



# BULLETIN

# 532 May 16<sup>th</sup> – 31<sup>st</sup>, 2015

Check out pg. 10 for an annual favourite event happening on May 23 and May 24.

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

### Poverty Reduction: Moving from the Strategy to Action *Webinar Hosted by HC Link*

*(Thanks to the OWHN Network for tipping us off to this webinar.)*

**When:** Tuesday, May 26 from 10:00 am – 11:30 am EST

**Register by:** Friday May 22 (limited spots available)

Ontario's Poverty Reduction Strategy (2014–2019) is now in its second phase titled Realizing Our Potential. This webinar will introduce participants to the main features of the Strategy, and will highlight promising examples of initiatives that are happening on the ground across Ontario. You will meet community leaders who are working in the key focus areas of the Strategy, including children and youth, homelessness, and employment and income security. Presenters will showcase how the strategy can be tailored to meet the needs of diverse communities across the province.

For more info, speakers' bios visit: <http://hclinkontario.ca/events/calendar/icalrepeat.detail/2015/05/26/115/-/reducing-poverty-moving-from-the-strategy-to-action.html>

To register visit: <http://www.eventbrite.ca/e/2015-05-26-reducing-poverty-moving-from-the-strategy-to-action-registration-16698267969>

## Save The Date

### *The Gerstein Centre is hosting a PeerZone Info Session*

**When/Where:** Sunday, June 14 at 519 Church St. Community Centre

**Time:** 1:30 pm – 2:30 pm

They will go into much more detail on the particulars of the program and how to pick and apply to attend the workshop(s).

To find out more about *PeerZone* contact Nicki at: 416-929-0149 ext. 232 or email: [peerzonegcc@gmail.com](mailto:peerzonegcc@gmail.com)



**The Empowerment Council: A Voice for the Clients of CAMH :**

# Empowerment Council Elections

**Run to be an Empowerment Council (EC) Board Director  
OR  
Vote for who you think is the best client for the job**

## BECOMING A CANDIDATE

Candidates interested in running will have received services from CAMH and support the Terms of Reference of the organization. Please contact us if you want to fill out a **nomination form** and receive our information package on becoming a Board member for the Empowerment Council.

Candidates running should be prepared to speak to why they would be a good Empowerment Council client representative and what they would add to the organization's advocacy agenda and mandate

