



# BULLETIN

# 486 May 16-31<sup>st</sup>, 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/>

## **FILM SCREENING: Three Voices: Discovery. Recovery. Hope.**

**Monday, May 27, 2013**

**from 1:30 pm to 3:30 pm**

**in Room B-40**

**Unit 4, CAMH, 1001 Queen St. West**

A quiet dancer, a feisty photographer, an idealistic social worker: three strangers, three voices, one certainty: living with mental illness is a lifelong journey. Alyshia, Stella and Asante don't know each other, but together their voices tell a poignant tale of the confusion, despair, stigma and hope that accompany them on their journey. They lose hope. They get help. They find support. They have good days and bad.

Three Voices is a raw and heart-wrenching documentary about what mental illness really looks and feels like. It is a story about losing your grip on who you are and then rediscovering yourself through art, through self expression, through compassion for others.

Three Voices chronicles the lives of three young people from diverse backgrounds who share the common link of mental illness. They present, in a frank and honest way, their experiences, struggles,

Please call us at 416 595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca) to register so we know how many refreshments to order and chairs to set up. A special thanks to Ontario Shores Centre for Mental Health Sciences for providing us with the film!

We haven't seen the film yet, and look forward to your comments and feedback after the screening.

**Andrea & Helen**

## Computer Column by Martha, The Computer Gal

### Computer viruses...how do you know you've got one?

Some common symptoms of a computer virus infection:

- Your computer behaves strangely, i.e. in a way that you haven't seen before.
- You see unexpected messages or images.
- You hear unexpected sounds, played at random.
- Programs start unexpectedly.
- Your personal firewall tells you that an application has tried to connect to the Internet (and it's not a program that you ran).
- Your friends tell you that they have received e-mail messages from your address and you haven't sent them anything.
- Your computer 'freezes' frequently, or programs start running slowly.
- You get lots of system error messages.
- The operating system will not load when you start your computer.
- You notice that files or folders have been deleted or changed.
- Your web browser behaves erratically, e.g. you can't close a browser window.
- Icons disappear from your desktop and programs disappear from your Start Menu.

### How to remove a virus

First do a manual scan, in safe mode, with both your antivirus and antispyware programs. (Enter safe mode by turning your computer off, then on. As it's turning itself on, tap the F8 button at the top of your keyboard. Tap gently but continually until either your computer beeps or you enter the Safe Mode screen. It will look quite different from your normal desktop.) After you do your scan, if nothing shows up or your antivirus can't remove a virus it's found....

- 1) Reboot your computer into normal Windows.
- 2) Run the ESET online scan. <http://www.eset.com/us/online-scanner/> ComboFix is a free antivirus that works when many others fail. Let it do its thing, and create a report so you can see just what it's removed.
- 3) <http://www.bleepingcomputer.com/download/combofix/> The 'pirite' virus has been around a long time and sometimes shows up....<http://ippien.blogspot.ca/2009/02/remove-virus-virut-sality-parite-and.html>

And if it doesn't work....

Most antivirus programs will identify a virus it can't delete. Copy the name and location of the virus. Do a Google search for methods of uninstalling the virus, and follow the directions carefully. And if still no joy, we have to get a bit more aggressive.... Do a system restore to a time before you became infected. *Start>All Programs>Accessories>SystemTools* and click on *System Restore*.

***You might find, at any point, that your computer just won't do what you want it to. Commands might disappear, or icons, or your whole desktop. Maybe your cursor won't do what your mouse tells it to. If this happens, do as much as you can from Safe Mode.***

Here's another way to launch System Restore:

Start in Safe mode, type cmd in the search box below 'AllPrograms.' Double click on the little black window at the top of the screen. When the black window opens on your desktop, type **rstrui.exe**. If you can't do this, or if it doesn't work, try to repair the operating system. Insert your installation disc and wait for the option to 'Repair your Machine.' If you no longer have an installation disc, search this: Make and model of your machine, then 'How to restore to factory default.' If you have a recovery partition in your hard drive, there will be a function button to access it. Press this button, or combination of buttons, to access the recovery partition.

If you don't have a recovery partition, or the original installation discs, you will need to replace the operating system. This will mean losing not only all data but drivers for your internet connection, sound and video, printers, etc. It can be done but it's a bit complicated....

If nothing works, or if you need some help with any of these 'fixes,' call or email me.



