

# BULLETIN

# 501 January 16 – 31, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4  
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/>

## Community Announcements

### **C/S Info Film Screening - If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built wall**

Our next workshop will be a film screening and it's coming up soon. It will be at the end of January on **Monday, January 27<sup>th</sup> at 1:30 pm**. The film is called, *If These Walls Could Talk: Stories Behind Toronto's Psychiatric Patient Built Wall*. The film screening will be held in **room 1123 in the Doctors Association Building at CAMH, 101 Stokes Street, just south of Ossington and Queen Street West**.

**The filmmakers, Naomi Berlyne and Sibyl Likely will be in attendance for a Q&A after the film.**

Toronto's Centre for Addiction and Mental Health was first built in 1850, and was then known as The Provincial Lunatic Asylum. This film traces the history of the institution, and tells the stories of some of the patients, whom despite degrading treatment, managed to escape or rebel. It also explores contemporary narratives of mad people, as they cope in today's world.

Please call us at 416 595-2882 or email: [csinfo@camh.ca](mailto:csinfo@camh.ca) to **RSVP, by Friday, January 24<sup>th</sup> at noon**, so we know how many people are coming and can accommodate for snacks, chairs, etc. We hope you can make it.

### **Drop-In Legal Clinic Monday, January 27th at 12 Noon**

We are pleased to announce that Parkdale Community Legal Services will join us from 12 noon to 1:00 pm for a drop-in legal clinic, before the film. Room 1123.

## Ashley Smith Inquest

As you may be aware, the Empowerment Council was a party with standing into the Coroner's inquest of Ashley Smith, a teenager who died by self-inflicted strangulation on October 19<sup>th</sup>, 2007, while in custody and under suicide watch at the Grand Valley Institute for Women. The jury returned a verdict of "homicide" in the death of Ashley Smith (there are no charges laid because this was an inquest and not a criminal trial. Still, the verdict of "homicide" is extremely important as such a verdict is very rare in inquests. This sends an important message to both correctional and psychiatric facilities). For a complete list of the jury's recommendations please link here: <http://www.scribd.com/doc/192573968/Ashley-Smith-Verdict>

## The Empowerment Council Survey

The Empowerment Council would like to learn more about your experiences trying to make the mental health and addiction system better for service users. As an organization we are getting many more requests to have people "participate" on committees, focus groups etc. We need to know what works well about participation and what needs improvement. It would mean a lot to us if you took a few minutes to fill out this short survey. Here is the link: [www.surveymonkey.com/s/YN2YD7Y](http://www.surveymonkey.com/s/YN2YD7Y)

## Webinar of Interest

Webinar: **Household Food Insecurity in Canada**, An Update from the PROOF Research Program  
When: January 16<sup>th</sup>, 2014 from 1:00 pm - 2:00 pm

What: Household food insecurity, defined as inadequate or insecure access to food due to financial constraints, affected 4 million Canadians in 2012. The consistent monitoring of food insecurity through the Canadian Community Health Survey since 2005 has furnished a wealth of data about the extent and nature of this problem. In this webinar, we will examine socio-demographic, temporal, and geographic patterns of household food insecurity in Canada, with a particular focus on local and regional variation. We will also share results of a social network analysis of food insecurity policy actors across the country. This will set the foundation for a conversation on what national household survey data can reveal about the roots of this problem and the priorities for action now.

Presenters: Valerie Tarasuk and Catherine Mah

For more information or to register, please visit: <http://foodsecurecanada.org/content/webina>

## GAM Training Group at MDAO

### Toronto Recovery Group: Gaining Access with my Medication (GAM)

This group takes a quality of life approach to psychiatric medication and focuses on what's best for you. Still relatively new to Ontario, GAM has been hugely successful in Quebec, and has gained acclaim from psychiatric consumer/survivors themselves, to psychiatrists and in universities.

