



BULLETIN

531 May 1st – 15th, 2015

"Be like a flower and turn your face to the sun." - Kahlil Gibran

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

Peer Support Worker Group *Community Of Practice Meeting*

The Self-Help Resource Centre runs a monthly peer support group for peer support workers and volunteers. This Community of Practice meeting is an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences and brainstorm solutions to challenges in the field.

When: First Thursday of the month

Next meeting: May 7, 2015 from 4:00 pm – 6:00 pm

Where: Mount Pleasant Library, 599 Mount Pleasant Road, 2nd Floor - Room #1

****Please note the location change****

What to Bring: Questions and challenges experienced in peer support

Coffee, tea and a light snack will be provided!

Walk This Way

A Free Nordic Pole Walking Group

Discover a new way of walking! Nordic Pole Walking is a fun and effective low impact full-body workout for people of all ages and fitness levels. Everyone is welcome, no experience required, poles are available to borrow.

When: Every Wednesday (weather permitting) from 11:45 am – 12:45 am

Where: Meet at the Black Oak Café on West Road in High Park

Contact: To register or for more info contact Junko at 416-604-0640 ext. 6453

The Stitching Our Own Social Safety Net Campaign

Free Workshop: "How We Can Fight for Stronger Social Programs in Ontario"

- Most of us agree that we need better funded social programs (social assistance, social housing, health-care, etc) in Ontario
- This workshop will go over simple ways that we can do social justice work and advocate for better social programs.
- We'll also talk about the work our campaign 'Stitching our Own Social Safety Net' has done to date
- At the end of the workshop, people will have the chance to participate in a couple of short social justice actions

The stitching our Own Social Safety net campaign is a group of low income consumer survivors, who have been using art to fight for a stronger social safety net (social programs) in Ontario. For more info on the campaign, go here: <http://stitchingoursocialsafetynet.webs.com>

If you are interested in hosting this FREE workshop for your group or agency, contact Naomi at naomibe@houselink.on.ca or 416-516-1422 ext. 250.

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 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. Endorsed by: Friendly Spike Theatre Band, Healthcare Professionals Against Electroshock, Notre Voix/Our Voice, Ontario Coalition Against Poverty, Recovery Network Toronto and Resistance Against Psychiatry.

Contact the CAPA for more details about this protest: CAPA - coalitionagainstoppsychiatricassault.com

For more info contact: 416-545-0796

Health Canada

Contraceptive Recall

Health Canada is advising consumers that Janssen Inc. is recalling one lot of Ortho-Cept tablets (28 day), an oral contraceptive, due to the potential low potency of the two active ingredients. This may result in reduced effectiveness of the product and in some cases, a possible risk of unplanned pregnancy. The risk associated with an unplanned pregnancy is higher for certain groups of women, such as those who have been advised against becoming pregnant for medical reasons or women who have been advised not to use very low dose formulations. For more information, please visit: <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2015/53059a-eng.php>.

City of Toronto *Rooming House Review Survey*

The City of Toronto is embarking on a review to address issues related to rooming houses. This survey is one method of gathering feedback from the public. To learn more about the Rooming House Review, please visit: www.toronto.ca/mlshaveyoursay. Thank you for taking the time to participate.

About this survey:

This survey should take approximately 10 to 15 minutes to complete, however you may answer as many questions as you like.

Input will be collected until May 10, 2015

What is a rooming house?

For the purpose of this survey, a rooming house is defined as a house, apartment or building where you share a kitchen and/or washroom with four or more people who pay individual rent.

