



# BULLETIN

# 487 June 1-15, 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

Spring has finally sprung and there is a lot to do in the city. . . . Maybe you feel like checking out a street festival, seeing art, or beating your drum at Woodbine Park. It's National Aboriginal History Month, so there are all kinds of events, from BBQs to book readings, and exhibitions happening around town. Finally, if you are into getting involved in the consumer/survivor community, the Empowerment Council's AGM and Board Elections are coming up.

If you're feeling more like staying in, it's a great time to dig in the garden, find a sunny spot and curl up with a good book, or settle in for a chat with a friend.

As always, if you're looking for info, job postings, or want to tell us about an event, feel free to drop by the Centre, give us a call, or send us an email. Changes are happening in the Mall at CAMH and *the Out of This World Café* will be opening its new location in the old cafeteria on June 3rd. So if you're in the neighbourhood, come and see what's cooking at one of several consumer/survivor initiatives in the city.

Our next workshop is on July 29<sup>th</sup> and will be an information session about the Consumer/Survivor Timebank of Toronto. To learn more about the timebank, email [c.s.timebanking@gmail.com](mailto:c.s.timebanking@gmail.com) or visit [www.cstb.timebanks.org](http://www.cstb.timebanks.org).

### Attention ALL Agencies: WE NEED YOU(r Brochures)!

We are looking for your **brochures, pamphlets, booklets or flyers** as well as information about any specific services you currently offer. We also display informational materials on specific mental health and related topics and can always use fact sheets. We welcome materials that reflect the diversity of Toronto and the people who visit our Centre. Please send your stuff to: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto ON, M6J 1H4.

Andrea & Helen

# Computer Column, by Martha, the Computer Gal

## Shopping and Banking online

Businesses love to have online customers, for a lot of reasons. It is convenient for them and for you. It's so convenient for you that you will probably spend more money than you would if you had to go to the store to buy your items. And once a website is set up that allows access to your credit card or bank account, it's quite simple for a business to handle multiple transactions at once and from all over the world. It's a win-win situation.

The big question is of course, how to protect sensitive information like account numbers and passwords. There have been incidents of theft in the past, so big companies now invest a lot of money on security that will ensure their customers' information is safe.

The long established companies like Amazon and eBay have earned the trust of online shoppers. I'm using Amazon as an example, because it offers a number of security features to maintain its position of trust.

If you go to the Amazon site, notice the URL (address): <http://www.amazon.com/>. Http stands for 'Hypertext Transfer Protocol'. If you want to buy something you need to have an account with Amazon. Click on 'Register with Amazon' and you will see the URL change to <https://www.amazon.com>.

Https stands for 'Hypertext Transfer Protocol Secure.' It is a secure form of internet communication and you should always see 'HTTPS' when carrying out any transaction. HTTPS security goes both ways, it covers the information you send to the website as well as the information the website sends to you. Always look for the HTTPS letters when you need to send private information over the internet. Banks and other financial institutions may have added layers of security, and it's always good to ask about this before you start making transactions online.

eBay can link to your bank account via 'PayPal', a third party application that will allow you to pay for your purchases online. PayPal has its own insurance, as well as its own level of security. And eBay uses a feedback system, so you can see if anyone else has had problems with a particular seller. Sellers who do the most business on eBay protect their feedback status carefully...one seller tried to sue a buyer for leaving negative feedback! It's a great way for buyers to decide who to buy from, and for sellers to advertise their reliability.

Craigslist -<http://toronto.en.craigslist.ca/> and Kijiji - <http://toronto.kijiji.ca/cityoftoronto/> are completely different systems. They list contact information about individuals who have items to sell...the rest is up to you. You contact the person and make all your arrangements. This is Kijiji's list of precautions...<https://help.kijiji.net/ca/knowledgebase.php?article=26>. There is no protection for either buyer or seller; both Craigslist and Kijiji are really just online garage sales.

Last but not least: invest in a good antivirus and antispyware application. Especially if you're doing a lot of online shopping, and double-especially if you're using Internet Explorer as a web browser!

And another last little comment: Online shopping is wonderful for those of us with social anxiety. Christmas shopping used to be something I dreaded starting on December 26!



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.