To register for GAM at MDAO: Please contact Ingrid at [ingridm@mooddorders.ca](mailto:ingridm@mooddorders.ca) or call 416 486-8046 x238.

Information Session: Monday January 20<sup>th</sup>, 2014 from 1:30 pm to 4:00 pm

Course Schedule: Mondays, January 27<sup>th</sup> – March 17<sup>th</sup>, 2014 from 1:30 pm to 4:00 pm

Location: Mood Disorders Association of Ontario office: 36 Eglinton Ave West, Suite 602, Toronto

## Immigrant & Racialized Women's Health Conference

Who: Ryerson University / York University / University of Toronto / Health for All Clinic of Markham-Stouffville Hospital

When: Friday, February 21<sup>st</sup> from 8:30 am to 4:30 pm

Where: Ryerson University, Ted Rogers School of Management, 55 Dundas St. West, Room 2-166.

Registration Fee \$35.00 Registration Fee for Students \$20.00

A PDF IRWHP Conference Flyer can be found here:

<http://origin.library.constantcontact.com/download/get/file/1116035072162-6/IRWHP+Conference+Announcement+Feb.21.2014.pdf>

To go directly to the Online Registration go here: <http://www.gopolestar.ca/s1/index.php/conference-registration/event/2/Immigrant-and-Racialized-Women%E2%80%99s-Health-Project->

For further information please visit the IRWHP Website at <http://ryerson.ca/irwhp/conference.html>

Or contact: Susan Thomson (Project Coordinator): [marysusan.thomson@ryerson.ca](mailto:marysusan.thomson@ryerson.ca)

Doreen (Conference Coordinator): [doreen.irwhp@bell.net](mailto:doreen.irwhp@bell.net)

The project is funded by the Ministry of Health and Long-Term Care, Ontario (MOHLTC-ON)

## Loud Thoughts

### A Photovoice Exhibit Focusing On Young Adult Mental Health...From Their Perspective

Family Outreach and Response recently concluded a photovoice group in which 7 young people (18-25) explored young adult mental health. Their emotions, feelings, and commentaries are being presented in an exhibit entitled LOUD THOUGHTS on Thursday, January 30<sup>th</sup> from 6:00 pm to 9:00 pm at Videofag, 187 Augusta Ave., in Kensington Market. This event is pay-what-you-can. The suggested donation is \$10. For more information email or call Tamara: [tamara@fmhr.org](mailto:tamara@fmhr.org) or 416 539-9449 ext. 224.

## TTC News Release

January 6, 2014

### Support persons travelling with people with disabilities will no longer pay a fare on the TTC

As of Jan. 1, a support person accompanying a TTC customer with a disability will no longer be required to pay a fare. The Accessibility for Ontarians with Disabilities Act defines a support person as someone who assists a person with a disability with communication, mobility, personal care/medical needs or with access to goods, services or facilities.

A new TTC Support Person Assistance Card is now available that permits one support person to travel with a fare-paying customer with a disability on a single fare. Additional travel companions must pay a fare. Until March 29, the TTC will permit a support person to travel on a single fare with a paying customer on the honour system. Starting March 30, customers will be required to show a Support Person Assistance Card when they are accompanying a fare-paying customer with a disability. Application forms are now available on the TTC website and must be certified by a health care professional.

The TTC will hold several photo ID sessions at select subway stations in early 2014 where eligible customers can submit their application and have their photo taken for a Support Person Assistance Card. Locations, dates and times will be posted at [ttc.ca](http://ttc.ca) and communicated widely when they become available. Customers may also submit an application in person at the Sherbourne Photo ID Centre or Davisville Customer Service Centre. Alternatively, customers may submit their application by mail with two passport photos accompanying their application.

