rights of Persons with Disabilities (UNPRPD)

Contact: enable@worldwewant2015.org

Discussion web site: <http://www.worldwewant2015.org/enable>

The following event is part of a three day conference,

Reclaiming Our Bodies and Minds: Disability, Oppression, Action! March 15, 16 and 17 at Ryerson University.

Sobriety as Accessibility: Interrogating Intoxication Culture

When: March 16, 2013, 3:30 pm - 4:45 pm

Where: Ryerson University

Abstract:

Alcoholism and addiction are primarily uncritically understood through the medical model. Intoxication culture is rarely interrogated for its role in producing the addict. Using a disability studies perspective and intersectional framework we will explore how people's relationships to substances work to produce the addicted and non-addicted body. We will examine the construction of the addict as undesirable and disposable, the gendered construction of the addict and intoxication culture as a tool of colonization. Radical sobriety will be considered as a form of accessibility and resistance.

Biography of Presenters:

Amelia Saunders is a student of Critical Sexuality and Women's Studies at York University. She identifies as a white, cis-gender queer femme. She is also a recovering addict. She is a writer of fiction, non-fiction, essays and poetry. She is currently a writer for a Toronto Women's website. She is also a yoga-bum and practitioner of a certain 12-steps. I am interested in the history of alcohol, drugs and intoxication as a tool to create 'passive' bodies and populations, as a means for control and colonization.

Clementine Morigan is a white, queer/bisexual/pansexual, cis, genderqueer-femme woman from a middle class background. I'm an incest survivor, a domestic violence survivor, a psychiatric survivor, a feminist and a witch. I'm a recovering alcoholic and addict who is relatively new to recovery. During my time of active addiction I was assaulted regularly, got into physical fights, shoplifted, slept in parks and was locked up in a psych ward. I am also a former sex worker. My sex work was linked to my addiction but I do not see it as a victimizing experience. I am interested in exploring the intersections of trauma, violence and addiction. Clementine has recently released her first book titled "Rupture" and held a release event at the 519 Community Centre in celebration of International Women's Day on March 8.

<http://www.facebook.com/events/420744744680815/?fref=ts> <http://clementinemorigan.com/>

Geoff: I am a mixed race, queer, cisgendered male that was raised in a Catholic, middle class family. Additionally, I identify as an addict in recovery, meaning that I abstain from alcohol and drugs. During the time of my active addiction, I have dealt drugs, stole, been robbed, robbed people, been homeless, been arrested, been diagnosed with depression, been prescribed drugs, overdosed, been hospitalized in psychiatric wards, lived in supportive housing, seen therapists, seen drug counselors, seen psychologists and been to rehabilitation treatment. Anarchism, atheism and 12-step fellowships guide my day-to-day living and spirituality. I share my history of drug using activities and my experience with medicalized institutionalization, not just to bring authenticity to the matter of addiction but to also give the reader an idea of how my experiences and my identity markers work to shape the perspective on addiction that I write from.

<http://livingnotexistingblog.wordpress.com/>

Attendance to the conference is free for students and pay what you can for community members. Please support this conference by registering ahead of time.

<http://www.reclaimingourbodiesandminds.com/>
<http://www.reclaimingourbodiesandminds.com/wp-content/uploads/2012/11/>
Please email the completed form to access@rsuonline.ca

ASL interpretation is made available for every presentation for the conference. TTC fare can be provided if transportation is a barrier to attending the conference. There will be food served throughout the day.

Also, there will be a super rad legal defence fundraiser for Dylan Powell in the evening. This event will be a sober & accessible event. Please join us to support a fellow community member.

<http://www.facebook.com/events/107477102755829/>

TTCriders: TransitTalk Townhall on March 20th

TTCriders is hosting its first Townhall of 2013 on March 20th at Metro Hall. Andy Byford, TTC Chief Executive Officer, and Chris Upfold, TTC Chief Customer Officer, will be in attendance to record and respond to your questions, compliments, complaints and general feedback about downtown transit. Does your streetcar or bus constantly run behind schedule? Is your local subway station not as clean as it should be? Escalators always out of order? Then join us for a discussion about how to improve TTC service in Toronto-East York (Scarborough, Etobicoke-York, and North York themed TransitTalks will follow throughout the year). TransitTalk is another way TTCriders aims to give transit users a voice. Space is limited, so RSVP today!

