



Meeting the information needs of Consumer/Survivors in the Toronto Area

# BULLETIN

# 530 April 16<sup>th</sup> – 30<sup>th</sup>, 2015

Hurrah! High Park's Cherry Blossom season is just around the corner. See page 10 for the web address for Cherry tree blooming updates or go there to check 'em out.

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



### Poets/Musicians Still Wanted!

Mad Pride is seeking poets and musicians to perform at a Showcase on July 9<sup>th</sup> and also at a poetry reading on July 11<sup>th</sup>. Our Poetry reading features a top Canadian poet. All are welcome to apply. Please inquire or make submissions to George by email: [georgezancola@gmail.com](mailto:georgezancola@gmail.com) or by phone: 416 769-1389.

### Freegan and Freecycle.org

**Where to get rid of stuff and get stuff, for free  
(thanks to a fellow reader for the info!)**

Have you heard of the word freegan? Dictionary.com defines it as:

noun<sub>3</sub>

1. a person who buys as little as possible and makes use of recycled or discarded goods and materials, in an effort to reduce waste and limit environmental impact.

Source: <http://dictionary.reference.com/browse/freegan?s=t>

Have you ever asked yourself the question of what to do with your 'old' towels, knick knacks, blender, or anything else that still has a lot of life in it? Perhaps you're downsizing or have just upgraded? Or maybe you've received a shiny new toaster for your birthday and have no use for the old one that still works?

There's Value Village and Goodwill, where they will sell your items. But there's also a website:

[www.freecycle.org](http://www.freecycle.org)

You can offer or request items on this site and all interactions are free.

Many, many posts are for people who, for whatever reason, are rebuilding their lives and need all kinds of stuff (eg. a woman who recovered from cancer; a recently divorced man; college/university students with limited income, etc.) So your gently used towels will find great new homes, and will not end up in the landfill.



## Are you a Professional or a College/University grad with a disability? Are you looking for work?

The **Workplace Essential Skills Partnership (WESP)** is a FREE dynamic cross disability employment program for professional job seekers with disabilities.

- Increase your confidence and grow your network
- Complete career testing like the MBTI and JVIS for FREE
- Enhance your resume, cover letter, and interviewing skills
- Access employers hiring qualified candidates with disabilities

**Income Supports (ODSP, OW, EI, etc.)  
are NOT REQUIRED to attend WESP**

**Registration is now OPEN for Spring 2015!**

**May 25 – June 19**

To book an intake appointment, please complete our online WESP Information Form or contact our Intake Coordinator for more information– **self referrals are welcome!**

[www.ccrw.org/wesp](http://www.ccrw.org/wesp)  
[skhan@ccrw.org](mailto:skhan@ccrw.org)

**EMPLOYMENT  
ONTARIO**



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### **Save the date**

#### **An Announcement of Shock Protest at the APA organized by the Coalition Against Psychiatric Assault (CAPA)**

STOP SHOCK NOW

On May 16 the Coalition Against Psychiatric Assault (CAPA) is organizing a public protest against electroshock (ECT) at the annual meeting of the American Psychiatric Association (APA) in Toronto.

We urge CAPA members, shock survivors, antipsychiatry activists, social justice activists, human rights advocates, academics, and concerned citizens to join our Toronto protest on Saturday, May 16<sup>th</sup> in front of the Sheraton Centre Hotel, opposite Toronto City Hall, on Queen Street W. near Bay Street. Assemble at 1:00 pm at "The Archer" statue in Nathan Phillips Square in front of City Hall; at 1:15-1:30 pm, we march to the Sheraton. We need your support. Please join us to protest in solidarity.

