



Spring is nature's way of saying,
"Let's party!" ~ Robin Williams

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

BULLETIN

533 June 1st – 15th, 2015

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

Yak and Snack Financial Peace of Mind

The C/S Info Centre is back with another one of our very informative Yak and Snack sessions.

Please join us on Thursday, June 4 from 1:00 to 3:00.

Training Room A in the Community Centre at
CAMH, 1001 Queen Street West

Stephen Gold from Sun Life will be here to talk to us about Henson Trust options, Understanding ODSP, the Registered Disability Savings Plan (RDSP) and tax credits for people with disabilities and families with loved ones with disabilities.

Please register by Wednesday, June 3 at noon by calling: 416-595-2882 or by
emailing us at: csinfo@camh.ca.

We are not able to accommodate unregistered attendees.

Call out for The Mad Market

Are you creative? Do you like to sell your arts and crafts? Then we have the event for you.

The Mad Market is a display of artists' wares for sale. The Mad Market is being held on Saturday, July 11, 2015 at Metro Hall, 55 John Street (King Street and John Street). The market will run from 11:00 am - 5:00 pm. For more information or to reserve a table, please contact Sharyn Berger at: sharberg448@gmail.com or call: 647-519-6002. You can also check out the Mad Pride website at: madprideto2015.com for more info. Please reserve your table by June 19, 2015 to ensure your spot. We look forward to seeing you on July 11 and at all the Mad Pride Toronto events. Thank you.

PeerZone - Recovery Focused Workshops

The Gerstein Centre is Hosting a PeerZone Info Session

When? Sunday, June 14 at 519 Church Street

What time? 1:30 pm – 2:30 pm

What is PeerZone? PeerZone is a series of 3-hour peer-led workshops in mental health and addiction, where people explore recovery and whole-of-life wellbeing.

There are 18 workshops covering: Understanding Ourselves, Empowering Ourselves, Working on our Wellbeing, Connecting to the World and Exploring our Unique Identities. PeerZone works on 3 levels for participants:

- It invites them to rebuild a more positive story of their lives
- It offers tools for whole-of-life wellbeing
- It creates a community of mutual support

Who can get involved?

Anyone who has an experience of mental distress or addiction can participate in PeerZone workshops.

PeerZone is free of charge for people who participate.

To find out more about PeerZone contact Nicki at: 416-929-0149 ext. 232 or email: peerzonegcc@gmail.com

Thursday and Friday Walking Groups

Self Help Resource Centre

The Self Help Resource Centre is a non-profit organization that is funded by the United Way and the City of Toronto. We have been connecting people with peer support groups since 1987. These groups continue to support people in overcoming major life challenges and transitions on the path to improved health and happiness.

We do this through training and supporting peer support group leaders, providing resources to groups, operating an online database and information line to refer people to groups and through managing peer support programs at large organizations.

Studies show that walking support groups help improve immune function, lower blood pressure, and slow down the aging process. They also improve mental health by decreasing anxiety and depression, increasing hope and self-efficacy and boosting memory.

WHAT TO BRING: A good pair of shoes, feet and a water bottle. All are welcome to join!

** Light refreshments are available **

Thursday's Walking Group
40 St. Clair Avenue East
(meet in Deer Park Library lobby)
Time: 1:30 pm until 2:30 pm

Friday's Walking Group
1748 St. Clair Avenue West
(meet in Silverthorn Library lobby)
Time: 11:00 am until 12 Noon

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.

The CAN-BIND Study & MDAO
Distinguished Speaker Series presents:



Searching for a Test for Depression:

Blood Tests, Brain Scans and Self-Screening



A FREE health talk for patients, families, staff,
and community members

Thursday, June 11, 6:30pm – 8:30pm



Dr. Shane McInerney, Psychiatrist at St Michael's Hospital and University of Toronto, will provide insights into how depression research and treatment are changing.

Mr. Gord Singer, an award winning speaker and a 16-year member of the Peer Support Specialist for the FOCUS program, will talk about his own personal journey of recovery and how it has shaped his present life and positive outlook.

Location: Li Ka Shing Knowledge Institute, 209 Victoria Street, Toronto, Ontario

Sponsors: The CAN-BIND Study; Mood Disorders Association of Ontario; Funded by Ontario Trillium Foundation

To reserve your seat, please visit:
<http://depressiontalk.eventbrite.ca>



Change Coming to ODSP Medical Reviews

Government announces rethink of flawed process

A Message from the Income Security Advocacy Centre

In a welcome change of direction, the government has just announced that they are rethinking the way that ODSP medical reviews are done.