Contact:

If you have any questions or comments, or if you prefer to give your feedback by phone, email or on a paper survey, please contact:

Joanna Duarte Laudon, Senior Policy and Research Officer
City of Toronto, Toronto City Hall, 100 Queen Street West, 16th Floor, West Tower, M5H 2N2
Policy and Strategic Support, Municipal Licensing & Standards
Telephone: 416-392-6074 Email: roominghousereview@toronto.ca

Rebranding Disability (-) to (+)

Written by: Differently-Abled Ontarian

Society sees disabled people as our former generation taught us to see, which is that we only can live up to the potential that our previous generation raised us within and not to succeed beyond. Point blank, society sets us up for failure. No one gives us any hope to succeed nor believes in us and assists us to empower ourselves. We have to try to dig ourselves out of a massive crater. We hide and cover-up our situations so that society will give us a chance to survive day-to-day in this pitbull doggy-doggy world.

Can Mental Health Go Mainstream?

Ever think about changing the good old "How are you doing?" to "How are you feeling?"

This allows for people to check in and see how people are feeling and coping. As well, it is a conversation starter. This is because mental health has become or is on route to becoming an epidemic and it is still a taboo to talk about and acknowledge. So can this open the flood gate?

And/Or...

How about adding mental health as a component to the Accessibility for Ontarians with Disabilities Act, AODA, training? This would include information on recognising, acknowledging and assisting in a situation. The financial side is, if workplace triggers are removed, then absenteeism will dramatically fall and the economy will grow, the employer will be happier, and OHIP and social programming needs will drop as well as private insurance, less pharmacare... The cost savings is exponential en-mass! And society will be one big happier group. Heaven forbid that should happen and without psych. meds. on top of that!) **How stigmatized are we?:**

Handicapped v. Handi-Capable

Disabled v. Differently-Abled

Dis-Ability v. Pos-Ability

How are you doing today? v. How are you feeling today?

I've lost my marbles v. I've misplaced my marbles

They have lost their marbles v. They have misplaced their marbles

Take the word impossible and putting an apostrophe after the first character. What do you have...? I'm possible.

Take the word imperfect and putting an apostrophe after the first character. What do you have...? I'm perfect.

The current disability symbol (a person in a wheelchair being stagnant) v. the same symbol, but italicized (slanted). P.S.: How are you feeling? ☺!

Young Adult Peer Support Training Certificate Program

Stella's Place in partnership with George Brown College

Stella's Place will be offering a Peer Support Training Certificate Program in partnership with George Brown College. The program is designed with young adults (aged 17-29) for young adults (or those who were recently young adults). The practical and hands on training program is intended to equip participants with the core knowledge and key skills needed in delivering peer support services with young adults.

An information session will be held on Tuesday, May 5th from 7:00 pm – 9:00 pm (location to be determined) for applicants to learn more about the Stella's Place Community and the training program. All applicants are asked to attend. Dinner will be provided.

Please contact Lucy Westell (info@stellasplace.ca, phone: 416-461-2345) by Thursday, May 4 at 12:00 Noon to let her know you will attend.

The due date for the application is **Wednesday, May 13**. Training dates, times and location, along with more information about the program is included in the application form.

If you have any questions or concerns please feel free to contact Stella's Place at the number below:



Stella's Place
www.stellasplace.ca
416-564-1464

The VanDuzer Art Studio

Comedy Theatre Troupe

The VanDuzer Art Studio wants to start up a Comedy Theatre Troupe. If you're interested in participating, please come to our start-up meeting at the studio on Sunday, May 10 at 1:00 pm. We will be brain-storming and organizing duties. We need people who want to act in comedy sketches, tell jokes, write comedy, make costumes, do make-up, lighting, props, promo, etc. Bring your talents to the table! Snacks and refreshments provided. If you can't make it, but still want to be involved – email Tamara or call her at the number below:

Tamara Wilen 647-280-4931 or twilen@edencommunityhomes.org
VanDuzer Art Studio
196 Beverley St. Toronto

Crazy Talks

Tina Minkowitz, survivor and lawyer, will Skype in from the States to discuss the UN's Convention on the Rights of People with Disabilities. Tina was instrumental in drafting the Convention and works with survivors from around the world who deal with human rights. Crazy Talks is a monthly discussion series on psych and mad politics. For more info contact Erick at: madly@teksavvy.com or call: 647-478-4241. When: Tuesday, May 5 from 7:00 - 8:30 pm