When: Wednesday, March 20th, 2013, 7:00 – 9:00 pm

Where: Metro Hall (55 John Street), Room 314

RSVP: Free! Register here – <http://transittalk.eventbrite.ca/#>

Can't make it on the 20th? No worries. Send us your questions in advance and we'll ask them for you and then post Andy and Chris' responses to our website. Email questions toinfo@ttcridders.ca with the subject line 'TransitTalk' or, follow along at and send questions via Twitter to [@ttcridders](https://twitter.com/ttcridders) #TransitTalk

Women Overcoming Violence Through Clay Transformation By Fire

For the last ten years the Gardiner Museum and the Barbra Schlifer Commemorative Clinic have partnered to offer an engaging series of Art Therapy groups for women who have experienced violence. Since 2003, clients of the Schlifer Clinic have worked with a professional artist (Susan Low-Beer) and an art therapist (Suzanne Thomson) in the Museum's clay studios to sculpt their trauma narratives in clay, transforming their pain and reconnecting with their resilience and strength. This partnership was established by former Director of Education, **Diane Wolfe**. In 2013 these Art Therapy groups will culminate in a landmark exhibition, *Transformation by Fire*, designed to raise public awareness about violence against women in a sensitive, informed and compelling way, and to provide accessible and inspiring real life role models for anyone who has either experienced or witnessed violence.

The public Retrospective Exhibition will run from February 7th 2013 to May 5th 2013 at the Gardiner Museum of Ceramic Art. We are pleased to say that the Gardiner Museum is able to offer free admission for the entire duration of the exhibition.

Curated by Rachel Gotlieb, Senior Curator, Gardiner Museum, with the clinical guidance of Lynne Jenkins, Director of Counselling Services at the Schlifer Clinic, the exhibition will be supported by a full schedule of programs (workshops, lectures, tours, and films) that provide greater understanding about the issue of violence against women.

For more details, you can read about Transformation By Fire on the Gardiner Museum's website, at <http://www.gardinermuseum.on.ca/exhibitions/transformation-by-fire>. 111 Queen's Park. 416 586-8080.

Toronto Western Hospital's Monthly Talk:

Elderly Care at Home

- Tips for daily living, such as cooking, eating, bathing, and more
- How to prevent falls
- How to find community care support
- When to find assisted living or nursing home
- Question and answer period

Friday March 22, 2013 from 1:00 to 3:00 pm,
Toronto Western Hospital, Auditorium, 2nd Floor, West Wing, 399 Bathurst Street. Register:
sarah.cunningham@uhn.ca or call 416 603-5800 x 6475

Can't attend? Watch the presentation live at <http://webcast.otn.ca>

FREE JEWELRY BASICS WORKSHOP

Come join us for hours of fun filled instruction on jewelry making... (Earrings, Bracelets, Necklaces and more...)

- ❖ Learn the basic skills necessary to make your very own jewelry using materials such as beads, wire and glass
- ❖ Turn your hobby into a profitable home based jewelry business.

When: Wednesday March 20, 2013, 10:00 am-2:00 pm

Where: North York Women's Centre at 2446 Dufferin Street

To register call: 416 781-0479

Reclaiming Yourself After Abuse Group

- This 10 week support group is for women who have experienced any form of abuse at any point in their lives.
- This group provides women with a safe and supportive environment to discuss issues related to abuse.
- The group will provide women with the opportunity to discuss the impacts and effects of abuse and explore different coping skills.

When: Saturdays, March 23 – May 25, 2013, 11:00 am – 1:00 pm

Mandatory Intake Interviews

Where: NYWC main site, 2446 Dufferin Street

For registration and more information, please call 416 781-0479. There are no program fees. A commitment to attend and participate is expected. Talk with us about childminding and accessibility needs.