## Computer Trivia: 1939

Hewlett-Packard is Founded. David Packard and Bill Hewlett found Hewlett-Packard in a Palo Alto, California garage. Their first product was the HP 200A Audio Oscillator, which rapidly becomes a popular piece of test equipment for engineers. Walt Disney Pictures ordered eight of the 200B model to use as sound effects generators for the 1940 movie "Fantasia." [www.computerhistory.org](http://www.computerhistory.org).

## NCR: Not Criminally Responsible

A Film Review by Roy Bonadonna

*NCR: Not Criminally Responsible* is the latest film by Emmy-Award winning filmmaker John Kastner. In it he tackles head-on a controversial topic that is very much in the news these days, namely, the intersection of mental health and the criminal justice system.

The film tells the story of Sean Clifton, a resident of Cornwall, Ontario, who suffers from severe OCD and schizophrenia. In 1999, in a delusional frenzy, Sean repeatedly stabbed Julie Bouvier outside a Wal-Mart because a voice told him to "kill the prettiest woman he could find." Fortunately, she survived. Sean was arrested, charged and taken into custody. Eventually he was found NCR by the court, which means that although he was guilty of committing the crime, he was not at that time capable of appreciating the nature or the wrongness of his actions because of mental illness. He was sent to the Brockville Forensic Hospital for detention and rehabilitation.

The film then jumps forward 12 years, and Sean, who has steadily improved, is now seeking a conditional discharge from the Review Board, while Julie Bouvier and her family have spent the last 12 years agonizing over the senselessness of what occurred and why.

Kastner's film succeeds in two ways. One, he does a great job of accurately showing us both sides of this difficult issue. We see clearly how those found NCR, like Sean, have the right to gradual Freedom and rehabilitation. In addition, however, we are also brought face to face with the victims of these crimes and their need for safety and for healing.

The second, and most compelling, way this film succeeds is that it movingly shows us the power of forgiveness. When we see innocent victims of senseless crimes forgive their penitent attackers we are overwhelmed with powerful, encouraging emotions and the candle of hope in our hearts burns a little bit brighter.

NCR recently premiered at Hot Docs in Toronto and will be shown next season on CBC's DocZone.

*Roy Bonadonna is a graduate of York University and is currently a volunteer with the Empowerment Council. His background is in communications and in community work.*

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## Community Announcements



**Breaking out of Huronia:** The Judy Richardson Collection of art by Huronia Regional Centre residents

Reception: Saturday, June 1, 2:00-4:00 pm

Exhibition June 1 – July 26, 2013; closed August.

Reopens September 3 – October 25 at 999 Dovercourt Road.

Creative Spirit Gallery is honoured to host artists whose works are in the exhibition and to reunite them with their art. "Breaking out of Huronia" is a special exhibition to mark 21 years promoting art made by people on the lowest socio-economic rung whose long-term medical disabilities often leave them voiceless and without access to means for self-expression. Thelma Wheatley, author of **And Neither Have I Wings to Fly, Labeled and Locked Up In Canada's Oldest Institution**, will be the keynote speaker. Ontario's oldest institution for people with developmental disabilities, The Orillia Asylum for Idiots, opened in 1876, was renamed the Huronia Regional Centre in 1974, and finally closed in 1992. At its peak it had 2,600 residents.

# CLIENT ELECTION

Tuesday June 4<sup>th</sup> 2013

4:00 - 5:00 PM

Training Room A

1001 Queen St.

ARE YOU A CURRENT or FORMER CLIENT OF Programs at CAMH  
at **Queen Street** or **College Street** Site?

Run to be an  
Empowerment Council Board Member

or

Vote for who you think is the best Client to represent you

For more information or to nominate a client contact: 416 535-8501 x 33013

~ Refreshments provided ~

## The Empowerment Council

*Invites*

All Clients & Former Clients

*of the Centre for Addiction and Mental Health, &  
Community Mental Health & Addiction Programs*