Where: OISE, Room 12-274 (12th floor!) at 252 Bloor St. West, up from St. George Subway

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 or if your computer is in really bad shape, and you can't even email, call C/S Info 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



Consumer/Survivor Initiatives Coordinator at Across Boundaries

Permanent - Full-Time - Toronto
Deadline: Wednesday, May 6, 2015

For more info and to apply:

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=314583&l=2>

Small Business Network

Toronto Reference Library is hosting an ongoing Small Business Network, meant for small business people or people who are just thinking about starting their own business. Tonight's guest is Biljana Milinkovic, an Outreach Worker for Entrepreneurship Hub at Skills for Change. This organization helps over 14,000 people a year with professional workshops, settlement counseling and other services. The organization is known for pioneering programs that respond to shifting immigration and workplace trends and lead to employment. Skills for Change has received the following recognition: Citizenship and Immigration Canada Citation of Citizenship Award; Conference Board of Canada Community Learning Award; and Ontario Ministry of Citizenship and Immigration Newcomer Champion Award. About Entrepreneurship Hub at Skills for Change: The Hub is open to anyone who needs support getting their business up and running, as long as they register as a Hub Member. All members are welcome to use the computer.

Where: Toronto Reference Library, 789 Yonge St.

When: Tuesday, May 12, 2015 from 6:00 pm - 8:00 pm

Cost: Free

Contact: Ra Dajkovich Graham by email: rdgraham@torontopubliclibrary.ca or call: 416-393-7245



Volunteer Matters

Meals on 2 Wheels – West Neighbourhood House

We need volunteers with bikes to help us deliver Meals on Wheels (especially during these precious Toronto months where the cycling conditions are ideal). You bring your bike, and we hook you up with a trailer so you can deliver meals around the community. To learn more about this volunteer opportunity contact the Volunteer Program at West Neighbourhood House 248 Ossington Avenue, 416-532-4828 ext. 171 or email: daniellebe@westnh.org / volunteers@westnh.org.

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

Free and Low-Cost Events for May 1st – 15th, 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!

Art ~ spring studio tour

Friday, May 1 from 6:00 pm - 9:00 pm, Saturday May 2 from 10:00 am - 6:00 pm and Sunday May 3 from 11:00 am - 6:00 pm. **Beach Studio Tour.** 21st Annual Beach Studio Tour. The Tour showcases the work of 25 artists in 14 locations in the Beach. The art is in a variety of mediums, including paintings, printmaking, photography, hand-woven fashion, glass art, ceramics, felt art, turned wood, outdoor metal art, sculpture, jewellery and hand-made dolls. So grab a map, grab a friend, and enjoy a Spring walk in the Beach while seeing fabulous art. Brochures are available at shops in the Beach, surrounding neighbourhoods, and in each of the 14 studio tour locations. For more information visit the website at www.beachstudiotour.ca or contact Lucille Crighton 416-694-4046. **Free admission**

Art ~ glass lovers

Wednesday, May 6 from 10:00 am - 7:00 pm (this event repeats). **The Toronto Spring Antique & Vintage Glass Lovers Show and Sale.** May 6, 7, 8 and 9 - Wednesday - Saturday). This is an opportunity to select the most unique pieces of Antique Glass for the Spring entertaining season, and the most beautiful gifts for the up-coming bridal season as well as pieces that you can use on your table everyday! Although everything is Antique and Vintage, we try to have pieces in every price range and also pieces that are functional for using in your home, cottage or patio. Show & sale hours: Wednesday - Friday 10:00 am - 7:00 pm and Saturday 10:00 am - 4:00 pm. For more information please visit <http://www.pressedglassandgoblets.com> or call 416-294-3005. The Show and Sale will be held at the Lawrence Park Community Church, 2180 Bayview Avenue. All ages. **Free admission & free parking**