# Stress Busters

By Cassandra



1. **Deep Breathing.** When you feel yourself getting stressed or anxious try deep breathing. Think of your breathing like a triangle: breathe in for 3 seconds, hold for 3 seconds, and breathe out for 3 seconds. When you breathe, insure your tummy fills with air and puffs out. Try not to breathe short, quick breaths that raise your shoulders. The nice thing about deep breathing is that you can do it anywhere you are and it's an instant calmer. For instance, when I find myself feeling stressed on a crowded streetcar, I use this technique.
2. **Eat Nutritious Foods and Snacks.** Feeling hungry can provoke aggressiveness and can also make you feel anxious. It fatigues us too. A dietitian once suggested I carry some nutritious snacks in my purse, like fruit pieces and nuts. I also found this useful for when I'm on the go. Instead of grabbing a quick chocolate bar at first sight and spending money on snacks, I reach for the snacks in my purse.
3. **Exercise.** I've heard this time and time again from friends, trainers, and family. Exercise is a great way to relieve stress, it amplifies your feel-good endorphins, and personally, it helps me sleep more soundly. This year, I'm trying to find ways to exercise on a budget. At home I find ways to lift weights. I use canned food or pick up an object that I feel is comfortable and do some reps. This helps to strengthen my arms. I also try to walk to the grocery store and back and find ways to fit walking into my schedule. I know that at this time of the year the weather isn't always in our favour. I have seen people that go to malls early in the morning before it opens and walk laps around the mall for exercise. What a great way to get your walking in, indoors!
4. **Pay Off Debt.** How good does it feel to pay a bill? For me paying bills on time is a huge stress reliever. Especially at this time of the year, the bills can be quite high. Whether it's your electricity or credit card, debt can stress us out. Avoiding it only acts as a temporary Band-Aid. I recently made a (free) appointment with a financial advisor at the financial institution I bank with, for financial advice (note: look for advisor that offers advice without pushing products on you). Another place that offers free, personal financial advice is St. Christopher House. Visit [www.stchristhouse.org](http://www.stchristhouse.org) or call 416 848-7980 for an appointment. (Please note: they may put you on a waiting list.)
5. **Take a Hot Bath or Shower.** A friend of mine takes a hot bath after work every day. I asked him why and he told me that work can cause him some stress and it helps him unwind after a long day at the office. I use this technique when I can't sleep and now I'll try it to reduce stress. If you don't have a bathtub, try a hot shower. And if you have a radio nearby, try putting on some calming music.
6. **Drink Herbal Tea.** I used to work in a very stressful environment. I noticed many people around me were drinking coffee throughout the day. I found the caffeine in the tea and coffee made me more anxious and jittery and kept me up at night. That's when I switched to herbal tea. It has a soothing effect and instead of the jitters I felt calm when doing my work. I enjoy peppermint or ginger-peach. Look for the words herbal tea and caffeine free on the label.
7. **Laugh.** Try putting on your favourite comedy and have a good laugh. Tell a joke or read a few. I heard that it takes more muscles to frown than it does to smile and that laughing triggers something in our brains that make us feel better.



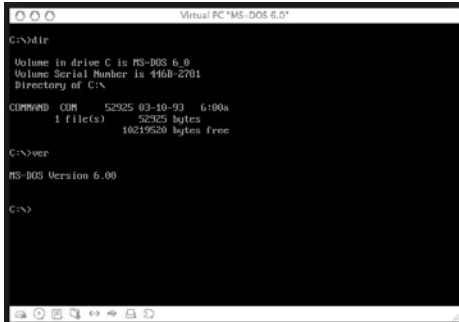
What do you do to relieve stress? Email us at [csinfo@camh.ca](mailto:csinfo@camh.ca) or write us at: Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4. We'd love to hear from you! We may even publish your stress busters in an upcoming issue of The Bulletin.

# Computer Column

## Windows...A Short History

By Martha Gandier

Windows is the Microsoft flagship, its operating system. An operating system is a set of files that allows you to use your computer. Two things guaranteed, every time Microsoft launches a 'new and improved' version of Windows. 1: Enormous hyped up promises on the side of Microsoft, and 2: Enormous confusion and frustration on the side of the user.