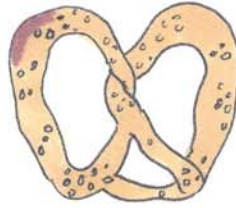
Contact the CAPA for more details about this protest: CAPA, [coalitionagainstoppsychiatricassault.com](http://coalitionagainstoppsychiatricassault.com)

# THOUGHT FOR FOOD

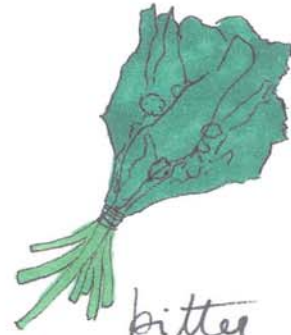
FREE classes for the CAMH community and neighbourhood residents



Sweet



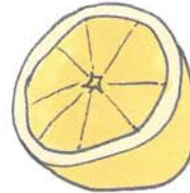
salty



bitter



umami



Sour

**DATES:** Thursdays, April 9th to May 28th 2015

**TIME:** 12:00 noon – 1:30 pm

**LOCATION:** 101 Stokes St. Room 1123

*TTC tokens available. Light refreshments served.*

*\*Please note this course is recreational. For nutritional advice, please contact a dietician.*

For more information or to register please email:  
[universityinthecommunity@gmail.com](mailto:universityinthecommunity@gmail.com)

## New Walking Group at St John's Mission

Free Weekly Walking Group - Join us Tuesday Afternoons from (1:15 pm to 3:30 pm) for an energizing walk through the Don Valley and Riverdale Neighbourhood from April 28th onwards. The group will meet at 1:15 pm at St John the Compassionate Mission (155 Broadview Avenue, one block north of Queen Street) for a stretching session and 30 to 45 minute walk, followed by coffee/tea social at a local cafe. Please wear comfortable clothing and supportive footwear, and bring a reusable thermos if possible. Feel free to contact Ashley Grzybowski, Programs Coordinator, at kofsjcm@gmail.com or 416 466-1357 ext 29 for more info.

## Ontario Raising Legal Aid Eligibility Threshold Another 6%

(from the folks at CLEO – thanks CLEO!)

Posted

April 2, 2015

Article Source: Government of Ontario

**A news release from the Government of Ontario:** Ontario is taking another step to enhance access to legal aid by raising the financial eligibility threshold by six per cent.

By working together with Legal Aid Ontario, the province provides low-income Ontarians access to legal services in areas such as criminal, family, immigration, mental health and poverty law. Ontario's 2014 budget committed to increasing the eligibility threshold by six per cent each year over three years. This increase marks the second threshold increase and a \$31.5 million investment by the Province into the legal aid system for the 2015-16 fiscal year.

As a result of these two threshold increases, an additional 250,000 low-income Ontarians are now eligible to receive legal aid.

Legal Aid Ontario provides services to low-income Ontarians, including:

- Representation for urgent or serious matters, such as child protection cases
- Advice about legal rights, obligations, and court processes
- Assistance in the court room for bail hearings and sentencing
- Local legal services from a community clinic, such as social assistance and housing law

Enhancing legal aid for Ontario's most vulnerable is part of the government's plan to ensure a fair and accessible justice system for all.

Click here to [Read more: Ontario Raising Legal Aid Eligibility Threshold Another 6%](#)

## Mad Stories

Tuesday, April 28th, 2015

7 - 8:30 pm

OISE, 12th floor (Room 12-274)

at 252 Bloor St. West - St. George Subway

For more information, please email madly@teksavvy.com or call 647 478-4241

**PWYC**

**INART :**

**A Parkdale Pop Up Sale**

**A Fundraiser Featuring ART from PARC and Gallery 1313**  
**In support of PARC's Art Program and Gallery 1313**  
**Monday April 27th from 6 'til 10 PM**

**Includes Silent Auction.**

**1313 Queen St. W. Toronto, ON**

**Gallery 1313** **PARC re:Building Lives**  
**www.g1313.org**

## Computer Column

### Streaming

By our computer gal, Martha

Streaming media means using any video or audio that starts to play as soon as you click on it. You don't need to wait till the file downloads to your hard drive. YouTube and Facebook videos are streamed. So is Netflix.

Downloading means obtaining and storing files, via the internet, onto your computer's hard drive. Uploading means sending files to an external website.

Audio and/or visual content must first be encoded, or digitized, using software called a codec (code, decode). Then the media file has to be parked somewhere...or 'hosted'. NetFlix, RealPlayer, Windows Media Player, etc. have their own servers; smaller companies and private individuals can host their files on other folks' servers or by using clouds (<http://www.pcmag.com/article2/0,2817,2413556,00.asp>) Then you can offer a hyperlink that leads to your media file so others can access it. Media can provide interactivity as well; with SMIL (synchronized multimedia integration language) All those Facebook games are possible because of SMIL. The omnipresent FlashPlayer includes SMIL.