Asian Heritage Month ~ food, art, talks and much more

Saturday, May 2 from 10:00 am - 11:30 am. **Celebrating the Stories of Chinese-Canadian Women.** You're invited to a panel discussion to launch the photo exhibit, *The Working Lives of Chinese Canadian Women, 1923-1967*. This exhibit celebrates and explores the compelling work and life experiences of 20th century Chinese Canadian women with selected photographs from the website of the Multicultural History Society of Ontario, *Chinese Canadian Women: 1923-1967*. (www.mhso.ca/chinesecanadianwomen) Moderator: Kathryn Quan Panelists: Dora Nipp, Cultural Historian & Lawyer; CEO, Multicultural History Society of Ontario. Valerie Mah, Educator & Historian, Project Contributor. This free photo exhibit will be on display at the Agincourt Library during Asian Heritage Month in May, 2015. Free parking. Please call 416-396-8950 to register. Agincourt Library, 155 Bonis Avenue. Adults. **Free**

Saturday, May 2 from 2:00 pm - 3:00 pm. **Meet Me in Venice: A Reading by author Suzanne Ma.** Meet me in Venice: A Chinese Immigrant's Journey from the Far East to the Faraway West is a personal, intimate account of Chinese individuals in the very act of migration, told through groundbreaking journalism. Please register at: 416-395-5660. North York Central Library Concourse, 5120 Yonge Street. 416-395-5660 Adults. **Free**

Monday, May 4 from 1:00 pm - 3:00 pm. **Sushi Making with Chef Shoji.** Celebrate Asian Heritage Month with us! Learn to make sushi from a great guide, Chef Shoji. With 15 years of experience Chef Shoji will provide easy to follow step by step instructions. Have fun and go home with samples of your creations. The class is limited to 20 participants so register early. Phone 416-395-5720. Downsview Library, 2793 Keele St Adults. **Free**

Saturday, May 9 from 2:30 pm - 4:00 pm. **Chinese Brush Painting.** During Asian Heritage Month at Albert Campbell Branch, have fun while you learn the skilful and ancient art of Chinese Brush painting. This program is for adults, older adults, and teens. Limited to 20 participants. Registration is required. For more information and to register, visit in person or call 416-396-8890. Albert Campbell District Library, 496 Birchmount Road. All Ages. **Free**

hello hello hello hello hello
spring! spring! spring! spring! spring!

Bazaars and Sales ~ *new and gently used items*

Saturday, May 2 from 8:30 am - 12:30 pm. **Spring Sale - 50th Annual!** Collectibles, giftware, paintings, pictures, jewellery, books, records, DVDs, CDs, games, toys, kitchenware, linens, curtains, rugs, small appliances, luggage, home furnishings, house & garden tools, sports equipment and clothing for the entire family! Check the website for donation guidelines and times. Email: info@humbercrest.ca, phone: 416-767-6122 or visit the Website: <http://www.humbercrest.ca>. Humbercrest United Church, 16 Baby Point Road,. All Ages. **25 cents admission**

Saturday, May 2 from 8:30 am - 1:00 pm. **All Saints Annual Spring Rummage Sale.** Bake sale and refreshments. Clothing, housewares, books, treasures, toys: see what bargains you can find. Website: <http://allsaintskingsway.ca>. Phone: 416-239-6888. All Saints' Kingsway Anglican Church. 2850 Bloor Street West. All Ages. **Free admission**

Saturday, May 2 from 9:00 am - 2:00 pm. **Flea Market and Open House.** Please join us at St. Dunstan of Canterbury Anglican Church, 56 Lawson Road, in Scarborough. For info, please contact the church office at 416-283-1844 or Beth Upson by email: parishadmin@stdunstan.ca. All Ages. **Free admission**