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](mailto: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

In May 1983, the Ontario government launched the Psychiatric Patient Advocate Office (PPAO) as a provincial initiative to safeguard the rights and entitlements of patients in psychiatric hospitals.

**This year, marks the 30<sup>th</sup> anniversary of the PPAO.**

The PPAO has historically worked to ensure that the psychiatric system is caring and responsive to the needs of vulnerable service users. This role was one that rose above and beyond the safe guards written into the Mental Health Act to both ensure rights are respected, and that service providers and the public were educated about advocacy. The PPAO has also played an important role effecting broad systemic changes via policy work, and representation in court, for example, in cases of hospital deaths or discrimination based on violations of the Charter or Human Rights Code.

**Please join the Client Empowerment Council & the C/S Info Centre on**

**May 23rd from 3:30 to 4:30 pm**

**for a celebration of the work of the PPAO.**

**RSVP for location at [ec.volunteer@camh.ca](mailto:ec.volunteer@camh.ca) or call 416 535-8501 x 33013**

## Community Meeting

*What does the new Ontario budget mean for people on social assistance?*

Join us for a community meeting to discuss next steps.

How do we get higher social assistance rates?

How can we keep the Special Diet Allowance and return the Community Start Up Benefit to the provincial level?

**When: Tuesday, May 21st from 2:00 to 4:00 pm.**

**Where: St. Stephen's Community House Corner Drop-in at 260 Augusta Avenue Free pizza and TTC tokens.** For more information: call Helen Armstrong at St. Stephen's Community House 416 964-8747.

Have a skill or talent you'd like to share? Looking for informal community support from peers? The C/S Timebank might be for you. . .

The Consumer/Survivor TimeBank of Toronto was started in 2013 with three main goals:

- To offer alternative and complementary forms of supports to people who have experienced the psychiatric system;
- To build connections between members of the consumer/survivor/mad community in Toronto and beyond;
- To support our empowerment through improving quality of life of people who have experienced the psychiatric system

We recognize that each person has talents to share, and that the overall community is strengthened when people help one another. For every hour that you help meet the needs of another member, you earn a time credit for the exchange. This time credit can then be redeemed for services from others.

WE are FREE and Peer Run on a voluntary basis. We are funded by the Reva Gerstein Legacy Fund.

To learn more contact us at [c.s.timebanking@gmail.com](mailto:c.s.timebanking@gmail.com) or visit our web site at [www.cstb.timebanks.org](http://www.cstb.timebanks.org).

### **FAME ETOBICOKE 2013 EDUCATIONAL SPEAKER SERIES**

**Tuesday May 21, 2013 from 7 to 8:30 pm**

Topic: Wills, Trusts and Estate

A discussion about wills, trusts and estates planning for individuals with disabilities and their families. The session will include a background on the Ontario Disability Support Program, estate planning techniques, Henson Trusts and consent & capacity issues.

Speaker: Brendon Pooran, LLB., B.Comm

80 Lothian Avenue, Room 4 (South of Islington/Bloor intersection).

Mary Jursinic 416 207-5032 ext. 29

Free Registration. For more info: [www.fameforfamilies.com](http://www.fameforfamilies.com)

### **Downtown East Women Reclaim the Streets! Rally and March to Stop Violence Against Women**

**WHEN: Friday, May 24th, 2013**

**WHERE: Regent Park Community Health Centre, 465 Dundas Street East**

**5:30pm - Community Meal & Music**

**6:00pm Rally, 6:30pm March**

On Facebook: <https://www.facebook.com/events/503549396359900/?ref=ts&fref=ts>

\*This is a Trans Positive Event

\*Everyone is welcome, men are respectfully asked to show solidarity by marching behind.

For more information and if you would like to endorse this event, please contact Josie: 416 364-2261 extension 2228 OR [JosieR@regentparkchc.org](mailto:JosieR@regentparkchc.org).

### **Consultation and Survey: Ontario Human Rights Commission seeks input on new Code grounds 'gender identity' and 'gender expression'**

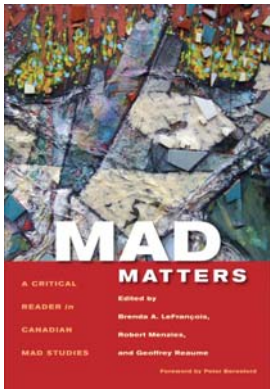
In 2000, the OHRC released a policy on gender identity and human rights, taking the position that the ground of sex could be used to protect transgender people from discrimination and harassment. In June 2012, the Ontario Human Rights Code was amended to include two new grounds, "gender identity" and "gender expression". The addition of these new grounds makes clear that transgender people are entitled to the same legal protections from discrimination and harassment as everyone else. To reflect these new Code grounds, as well as other developments relating to human rights and gender identity, the OHRC is currently working to update its Policy on discrimination and harassment because of gender identity.