The Students of Creative Empowerment Work with the Disenfranchised (AEC 1409) invite students, faculty, staff and the community to:

The Mad, The Bad & The Sad

Monday April 1, 7:00 pm at OISE Peace Lounge 252 Bloor Street, 7th Floor

Free Admission, Light Food and Beverages provided

Accessible and Scentfree Event

To Attend, please register at: themadbadandsad@gmail.com

Report

[Strengthening families for Ontario's future: 2012 report card on child and family poverty in Ontario](#)

by Khanna, Anita; Rothman, Laurel; Rubin, Miles

"Strengthening Families for Ontario's Future" offers practical policy solutions that can reduce child and family poverty in the province and address growing income inequality. Ontario Campaign 2000. Click on the link above, or go to the website below to read the 11 page report, 14 with citations.

www.campaign2000.ca

Employment Matters



Hong Fook Mental Health Association
Job Posting: Internal and External

Posting Date: Mar 6, 2013
Closing Date: Mar 27, 2013

Hong Fook Mental Health Association is a community-based organization serving the Greater Toronto Area. We provide leadership in promoting the mental health of people in the Cambodian, Chinese, Korean and Vietnamese communities. The Association helps people keep mentally healthy and manage mental illness. We achieve our mission through service, education, advocacy and research in a supportive environment.

Our service framework is based on a Whole Person, and is built on the core values of Equity, Diversity, Cultural Competence, Empowerment, Capacity Building, Community Participation, Self Help and Mutual Support.

Position: Peer Support Worker, Part-Time Permanent

The Peer Support Worker is responsible for providing mentorship, emotional and tangible support to consumers, as well as assisting in program development, implementation and evaluation.

Major Job Responsibilities:

- Facilitates consumers' recovery through individual contact through mentorship and emotional support by employing empowerment and recovery-oriented approaches
- Assesses needs of consumers in the Self Help Program and provides appropriate tangible supports, such as interpretation/translation and escort to meet the identified needs.
- Initiates contacts with socially isolated consumers to encourage them to participate in Self Help and follow up with those who drop off from the program.
- Assists program workers in the operation of various Self Help Program activities.
- Facilitates program planning and evaluation through consultation with participants.
- Provide administrative support to the Self Help Program.

Working Conditions:

- Part-time (11.25 hours per week or 1.5 days per week)
- Flexible schedule, including some evenings and weekends

Skills & Qualifications:

- Post-secondary education, preferably in mental health or social services.
- Able to deal with demanding clients/callers in a professional courteous way.
- Flexible, organized, a self-starter, and possesses excellent problem-solving skills.
- English proficiency and a second language (Cambodian, Chinese, Korean or Vietnamese) required, with preference given to Korean and Vietnamese.
- Previous related work experience, and/or an understanding of the empowerment/recovery and peer support model.
- Lived experience with a mental health issue and is able to use personal story to help consumers in a mutually agreeable manner, and in a relevant and therapeutic way.
- Knowledge of the Ontario Mental Health Act, mental health reform principles, the Substitute Decisions Act, the Health Care Consent Act and PHIPPA requirements.
- Proficiency in Microsoft Words, Excel, and Power Point. Experience with client database systems.
- Readiness to share personal recovery journey in public setting an asset.
- Must be agreeable to a Vulnerable Sector Screening (Police Check).

Qualified applicants may apply with a resume and cover letter before March 27, 2013
to: Jobs@hongfook.ca or by fax at 416-493-2214 Qualified candidates will be invited for an interview in April 2013

Places To Go...

Free and Low-Cost Events

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

Art Fun

March 23rd from 2:00 to 5:00 pm. **Le Chien Noir: Salon des arts.** View and create collage art. Enjoy music, espresso and delicacies. City Art Collage Gallery, 230 Queen Street East (at Sherbourne Street) <http://cityartproject.ca/> Made possible by The Foundation for the Study of Objective Art. info@arcturus.ca or Ed Drass at 416 977-1077. Free.

Earth Hour Free Concert

March 23rd at 8:00 pm to 9:30 pm. Join **WWF's Earth Hour Celebration in Toronto's Roncesvalles Village** for a free outdoor concert with Liam Titcomb, the Lucas Stagg Band, and SPLASH – suitable for all ages! This celebration is sure to be a fun-filled evening that everyone will cheer about.