## Mental Health Rep Elections

**Date:** Thursday, May 28<sup>th</sup>

**Time:** 4:30pm-6:30pm

**Where:** 1001 Queen West, Training Room A

**Contact (416) 535-8501 Ext. 33013**

## Addictions Rep Elections

**Date:** Monday, June 1<sup>st</sup>

**Time:** 4:00pm-6:00pm

**Where:** 101 Stokes Street, Room 1106

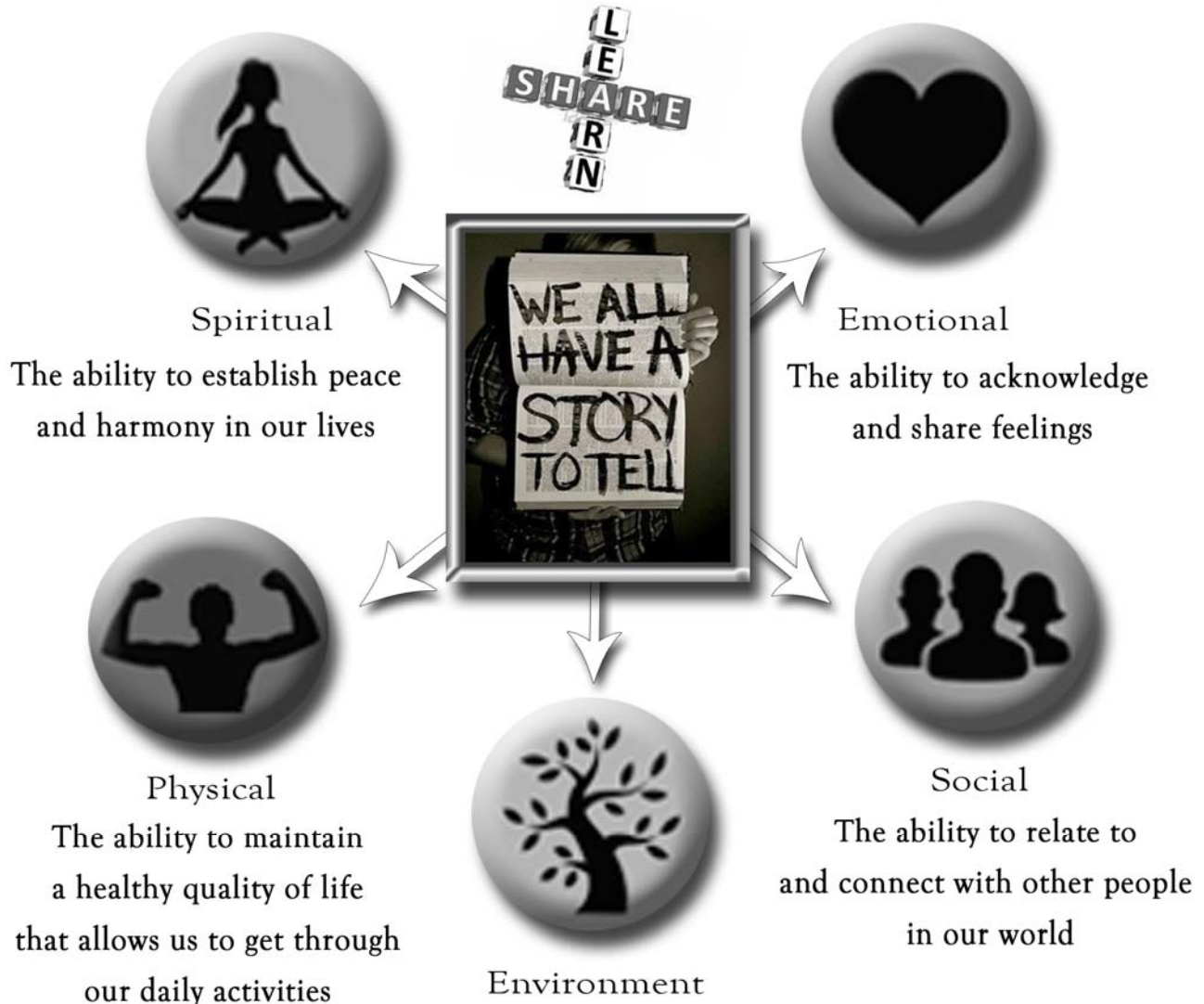
**Contact (416) 535-8501 Ext. 37007**

*~ Refreshments and tokens provided ~*

**RECOVERY  
FORUM**  
2015

# MAINTAINING "YOUR" WELLNESS

SHARE YOUR EXPERIENCES AND WELLNESS JOURNEY



**LOCATION: COLLEGE ST UNITED CHURCH  
452 COLLEGE ST, TORONTO  
DATE: THURSDAY MAY 21  
TIME : 4:00 - 6:00 PM**

**Healthy Snack & Tokens Provided**

**email: [carmenca@housetlink.on.ca](mailto:carmenca@housetlink.on.ca) phone: 416-539-0690 #256**

## CALL FOR PAPERS:

### **MADNESS, VIOLENCE, AND POWER: A RADICAL ANTHOLOGY**

This interdisciplinary anthology will discuss violence as manifest in the lives of diversely-situated people who identify in various ways including but not limited to mental health services users; people with mental illness, psychiatric disabilities or psychosocial disabilities; psychiatric survivors/consumers, and neurodivergent. We are motivated by increased discussion and coverage of violence in relation to mental illness within the public sphere including the media, governments, community agencies, and psychiatric and penal institutions. Our goal is to challenge common ways of talking about violence related to people who have had contact with psychiatry and the mental health system. These common ways include biomedical frameworks and statistical assertions that position people with psychiatric diagnosis as more likely to be victims of violence and enact violence compared to people without psychiatric diagnosis.