Learn more about our consultation survey and how you can provide feedback by clicking here:

[https://fluidsurveys.com/s/ohrc\\_gender\\_identity/](https://fluidsurveys.com/s/ohrc_gender_identity/)

## Mad Matters Released!

(Edited by Brenda A. LeFrancois, Robert Menzies and Geoffrey Reaume)



Mad Matters showcases the work of Canadian psychiatric survivors, activists, academics, and writers who have, in various ways, involved themselves in the pursuit of social justice by and in concert with people within the mental health system. The book presents mad studies as an emerging and increasingly vital field of study and advocacy. Visit [www.cspi.org](http://www.cspi.org) for more information.

### *What are my rights as a patient?*

Created for patients or health care consumers in Ontario, this website lists their most important rights, how they can make a complaint, and how they can get more information about their rights.

To access resource, click here: <http://yourlegalrights.on.ca/resource/what-are-my-rights-patient>

**ACCESS1** and **C.A.S.H.** are moving! As of Monday, April 29, 2013 the new offices will be located at 661 Yonge Street, 4th Floor, Toronto, ON M4Y 1Z9. Please forward all correspondence to this new address! Their phone/fax numbers have not changed: ACCESS1 Toll-Free Call: 1-888-640-1934. ACCESS1 Fax: 416 499-9716. CASH: 416 979-5496. CASH FAX: 416 916-1689.

**CRCT is Moving!** As of May 27, 2013 Community Resource Connections of Toronto will be located at 210 Dundas West, Suite 400, Toronto, ON M5G 2E8. Their phone number will stay the same: 416 482-4103. As of June 3, 2013, **Madison Community Homes** will be located there, too, so will have the same address, but will keep their own phone number: 416 977-1333.

## Call for Research Participants

**Remember: always ask about the risks and benefits of being a research participant before getting involved in a project.**

Are you an African woman or an African-Caribbean woman between the ages of 18 and 40 years old, residing in the Greater Toronto Area? Have you been diagnosed with a mental illness? Would you like to share your experience for a research study that will raise awareness about the issues facing African Women and African Caribbean women in the mental health system? Your participation would involve meeting once with me for an interview that will last between one and half to 2 hours. In appreciation for your time, you will receive \$30 as an honorarium upon completion of the interview. For more information about this study, or to volunteer for this study, please contact: (Marcia Anthony) at 416 898-1863 or Email: [oanthony@yorku.ca](mailto:oanthony@yorku.ca)

Are you a woman 18 years of age or older? Do you hear voices? Are you interested in participating in research? Research is being done to inform the development of gender-responsive psychological therapies for women who hear voices. It involves 1-3 meetings with the researcher, is confidential, and compensation will be provided. For more info: contact Maria at 416 988-3912 or [maria.haarmans@camh.ca](mailto:maria.haarmans@camh.ca).

# Employment & Education Matters

As of **May 15 2013**, A-WAY EXPRESS IS ACCEPTING APPLICATIONS FROM CONSUMER/SURVIVORS FOR THE POSITION OF COURIER.

A-WAY EXPRESS offers reliable courier service by public transportation to our customers throughout Toronto.

A-WAY EXPRESS provides meaningful and supportive employment to people with direct experience of the mental health system.

PLEASE VISIT OUR OFFICE TO FILL OUT OUR APPLICATION

2168 DANFORTH AVENUE

OPEN MON – FRI 9 AM – 5 PM

[www.awaycourier.ca](http://www.awaycourier.ca)

## Hearing Voices Worker Training

Two new opportunities to participate in this unique and highly-rated training workshop for workers:

Friday May 31st or Wed Jun 26th

Fee \$150 which includes: Materials, Snacks and Lunch.

We have a small number of places for those who are seeking employment and whose training is not currently funded by an agency.

Registration is required.

Participants in this workshop will be invited to join our ongoing learning community.

The workshop is designed and led by [Kevin Healey](#) .