In an article in the Toronto Star from Sunday, May 17, a spokesperson for the Minister of Community and Social Services said that they "want to take the time to get the process right."

Medical reviews are an important part of the ODSP system that allows people with short-term disabilities to access critically important financial supports. You don't have to be permanently disabled to get ODSP benefits, so a review is required for people with disabilities or medical conditions that could improve over time.

But, as we've been saying for years, the way that medical reviews are done is wrong.

Currently, instead of asking doctors the relevant questions about whether a person's medical conditions have in fact improved, the process requires people on ODSP to complete the same 21-page package of forms that they completed when they first applied. Asking people to effectively re-apply for benefits makes the process difficult for clients and confusing for the doctors who have to complete the forms.

Many vulnerable clients were not able to navigate the initial application process on their own, receiving help from community-based programs that make up for the lack of supports from the Ministry. But these supports are not likely to be available for medical reviews, increasing the risk that people with the most serious disabilities may lose their benefits as a result.

This flawed process also wastes resources, as the unnecessary time doctors have to spend filling out application forms takes away from seeing their patients. And it often results in incorrect denials, consuming the resources of community legal clinics on appeals that wouldn't be necessary if a better process were in place.

In the Star story, the government confirmed that they are taking a step back from their plan to eliminate a backlog in the system through doing 1900 medical reviews per month.

After many years of advocating for a better review process, the Minister appears to have heard our concerns. The government has said that they want to get the process right.

This is really good news and a first step in the right direction.

But the Ministry continues to do 600 medical reviews per month, using this same flawed process. We're calling on them to stop sending out the re-application forms and wait until the new process is put in place.

The government has also said that they are looking at engaging ODSP caseworkers when clients don't respond to their medical review notice. This needs to happen immediately to ensure the most vulnerable clients do not lose their benefits for not responding.

Together with our partners in the legal clinic and health care sectors, we'll continue working to make sure that a new medical review process is put in place that asks the right questions, reduces the burden on clients and those who provide assistance to them, and doesn't put the most vulnerable at risk of losing their benefits.

See the Star story here:

<http://www.thestar.com/news/canada/2015/05/16/ontario-to-rethink-disability-welfare-reviews.html>

Income Security Advocacy Centre

- Visit ISAC's Website: <http://www.incomesecurity.org/>

Employment and Training Matters

George Brown College

Training and Employment Opportunity

Come join George Brown College for an exciting training and employment opportunity! George Brown College will be hosting Information Sessions for each of their programs:

ASSISTANT COOK EXTENDED TRAINING (ACET)

Date 1: Friday, June 26 in Room 236E

Date 2: Friday, July 17 in Room 327A

Date 3: Friday, August 7 in Room 327A

Time: 10:30 am, At: St James Campus, 200 King St E

Application Deadline is Friday, October 16, 2015

CONSTRUCTION CRAFT WORKER FOUNDATIONS EXTENDED TRAINING (CCWET)

Date 1: Friday, July 24, 2015

Date 2: Thursday, August 13, 2015

All of these sessions at: Room: D214, At: Casa Loma Campus, 146 Kendal Ave, Time: 10:30 am

Application Deadline is Friday, February 12, 2016

Please RSVP at: auged@georgebrown.ca or: 416 415-5000 ext. 6790 with your name, phone number, indicate which info session you'll be attending and number of people attending. Thank you.

Workplace Essential Skills Partnership

Two Upcoming Fast Track Workshops: July 6 – 10 & July 27 – 31

C/S Info posted a flyer for WESP in Bulletin 530. More of these workshops are available in a fast track style this summer. Take a look below for more info.

The WESP May 25 – June 19 workshop is now filled. The next two WESP workshops are a fast track style (one week in length). The content is not compromised during the fast track program as they still cover the basics such as: job search strategies, interview skills, resume, cover letter, disclosure and accommodations as well as social media. The difference is that the fast track workshops operate at a faster pace and run from 9:00 am – 3:00 pm. Lastly, there are no guest speakers or career testing involved during this workshop, however, if you require career testing, that can be arranged.

If you are interested in a course please view the intake form at: www.ccrw.org/wesp or <http://www.ccrw.org/userfiles/WESPOnlineForm2015.pdf>

You can also email: skhan@ccrw.org or call: 416-260-3060 Ext. 234 for more info.

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 for details.

Education Matters

Did you know that CAMH has Client Learning Funds to help you reach your educational goals?