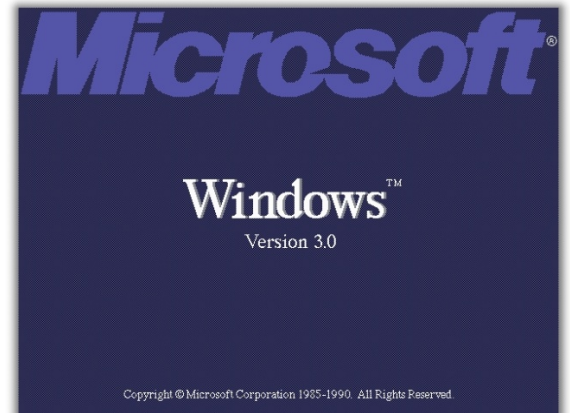


Confession time. Even though I started using computers in the late 80's, I never did learn DOS, and barely managed to learn how to turn on a computer and get to Word Perfect2. The accountant at the Regent Park Health Centre was kind enough to let me type some material on the huge, cumbersome word processing machine that he generously called a computer...but I was terrified of it. I am forever grateful to fellow staffers at the CRC in Regent Park, because when I worked there in 91 and 92, they gave me two basic gems of knowledge. 1: You can't break it unless you drive a truck over it, and 2: No matter how badly you mess up, you can start all over again. (Or, 'if in doot, reboot'.)

DOS 6...or...What the heck do I do first?

I had been struggling with DOS based systems when the 'computer guy' at Toronto Psychiatric Survivors introduced me to Windows 3. I thought I'd died and gone to Heaven. When you turned the computer on, then the monitor, the first screen didn't look like you needed to be a programmer to use it. It was friendly. All you had to do was click on it and it would do stuff. It had a GUI....graphical user interface. You did things by clicking on an icon. Windows 3 took up a lot of hard drive space, and a lot of memory...in those days, 384K of RAM and 7 MB hard drive space was a lot. Whew.

The jump from Windows 3 to Windows 95 was fairly gentle. It still had DOS (originally DDOS, Down and dirty Operating System) running in the background, so you could communicate with the computer using the DOS commands that every computer user...but me... it seemed...was familiar with. Windows 95 allowed you to attach a printer, or scanner, or other hardware using 'plug and play', meaning all you had to do was attach your peripheral and the computer would make the adjustments.



By the time Windows XP arrived, quickly followed by Windows 98, Win 2000, and Windows ME (Millennial Edition), things had changed a lot. When you opened a window you could move it around, open other windows on the same desktop, change the shape and size of windows, etc. Most users liked XP, once they'd learned the basic ins and outs. Then came Vista.

In my humblest of opinions, Vista was released way too early. There were lots of bugs, and technicians were making big bucks removing Vista from new computers and installing the good old workhorse, XP. There were seven years between XP and Vista. And as soon as there was a good sized community of people using Vista, the complaints about it prodded Microsoft into issuing a 'service pack'...a collection of fixes. And the initial cost of Vista was a concern...over \$300. But it was definitely 'sexier', with all those gadgets and toys!

Windows 7 still looked and behaved much like previous versions of Windows, but had added features that made it easier to use wirelessly. Setting up a wireless network is way easier, as is using Remote Desktop to connect with other systems using the internet.

The jump from Windows 7 to Windows 8 is causing a lot of grief, and it is a bit of a learning curve. I would advise anyone new to 8 to use online tutorials, especially the YouTube ones, to get comfortable with it. (And I might as well say it...unless you're a bit of an expert, stay away from Microsoft's own tutorials. Just too hard to follow.)



Windows 8 looks like a tablet screen, or other mobile device with touchscreen, because that's exactly what it was designed for. My first question was, 'where's the start button'? I still use Windows 7, as do most of my customers. And if someone buys a brand new desktop computer, chances are they will want me to take 8 off and replace it with 7 or even XP!