Friday, May 8 from 10:00 am - 2:00 pm. **Spring Bazaar & Rummage Sale** at Yonge & Eglinton. The original pop up shop! Unique vendors, book sale, bake sale, rummage/white elephant sale, bloomin' café and more. Visit all 3 rooms and be entered into a free draw. A fundraising event for the community centre. Contact: Nancy Lyon, Phone: 416-392-0511, email: programmanager@centraleglinton.com. Central Eglinton Community Centre, 160 Eglinton Avenue East. All Ages. **Free admission**

Saturday, May 9 from 9:00 am - 1:00 pm. **Annual Church Yard Sale.** Deals, deals, deals...Join us rain or shine for our annual church yard sale and BBQ. Bring the whole family and shop for books, plants, trinkets and treasures. You are sure to find great deals and wonderful selections. AND you can have a fantastic BBQ lunch when you are done. Sure to be fun for the whole family! Contact: Office Administrator, 416-755-8352, Email: presteignwoodbineunitedchu@bellnet.ca. Website: <http://www.presteignwoodbineuc.com>. Presteign-Woodbine United Church, 2538 St. Clair Ave. E. All Ages. **Free admission**

Crafting ~ *with a purpose*

Tuesday, May 5 from 1:00 pm - 3:00 pm, this event repeats. **Close Knit Circle.** Knitting with a purpose! Join us to knit or crochet for a cause and give back to the community. Wool donations are greatly appreciated. For more information, please call Women's Place at 416-284-4184 x 226 or email womplace@mfr.org. Malvern Family Resource Centre – Women's Place, 1321 Neilson Road. All Ages. **Free**

Tuesday, May 5 from 6:30 pm - 8:00 pm, this event repeats. **Jones Library's Quilting Club** meets every Tuesday at 6:30 pm. Work on quilts together to donate to charities. Contact: Cathy Email: cmoran@torontopubliclibrary.ca. Phone: 416-393-7715. Jones Library, 118 Jones Avenue. Adults. **Free**

Financial Matters ~ *anti fraud presentation*

Monday, May 11 from 2:00 pm - 3:30 pm. **Anti-Fraud Presentation by the Bank of Canada.** The Bank of Canada in partnership with the RCMP will deliver a presentation on how to protect yourself against fraud. Join us as a representative from the Bank of Canada teaches you the security features on Canadian money, and shows you how to protect against fraudulent bank notes. We'll also have an RCMP representative educate participants on current identity theft schemes and how to keep your information safe. Please call 416-396-8950 to register for this event. Agincourt Library, 155 Bonis Ave. Adults. **Free event and free parking**

Gardening ~ *the joy of growing your own food*

Friday, May 1 from 6:30 pm - 8:00 pm. **Basics of Vegetable Gardening (with Toronto Master Gardeners).** Discover the joy of growing your own food! Learn about soil, crop rotation, companion planting, feeding/fertilizing, starting with seeds and more. Presented by trained horticulturalists from Toronto Master Gardeners. For more information or to register, please call 416-394-1000. Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT188255&R=EVT188255> Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**



Friday, May 8 from 10:00 am - 5:00 pm. **Toronto Botanical Garden's Plant Sale.** Choose from top-quality perennials, annuals, natives, herbs and vegetables, succulents, shrubs, vines, and small trees. Friendly gardening advice. New this year! We'll be having used garden tools available for sale and featuring pollinator-friendly plants. Contact: 416-397-1341, Email: info@torontobotanicalgarden.ca, Website: <http://www.torontobotanicalgarden.ca/> . Toronto Botanical Garden, 777 Lawrence Avenue East (at Leslie). All Ages. **Free**