Want to submit an abstract for consideration? Read more here: <https://madstudiesnederland.wordpress.com>

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## The Repair Cafe

### *Fix/How To Fix Stuff*

**When:** Saturday, May 23 from 10:00 am – 1:00 pm

**Where:** Skills for Change, 791 St. Clair West

**Cost:** Free! (Donations always welcome)

**Directions:** Take subway to St. Clair West station, and St. Clair streetcar to Arlington Ave.

The Repair Cafe is held one Saturday of each month at different locations in Toronto. At this cafe, there are volunteers (free of charge) available for fixing and showing you how to fix, computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. And the 3D printer specialist will show you how to create parts for repairs.

To avoid line-ups please arrive early. They will be able to serve visitors who arrive before noon for May's Cafe.

Visit [repaircafetoronto.ca](http://repaircafetoronto.ca) for more details.

Hope to see you there or at a future Repair Cafe!

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## Mad Stories

Tell very short stories loosely based on life events. Tell them your way without analysis or critique. Open to consumers, survivors, and anyone with mad experiences. Come listen or join in.

Tuesday, May 26

7:00 pm – 8:30 pm

OISE, 12th floor (Room 12-274 or lobby)

at 252 Bloor St. West – St. George Subway

For more info, please email: [madly@teksavvy.com](mailto:madly@teksavvy.com) or call: 647-478-4241.

# Computer Column

## Slow machine

*By our computer gal, Martha*

I know I've written about slow computers a few times before, but I keep getting calls about this very issue. So please forgive me for repeating myself...

There's slow and then there's SLOWWWW.

Windows 7 will go from power-on to the welcome screen in 30 – 50 seconds, depending on the age and make of your machine. Once the welcome screen is loaded, there might be a while until you can actually use your computer. This is because of the programs that load automatically, like antivirus and antispyware, weather and gaming apps and media programs like iTunes, QuickTime, etc.

If you get nothing but a black or deep blue screen (BSOD...black screen of death), and you can hear a fan running when you turn on the computer, try turning it off by holding down the power button. Then turn it back on, gently but continuously tapping the F8 key as you do. A window will come up offering some choices. Choose 'safe mode' and let it load. The Windows operating systems have a way of repairing little hiccups just by a good reboot. Restart the computer in normal mode and see what happens.

If you turn on your PC and hear some beeping, check to make sure the monitor, keyboard and mouse are connected properly. Laptops have all that stuff already connected, so if you hear beeps from your laptop there's some other serious hardware problem.

1. Get rid of any programs that start automatically by going to Start, and typing in 'msconfig'. When you're in msconfig, click on the 'startup' tab and look down the list for items you can uncheck. On my personal list only my antivirus (ESET) and antispyware (Malwarebytes) are checked. If there is something else I need, I can launch it manually from the 'All Programs' list. Don't be afraid of making changes, you can always go back and re-check the little box if you decide you need that program to start every time you start your computer.
2. See if there are any programs on your computer that you never use. Go to Start, then Control Panel. Open 'Programs and Features' and right click any that you know you don't need or that you don't recognize. Right click on the name of the program, and choose 'uninstall'. Look for conflicts. If you have more than one antivirus running, it will slow your whole system. You can run one antivirus with one antispyware, no more.
3. Often you will find a brand new computer loaded with either McAfee or Norton antivirus, typically a trial version that will run out after 30 days. Both programs will leave little bits of themselves behind even after you uninstall them using the Control Panel uninstall. Any new antivirus that you install will run into these vestiges. Either it will refuse to install, or will install but not run as it should. Uninstall Norton and McAfee by using these little apps:  
[https://support.norton.com/sp/en/us/home/current/solutions/kb20080710133834EN\\_EndUserProfile\\_en\\_us](https://support.norton.com/sp/en/us/home/current/solutions/kb20080710133834EN_EndUserProfile_en_us)  
<http://www.pchell.com/virus/uninstallmcafee.shtml>  
Neither of these antivirus programs is very effective (IMHO!) And the fact that they make it so difficult to install a decent one is something I find very, very annoying.
4. Clean your hard drive. This is basic maintenance that you should do once a month or so, especially if you download a lot of material:  
Start>AllPrograms>Accessories>SystemTools>Disk Cleanup. If it asks you which drive to clean, choose C, the drive that normally contains your operating system. Delete everything that the utility suggests.
5. Another useful clean-up program that will clean your registry:  
<https://www.piriform.com/ccleaner>  
It's free and very effective. BTW CCleaner stands for Crap Cleaner!
6. The Disk Defragmenter is usually preset to automatically defrag at a certain time each day. Check to make sure it is, or to change the time the utility launches. Go to Start and in the search box, type 'disk defragmenter'. Click on Disk Defragmenter when the search completes. A window will open and you can either keep the time stated or reconfigure it for a different time.
7. You might have a virus. If your computer is still slow, do a manual virus scan using ESET online scanner <http://www.eset.com/us/online-scanner/> It takes a bit of time, but let it run its' course. If ESET picks up viruses, consider a different antivirus program for your computer.