For more information and to download a registration form, please visit

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



## Business start-up and growth services

Enterprise Toronto provides free assistance to entrepreneurs and small businesses.

## Planning for Success – A Business Plan That Works

Both new and established businesses need help in a tough marketplace. The key is to have a plan that's clear and actionable. This seminar covers key factors in creating a sound business plan, what banks look for in a business plan, setting benchmarks and tracking progress.

**Wednesday, May 29**

**10 - 11:30 am.**

North York Civic Centre, 5100 Yonge St., Lower Level, Committee Room 3

Register on-line at: [www.enterprisetoronto.com](http://www.enterprisetoronto.com) or leave a message at 416 395-7416.

## Online business permits and licenses service

[BizPaL](#) helps you generate a personalized list of the business documents required by all levels of government that you may need to grow or start up your business. BizPaL can also help you verify that you have all the correct permits and licenses. <http://www.bizpal.ca/en/page/services/>



## 2013 Ernst and Young Scholarship for CAMH Clients

The Ernst & Young Scholarship will award \$5,000 to a CAMH client between the ages of 17 to 24 who is entering their first year of full-time study or returning to their first year of a full-time program following a first episode of illness. The scholarship will be awarded on a one-time basis to support a student enrolled or enrolling in a degree or diploma program of study at a recognized Canadian College or University for the 2013/14 academic year.

**The application deadline for this year's scholarship is Friday, June 7.**

Applicants will be asked to articulate their educational plans, how the scholarship would help them achieve their goals and how it will impact their lives. They will also be required to submit a letter of endorsement from a CAMH staff member.

For more information please contact:

Sarah Manson, CAMH Client Learning Fund Administrative Assistant, Telephone: 416 535-8501, Ext. 34407

E-Mail: [sarah.manson@camh.ca](mailto:sarah.manson@camh.ca)

*Interested in returning to school? Check out [www.disabilityawards.ca](http://www.disabilityawards.ca) or [www.neads.ca](http://www.neads.ca) for information on programs, scholarships and funding for students with psychiatric disabilities.*

# Things To Do...

## Free and Low-Cost Events

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

### Art & Exhibitions

**May 25 and May 26** from 9 am to 5 pm. **Doors Open at Art Works Art School**, Art Works Art School Limited 238 Jane Street. FREE

**May 26** from 10 am to 5 pm. **Toronto on the Water**. Visitors to Queen's Quay Terminal can trace the visually stunning waterfront history through *Toronto on the Water*, a photo exhibit that features over 100 archival images on loan courtesy of Toronto Star Archives, Toronto Port Authority, City of Toronto Archives and Queen's Quay Terminal. The exhibit will launch at Doors Open Toronto and will remain on display throughout the main level of Queen's Quay Terminal until Labour Day. Queen's Quay Terminal 207 Queen's Quay West. FREE

**May 1- May 31. Pride and Prejudice: Three Decades of LGBT Community Organizing**. An exhibit from the Canadian Lesbian and Gay Archives highlights the people, events and publications that shaped Toronto's queer community from the 1970s to the 1990s. Yorkville Library, 22 Yorkville Ave. FREE

### Books

**May 15** from 2:00 pm to 3:00 pm. Join author and poet Vancy Kasper for an afternoon of poetry and discussion marking the 175th anniversary of the 1837 Rebellion. Vancy will read from her 5th book, "**Rebel Women**" written to honour and provide insight into the bravery and poignancy in the lives of women during the upheaval of the 1837 Rebellion. Don Mills Library, 888 Lawrence Ave East. FREE

**May 22** from 7:00 pm - 8:00 pm. "**Pansy Boys and Hell Witches**": **Queer Visibility in Early-20th-Century Toronto**. In this illustrated talk, Queen's University historian Steven Maynard looks at the emergence of modern gay and lesbian identities in Toronto during the 1920s and '30s. Part of the *Pride and Prejudice, History and Memory* series about the past and the present and what it means to be gay or lesbian. Toronto Public Library, Yorkville Branch, 22 Yorkville Ave. FREE

**May 29** 12:30 pm to 1:30 pm Journalist **Jan Wong's Out of the Blue: A Memoir of Workplace Depression, Recovery, Redemption and, Yes, Happiness** - self-published memoir that details her depression, following a controversy over an article she wrote, and her eventual rebound. Northern District Branch, 40 Orchard View Blvd. FREE