Friday, May 8 from 6:30 pm - 8:00 pm. **Balcony & Terrace Gardening (with Toronto Master Gardeners).** Fun and practical ideas to expand your garden space, presented by trained horticulturalists from Toronto Master Gardeners. Learn step by step planning for starting a small garden and creative ways to use containers for growing. Increasing your yield, visual tricks and maintaining plant health will also be covered. Join us and have your green thumb ready. Phone: 416-394-1000. Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT188263&R=EVT188263>. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Sunday, May 10 from 11:00 am - 2:00 pm. **High Park Native Plant Sale.** The sale will take place in front of the Greenhouse (in the middle of High Park). In order to have plants for everyone to enjoy, large orders will be available only after 1 pm. Parking is very limited at the Grenadier Restaurant, so please use transit, walk, or bike if the cherry blossoms are in bloom. Assistance in carrying plants will be provided. Contact: Email: stewards@highparknature.org, Website: <http://highparknature.org/wiki/wiki.php?n=Resources.PlantSale>. High Park Greenhouse. Cash only. This plant sale supports the work of the High Park Volunteer Stewardship Program and native plant restoration in High Park. All Ages. **Free admission**

Jane's Walk ~ walk the city you love

On Friday, May 1, Saturday, May 2 and Sunday, May 3 - **Join The Jane's Walk Festival.** Thousands of people around the world will come together to take part in the growing global phenomenon that is the Jane's Walk Festival. Now celebrating its 9th year, the festival consists of free, locally-led walks inspired by the iconic writer and urban activist Jane Jacobs. Jane's Walk cultivates a broad understanding of how cities develop, function, and thrive. It works to advance walkable neighbourhoods, increase urban literacy, and promote neighbourhood cohesion, civic engagement and leadership. The beauty of these walks is that they provide the time and space for people to have conversations about their communities, allowing them to learn about their cities, connect with their neighbours, and share ideas. Jane's Walks can also provide participants with the opportunity to tackle community challenges and solve problems. Walk themes include the experience of being a newcomer to a community, local food, public art, public spaces, accessibility, health and wellbeing, sports, gender issues, politics, revitalization of green spaces and buildings, and much more. This year, there are over 150 different walks to choose from!

This year don't miss: A Poor People's History of Downtown Toronto; Walk in Silent Contemplation; Gardiner Expressway – to be or not to be; Distillery District Photo Walk; Queer & Fabulous; Hidden Art At Exhibition Place, and so many more... Check out <http://janeswalk.org/canada/toronto/> for all the listings or see below for a couple of walks please note – this website is not compatible with Internet Explorer.

Saturday, May 2 10:00 am - 12:00 pm. **The Great Trees of Old East York - A Jane's Walk.** Join LEAF to explore the trees and history of Old East York - from majestic oaks dating back to European settlement to other interesting species that were planted more recently. Learn about The Great Toronto Tree Hunt and find out how you can nominate trees in your own neighbourhood! Tour Leaders: Bill Lewis, Local Historian Leigh Davidson, MoreTrees29 Michelle Bourdeau, This tour is being offered as part of the Jane's Walk festival. For more info and registration contact Robyn Stewart: <http://yourleaf.org/node/1453> email: robyn@yourleaf.org, phone: 416-413-9244. Don Mills United Church Cemetery, 126 O'Connor Drive. All Ages. **Free**

Saturday, May 2 from 2:00 pm - 4:00 pm. **Farms to Record Studios: Explore Eglinton West by Foot.** As part of the international event, Jane's Walk, join us at the library for a walking tour of the International Market on Eglinton Avenue West, covering the past, present and future of the neighbourhood. Learn about the history of the belt line and development of the neighbourhood from farm land and learn about the more recent musical history of the area by visiting landmark storefronts and the proposed Reggae Lane project. To register call 416-394-1000. Maria A. Shchuka Library 1745 Eglinton Avenue West. Adults. **Free**



~ "Take nothing but photographs, leave nothing but footprints." ~ unknown

Legal Matters ~ *learn about your rights*

Tuesday, May 12 from 7:00 pm - 8:00 pm. **Disability Law: Your Rights.** Our panel of employment law experts tells you what to expect, and what's expected of you, when managing disability in the workplace. This session is beneficial to both employers and employees working with accommodation in the work environment. With Emily Shepard and Marc Rodrigue. Drop In. Phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd, North. Adults. **Free**