to our **Annual General Meeting**

**Thursday, June 13 - 5:30 pm 33 Russell Street**

**The Meeting Centre (Room 2029)**

**Discussion: What Do You Want CAMH Staff to Know?**

**Dinner and \$6.00 Transportation Subsidy Provided**

*For further information, contact Beth Jacob*

*416 535-8501, x 6837 or [beth\\_jacob@camh.net](mailto:beth_jacob@camh.net)*

*Elect your representatives to the Empowerment Council Board.*

***The EC is Your Voice on Mental Health and Addiction Issues at CAMH and Beyond.***

### **Drugs: A Community Dialogue with Dr. Gabor Maté**

Saturday June 8 from 12 sharp to 2 pm: Join us to discuss with Dr. Gabor Maté topics like stigma, discrimination, and criminalization; the impact of trauma, well-being and self-medication; poverty, gentrification and services; and harm reduction. All Saint's Church - Community Centre, 315 Dundas St. East (corner of Sherbourne and Dundas)

Food, refreshments, and childcare will be provided. Space is limited and will be first come first served. Priority will be given to people who are homeless, under-housed or experiencing poverty. Wheelchair Accessible. This is a Free event.

For more info on Dr. Maté, visit <http://drgabormate.com/>

Sponsored by: Toronto Harm Reduction Alliance, Toronto Harm Reduction Task Force - <http://toharmreduction.org/>  
and the Canadian Harm Reduction Network - <http://canadianharmreduction.com/>

### **Spring is in the air at the VanDuzer Art Studio!**

With Spring comes new life ...and new artwork.

Our Spring Art Show & Sale is happening

Wednesday, June 12<sup>th</sup> from 3:00 to 7:00 pm at 196 Beverley Street, 647 280-4931

## **ARCH Disability Law Centre Access Awareness Symposium**

**June 6 from 3:30 pm to 6:30 pm** (panel discussion), reception from 6:30 pm to 8 pm.

Access Awareness Symposium, Achieving Autonomy and Inclusion for Racialized People with Disabilities: Examples from Immigration and Family Law. The Law Society of Upper Canada, Toronto, 130 Queen Street West (at University Avenue.) Registration is required by June 4 by email: [equityevents@lsuc.on.ca](mailto:equityevents@lsuc.on.ca), by phone: 416 947-3413 or 1-800-668-7380, by TTY: 416 644-4886

## **Call for Participants: Mad Pride Panel on Mad Spirituality**

I am organizing a panel discussion for Mad Pride Toronto on the topic of Mad Spirituality that will take place Thursday, July 11, 2013 from 3:30-4:30pm. Do you want to speak to other Mad folks about spiritual understandings of your madness or the role of spiritual practices on your self-care, healing, recovery, and wellness? Perhaps you want to recall experiences of exclusion from religious/spiritual environments due to madness or from Mad communities due to religious/spiritual beliefs so that we can create more welcoming and inclusive spaces?

Maybe you want to describe how you provide spiritual care through peer support? How does spirituality impact your understanding and celebration of Mad Pride? If you're interested in speaking/participating/chatting about this further, email Alisa at [banana.nut.crackers@gmail.com](mailto:banana.nut.crackers@gmail.com) or leave a voice-mail at 647-931-7563.

## **Call for Research Participants: Yoga Study for Social Anxiety Disorder**

We are conducting a clinical research study examining whether yoga will be helpful in reducing symptoms of social anxiety. This is an 8-week study and patients will be assigned to either bi-weekly yoga sessions for 8 weeks or to a wait-list condition. Those assigned to wait-list will be offered the yoga intervention once they have completed the study. The target enrolment is 60 subjects, aged 18-65. There is an optional genetics component to this study. The eligibility criteria will be reviewed with each participant. This component is entirely optional and will not affect the participants' inclusion in the yoga study. If you would like more information please contact Julia at 416 535-8501 x 36854 or email [julia.cheng@camh.ca](mailto:julia.cheng@camh.ca).