## Crafty Events

**May 23** from 6:30 pm to 8 pm. **Card-Making with Annette.** Learn art journaling and new card techniques. RSVP [annette@stampininspiration.com](mailto:annette@stampininspiration.com). Perth/Dupont Library, 1589 Dupont Street. FREE

**May 30** from 2 to 3 pm. **Reconnect with your Photos.** George La More will give you tips for getting organized and finding solutions that reconnect you with your memories through photos in finished projects. Learn how to organize your digital and printed photos, create scrapbook albums and use your photos in creative new ways through calendars, posters and home décor. Don Mills Auditorium, 888 Lawrence Ave. East. FREE

## Drama

**May 23-June 2. Hold Mommy's Cigarette** written and performed by Shelley Marshall. Toronto's "Best New Discovery" Now Magazine Shelley Marshall brings to the stage her autobiographical story revealing the truths of mental illness and how it can turn a steel town street kid into a world renowned Comedienne.

Directed by Canada's Linda Kash with too many accolades to mention. Tickets from \$20-25, Alumnae Theatre, 70 Berkeley St. **May 26 & June 2, at 2 pm Pay What You Can.**

## Festivals

**May 18** from 11 am to 2 pm. **A Taste of the Dragon Boat Festival: Food demonstration and tasting.** On the fifth day of the fifth moon, dragon boat races are traditionally held all over China. Culinary historian and tour guide, Shirley Lum of A Taste of the World Walks will share lore and legends behind the long paddle boats, a dead poet and the delicious sticky rice dumplings, a.k.a Zong Zi. During this session, she will also shed light on how you make the savoury and sweet dumplings, then participants get a chance to make a little one to take home! Best part: we end with a sampling of dumplings pre-made by Shirley. Lillian H. Smith Branch, 239 College St. Space is limited, please call 416 393-7746 to register. FREE

**May 18-20** from 11 am to 5 pm. **Toronto International Circus Festival** with dazzling daredevils, amazing acrobats, hilarious buskers and more taking over Harbourfront Centre, 235 Queens Quay W. FREE

**May 18-20** from 11 am to 6 pm. **Artisans at the Distillery.** Outdoor Craft Show set throughout the Distillery District, Mill St. Includes Artisans from across Ontario and Quebec. Original, funky, traditional and all handmade art and crafts by Canadian artisans. Live music, great food and a wonderful atmosphere to experience. FREE

**May 29-July 20. DOCNOW Festival.** The DOCNOW documentary media festival celebrates the work of graduating students from Ryerson's Documentary Media program. With 30 documentary works in film, new media, photography, and installation, this year's edition of DOCNOW brings audiences a rich variety of works. All screenings and exhibitions are FREE and open to the public. For information on times, locations and projects visit: [www.docnow.ca](http://www.docnow.ca).

**May 31, Jun 1-2 Waterfront Blues Festival** - Metro Toronto's only genuine Blues festival - will once again be presenting top flight talent! And this year they continue to uncover some gems of the Blues. Many performers, vendors, food (BBQ, etc) and more. Woodbine Park (Eastern/Coxwell Aves.) FREE



## Films

**May 24** from 6 pm to 10 pm **Bollywood in the Square**. This year, the feature film is Dabangg 2, starring heartthrob Salman Khan. The film was released in 2012 and brought in over \$40 million becoming the 3rd highest-grossing Bollywood film. Yonge-Dundas Square. FREE

## Music

**May 21** from noon to 1 pm. "Nimble of voice, body and spirit" (New York Times), coloratura **soprano Anna Christy** (singing the title role in the COC's production of [Lucia di Lammermoor](#)) impresses and delights audiences with an extraordinary blend of sparkling voice, powerful stage presence and innate musicality. Richard Bradshaw Amphitheatre, 145 Queen St. West. FREE

**May 22** from noon to 1 pm. Happy Birthday, Wagner! The cello section of the COC orchestra celebrates this legendary 200th birthday in a unique and exciting program featuring arrangements of Wagner's opera overtures for four cellos. Richard Bradshaw Amphitheatre, 145 Queen St. West. FREE

**May 30** from noon to 1 pm. Join pianist **Linda Ippolito** as she serves up a tantalizing cocktail of Commedia dell'arte-based gems. This program brings to life puppets, dolls and the medieval stock characters of Arlequin, Pantalon, Columbine and the ever-endearing Punch – aka Petroushka, Pulcinella, Polichinelle – in music by Rachmaninov, Granados, Frank Bridge, Cyril Scott, Pierre-Max Dubois, Billy Mayerl and others. Richard Bradshaw Amphitheatre, 145 Queen St. West. FREE