If you are currently a client at CAMH, you can get more information about these funds for people who are in courses or thinking about enrolling in courses to further their recovery or improve their education. For more information, contact: Sarah Manson at 416-535-8501 x 34407 or Tara Laing at 416-535-8501 x 36335 or visit Room 6302C at the Bell Gateway Building, 100 Stokes Street. An application can be obtained from Sarah Manson, or through your CAMH clinician.

The next deadline for applications is Friday, August 14, 2015.

Volunteering Matters

Saturday, June 13 from 1:00 pm to 4:00 pm. **Volunteer Fair 2015.** Eager to earn community service hours, gain experience, or make a difference by putting your time and effort to good use? Representatives from different organizations are here to recruit you and answer all your burning questions. Come to Fairview's Volunteer Fair event and learn about the opportunities in your neighbourhood! Drop in only, no registration required. For more info, please call Fairview Library at: 416-395-5750. Fairview Library, Room 1, 35 Fairview Mall Drive. All Ages. **Free**

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

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



Aboriginal Awareness Month ~ *music & films*

Thursday, June 4 from 1:30 pm to 2:30 pm. **Singing and Dancing Aboriginal Culture.** Singing and dancing is a very important part of First Nations culture which celebrates the connection with Mother Earth. While a form of merriment, it is also a form of prayer, to give thanks to ancestors and the Creator. Join us in celebrating Canadian Aboriginal culture with a discussion and performance of song, dance and drum. Drop in. Call: 416-396-8890 for more information. Albert Campbell Library, 496 Birchmount Road. All ages. **Free**

Monday, June 8 from 1:30 pm to 2:30 pm. **Spotlight on Films from Turtle Island: People of the Ice.** Indigenous life through the indigenous lens. National Film Board presents films by First Nations filmmakers and writers. For over 4,000 years, the Inuit have lived in harmony with their Arctic environment. In this frozen landscape, survival depends on a deep understanding of the natural world. Today, global warming threatens the very nature of their habitat. As the ice disappears, so does the Inuit culture it is intimately connected to. Ever-changing temperatures have even made predicting the Arctic climate difficult. Will this extraordinarily resilient people be able to adjust to such dramatic change? Mount Dennis Library, Auditorium, 1123 Weston Road. Adults. **Free**

Saturday, June 13 from 2:00 pm to 3:30 pm. **Spotlight on Films from Turtle Island: The Wings of Johnny May.** Directed by Marc Fafard (2013, 83 min.). This feature documentary shines a spotlight on Johnny May, the first Inuit bush pilot in Nunavik- and a legend among his people. During the 34,000 hours of flight time he's logged, May has lived through extraordinary adventures and has had a unique view of the transformation of the Arctic from his perch in the sky. He has watched as the Inuit went from nomadic life to a sedentary existence, and as climate change has melted the permafrost. But one thing remains constant: May's deep love for his wife Louisa. Since his earliest days in the air, his plane has sported the same Inuktitut message for her: 'Pengo Pally,' which means 'I miss you.' 416-393-7744. St. Jamestown Library, 495 Sherbourne Street. All ages. **Free**

Art ~ festival in the park

Saturday, June 6 from 10:00 am to 4:00 pm. **Birkdale Art In The Park.** Birkdale Art in the Park is an annual one-day outdoor community arts festival that is held in the Birkdale Ravine surrounding the Birkdale Community Center. Artists will have the opportunity to connect with the community, display their work and discuss ideas and practices. Art in the Park is open to all artists working in fine art and crafts: entries will be reviewed by a selection committee. Drawing, painting, sculpture, mixed media, printmaking, pottery, jewellery, photography, glass, original textiles, fibre arts and others. Register early as space may be limited. If you have any questions regarding the eligibility of your art form, please don't hesitate to get in touch with us. Contact: David Barnes by email: contactus@birkdaleartinthepark.com. Birkdale Community Centre, 1299 Ellesmere Road. All Ages. **Free**

Author Reading ~ adoption

Wednesday, June 10 from 7:00 pm - 8:00 pm. **Author reading: Marilyn Churley.** Join Marilyn Churley, former Toronto City Councillor and former Member of Provincial Parliament, for a discussion of her book "Shameless: The Fight for Adoption Disclosure and the Search for My Son" In the late 1960's, at the age of eighteen and living far from home, Marilyn Churley got pregnant. Faced with few options, she gave the baby up for adoption. Over twenty years later, as the Ontario NDP government's minister responsible for all birth, death, and adoption records, she found herself in a surprising and powerful position--fully engaged in the long and difficult battle to reform adoption disclosure laws and find her son. Both a personal and political story, "Shameless" is a powerful memoir about a mother's struggle with loss, love, secrets, and lies--an adoption system shrouded in shame. For more info phone: 416-393-7703. Beaches Library, 2161 Queen Street East. Adults. **Free**