8. There is a chance your hard drive is too small, or you don't have enough memory (RAM). This doesn't happen with newer machines, but an older one might have a problem. These days you really should have a hard drive with a capacity of 100 GB or more, and 2 GB RAM minimum. Most newer machines will come with more than 200 GB hard drives and 6 GB RAM. Find out how much RAM you have by right clicking 'Computer' and then 'properties'. Double left click on 'Computer' to see how big your hard drive is. By the way here's another useful old utility to see what your computer's all about:

[http://www.belarc.com/free\\_download.html](http://www.belarc.com/free_download.html)

9. And now for something physical...vacuum the inside of your PC. Clean the vents on your laptop, and get a can of compressed air to carefully blow the fans clean. Dust will slow the airflow inside your computer, and can also damage RAM. It can cause both PC's and laptops to overheat.

10. If you notice that it takes a long time to launch your internet browser, take a look at how many tabs are set to open automatically. There should be only one. Here's how to fix that...

Go to the site you want to open automatically every time you go on the internet. Either [Google.com/ncr](http://Google.com/ncr) or [Hotmail.com](http://Hotmail.com), or whatever you use the most. Make sure it's the only tab open. Now go up to Tools, and then click on Options. Make sure the 'General' tab is open within Options. For 'Your Home Page', click on 'Use Current Page'. This might not apply to everyone, but I find it annoying. No matter where you are, Google has a specific search engine just for you. If you're in Canada, it's Google.ca. If you're in France, it's Google.fr. I want Google.com, nothing else. Even if I type 'Google.com' in the address bar, I get taken to Google.ca. Here's what you do:

<http://lifehacker.com/5933248/avoid-getting-redirected-to-country-specific-versions-of-google>

11. Sometimes it seems to take a long time to open a page. Then you get the 'cannot open this site' or another error message. There's a chance the website itself is down. Go here to find out...

<http://www.downforeveryoneorjustme.com>

12. Clean up your browser's history. If you're using Firefox, go to the History tab, and choose 'clear recent history'.

13. Clean up your Bookmarks folder. ('Favourites' with internet explorer.) Go through the list, and right click to delete the ones you don't need. If you want to save them all to go through later, export them to a file on your desktop. Go to 'Bookmarks' then 'show all bookmarks', then 'import and backup' then 'export all bookmarks to HTML'. I save the file on my desktop, so I can find it later.

And if all this doesn't do the trick...email me! (See below for Martha's email.)

## 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 C/S Info at: 416-595-2882 and we'll email Martha for you and then she'll call you.

## Volunteer Matters

Riverdale Food Working Group - Good Food Market  
*Is Looking for Volunteers!*



The RFWG is composed of community members and organizations to make Riverdale a food friendly and food secure neighbourhood. They are interested in bringing nutritious, fresh food to the community.