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# Employment & Training Matters

## **Drop In Worker - Part-time weekends and occasional relief, The Good Neighbours' Club**

Responsibilities:

- Interview clients for membership and collect background information.
- Assess client needs; providing direct assistance and support where possible and referring to appropriate community resources, as necessary.
- Supervision of clients and ensuring programs and resources are effectively operating.
- Meet with clients to provide support and discuss any difficulties or problems.
- Consult with colleagues and assist members in making appointments. Follow up with relevant professionals or community resources, if necessary.
- Develop and maintain supportive relationships with clients. Monitor their well being and facilitate constructive connections and actions.
- Assist clients accessing showers, laundry, meals, clothing facilities and social recreation programs.
- Assist clients by receiving, recording, and issuing clients' mail, telephone messages, and supplies.
- Ensure a safe and pleasant environment for clients.
- Provide crisis intervention, document actions and recommendations for follow up as appropriate.
- Provide first aid when needed and or calls for assistance as necessary.
- Document activities and maintains statistics, as required.
- Assist in receiving food, dry goods, donations, maintaining inventory of equipment and supplies and other activities.
- Work constructively with colleagues, volunteers and clients for the common good.
- Follow opening, closing, safety and security routines as prescribed.

- Coordinate the work of volunteers as requested by the Supervisor.

Qualifications:

- Bachelor level degree or social services diploma in a related field, or a combination of education and relevant work experience.
- Demonstrated experience with homelessness and psycho-geriatric issues.
- Excellent interpersonal/communication and crisis intervention skills.
- First Aid/CPR certification preferred
- A valid Ontario driver's license.

Please forward your application by noon on **June 10, 2013**, quoting competition #13-001, to: Lauro Monteiro, The Good Neighbours' Club, 170 Jarvis St. Toronto, ON, M5B 2B7, e-mail: [lauro@goodneighboursclub.org](mailto:lauro@goodneighboursclub.org)

**Mobile Community Financial Worker – Jane/Finch Community and Family Centre**  
 Mobile Community Financial Worker – Financial Advocacy & Problem Solving (FAPS)  
 10 month contract position, 3 – 5 days/ week

Responsibilities:

- Generally, the Mobile Community Financial Worker's duties include, but are not limited to:
- Provide one-to-one information and support to diverse low-income people regarding their financial matters
- Conduct outreach to diverse low-income communities in northwest Toronto
- Develop and maintain up-to-date detailed knowledge of financial issues and financial services affecting low-income people with a specific focus on youth, newcomer youth and young parents
- Expertise and knowledge in goal setting and career planning
- Expertise in developing social media tools and videos to reach out to the youth population
- Deliver workshops for community residents, participants, volunteers and staff in related sectors
- Develop training materials and workshops for youth, newcomer youth and young parents
- Document and analyze issues arising from the community served and participate in the development of recommended solutions
- Participate in the FAPS team and broader Jane/Finch Community and Family Centre activities, as required
- Advocate on behalf of marginalized community members or groups
- Support students and volunteers, as required
- Maintain records, collect data and compile various statistics and records and contribute to the production of various reports, grant proposals and funding applications, as required
- Work in close partnership with community organizations, networks and groups in northwest Toronto as part of mobile services
- File taxes and maintain knowledge of the Canada Revenue Agency taxation system

Qualifications/Skills:

- Requires a post-secondary degree in financial planning, finances and accounting or business and financial services and approximately three years discipline-related experience, or equivalent
- Knowledge of financial matters affecting low-income people, youth, newcomer youth and young parents, including significant knowledge in at least one of the following areas: federal and provincial income security programs and policies, the Canadian tax system, access to financial services, assets and savings vehicles and credit
- Experience and capacity in and commitment to community development and public education in order to build the capacity of diverse individuals and communities
- Demonstrated problem-solving and conflict resolution skills
- Experience in providing one on one supports (assessment, problem-solving, solid judgment and clear understanding of the importance of confidentiality)
- Able to work well in a team
- Excellent communication skills in English, written and verbal
- Excellent skills in developing e-books and other on-line materials
- Fluency in a language other than English that is relevant to the community served in northwest Toronto is an asset
- Experience with Social Media, videos, computers, Windows software, ACCESS and Excel Program



- Demonstrated experience in reaching out to and working with diverse disadvantaged people, including people with addictions and/or mental health issues, people who do not have English as a first language, low-income families and individuals, people with disabilities and people with various levels of formal education
- Strong administrative skills and excellent time management skills
- Able to work some evenings and weekends

Salary: \$44,717 (pro-rated)

Working Conditions: 3 days per week from July 15, 2013 to August 30, 2013, then 5 days per week from September 2013 to May 2014 and will work from various locations in northwest Toronto. Please combine cover letter and resume so that only one attachment is sent. Applications should be sent to: [hr@janefinchcentre.org](mailto:hr@janefinchcentre.org) with "Mobile Community Financial Worker - FAPS" in the subject line.