Budding Writers ~ learn to be a writer

Tuesday, June 2 from 10:00 am to 11:30 am. **Rosemary Aubert on Writing Mystery Novels.** Join us for an inspiring talk on the creative process of writing mystery novels by award winning author, Rosemary Aubert. Aubert will talk about how she: - develops an idea - researches a novel - transforms a story into a novel. A Q&A will follow, so bring your questions! Aubert is a two-time winner of the Arthur Ellis Award for crime fiction, winning in both the novel and short-story categories. She is the author of seventeen books, among them the acclaimed Ellis Portal mystery series and her latest romantic thriller Terminal Grill. Her short stories, essays, and reviews have been widely published in Canada for many years. As well, she has had four volumes of poetry published. She's also a popular teacher and speaker; she conducts a much-in-demand writer's retreat at Loyalist College in Belleville, Ontario each summer. Aubert is a member of the Crime Writers of Canada and the Mystery Writers of America. Phone: 416 396 8950. Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT198377&R=EVT198377>. Agincourt Library, 155 Bonis Avenue. All Ages. **Free**

Tuesday, June 2 from 2:00 pm to 3:00 pm. **Writing Your Life's Story.** Join author Dr. Sharon Baltman as she discusses how she wrote and published her memoirs *Escape from the Bedside*. Find out how she captured the tensions of her life decisions and why she bared her personal tragedies for all to see. If you have been contemplating writing your own life stories, you will find inspiration in this program. Phone: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Seniors. **Free**



Comedy ~ *have a laugh*

Monday, June 8 from 8:00 pm to 10:30 pm. **Unreal Comedy.** Twice Monthly Stand Up Comedy Show 1st & 3rd Thursday of each month. Hosted by Patrick Ronan & Kyle Forsyth. Doors open: 8:00 pm Show starts: 8:30 pm. Contact: Melissa Fawcett, Phone: 647-926-0947 or Email: events@thelincn.ca. Website: <http://www.placebospace.ca>. Placebo Space, 2877 Lakeshore Blvd West. Adults. **\$5 cover**

Crafts ~ *jewellery making for seniors*

Tuesday, June 2 from 2:00 pm to 3:00 pm. **Jewellery Making for Seniors.** Unleash your creative side and learn to make beautiful jewellery in this hands-on workshop. Participants will learn the basic skills and techniques in jewellery making. No experience is required. All supplies will be provided. High quality glass and crystal beads and silver plated components will be used. Ages 50+ 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. Seniors. **Free**

Environment ~ *our fragile planet*

Wednesday, June 3 from 6:00 pm to 8:00 pm. **Our Fragile Planet: Health and Environmental Matters in the Media.** Larry Solomon, Executive Director of Energy Probe talks about consumer and environmental research of the Energy Probe, its fight against nuclear power, and dedication to resource conservation, economic efficiency, and effective utility regulations. All are welcome. Sponsored by TD Friends of the Environment Foundation. Contact: Ra Dajkovich-Graham, email: rdgraham@torontopubliclibrary.ca or phone: 416-393-7245. Toronto Reference Library, Beeton Auditorium, 789 Yonge Street. Adults. **Free**

Wednesday, June 10 from 6:00 pm to 8:00 pm. **Our Fragile Planet: Greener Electricity Generation.** Our speaker is Angela Bischoff, Outreach Director with the Ontario Clean Air Alliance. Ontario is at a crossroad - our aging nuclear power fleet needs to either be replaced or rebuilt. We're about to rebuild 10 reactors on the shores of Lake Huron and Lake Ontario, locking us into nuclear for decades and costing tax payers more than \$100 billion. Are there safer, greener and lower cost alternatives to meeting all of Ontario's electricity needs? How could we move on to a 100% renewable future? All are welcome! Sponsored by TD Friends of the Environment Foundation. Contact: Ra Dajkovich-Graham, Email: rdgraham@torontopubliclibrary.ca. Phone: 416-393-7245. Toronto Reference Library, Beeton Auditorium, 789 Yonge Street. Adults. **Free**