- Tuesdays 3:00 pm – 7:00 pm: 955 Queen St. East
- Wednesdays 2:00 pm – 6:00 pm: 86 Blake St.
- Thursdays 3:00 pm – 7:00 pm: 765 Queen St. East

They need help with pricing produce, market set up, selling produce, customer service, market clean-up and outreach. Interested? Contact Stephen: [sfenn@srchc.com](mailto:sfenn@srchc.com), 416-461-1925 ext. 344.



# Board and Employment Matters

## BOARD OF DIRECTORS RECRUITMENT CALL

Cota is an accredited non-profit provider of community-based supports and services for people living with mental health and cognitive challenges. Our vision is a supportive and inclusive society in which all people have equal opportunity to live, thrive and enjoy the full benefits of belonging within their communities.

We are presently seeking an individual with lived-experience of the mental health sector to fill a vacancy on our Board of Directors. The ideal candidate will be able to draw on his/her knowledge and experience to contribute to the governance and strategic leadership of Cota. We encourage applications from women and under-represented groups within our community.

Board Members (Directors) are appointed for a two-year term and are eligible for reappointment for up to two additional terms. It is expected that a Director be available to serve the maximum of six consecutive years.

Directors volunteer their time and play a vital role in shaping Cota's strategic directions, ensuring public accountability and in providing ongoing governance to the organization. In turn, Directors are provided with the opportunity to gain experience working with a skilled Board of Directors and contributing to the advancement of a progressive agency.

If you are interested in this opportunity, please forward information about yourself, including your experience and reasons for your interest, by 1:00 pm on Friday May 29, 2015.

Information should be forwarded by mail, fax or e-mail to:

Cota  
Board Recruitment Committee  
2901 Dufferin Street  
Toronto, ON M6B 3S7  
Fax number: 416-785-9358 E-mail: [cotaboardrecruitment@cotainspires.ca](mailto:cotaboardrecruitment@cotainspires.ca)

## Sound Times Support Services (2) Community Service Workers, (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 has an exemption under the Ontario Human Rights Code to exclusively employ individuals who have lived experience of the mental health and addictions systems, or have/do experience difficulties traditionally served by these systems.**

Only those selected for an interview will be contacted. No phone calls, faxes or emails please!

Full ad at: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=314202&l=2>

Please apply by emailing: [hiring@soundtimes.com](mailto:hiring@soundtimes.com). **Closing date for applications May 29, 2015.**

**To subscribe to The Bulletin** call the Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email us at: [csinfo@camh.ca](mailto:csinfo@camh.ca). The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN (Local Health Integration Network). It's **free** to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

**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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**Thanks for subscribing! From the C/S Info Bulletin Team: Helen and Cassandra**

## The Raging Spoon Catering *Employment Opportunity*

- Do you enjoy cooking and have experience in a commercial kitchen?
- Ready to work in a supportive environment that includes on-going training opportunities?

Then the Raging Spoon Catering has a cook position opportunity waiting for you.  
Please inquire at: **416-504-6128** or email us at: [ragingspoon@bellnet.ca](mailto:ragingspoon@bellnet.ca) for details.

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## YWCA Employment Centre Event: A Map for Job Search Success *Discover tips, tricks & habits to get hired*

Tuesday, May 26 from 9:30 am - 12:30 pm. Register by: Monday, May 25. Join in for a fun filled morning of short sessions that are bound to refresh and inspire your approach to the job search. After the sessions everyone is invited to enjoy some refreshments. Come one come all! Call Bob Ellis to register: 416-264-5788 or email: [bellis@ywcatoronto.org](mailto:bellis@ywcatoronto.org).  
YWCA Employment Centre, 3730 Kingston Rd., second floor. Adults. Free

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## Peer Support Worker at CAMH *Early Psychosis Intervention – LEARN* *Non-Forensic Division, Complex Mental Illness Program*