**Deadline for applications is June 4, 2013**

### Loft Community Services Community Support Worker – Addiction Supportive Housing

Status: 1 full-time permanent position and 1 year Seconded position of the Addiction Supportive Housing Program- a partnership between LOFT Community Services and Fife House LOCATION: McEwan Housing & Support Services Program

Job summary: The Community Support Worker is responsible for providing a range of services in support of individuals in the community who are HIV positive with addiction issues and having experienced homelessness. Mental health and health stabilization may also be key challenges.

Qualifications required:

- Completion of a diploma/degree in Human Services (or equivalent) with three to five years related experience;
- Knowledge of HIV/AIDS, addictions and mental health issues;
- An understanding of Psychosocial Rehabilitation principles with the ability to operationalise them;
- Counseling and responding skills, ability to interact with clients in a positive and supportive manner;
- Well developed crisis intervention, problem solving and interpersonal skills;
- Good oral and written communication skills;
- An understanding of the therapeutic relationship, and an ability to come to an agreement with clients on goals/priorities;
- Understanding of palliation, of death and dying issues;
- Knowledge of available community resources and supports;
- Ability to work effectively within a team environment and to interact with workers from a variety of agencies.

To apply: Fax 416 979-3028 Email: [humanresources@loftcs.org](mailto:humanresources@loftcs.org) by **June 9, 2013**. Please include the job title and position status of interest in the subject bar of any emails.

## Things To Do...

**Free and Low-Cost Events for June 1 – 15, 2013**

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

### Concerts

**June 4 and 5 at noon. Free Concert Series.** From September to June, an amazing array of talented artists, representing an incredible range of creative practices, perform in six series - vocal, piano, jazz, dance, chamber and world music. Four Seasons Centre for the Performing Arts, 145 Queen St. West. Free

**June 11 from 2 pm to 3 pm. Aboriginal Celebration Performance and Discussion.** Join us in celebrating Canadian Aboriginal culture with a discussion and a performance of song, dance and drum. Presented by the Native Canadian Centre of Toronto, Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge St. Free



## Crafty Events

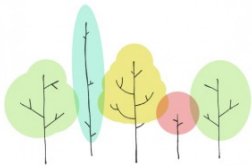
**June 9** from 11 am to 4 pm. **World Wide Knit in Public Day!** TIRED OF KNITTING ALONE? Join the growing community of Toronto and GTA knitters at HIGH PARK, Toronto on Sunday, JUNE 9, 2013 Celebrate World Wide Knit in Public Day. Visit [www.wkipday.com](http://www.wkipday.com). Come learn to love knitting together! High Park, 1873 Bloor Street West. Free

## Exhibits

Ongoing To **June 30**, **Keep Toronto Reading: Ray Bradbury's Legacy - An Exhibit**. Come to the Merrill Collection of Science Fiction, Speculation and Fantasy and enjoy an exhibit of Ray Bradbury memorabilia, including first editions of "Fahrenheit 451," "The Martian Chronicles," an illustrated volume of "The Nefertiti-Tut Express," and a rare edition of Bradbury's poetry. Toronto Public Library, Lillian H. Smith Branch, 239 College Street. Free

## Festivals

**June 8-9**, from 10 am to 6 pm. **Woofstock**. For dog lovers! Lots of booths with fun stuff to buy your 'loved one' (doggie). Dogs of all sizes attend this weekend activity. Some in fancy dress. Held along Front Street between Yonge and Jarvis in the St. Lawrence Market area. Not your typical festival!! You never know, you could potentially come away with a new family member! Free



**June 8** from 11 am to 10 pm **Dundas West takes to the street!**

Visit Dundas Street West on June 8, 2013 between 11 am and 10 pm for a full day of arts, music, kids' activities, food, drink and shopping! Dundas Street West will be closed to vehicular and bicycle traffic as well as to public transit from Lansdowne Avenue to Roxton Road. Free