Bandwidth means how much data you can send and receive from your modem or wireless connection. ISP's (internet service provider) will offer you a rate based on how much bandwidth you're allowed, and if you go over that amount they will charge you. Bandwidth is expressed as a bit-rate, so you might have Bell's cheapest Fibe internet with a limit of 40 GB a month. Netflix alone uses about 3 GB an hour to stream a HD movie. Just using the internet, to respond to emails and do searches, takes about 1 GB a month. You can keep an eye on your bandwidth usage with a free application called BitMeter

<http://codebox.org.uk/pages/bitmeter2>

It's also a good idea to check your speed now and again, especially if you've been promised 'blazing fast' internet and you suspect you're not getting what you paid for.

<http://www.speedtest.net/>

By the way there is still plenty of free software available on the internet, you just have to know where to look for it. Here are my favourite sites....

<http://sourceforge.net/>

<http://codebox.org.uk/pages/tagged>

<http://www.fsf.org/>

## Computer...Help!



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. And if you have any computer article suggestions for Martha please let us know!

## Employment Matters

### Sound Times is hiring

Job Posting

Sound Times Support Services

Community Service Workers

2 Positions Available (6 Month Contract)

Sound Times is currently seeking two workers for our case management team. We are a Peer Initiative: all agency services are provided by individuals who use or have used the mental health system. The successful candidates will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services.

Sound Times is funded by the Toronto Central Local Health Integration Network (TC-LHIN) to provide Consumer/Survivors of the mental health system with case management and addiction services, mental health and justice advocacy, and social supports in addition to educational and recreational opportunities.

Only those selected for an interview will be contacted.

No phone calls or emails please!

Salary Range: TBD

Closing date for applications: May 1, 2015.

Please see full advertisement and how to apply on the Charity Village website: <http://charityvillage.com/>



Habitat Services has posted a contract position for a Housing Support Worker - Peer Specialist on Charity Village. We are seeking a candidate with lived experience of the mental health system to be a resource regarding recovery-oriented supports and to help organize and facilitate recovery-oriented groups. The successful candidate will also work as a member of the Housing Support team to provide group and individual support to tenants. It is posted as a fulltime position, with the possibility of negotiating a modified schedule (e.g. between 3 and 5 days per week).

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=314306>

## Volunteer Matters

### Volunteering with City of Toronto

Thursday, April 23<sup>rd</sup> from 6:00 pm - 7:30 pm. Morningside Library. Join us to know more about: the benefits of volunteering, the rights & responsibilities of a volunteer, gaining Canadian work experience and volunteer hours for school, and references from the City of Toronto. For more info phone: 416 707-8259. Registration is required. 4279 Lawrence Avenue East. All Ages. **Free Info Session**

### Meals on Wheels Volunteers

Saturday, April 25<sup>th</sup> at 10:30 am (this event repeats). For info phone: 416 642-9445. Scarborough Centre For Healthy Communities (The Hub), 2660 Eglinton Avenue East, Scarborough Centre for Healthy Communities needs volunteer drivers weekdays 10:30 am. for about two hours. Routes within Scarborough. Choose your day. Partial mileage. Clear driver's abstract needed. Adults. Free

## Things To Do in our beauty of a city...

Free and Low-Cost Events for April 16<sup>th</sup> – 30<sup>th</sup>, 2015

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

\*As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend\* Thank you!

### **Accessories Swap ~ *spring cleaning just got easier***

Saturday, April 18<sup>th</sup> from 12:00 pm - 3:00 pm **Earth Day + Youth Week Celebration -- Accessories Swap** Spring is around the corner! Are you cleaning up your closet and noticing you have many accessories you no longer wear? Bring them to Leaside Library and trade for something new to you! How does it work? 1. Items limited to small accessories, i.e. wallet, small purse, coin purse, belt, scarf, hair accessories, sunglasses, bow tie, ring, necklace, bracelet, brooch, earrings, chain, pendant, charms, cuff links, tie tack, tie pin, wristwatch, jewelry. Please NO big hand bags or big purses, NO clothes. 2. Trade for the same number or less of items you bring in. i.e., if you bring in 5 item, you can walk away with 5 or less. regardless of purchased values, only number counts. 3. You will receive a ticket at the door confirming your

donation, and the ticket will be your shopping money, which you pay back at the door when you leave. 4. Donations need to be in nice conditions and clean. 5. Once your donation is put in swap, they are no longer yours. All leftovers will be donated to Goodwill Email: [lestaff@torontopubliclibrary.ca](mailto:lestaff@torontopubliclibrary.ca). Phone: 416 396-3835.

Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT195600&R=EVT195600>

Leaside Public Library, 165 McRae Drive. Adults. **Free**

### **Bazaar ~ new and gently used items**

Saturday, April 18<sup>th</sup> from 9:30 am - 1:00 pm. **Spring Fling**. St James Popular spring bazaar returns with: 1. Jewelry, Vases 2. Books, games, puzzles, CDs/DVDs 3. Attic treasures, new and gently used items 4. Cakes, pies, cookies, muffins, squares and tarts 5. LOTS of refreshments and a sandwich lunch. Contact: [stjamesunitedchurch@rogers.com](mailto:stjamesunitedchurch@rogers.com) Phone: 416 622-4113. 400 Burnhamthorpe Road. All Ages. **Free**

### **Book Club ~ over a light breakfast**

Monday, April 20<sup>th</sup> from 9:30 am - 11:30 am. **Breakfast Book Club**. Join a group of avid readers 1x a month for a morning that includes a light breakfast and some literary fun. Dates: April 20, May 25 & June 15 Contact: Debbie Morgan Email: [islingtonseniors@bellnet.ca](mailto:islingtonseniors@bellnet.ca). Phone: 416 231-3431 Islington Seniors' Centre, 4968 Dundas St. W Seniors. **\$2.00 per day**.

### **Dance ~ rock n roll**

Sunday, April 19<sup>th</sup> from 4:00 pm - 9:00 pm. **Sunday 50's & 60's Rock N Roll Dance @ RCL Branch 3** Featuring: PepperShakers Band Cover \$5 Non-members ... \$3 Members (must show valid membership card). Meal available at cost (4 to 6pm) ... Band 5 to 9pm) All Welcome Contact: Jacques Ratte Email: [rclbr3@yahoo.ca](mailto:rclbr3@yahoo.ca). Phone: 416 970-0482. The Royal Canadian Legion Branch #3150 8th St. All Ages. **Cover charge \$5 Non-members, \$3 Members**

### **Fitness for Older Adults ~ drop-in**

Monday, April 20<sup>th</sup> from 4:00 pm - 5:00 pm. This event is repeating. **Weekly Drop-in Fitness Group for Older Adults** Pay-what-you-can (suggested amount: \$5). Simple movements—adaptable to a range of fitness levels. Improve your energy level, flexibility and balance--and have fun!! Great music from a variety of decades, genres and cultures. Classes start Monday, January 19, 2015, 4:00 – 5:00 pm at Wynn Fitness, 98 The Esplanade, in the 2nd floor studio, one block south of Front Street, between Church and Jarvis, in downtown Toronto. Wear comfortable clothing that allows you to move and non-skid footwear (bare feet also OK). For additional information call Edith Sinclair at 416 504-4702 [edith.sinclair@utoronto.ca](mailto:edith.sinclair@utoronto.ca) Wynn Fitness 98 The Esplanade (south of Front, between Church and Jarvis), Seniors. **Pay what you can**

### **Karaoke ~ with a bbq**

Friday, April 17<sup>th</sup> from 6:00 pm - 1:00 am. **KARAOKE**. Join us for our weekly Friday BBQ from 6 till 7:30 pm. KARAOKE (happens once Friday a month) begins at 8:30 pm. Cash Bar. All 19+ are welcome. Email: [legionbr31@yahoo.com](mailto:legionbr31@yahoo.com). Website: <http://www.facebook.com/mountdennislegion>. Phone: 416 767-0231. Mount Dennis Legion, 1050 Weston Road. Adults. BBQ food available at reasonable prices.