Schedule: 8:00 pm: Earth Hour community lantern walk.
8:15 pm: Concert kick off.
8:30 pm: Lights off countdown and ceremony
8:35 pm: Musical performances

Visit www.wwf.ca/earthhour to join Team Earth Hour or for more general information. For this event, see earthhour1@wwfcanada.org or call 416 489-8800. Wright Avenue at Roncesvalles Avenue. Free

Festival

March 19th from 7:00 to 10:00 pm. **Iranian Fire Festival (Chahārshanbe-Suri)** is an ancient Iranian festival to celebrate Nowruz (Iranian New Year), which marks the arrival of spring and revival of nature. Special programs during Iranian Fire Festival will include Iranian music performances ranging in various styles including folkloric, jazz, classic, fusion, pop, and electronic, Dance performance including styles from folkloric to contemporary, Iranian-themed Kids Zone, Iranian Food that features a wide range of cuisine that consists of regional food and drinks, incredible fireworks and much more. Bonfires are an integral part of this celebration and we have replaced it with an elaborate fireworks display that is a source of joy for the local residents and participants. North York Civic Centre, 5100 Yonge Street. Info 416 887-7236 or <http://iranianfirefestival.com> Free.

Flower Lovers

March 19th from 7:30 pm to 10:00 pm. **Growing Gesneriads and Large African Violets.** Paul Kroll will be our guest at the March meeting of the Toronto African Violet Society. Toronto Botanical Gardens, 777 Lawrence Avenue East at Leslie. Info: Sayeh Beshti info@tavs.ca Free

March 24th from 1:00 to 4:00 pm. **Friends, Flowers and Music.** "Friends of Centennial Park Conservatory" invite you to come celebrate Spring's arrival amidst breathtaking displays of vibrant Springtime blooms and live music. "Friends" tempting refreshments and hand made note cards featuring photos of Conservatory plant material for sale with proceeds supporting Conservatory beautification projects. The Easter Bunny is hopping by with his basket of chocolate egg treats. Hop on by with a Friend. 151 Elmcrest Road. 416 233-5775. Free.

Food Fans

March 20th & 27th from 12 noon to 1:00 pm. **Babyn Borscht. Traditional Ukrainian Dinner.** Includes Borscht with garlic bread, perogies, coffee and sweets. Help to support our social assistance programs serving people in need by buying our tasty varenyky (perogies) and cabbage rolls. Ukrainian Canadian Social Services, Toronto. 2445 Bloor Street West. Info: Olena 416 763-4982 or toroffice@ucss.info Cost \$5.00.

Karaoke (I've had a special request to find some Karaoke. If you know of other places, please let me know and I'll put them in The B. Helen)

March 17th, 24th, 31st from 5:00 to 9:00 pm. **Karaoke Night @22**. Come out early Sunday evening for some karaoke. Sing, dance or just listen. Everyone's always welcome. Royal Canadian Legion, Branch 22, 1240 Woodbine Avenue. Info: Jim Farrell jimb Farrell@yahoo.ca or 416 425-1714. Free.

March 22nd and 29th from 6:00 to 11:00 pm. **Friday Night Fish and Chips and Karaoke**. Fish and chips are served from 6:00 to 7:30 followed by karaoke and dancing until 11:00. Non-members welcomed. Royal Canadian Legion, Branch 210. 110 Jutland Road, north of The Queensway, between Islington and Kipling. 416 231-2021. \$7.50

Money Matters

March 20th at 6:30 pm. **Fraud: Recognize It, Report It, Stop It!** Vanessa Stergulc from the Bank of Canada, and counterfeiting expert Tim Lawrence from the RCMP, discuss how to protect yourself from various types of fraud, including identity theft and credit card fraud. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 416 396-8890. Free

March 25th at 6:00 pm. **Financial Literacy**, a workshop by Credit Canada Debt Solutions Inc. Topic: Dealing with Financial Difficulties. Toronto Public Library, Malvern Branch, 30 Sewells Road. 416 396-8969. Free

Music Lovers

March 18th at 7:30 pm. York University Department of Music. **Jazz Festival. Jazz Combos**. Martin Family Lounge, 219 Accolade East Bldg., 4700 Keele Street. 416 736-2100 x 22926. Free.

March 19th at 12:00 noon. Canadian Opera Company. **Chamber Music Series: Toy Piano Composers**. Floisand: ephemeral; Pearce: Girl before a Mirror; Ryan: Edit the Truth; Guechtal: Reverse Filter; Thornborrow: Icarus; Denburg: Liaison. Array Ensemble. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. 416 363-8231. Free.

March 19th at 12:30 pm. York University Department of Music. **Jazz Festival. Jazz Vocal Ensembles**. Martin Family Lounge, 219 Accolade East Building, 4700 Keele Street. 416 736-2100 x 22926. Free.