### Job Description:

The Peer Support Worker will work as a member of a diverse inter-professional team to facilitate and support clients with their recovery process. You will utilize your lived experience with mental health and/or addiction challenges as you facilitate clients in determining their unique goals and objectives. You will provide a source of encouragement and hope, partnering with clients as they move towards their visions. Your collaborative work with clients will involve the role of a coach and liaison and assisting clients to advocate for themselves. Your role will include bridging people back into community and helping clients to link with community resources of their choice. This role focuses on being a shared learner with clients, rather than being a helper, therapist or treatment provider. You will connect with clients on an individual basis and also as a group facilitator. In this role, you will provide education about recovery and peer support to staff and students. You will be expected to contribute to program development, research and educational activities of the Program. You will report to the manager of the service, and you will receive clinical support facilitated by the Advanced Practice Clinician. You will provide services reflective of the diverse needs of the clients and their families. You will support a workplace that embraces diversity, encourages teamwork and complies with all applicable regulatory and legislative requirements. Some evening and/or weekend hours may be required. This position will be located at the LEARN offices on St. Clair Avenue West in Toronto.

### Qualifications:

The successful candidate will have lived experience as a recipient of mental health and/or addictions services. You have a strong understanding of the psychiatric consumer/survivor community. You possess excellent communication and interpersonal skills enabling you to work within a collaborative and diverse inter-professional team. Effective leadership, decision-making, organizational and problem solving skills are required. You will have prior experience and the ability to engage with youth and young adults. You will be flexible, self-reflective, and supportive. The ability to work effectively in a dynamic and a fast-paced multidisciplinary environment is essential. Experience working with clients, staff, and organizations of diverse backgrounds is required. You possess knowledge in the areas of group facilitation, community resources, the social determinants of health, the recovery process and the peer support role. Participation in training on Peer Support/Recovery would be an asset as would knowledge of Wellness Recovery Action Planning. Computer literacy and the willingness to learn new computer programs are required as your role will include documentation on the computer. Bilingualism or the ability to speak a second language is considered an asset. Training and supervision will be provided for this position.

Please apply online:

<http://www.recruitingite.com/csbsites/camh/JobDescription.asp?SuperCategoryCode=15233&JobNumber=754773&lang=en>



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

Free and Low-Cost Events for May 16 – 31, 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 ~ spaces

Monday, May 25 from 10:00 am - 6:00 pm (this event repeats: Monday – Friday, 10:00 am – 6:00 pm, Sat 12:00 – 5:00 pm).

**Transitional Spaces:** L. E. Glazer, Thomas Hlavacek, Christine Marshall-Smith Lisa Murzin. The four artists assembled for this exhibition have created new bodies of work, which experiment with alternative photographic techniques and processes in order to reveal the transient condition of everyday spaces. The exhibition is being held to raise funds for the University Health Network and the non-profit John B. Aird Gallery. Curated by Simone Rojas-Pick. For more info contact Thomas Hlavacek by email:

transitionalspacesaird@gmail.com, visit the website:<http://www.transitionalspacesaird.com> or phone: 1-705-795-8949. John B. Aird Gallery, 900 Bay St. All Ages. **Free Admission**

## Asian Heritage Month ~ dance and music

Saturday, May 16 from 1:00 pm - 2:00 pm. **Homelands: Southeast Asian Dance and Music Fusion.** Andrew Timar (musician) and Keiko Ninomiya (dancer) perform dance and music from the Indonesian islands of Bali and Java, as well as from Cambodia. Please call 416-394-5120 for more info. Richview Library, 1806 Islington Ave. All Ages. **Free**

## Bazaars and Sales ~ new and gently used items

Saturday, May 23 from 9:00 am - 1:00 pm. **Enjoy a late Spring day at Springfest.** Baked goods, knife (blade) sharpening, plants, books, DVDs, sports, children toys, gently used clothing and china are available. Breakfast & lunch counter. The owner of 4 collectable cars will be available for you to chat as you browse: 46 Mercury Coup; 52 ford pick-up; 84 Chrysler Town & Country Convertible and one to be announced. Draw at 12:15 pm for theme baskets. Please bring your own shopping bags to take home your newly acquired treasures. For more info contact June by email: [bbbucoffice@bellnet.ca](mailto:bbbucoffice@bellnet.ca) or phone: 416-694-4081. Birchcliff Bluffs United Church, 33 East Rd (Kingston Rd & East Rd). All Ages. **Free**