### **Karaoke ~ sing or listen**

Sunday, April 19<sup>th</sup> from 5:00 pm - 9:00 pm (this event repeats). **Karaoke at the branch**. Come out every Sunday evening for an entertaining night of Karaoke. You may want to bring your singing voice or simply come out to listen. All are cordially welcome to attend. Contact: Jim Farrell Email: [jimb.farrell@yahoo.ca](mailto:jimb.farrell@yahoo.ca). Phone: 416 425-1714. Royal Canadian Legion Branch 22, 1240 Woodbine Avenue. Adults. **Free**

### **Library ~ for Kitchen items**

Friday, April 24<sup>th</sup> from 6:30 pm - 8:00 pm. **Kitchen Library**. Come learn about the Kitchen Library, Canada's first non-profit library full of kitchen appliances. Stand mixers, juicers, dehydrators, pasta makers – you name it, they probably have it! Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT188327&R=EVT188327> Phone: 416 394-1000 Maria A. Shchuka Library, 1745 Eglinton Ave. W Adults. **Free**



## **Printmaking ~ *decorate the PanAm Path***

Saturday, April 25<sup>th</sup> from 11:00 am - 2:00 pm, register by: Friday, April 24<sup>th</sup>. **Printmaking Parade.** Community Arts Workshop, free arts workshops for ages 6 and up! Be a part of the PanAm Path in your community. Join artist facilitator, Melissa McGrath to learn printmaking techniques, work with others in your community and create one of a kind pieces inspired by flags. All work created in these workshops will be used to celebrate the PanAm Path in our area on June 14th. Mark your calendars and get involved!!! Registration is required at workshop location. Spaces are limited!!! Contact: Melissa McGrath Email: melissa@lakeshorearts.ca Lakeshore Arts, 2422 Lakeshore Blvd West. All Ages. **Free**

## **Science ~ *space talk***

Wednesday, April 22<sup>nd</sup> from 7:00 pm - 8:00 pm. **Rosetta: Deciphering the Language of Comets** In November 2014, the world witnessed the first time man landed a spacecraft on a comet. How did we get there? What will we learn? Highlights from one of the most exotic places ever visited with Sebastian Daemgen. What's Out There? Lectures in Astronomy presented in collaboration with the Dunlap Institute for Astronomy & Astrophysics. Phone: 416 395-5649. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

## **The Stop ~ *find out more about this organization***

Friday, April 17<sup>th</sup> from 6:30 pm - 8:00 pm. **The Stop** Come learn about The Stop, an awesome organization which provides frontline services to the community. The Stop has two locations: at their main office at 1884 Davenport Road they provide services including a drop-in, food bank, perinatal program, community action program, bake ovens and markets, community cooking, community advocacy, sustainable food systems education and urban agriculture. As well as The Stop's Green Barn, located in the Wychwood Barns at 601 Christie Street, which is sustainable food production and education centre that houses a state-of-the-art greenhouse, food systems education programs, a sheltered garden, their Global Roots Garden, community bake oven and compost demonstration centre, community advocacy, sustainable food systems education and urban agriculture. Call us at the library to register 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

## **Toronto Botanical Garden ~ *earth day celebration***

Saturday, April 18<sup>th</sup> from 12:00 pm - 4:00 pm. **Earth Day at Toronto Botanical Garden.** Kick off the growing season with TBG's Family Earth Day celebration! Guided hikes, scavenger hunts, nature theatre and woodland crafts with DiscoverAbility and planting in the Teaching Garden. Grab a Discovery Map and follow the balloons up to the Teaching Garden. Stroller accessible. Email: info@torontobotanicalgarden.ca. Website: <http://www.torontobotanicalgarden.ca/kids> Phone: 416 397-1341. Toronto Botanical Garden, 777 Lawrence Avenue East (at Leslie). All Ages. **Free**

## **Wellness ~ *health talks***

Monday, April 20<sup>th</sup> from 10:30 am - 12:00 pm. Register by: Monday, April 20.. **Restoring Balance** Physiotherapist Paul Godlewski discusses dizziness, vertigo and falls, their causes and solutions. Contact: Peggy Ho Email: eaprograms@torontopubliclibrary.ca. Phone: 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Seniors. **Free**