March 22nd at 1:10 pm. Gordon Murray Presents. **Piano Potpourri**. Featuring classics, opera, operetta, musicals, ragtime, pop, international and other genres. Gordon Murray, piano. Trinity-St. Paul's United Church, 427 Bloor Street West. 416 631-4300. PWYC. Lunch and snack friendly.

March 24th at 3:30 pm. **Toronto Storytelling Festival. Explorations**. Bartley/Dey: The Handless Maiden; and other stories. Larissa Koniuk, soprano; Ruth Danzier, storyteller and vocalizations; Wendalyn Bartley, vocalizations and electroacoustics. Daniels Spectrum: a cultural hub in Regent Park, Ada Slight Hall, 585 Dundas Street East. 416 656-2445. Free

March 24th at 7:30 pm. University of Toronto Faculty of Music. **Percussion Ensemble Concert**. Beverley Johnston and Mark Duggan, conductors. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416 408-0208. Free

March 25th at 12:30 pm. York University Department of Music. **Music at Midday. R&B Ensemble**, Mike Cadó, conductor. Martin Family Lounge, 219 Accolade East Bldg., 4700 Keele Street. 416 736-2100 x 22926. Free.

March 26th at 7:30 pm. University of Toronto Faculty of Music. **World Music Ensembles Concert**. Featuring the **Latin American, Steel Pan, Brazilian Choro and Samba ensembles**. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416 408-0208. Free.

March 27th at 4:30 pm. Canadian Music Centre. **Elaine Keillor, “Sounds of North: Two Centuries of Canadian Piano Music”** CD Launch and Concert. 20 St. Joseph Street. 416 961-6601 x 201. Free.

March 28th at 2:00 pm. Northern District Public Library. **Orchardviewers. Popular classics** by Johnny Cash, Neil Diamond, Nat King Cole, Dean Martin and others. Paul Donat, vocals and guitar; Mike Wark, saxophone. Northern District Public Library, Room 224, 40 Orchard View Blvd. 416 393-7610. Free.

March 30 at 8:30 pm. **Cameron House Records/Regent Park School of Music. Deeply Rooted Concert Series.** Rattlesnake Choir; Samantha Martin, singer-songwriter. Cameron House, 408 Queen Street West, Back Room. 416 703-0811. Free, donations to RPSM welcome. All proceeds to RPSM.

Nature Walk

March 23rd from 1:00 to 3:00. **Tune Into Nature – Family Nature Walk.** Come feel the changing seasons in High Park. We will sniff, taste, touch, listen and watch the nature around us on this sensory hike. Event is great for all ages: bring the whole family! No pre-registration necessary. Meet at: High Park Nature Centre, 440 Parkside Drive (Parkside Drive & Indian Valley Crescent). 416 392-1748 or naturecentre@highpark.org \$2 or donate-what-you-can.

Wellness

March 20th from 1:30 to 4:30. **Chronic Pain Self-Management.** Learn About: Effective ways to deal with chronic pain, fatigue and depression; Setting up exercise and healthy eating plans; Ways to feel better and do more of the activities you enjoy; Strategies for better managing your medication and communicating with your doctor. St Paul's L'Amoreaux Centre, 3333 Finch Avenue East at Warden. Info: Elsa Uy at 416 493-3333 or elsa@splc.ca Free.

March 20th from 5:30 to 7:00 pm. **Non-Toxic Living Workshop.** Facilitated by Tracey Tief from Annares Health, this is a must attend workshop for women who are interested in learning more about living a chemical and toxic free lifestyle. Learn about all natural cleaning tips, beauty products. Also, feel free to share natural tips that you use in your home. Malvern Family Resource Centre – Women's Place, 31 Tapscott Rd, Unit B6. Registration is required as space is limited. For information or to register, please call 416 293-4664. Free.

Writers

March 23rd at 2:00. **Sense of Place: Creating A Convincing World.** A two-hour workshop on the art of creating, clear, convincing fictional settings with Writer in Residence, Alissa York, the internationally acclaimed author of Mercy, Effigy (shortlisted for the Scotiabank Giller Prize, Fauna (shortlisted for the Toronto Book Prize). Toronto Public Library, North York Central Branch, 5120 Yonge St. To register call 416 395-5639. Free

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.

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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. Your Mother Earth will thank you. **Helen**