Thursday, May 14 from 6:30 pm - 8:00 pm. **I Am A Tenant.** Come and learn about your rights and responsibilities of being a tenant. Topics will also include the Human Rights Code, understanding your lease, rent increases, evictions, where to get legal help. Contact: Barbara Baillargeon, Email: bbailargeon@torontopubliclibrary.ca. Call 416-394-1000 to register. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Open Mike ~ *an evening of entertainment*

Wednesday May 6 from 9:00 pm to close (this event repeats). **Open Mike Night.** Come out! Musical events of all styles are welcomed. The event is hosted by: "The Twins" and "Trevor", they perform classic rock, country covers in between acts. A piano, amps, and drums are all provided. We need performers. Every Wednesday night in the month of May At Duffy's Irish Tavern, 1238 Bloor St. W. **Free Admission**

Science ~ *space talks and adventures*

Saturday, May 2 from 1:00 pm - 2:00 pm. **Listening for Black Holes: Einstein's Unfinished Symphony - The Facts and the Maybes about Black Holes and Time Warps,** with Dr. Kip Cannon Kipp Cannon is a Senior Research Associate at the Canadian Institute for Theoretical Astrophysics. His research is in the field of gravitational wave astronomy, which is the use of minute warps in space and time to learn about the collisions of black holes and other compact objects deep in the universe. He is a member of the LIGO Scientific Collaboration and is the Principle Investigator for the Canadian effort in this project. For info: 416-395-5980. York Woods Public Library, 1785 Finch Ave W. All Ages. **Free**

Saturday, May 9 from 10:00 am - 11:00 am. **Science Rendezvous.** Science Rendezvous takes world-class science to the streets... and to your local library! Kids and adults: experience hands-on science with instructors from Mad Science. For more info contact: Todd Buhrows, Email: tbuhrows@torontopubliclibrary.ca. Phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd, North. All Ages. **Free**

Saturday, May 9 from 11:00 am - 5:00 pm. **Science Rendezvous at the University of Toronto: St. George Campus.** Science Rendezvous is a free, all-day science festival that brings the cutting edge of science to the community. As one of the larger locations in Canada, The University of Toronto (St. George Campus) will feature numerous demonstrations and activities that integrate science, engineering, technology and human ingenuity. The event offers visitors of all ages a chance to meet with world-class researchers, conduct experiments, and above all, a chance to have fun while discovering science in a whole new way. This year's event will highlight the unity of sciences. Visitors should check out Science Chase – a series of exciting challenges allowing kids to play the role of a detective, exploring scientific concepts to evaluate evidence and eliminate suspects accused of stealing valuable items from a natural history museum. Website: <http://sr.escalator.utoronto.ca/home/> Phone: 416-525-7776. St. George Street between Harbord and College, 100 St. George Street. All Ages. **Free**

Monday, May 11 from 6:30 pm - 7:30 pm. **Climate Change & Canada.** Causes, consequences and Canada's role in the global effort to address this escalating global phenomenon. A presentation by the Step Up, Canada! Campaign, led by Toronto350.org & the People's Climate Movement, supported by Green 13. Contact: Halyna Zalucky, Email: halyna@zalucky.com. Website: <http://www.stepupcanada.ca>. Runnymede Public Library, 2178 Bloor Street West. All Ages. **Free**

Wednesday, May 13 from 7:00 pm - 8:00 pm. **Life Cycle of Stars.** Using the latest images from space telescopes such as Hubble and Spitzer and Herschel, Dr. Michael Reid of the Dunlap Institute, tells the story of how stars are born, live and die, a cycle that has been playing out for nearly fourteen billion years. What's Out There? Lectures in Astronomy presented in collaboration with the Dunlap Institute for Astronomy & Astrophysics. Contact: C. Manning at 416-395-5710, Email: donmillslibrarian@outlook.com. Don Mills Library, 888 Lawrence Avenue East. Adults. **Free**