Thursday, April 23<sup>rd</sup> from 1:30 pm - 2:30 pm. **Wellness Lecture: "Diabetes and Your Health"** Join us at the Bernard Betel Centre for a FREE Wellness Lecture with Unison Health and Community Services on Diabetes. A dietitian and registered nurse will be on

hand to provide information to prevent diabetes and tips on how to manage the disease. Contact: Maria Lindgren Email: marial@betelcentre.org or 416 225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**

Thursday, April 30<sup>th</sup> from 1:30 pm - 2:30 pm. **Wellness Lecture: "Sleep."** Join us at the Bernard Betel Centre for a FREE Wellness Lecture with James McFarlane, Director of Education at MedSleep. Having a good night's sleep is one of the most important things we can do for our body. Come and learn tips and techniques to get the best night's sleep possible. Contact: Maria Lindgren Email: marial@betelcentre.org. Phone: 416 225-2112. Bernard Betel Centre, 1003 Steeles Ave West. Seniors. **Free**

## Jane's Walk

Monday, April 20<sup>th</sup> from 7:00 pm - 8:00 pm. **All About Jane's Walk.** Interested in local history? Interested in volunteering? Find out more about Jane's Walk and how you can participate this coming May 1-3, 2015. Topics covered in this workshop include: Who was Jane Jacobs? What is a Jane's Walk? How can one find a Jane's Walk to attend? How can one prepare and lead a Jane's Walk? Drop-In Program. First Come, First Seated. Contact: Todd Buhrows by email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or by phone: 416 394-5247 Brentwood Library 36 Brentwood Rd, North Adults. **Free**

## Technology ~ how to get a free computer

Tuesday, April 21<sup>st</sup> from 6:00 pm - 7:30 pm. Please register. **Get a Free Computer.** This presentation is designed for low income individuals and families to receive free or low cost computer: Eligibility requirements, Application process, Warranty & training programs for desktops and laptops. registration is required. Phone: 416 707-8259. Morningside Library, 4279 Lawrence Avenue East. All Ages. **Free**

## Craft Supply Sale ~ crafty

Saturday, April 25<sup>th</sup> from 9:00 am – 12 Noon Craft Supply Sale. We are cleaning house and everything is priced to go! Clearance of material, batting, wool, baskets, knitting needles, patterns, ribbon, floral, zippers, scrapbooking supplies, Thread, Kits and so much more! Contact:Debbie Morgan Email:islingtonseniors@bellnet.ca Phone:416-231-3431 Islington Seniors' Centre 4968 Dundas St. West Seniors. **Free**

## Singing

Start Date: Sunday, 26 April 2015 Time: 7:30 pm - 9:30 pm. **Gathering Sparks Singalong Soiree Music.** Calling all singers (or would-be singers)! The Singalong Soiree is an evening of music that you can join in on. We combine our most singalongable originals with popular classic tunes, and we love to have the whole room singing with us. Get your "frequent singer" card stamped, too! Hosted by Gathering Sparks (Eve Goldberg, Jane Lewis & Sam Turton). <http://www.blogto.com/events/gathering-sparks-singalong-soiree-6/> **Pay What You Can**

## Grad Exhibit

Wednesday, April 29<sup>th</sup> 11:00 am - 5:00 pm (this event repeats). OCAD University's 100th Graduate Exhibition OCAD University celebrates the graduating class of 2015 with the 100th edition of the annual graduate exhibition, one of the city's biggest art events of the year. OCAD U's GradEx 100 showcases the future of art, design and digital media and features the work of more than 600 talented students. Exhibits are located in four buildings throughout the campus on McCaul St. Visit [ocadu.ca/gradex](http://ocadu.ca/gradex) for exhibition times and to download our app and plan your exhibition tour! Website:<http://ocadu.ca/gradex> Phone:416-977-6000. **Free Admission**

\*\*Last time C/S info checked on the Cherry Blossom site (April 10th, 2015) they weren't in bloom at High Park just yet. This website allows you to check on their progress: <http://www.highparktoronto.com/cherry-trees.php> or go to High Park to check them out. If you've never seen the cheery blossoms in bloom it's quite a site to be seen. It's definitely worth the trip to high park - Cassandra

*End Quote: "Be who you are and say what you feel. Because those who mind don't matter and those who matter don't mind." Dr. Seuss*

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

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Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. [www.csinfo.ca](http://www.csinfo.ca)



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