## Beach ~ find out more about our lake

Wednesday, May 27 from 6:00 pm - 9:00 pm, please register. **Lake Ontario Evenings - Beaches Edition.** Summer is almost here! Join to learn that you don't have to travel far to spend the day at the beach! Toronto has some of the best beaches in the world, as verified by the Blue Flag program. This Lake Ontario Evening – Beaches Edition will highlight the Blue Flag program, current research on beach water quality and management actions that are being implemented to ensure our beaches remain world class destinations. Please register for this free event via Eventbrite: <http://torontorap.eventbrite.ca>. For more info contact Lindsay Armstrong by email: [larmstrong@trca.on.ca](mailto:larmstrong@trca.on.ca), visit the website: <https://torontorap.eventbrite.ca> or phone: 416-661-6600. Gladstone Hotel, 1214 Queen St West. All Ages. **Free**

## Canoe ~ and paddleboat rides

Saturday, May 23 and Sunday, May 24 from 12:00 noon - 5:00 pm. **2-for-1 Canoe and Paddleboat Rides on the Natrel Pond during Gangways Open on Toronto's Waterfront.** Take a break from the action and enjoy a fun float on the Natrel Pond in a canoe or paddleboat during Gangways Open on Toronto's Waterfront presented by the Waterfront BIA. Rental for a 15-minute ride includes life jackets. All activities on the Natrel Pond are weather permitting; please contact the info desk at: 416-973-4000 for up-to-the-minute info. Gangways Open on Toronto's Waterfront presented by The Waterfront BIA, is part of the 16th annual Doors Open Toronto. Visit: [www.waterfrontbia.com](http://www.waterfrontbia.com) for more info or phone: 416-596-9821. Harbourfront Centre, 235 Queens Quay West. All Ages. **Canoes are \$4/person and paddleboats are \$5/person, buy one get one free**



## Chess ~ for adults

Tuesday, May 19 from 4:30 pm - 5:30 pm (this event repeats). **Chess Club for Adults.** Interested in playing chess? This program is open to beginners and experienced players alike. Tips and techniques will be provided as needed. Registration required. For more info phone: 416-395-5720. Downsview Library, 2793 Keele St. Adults. **Free**

## **Doors Open Toronto ~ a favourite is back!**

Saturday, May 23 and Sunday, May 24, all day. **Doors Open Toronto presented by Great Gulf.** Doors Open Toronto has announced its lineup of buildings and enhanced programming for May 23 and May 24. The 16th annual weekend celebration of architecture will offer free and rare access to more than 155 architecturally, historically, culturally and socially significant buildings across Toronto including 55 new participants, an exciting speaker series and city-wide walking tours. In honour of this summer's Toronto 2015 Pan Am/Parapan Am Games, this year's theme – Sports, Recreation and Leisure – offers attendees a sneak peek inside more than 70 private and public recreational sites, and is highlighted throughout many of this year's walking tours and exhibits. Details are now available at <http://www.toronto.ca/doorsopen>, visit a location below, or pick up a guide on the day. All ages. **Free**

### **A smattering of locations to visit during Doors Open Toronto:**

**Toronto City Hall** - Celebrating its 50th Anniversary, Toronto City Hall will be abuzz with activity from 10:00 am to 5:00 pm. Visitors to the building will experience exhibits and rare access to key locations including the Mayor's Office, the 27th floor observation deck and council chambers. 100 Queen St. West.

**LAMP Community Health Centre** - LAMP Community Health Centre will open its doors Saturday May 23 and Sunday May 24 from 12 noon – 5:00 pm both days to connect our community. A theme of health and wellness through recreation will feature Tai Chi, Zumba, Yoga, Pilates, Soccer, Volleyball, Basketball and much more. Healthy eating and cooking demonstrations will focus on lowering salt intake with recipes for dips and salad dressings that taste delicious, good fats vs. bad fats and low calorie desserts. Some special cultural attractions will add to the festivities like a steelpan band and Caribbean dance. For more info contact Jasmin Dooh by email: [jasmind@lampchc.org](mailto:jasmind@lampchc.org), by phone: 416-252-6471. LAMP Community Health Centre, LAMP is located near Islington and Lakeshore Boulevard West, 185 Fifth Street.