**June 8-9, Muhtadi International Drumming Festival**. MIDF celebrates the drum, its universality as an art form, and its presence in all cultures around the world. MIDF is the only annual festival in North America celebrating the drum. The event promises to be a 2-day family-friendly celebration full of multicultural performances and passionate, artistic people. It is a festival where all cultures come together, drumming and dancing to one beat! There is also a Children's Play Area with a petting zoo, ethnic cuisine, exotic arts and crafts, workshop programs and for the adults in the crowd a strategically placed refreshment area. Woodbine Park, north east corner of Lakeshore Boulevard and Coxwell Avenue. Free

**June 14-16, Taste of Little Italy**. This festival is held along College Street between Bathurst Street and Shaw. Food sampling, street entertainment and performances over the weekend. Smaller than the Taste of the Danforth, but still manages to attract a good sized crowd. Free

**June 14- 23, Luminato - Toronto's Festival of Arts and Creativity**. This festival attracts over 1,000,000 million participants and consists of over 100 events. There are events that are Free, but for others you will need to purchase tickets. Free, but tickets may be required for some events. Visit the website at [www.luminatofestival.com](http://www.luminatofestival.com).

**June 15** from 2 pm to 4 pm. **Storytelling and Arts Festival**. Join us for our Annual Storytelling & Arts Festival celebrating the arts, literature and storytelling. Call 416 396-8881 for more information. Morningside Library, 4279 Lawrence Avenue East. Free

**June 15** from 11 am to 8 pm. **Roncy Rocks!** is an annual celebration of the art, music and culture of Roncesvalles Village. This event features continuous music on four stages all over Roncesvalles, including Oh Susanna, Big Rude Jake, and The Monkey Bunch, to name but a few. A very public art installation titled "COMPASS" will be revealed by the internationally successful Lisa Anita Wegner. There will also be a day-long sidewalk sale showcasing Roncesvalles' merchants. Roncesvalles Village, Roncesvalles Avenue. Free



## Films

**June 6** from 1 pm to 2:30 pm. Celebrating Aboriginal Heritage Month - **Vanishing Point**. This feature documentary tells the story of 2 Inuit communities of the circumpolar north - one on Canada's Baffin Island, the other in Northwest Greenland - that are linked by a migration led by an intrepid shaman. Navarana, an Inughuit elder and descendant of the shaman, draws inspiration and hope from the ties that still bind the 2 communities to face the consequences of rapid social and environmental change. Avi, the daughter of Navarana will be present for a Q&A session! For more information about the film, visit [www.nfb.ca/film/vanishing\\_point](http://www.nfb.ca/film/vanishing_point) Please register by calling 416 395-5720, e-mail [doprograms@torontopubliclibrary.ca](mailto:doprograms@torontopubliclibrary.ca) or visit the branch. Registration allows us to contact you if there are any program updates or cancellations. Toronto Public Library, Downsview Program Room 2793 Keele Street. Free

**June 7, 14, 21, 28** from 6 pm - 8 pm. Friday Movie Nights at Parkdale. Parkdale Library will be holding Movie Nights! Sit back, relax and enjoy a movie on the big screen. Parkdale Auditorium, 1303 Queen Street West. For more information, call 416 393-7686. Free



## Markets & Sales

**June 1** from 10 am to pm. **Library Book Sale: Fun in the Sun**. Bring a bag and purchase new treasures during the library's Big Book Sale. S. Walter Stewart Library, 170 Memorial Park Avenue. Free to browse.

**June 1** from 10 am to 6 pm. **The Really, Really Free Market**, First Saturday of every month at Campbell Park, 195 Campbell Ave. A Really Really Free Market is a community-space for sharing – where people bring what they have to give, take what they need, and leave the rest. It's kind of like a potluck, but for goods and services. Free

**June 8 and June 9** from 10:30 am to 8 pm on Saturday and to 6 pm on Sunday. **Artisanal Food Market**. A first time market for Harbourfront Centre! Enjoy exploring new tastes in food and see what new, independent, local packaged food producers have to offer! Buskers and other entertainment will also be on site. Call the hotline for the most up to date vendor information: 416 973-4000. Harbourfront Centre, 235 Queens Quay West. All Ages. Free