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.

## Things To Do...

**Free and Low-Cost Events for January 16<sup>th</sup> to 31<sup>st</sup>, 2014**

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



### Book Club

Monday, January 20<sup>th</sup> from 2:00 pm to 3:00 pm. **Monday Afternoon Book Club.** This month's theme is: Powerful Women. A lively discussion on suggested titles. Registration not required. For more information call: 416 396-3835. Toronto Public Library, Leaside Branch, 165 McRae Drive. Adults. **Free**

### Book Launch

Tuesday, January 28<sup>th</sup> at 7:00 pm. **Beer and Butter Tarts Issue 1 – Book Launch.** Tasty nibbles plus selected readings from the first issue. Featuring essays, short fiction, poetry, photography and art, Beer and Butter Tarts tells the story of food in Canada, from coast to coast to coast. This Canadian literary food journal is published twice a year and celebrates the ingredients, the cooks and the places that fill Canada's plate. For more information visit: [www.beerandbuttertarts.ca](http://www.beerandbuttertarts.ca). The Rhino, 1249 Queen Street West. **Free**

### Basketball

Thursday, January 16<sup>th</sup> at 6:00 pm. **Women's Basketball.** Humber College vs. Mohawk College. For more information contact Jim Bialek by email: [jim.bialek@humber.ca](mailto:jim.bialek@humber.ca). Humber College Arboretum, 205 Humber College Blvd. All Ages. **Free**



## Basketball

Thursday, January 16<sup>th</sup> at 8:00 pm. **Men's Basketball.** Humber College vs. Mohawk College. For more information contact Jim Bialek by email: [jim.bialek@humber.ca](mailto:jim.bialek@humber.ca). Humber College Arboretum, 205 Humber College Blvd. All Ages. **Free**

## Choir

Tuesday, January 21<sup>st</sup> from 7:00 pm to 9:00 pm. UTSC Community Choir Recruitment Rehearsal: The University of Toronto Scarborough Campus Alumni and Community Choir are recruiting all through January. Rehearsals are 2 hours a week. All are welcome and encouraged. Positive, empowering, accessible space to learn together. Directions and more at: [utscacchoir.wix.com/ruckus](http://utscacchoir.wix.com/ruckus). For more information contact Brian Chang by email: [utscacchoir@gmail.com](mailto:utscacchoir@gmail.com). University of Toronto Scarborough Campus, 1265 Military Trail, Room AA303. Adults. **Free**

## Community Lunch

Friday, January 24<sup>th</sup> from 11:30 am to 12:30 pm. **Free Community Lunch.** Come and help us celebrate Robbie Burns Day. Piper, Haggis and a beverage. Join your friends and make new ones. For more information call: 416 247-5181. St Philips Anglican Church Hall, 60 Dixon Road. **Free**

## Dance

Friday, January 17<sup>th</sup> at 7:00 pm to Sunday, January 19<sup>th</sup>. **DanceWeekend '14.** Unparalleled, unbelievable and totally unique. From ballet, b-boying and Bharatanatyam through jazz, flamenco, contemporary, Middle Eastern and Indian and African styles, as well as performances from the heart-stopping to the foot stomping! Plus world premieres from two choreographers. For more information call: 416 973-4000. Fleck Dance Theatre, Harbourfront Centre, 207 Queens Quay West. **Free**

## Fairy Tales

Saturday, January 25<sup>th</sup> from 10:30 am to 11:30 am. **Fairy Tale Puppet Show.** Celebrate Family Literacy Day and the start of our Family Story Time with a trio of favourite fairy tales presented by puppets: The Paper Bag Princess, The Frog Prince and Dragon Stew. For more information call: 416 393-7746. Toronto Public Library, Lillian H. Smith Branch, 239 College Street. **Free**