**Guided Tours of 12 of the Waterfront's Most Distinctive Ships during Gangways Open on Toronto's Waterfront** - Saturday, 23 and Sunday May 24 from 12:00 noon - 5:00 pm. Participating ships will open their doors (and their gangways!) for free public dockside tours, subject to availability, during Gangways Open on Toronto's Waterfront. Visit [www.waterfrontbia.com](http://www.waterfrontbia.com) or call 416-596-9821 for more info. Toronto Waterfront, 207 Queens Quay West.

## **Festival**

Saturday, May 16 to Monday, May 18 from 11:00 am - 5:00 pm. **Toronto International Circus Festival**  
13th annual Toronto International Circus Festival. Awesome acrobats! Dazzling daredevils! Hilarious hijinks & FREE fun for the whole family. It's all at The Toronto International Circus Festival! This Victoria Day weekend, join us for three jam-packed days of circus fun, featuring unicyclists, fire-eaters, stilt walkers, balloon sculptors, crazy clowns and so much more! Visit [torontocircusfestival.com](http://torontocircusfestival.com) for more information. Co-produced by Zero Gravity Circus and Harbourfront Centre. Contact Jean-François Pagé, email: [jf@zgcircus.com](mailto:jf@zgcircus.com) or phone: 416-469-1440. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

## **Gardening ~ enjoy plants and tea**

Saturday, May 23 from 12:00 pm - 2:00 pm. **Plant Sale - Knox Presbyterian Church.** Agincourt Annuals, Perennials, House Plants, and Vegetables. Great Prices! Tea Corner too! Phone: 416-293-0791 Knox Presbyterian Church 4156 Sheppard Ave All Ages.  
**Free Entry - Plant prices vary**

## **Health Talk ~ Info Session**

Saturday, May 23 from 11:00 am - 12:00 pm, register by: Friday, May 22. MedCannAccess Solution Centres are **holding Medical Cannabis Access Information Sessions** in Etobicoke, Guelph, and Hamilton. The presentation will be "Understanding Access to Medical Cannabis" MedCannAccess works with individuals who are looking to include medical marijuana into their treatment regime. Through individual consultation, we are available to answer any questions individuals may have about cannabis as medicine. We will discuss access to medical marijuana under the Marihuana for Medical Purposes Regulations (MMPR) ensuring people have an understanding of how to access cannabis legally and while supported by their physician. Phone: 1-877-780-6337 email: [chat@medcannaccess.com](mailto:chat@medcannaccess.com). MedCannAccess Etobicoke Solution Centre, 5359 Dundas Street West, Suite 401. All Ages. **Free**

## **Music and Poetry ~ local talent**

Thursday, May 21 from 7:00 pm - 8:00 pm. **Music & Poetry of Joseph Maviglia.** Joseph Maviglia is a local singer-songwriter, poet and essayist whose work has appeared in journal and media across North America and Europe. Please join us for an evening of Music and Poetry of Joseph Maviglia. Contact Misuk Hedman by phone: 416-393-7668 or email: [mhedman@torontopubliclibrary.ca](mailto:mhedman@torontopubliclibrary.ca). College/Shaw Library, 766 College Street. Adults. **Free**

## **Technology ~ computing help**

Thursday, May 21 from 2:00 pm - 3:15 pm. **eBook basics for adults.** Still confused about eBooks and how to transfer them to your ereaders and tablets? We are here to assist you with a workshop designed by knowledgeable library staff. For more info contact Victoria Village Staff by email: [vvstaff@torontopubliclibrary.ca](mailto:vvstaff@torontopubliclibrary.ca) or by phone: 416-395-5950. Victoria Village, 184 Sloane Ave. Adults. **Free**