**June 8 and June 9** from 10 am to 6 pm. **Beaches Arts and Crafts Show**. Showcasing over 150 of Canada's leading artists, artisans & designers from Ontario and Quebec, as well as local talent from the Beach. Exhibitors are selected based on the quality of their work and the originality of their designs. Visitors to the show will have the opportunity to meet and shop from the makers themselves and find original fashions, quality jewelry, leather work, functional ceramics, colourful glass, visual arts, children's clothing and fun accessories, gourmet foods and much more. Celebrating its 29th year! For the benefit of Neighbourhood Link Support Services. Kew Gardens, 2075 Queen Street East. All Ages. Free

## Lectures & Readings

**June 4** from 1:30 pm to 3 pm. **Poetry Saved My Life**. The Real Sun, Artist, Educator, community builder, shows how Poetry is a channel for your soul's energy: a tool that can help you release your voice, speak the unspoken, and breathe life into your stories, your pain, joy, love and truth. Toronto Public Library, [York Woods](#) 1785 Finch Ave. West. Register in person or call 416395-5980. Free

**June 4** from 7 pm to 8 pm. **The eh List Author Series: Thomas King - The Inconvenient Indian**. Activist, humorist, novelist and critic Thomas King presents North America with a cutting restatement of history from the point of view of the First Nations of 'Turtle Island'. The indictments are numerous and outlined in King's darkly humorous style: King cuts deep "right to the bone" but he does it with his usual aplomb and wit. Join Thomas King for a kick-off of our Aboriginal Celebration. **North York Central Library Auditorium** 5120 Yonge Street. For more information and/or to register please call 416 395-5639. Free

## National Aboriginal History Month

There are events all month. We have some listed in other sections of Things To Do. See also, their website cited below.

**June 26** from noon to 8 pm. **Aboriginal History Month Celebration Event @ Yonge & Dundas Square!** – The Native Canadian Centre of Toronto will be holding our annual event. This year, we have an exciting line-up of entertainers, craft vendors exhibiting and selling their wares with Derek Miller headlining! Corner of Dundas and Yonge Streets. Please visit [www.ncct.on.ca/events.php](http://www.ncct.on.ca/events.php) to view the complete schedule or call 416 964-9087.

## Recreation/Fitness/Health

**June 3** from 2 pm to 3 pm. **Laughter Yoga.** Find out the physical, emotional and social benefits of laughter exercises and yoga breathing, and how they can transform your life. Eatonville Library, 430 Burnhamthorpe Road. Register by calling 416 394-5270. Free

**June 4** from 1 pm to 2 pm. **Cycling in Toronto.** Come for an illustrated talk with the Toronto Bicycling Network. Bike safety tips, maintenance suggestions and popular routes to enjoy. For all cycling enthusiasts, new or experienced. City Hall Nathan Phillips Square, 100 Queen Street West. Free

**June 6** from 10 am to 3 pm. **Health & Beauty Day.** Enjoy exhibits and demonstrations on: aromatherapy, reflexology, meditation, skin and body care, fitness, herbal and organic products, natural cosmetics, naturopathic and chiropractic care, hypnosis, and more! Central Eglinton Community Centre, 160 Eglinton Avenue East @ Redpath (Yonge & Eglinton) Please visit [centraleglinton.com](http://centraleglinton.com) or e-mail [programmanager@centraleglinton.com](mailto:programmanager@centraleglinton.com) or phone Nancy at 416 392-0511 for more information. Free

## Spring Cleaning

**June 13** from 2 pm to 4 pm. **Downsizing Decluttering Seminar.** Join Garna Tracy, a local interior decorator and designer as she gives advice on how to make the process of moving as stress-free as possible. Listen to advice on how you can properly get started on decluttering and downsizing, and also get some tips on how to properly stage your house or condo for resale. Brentwood Library, 36 Brentwood Road North. Register at the Information Desk or call 416 394-5247. Free



## Walks

**June 8** from 1 pm to 3 pm. **Family Nature Walk - What Trees are These?** We love trees! Come learn how to identify High Park's most fascinating trees by leaf, bark, and smell. Discover how these green giants help (and are helped by) the woodland critters in High Park. Event is great for all ages: bring the whole family! No registration necessary. Meet at: High Park Nature Centre 440 Parkside Drive. Contact: Email: [naturecentre@highpark.org](mailto:naturecentre@highpark.org) Phone: 416 392-1748 \$2/person or donate-what-you-can.

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