## Food

Sunday, January 26<sup>th</sup> from 3:00 pm to 6:00 pm. **New East York Community Kitchen.** Join us as we cook and eat a tasty nutritious meal. Learn new recipes and skills while socializing with your neighbours. Registration is required and child care is available. Contact Jennifer Kim at: [eyckitchen@gmail.com](mailto:eyckitchen@gmail.com) or at: 416 532-7840. East York Community Centre, 1081½ Pape Avenue. **Free**

Wednesday, January 29<sup>th</sup> from 7:00 pm to 8:00 pm. **Vegetarianism 101. Easy Steps to Eating Less Meat.** Interested in making healthier, more sustainable and more compassionate food choices? The Toronto Vegetarian Association will give you some tips and tools for going vegetarian or reducing your consumption of animal products, and answer all those commonly asked questions like: where do I get my protein and what's a quick meal I can pull together on a work night? Free vegan snacks! For more information contact Barb at: [highpark@veg.ca](mailto:highpark@veg.ca). Toronto Public Library, Runnymede Branch, Program Room, 2178 Bloor Street West. **Free**



## Garden Club

Thursday, January 16<sup>th</sup> from 7:00 pm to 9:00 pm. **East York Garden Club monthly meeting: "The Gardens of Northern Italy"**. The East York Garden Club will feature a slideshow presented by Donna Fenice. Doors open at 7 pm for a social and the speaker will be at 8 pm. For more information contact Susan Bartlett by email: [susanhirst@gmail.com](mailto:susanhirst@gmail.com) or by phone: 416 467-4945. Stan Wadlow Clubhouse, 373 Cedarvale Ave. Adults. **Free**

## Health Talks

Monday, January 27<sup>th</sup> from 2:00 pm to 3:30 pm. **Speaking of Bones.** Osteoporosis Canada presents an informative session on the risk factors, how osteoporosis is diagnosed and treated and how to live well with this condition. For registration & information, call: 416 394-5270 or email: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca). Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. **Free**

Tuesday, January 28<sup>th</sup> from 2:00 pm to 3:00 pm. **Stay on Your Feet! Prevent A Fall!** Are you an older adult or are you caring for one? Did you know that 1 in 3 older adults has a fall at least once each year? Learn ways to prevent a fall and keep your independence! Do a home safety check. Stay active and eat healthy to maintain strength and balance. Take medications safely. Presented by Toronto Public Health. For information or to register: [doprograms@torontopubliclibrary.ca](mailto:doprograms@torontopubliclibrary.ca) or call: 416 395-5720. Toronto Public Library, Downsview Branch, 2793 Keele Street. **Free**



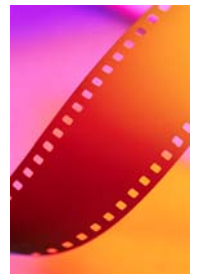
## Misseto Bonsai Club

Thursday, January 16<sup>th</sup> from 7:00 pm to 9:00 pm. **Misseto Bonsai Club.** The Misseto Bonsai Club will hold its monthly meeting. For more information visit the website: [www.missetobonsai.org](http://www.missetobonsai.org). Islington United Church, 25 Burnhamthorpe Road. Guests welcome. Adults. **Free For Guests**

## Movies

Thursday, January 16<sup>th</sup> at 2:00 pm. **Movie: Persuasion (1995).** Eight years earlier, Anne Elliot, the daughter of a financially troubled aristocratic family, was persuaded to break off her engagement to Frederick Wentworth, a young seaman, who though promising, had poor family connections. For more information call: 416 395-5440. Barbara Frum Library, 20 Covington Road. Adults. **Free**

Friday, January 17<sup>th</sup> at 2:00 pm. **Chi and Assembly (National Film Board of Canada).** Chi (documentary) - Canadian actress Babz Chula convinces director Anne Wheeler to join her on a journey to Kerala, India, where 63-year-old Babz will seek cancer treatment from a renowned Ayurvedic healer. Assembly (short) - Inspired by the NFB's Studio D filmmakers and dedicated to the memory of Kathleen Shannon, this experimental short by Jenn Strom features a rhythmic soundscape and paint-on-glass animation. Drop-In Movies. First Come, First Seated. For more information contact Todd Buhrows by email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or by phone: 416 394-5247. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. Adults. **Free**