Spring Celebrations ~ Toads & Frogs

Saturday, May 2 to Sunday, May 3 10:00 am - 4:00 pm. **Spring Toad Festival and Save the Frogs Day.** Americas Wetlands celebrate the arrival of spring by experiencing the sights and sounds of amorous male toads in search of that special someone! Our annual wetland festival is scheduled around the frenzied breeding ritual of American toads at our very own Americas Wetlands Outdoor Exhibit. Although the emergence and courtship of toads is the main event, there are heaps of other fun activities for children and adults alike, including: face painting, froggy games like "Fish for a Prize," Toady the Mascot, lessons on tracking wildlife using radio-telemetry, and information on how to become a Frog Watcher or Turtle Detective. It's "toad-ally" fun for the whole family! Visit torontozoo.com/adoptapond or call Julia at 416-392-5999 or email: tzwebmaster@torontozoo.cato find out more! Toronto Zoo, 2000 Meadowvale Road. All Ages. **Free**

Sunday, May 3 from 12:00 pm - 2:00 pm. **Earlscourt Park Kite Fest 2015!** Come fly with us at Friends of Earlscourt Park's 3rd Annual Kite Fest. Bring your kite for some non-competitive kite flying fun. And, if you like, bring a picnic lunch, too. This event is weather permitting. Check our Facebook page that morning to make sure we're still on. Meet you by the Earlscourt Park playground! Contact Friends of Earlscourt Park: friendsofearlscourtpark@gmail.com or 416-996-8170. Earlscourt Park, 1200 Lansdowne Avenue. All Ages. **Free**

Wellness ~ health talks

Friday, May 1 from 10:00 am - 12:00 pm, this event repeats. **Mindfulness Based Meditation Series** The practice of maintaining moment-to-moment awareness of our experiences, thoughts and feelings is called mindfulness. Learn about mindfulness, then practice experiential exercise and mindfulness meditation. Presenter: Frances Share, mindfulness meditation specialist. You must register to participate. Email: angela.covert@mssociety.ca. Phone: 416-967-3034. Website: <https://beta.mssociety.ca/events/123/mindfulness-based-meditation-series-scarborough>. East Scarborough Storefront, 4040 Lawrence Avenue East. Adults. **Free**

Wednesday, May 6 from 6:30 pm - 7:30 pm. **The Hygiene Hypothesis:** Is playing in the mud good for your health? Is being too clean making us sick? Graduate students from the University of Toronto will tackle this question and more as we explore the link between germs and disease. We will discuss how bacteria and parasites can "educate" our immune system, and how that may affect the incidence of allergies and autoimmune diseases in the developing vs. the developed world. There are more bacteria than human cells in your body! We will talk about where they are and most importantly, how they contribute to keeping us healthy and fit. No scientific knowledge is needed to attend this event--all are welcome! The talk is delivered by SciChat, a graduate student-run adult outreach initiative by the Department of Immunology at University of Toronto. For info: 416-394-5247. Todd Buhrows tuhrows@torontopubliclibrary.ca. Brentwood Library, 36 Brentwood Road, North. Adults. **Free**

Friday, May 15 from 2:00 pm - 3:00 pm. **Bright Eyed: Insomnia and its Cultures.** Author, RM Vaughan, will be discussing his soon-to-be published book. Insomnia is becoming a major health problem for many people. In shutting out shut-eye in favour of productivity, have we created an insomnia culture? More and more studies highlight the health risks of undersleeping, yet we have never been asked to do more, and for longer. But why, when we know more about the value of sleep, are we obsessed with twenty-four-hour workdays and deliberate sleep deprivation? Does the fact that we are almost universally underslept change how our world works? We know it's an issue with, say, pilots and truck drivers, but what about artists - does an insomnia culture change creativity? And what are the long-term cultural consequences of this increasing sacrifice for the ever-elusive goal of 'total productivity'? Contact: Todd Buhrows, Phone: 416-394-5247, Email: tuhrows@torontopubliclibrary.ca. Brentwood Library, 36 Brentwood Road, North. Adults. **Free**

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

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