## Open Houses

**May 16-19. CBC's Open House at the Toronto Broadcasting Centre**. Interactive displays. Contests, Q&A, panels. Meet some of your favourite stars! Visit The CANADA LIVES HERE EXPERIENCE: An awe-inspiring, bigger than life exhibit that looks at the Canadian experience through the lens of the CBC. <http://cbcliveshere.ca/> 25 John St. FREE

**May 25-26. Doors Open Toronto**. For two days, 150 buildings open their doors to the public. These buildings would either not normally allow the public to enter or charge a fee to do so. Originating in Europe, this has proved successful here in Toronto. Lines form quite quickly so go early to the popular buildings! [www.toronto.ca/doorsopen/2013/](http://www.toronto.ca/doorsopen/2013/)

## Sales/Markets

**May 18** from 9 am to noon. **Roselands Horticultural Society's Annual Plant Sale** will take place in the northwest quadrant of Eglinton Flats (enter off Emmett Avenue). Lots of perennials from members' gardens, as well as commercially grown annuals, herbs and vegetables. Arrive at 9 for best selection! Rain or shine. Eglinton Flats Park, 3601 Eglinton Avenue West. Free to look, plants for sale.

**May 24** 11 am to 6 pm and **May 25** 10:00 am to 1:00 pm. **More Than Just a Yardage Sale** at the Canadian Textile Museum ([www.textilemuseum.ca](http://www.textilemuseum.ca).) This is a great source for cheap craft materials and books. Look for the tents outside the Textile Museum of Canada, 55 Centre Avenue, (Dundas & University). 416 599-5321 x 2239. Free to browse.

## WALKS

**May 22** from 6 to 8 pm. **ROMwalks: Cabbagetown**. A heritage community, full of incredible homes dating back to the 1850s, brought back to life through restoration, renovation and community pride. Starting Point: Northeast corner of Parliament and Spruce Streets. Look for the blue ROMwalks umbrella. Walk is free of charge and takes place rain or shine.

**May 18** from 9:30 am to 4 pm. **Rouge Park Guided Walks.** Join us in Rouge Park for a wilderness walk close to home with one of our fun and friendly volunteer leaders. We have something for everyone; whether you are looking for wildlife, trees and plants, want a family or senior friendly walk or a fitness hike. We walk year round, rain, shine or snow. Visit [www.rougepark.com/hike](http://www.rougepark.com/hike) for monthly schedules, meeting point and driving details, RSVP info and tips on getting ready for the trail. Contact: Diana Smyth at [hike@rougepark.com](mailto:hike@rougepark.com). Phone: 905 713-3184. FREE, contributions appreciated.

## Workshops

**May 21** from 6 pm to 8 pm. Join us for an eye-opening and informative workshop on **Debt Solutions** presented by "Credit Canada Debt Solutions". Learn how to get your credit card report for free and learn about debt solutions. Registration begins April 23rd. Register in person or by phone. Maximum 50 participants. Woodside Square Library, 1571 Sandhurst Circle. FREE

**May 29** from 6:30 pm to 7:30 pm. Join the **Toronto Vegetarian Association** in this interactive workshop designed to share the health and environmental benefits of eating less meat. Learn how to introduce nutritious and delicious plant-based meals into your diet. Co-sponsored by the Leaside Youth Advisory Group (YAG). All ages. Drop in. No registration required. Leaside Library Community Room 165 McRae Drive. FREE

**June 1** from 2 pm to 4 pm. **Street Smarts-Safe Cycling Workshop** - Learn the rules. Learn your rights. Learn the skills to ride with confidence. Cycle Toronto's interactive Street Smarts workshops cover the benefits of commuting by bicycle, laws that govern cyclists and motorists, techniques for safe street riding, basic bike maintenance, route selection and how to fix a flat tire (hands-on training with a mechanic!). Everyone receives a copy of our Toronto Cyclists Handbook and a Toronto Bike Map. Limited spots! So please register RSVP with your librarian. Taylor Memorial Library, 1440 Kingston Road. 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).

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 to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. [www.csinfo.ca](http://www.csinfo.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. **Helen & Andrea**