## Music

Thursday, January 30<sup>th</sup> at 1:10 pm. **Piano Potpourri.** Gordon Murray presents classical, opera, operetta, musicals, ragtime, pop, international and more. 416 631-4300. Trinity-St. Paul's Centre, 427 Bloor Street West. Lunch and snack friendly. **PWYC**

Thursday, January 30<sup>th</sup> at 12:00 noon. **Jazz at Noon.** York University, Department of Music. 416 736-2100 x 22926. Barry Elmes Ensemble. Martin Family Lounge, 219 Accolade East Building, 4700 Keele Street. **Free**

Friday, January 31<sup>st</sup> at 12:10 pm. **New Music Festival: Electroacoustic Music.** U of T Faculty of Music. Multimedia works by graduate students and guest composer Gabriel Prokofiev. Walter Hall, Edward Johnson Building, 80 Queen's Park. 416 408-0208. **Free**

## Nutritionist

Monday, January 20<sup>th</sup> from 11:00 am to 2:00 pm. **Nutritionist in the House.** Community Centre 55 presents Sheila Ream for Nutritionist in the House. Appointments are a half hour and are free. For more information or to book your private consultation call: 416 691-1113. Community Centre 55, 97 Main Street. All Ages. **Free**





## Open Mic

Saturday, January 18<sup>th</sup> from 3:00 pm to 7:00 pm. This event is repeating. Open Mic at Du Café; all artists, genres, and fans welcome. For more information contact Crystal Holmes by email: [ducafe@ymail.ca](mailto:ducafe@ymail.ca) or by phone: 416 752-2233. Du Café, 885 O'Connor Drive. All Ages. **Free**

## Photography

Monday, January 27<sup>th</sup> from 9:00 am to 5:00 pm. **About Face: Celebrated Ontarians Then and Now** is an exhibition of photographs showcasing the diversity of our province from the past 150 years. It includes images ranging from Alexander Graham Bell, scientist and inventor to current scientist and astronaut, Commander Chris Hadfield. For more information call: 416 325-0061 or visit: <http://arts.lgontario.ca/aboutface/>. Members of the public are able to view About Face on selected days during tours of the Legislative Building at Queen's Park. **Free**

## Seniors' Gathering

Friday, January 17<sup>th</sup> from 2:00 pm to 3:00 pm. **Junction Seniors' Gathering**. We meet twice a week at a local coffee shop for conversation, as a social network of neighbours. Tuesday mornings 10:00 am to 11:00 am at Agora Cafe, 3015 Dundas Street West, and Friday afternoons 2:00 pm to 3:00 pm at Pascal's Baguette & Bagels, 2904 Dundas Street West. All are welcome. For more information, contact Eleanor Batchelder by email: [eob62@yahoo.com](mailto:eob62@yahoo.com), or by phone: 647 235-0843, or visit the website: <http://www.junctionra.ca/junction-seniors/>. **Seniors. Free**

## Tea and Books

Tuesday, January 21<sup>st</sup> from 2:00 pm to 3:00 pm. **Tea and Books**. Discuss new books and old favourites with library staff. Light refreshments provided. Please call: 416 394-5270 or e-mail: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca) to register. For more information contact Stephen Arroz by email: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca) or phone: 416 394-5270. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. Adults. **Free**



## Visual Artists

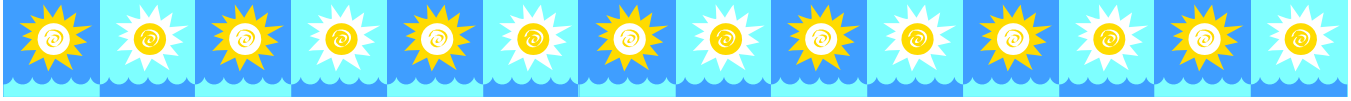
Friday, January 17<sup>th</sup> from 7:00 pm to 9:00 pm. **Visual Artists Show & Share**. Receive and share friendly feedback on your visual artwork. Participants are invited to bring 1-3 pieces of their work for discussion. An East End Arts Networking Event. For more information contact Naz Rahbar by email: [info@eastendarts.ca](mailto:info@eastendarts.ca). Art Cave, 155 Lamb Avenue. Adults. **Free**

## Wii Games

Thursday, January 16<sup>th</sup> from 5:00 pm to 8:00 pm. **KEYAG (Kennedy/Eglinton Youth Advisory Group) presents Wii Games at Kennedy/Eglinton**. Come and enjoy Wii activities with the Youth Advisory Group. For more information call: 416 396-8924. Kennedy/Eglinton Library, 2380 Eglinton Avenue East. Youth. **Free**

## Wilderness Walk

Saturday, January 18<sup>th</sup> from 9:30 am to 4:00 pm. **Rouge Park Trailheads**. Join us in Rouge Park for a wilderness walk 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. Please see [www.rougepark.com](http://www.rougepark.com) for complete location details for each walk. For more information contact Diana Smyth by email: [hike@rougepark.com](mailto:hike@rougepark.com), or by phone 905 713-3184, or visit the website: <http://www.rougepark.com/hike>. All Ages. **Free**



## Wilderness Walk



Saturday, January 18<sup>th</sup> from 1:00 pm to 2:30 pm. **Staying Alive – Family Nature Walk.** Winter survival ain't easy for those who don't migrate to warmer climates. How do they stay alive on the coldest of days? We will be investigating the adaptations of squirrels, chipmunks, chickadees, owls and insects for tips on surviving a Northern winter. This event is great for all ages: bring the whole family! No registration necessary. For more information visit the event webpage: [http://www.highparknaturecentre.com/ai1ec\\_event/staying-alive-family-nature-walk/?instance\\_id=4529](http://www.highparknaturecentre.com/ai1ec_event/staying-alive-family-nature-walk/?instance_id=4529), or email: [naturecentre@highpark.org](mailto:naturecentre@highpark.org), or call the High Park Nature Centre: 416 392-1748. High Park Nature Centre, 440 Parkside Drive. All Ages. **\$2 - \$5 per person (or donate what you can)**

## Women & Work

Monday, January 27<sup>th</sup> from 1:00 pm to 3:00 pm. **Creating Work You Love.** Learn techniques to narrow down the core values guiding your life. Learn what motivates you. Learn to create or find work that is truly fulfilling so you can move forward in a career that satisfies you. Scarborough Women's Centre. 2100 Ellesmere Road at Markham Road. You must pre-register. Sorry, no walk-ins. Contact: Koreen Thomas at 416 439-7111 or [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca) **Free (\$5 suggested or donate what you can)**

## Year of the Horse

Saturday, January 25<sup>th</sup> and Sunday, January 26<sup>th</sup> from 11:00 am to 7:00 pm. **LunarFest.** Come and see a two-storey tall rocking horse installation in town to find the youth in all of us and to inspire the young to always think big! On display at Canada Square at Harbourfront from 11:00 am. From 11:30 onwards watch a play that is changing how lanterns are presented. Traditionally seen as a form of visual arts, the LunarFest lanterns have always won admiration from spectators. Inspired by puppetry, the creative team has choreographed a theatrical play using the lanterns as performers to tell the story. Be amazed as a family of life-sized lantern horses travel through historic Asian Palaces. Harbourfront Centre, Brigantine Room and Canada Square, 235 Queens Quay West. **Free**

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Your Bulletin Team, **Helen, Cassandra and Arlene.**