Festivals and Fairs ~ *community fun*

Tuesday, June 2 from 6:00 pm to 9:00 pm. **LAMP CHC's 16th Annual Awards of Merit.** LAMP CHC's 16th Annual Awards of Merit: Community Champions. LAMP Community Health Centre is honoring people, organizations, and businesses that have gone the extra mile to make a difference. The purpose of this distinction is to pay tribute to the unsung heroes who deserve recognition and to celebrate their contributions to build a healthy community and their efforts as community role models for others. It also inspires neighbours to help build a healthy community. BBQ, The Etobicoke Jazz Band, bouncy castle, The Healthy Hood, a fire truck, silent auction, steelpan, Jell-O eating contest, origami, face painting and more. For more info contact Jasmin Dooch, by email: asmind@lampchc.org or call: 416-252-6471 ext. 308. Join us on the Lawn at 185 Fifth Street. All Ages. **Free**

Saturday, June 6 from 1:00 pm to 6:00 pm. **Riverside Eats & Beats 2015.** Queen Street East (DVP – Jimmy Simpson Park) (major intersection – Queen East & Broadview). Taste the Eats and feel the Beats in Riverside's 10 vibrant blocks between the Don Valley Parkway to just past Degrassi Street on historic Queen Street East. Let us know you're coming by registering here: <https://www.eventbrite.ca/e/riverside-eats-beats-2015-tickets-16355374365>. Email: marketing@riverside-to.com, website: <http://www.riverside-to.com/event-listings/eats-beats-in-riversideto/> or phone: 416-466-8167. All Ages. **Free**

Food Talk ~ *food addiction*

Tuesday, June 16 from 6:30 pm - 8:00 pm. **Food Junkies: The Truth About Food Addiction.** Dr. Vera Tarman is an addictions physician and the medical director of Renascent, and is also the author of "Food Junkies: the Truth about Food Addiction". She will be doing a short reading from her book as well as a 1 hour talk about food addiction. What is food addiction? Does it really exist? Are you a food addict? Dr. Tarman also discusses the characteristics of food addiction,

what it is, and how to manage it. Free parking. Please call: 416-396-8950 to register for this free event. Agincourt Library 155 Bonis Ave. Adults. **Free**

Gardening ~ seed library and cactus show

Saturday, June 6 from 10:30 am to 11:30 am. **Toronto Seed Library Workshop**. Come and learn about the Toronto Seed Library and get started by borrowing seeds for your very own garden. This event will feature an introduction to the Toronto Seed Library, Seed Saving Workshop, and a chance for kids to plant seeds of their own! Everyone is welcome but space is limited! Please register by calling 416-396-8950. Agincourt Library, 155 Bonis Avenue. All Ages. **Free**

Sunday, June 7, from 10:30 am to 4:30 pm. **Cactus & Succulent Plant Show and Sale**. The Toronto Cactus & Succulent Club's Annual Plant Show & Sale at Allan Gardens Conservatory, Carlton Street (East of Jarvis St.). Free admission. Wheelchair accessible. Children welcome. Show contains over 80 different classes of strange and unusual house plants. Many plants for sale that are unobtainable elsewhere. For more info: Email: info@torontocactus.org or check out <http://www.torontocactus.org/showsale.htm>. Allan Gardens Conservatory, 19 Horticultural Avenue. All Ages. **Free**

Hobbies ~ stamps or bees – what strikes your fancy?

Tuesday, June 9 from 7:00 pm to 9:00 pm. **West Toronto Stamp Club**. Regular Meeting including Show and Learn and Club auction. Please join us. Visitors Welcome. Contact: Membership Director at Email: membersipdirector@westtorontostampclub.org. Fairfield Seniors' Centre, 80 Lothian Avenue. All Ages. **Free**

Wednesday, June 10 from 7:00 pm to 8:00 pm. **Introductory Beekeeping**. A brief overview to what is involved in keeping honeybees. Some of the topics to be explained are: From getting bees to building hives, Criterion for the proper location of the hives, Predators of bees, Basic honey bee biology and Forage for bees. Oliver Couto is the presenter. Oliver is one of the instructors of the beekeeping course at the Toronto Botanical Garden. He is an urban beekeeper and a member of the Toronto Beekeepers Co-operative, the Toronto District Beekeepers Association and the Ontario Beekeepers Association. Drop-In Program. First Come, First Seated. Contact: Todd Buhrows, Email: buhrows@torontopubliclibrary.ca Phone: 416-394-5247. Brentwood Library, 36 Brentwood Rd, North. Adults. **Free**

Legal Talks ~ tenant rights

Tuesday, June 2 from 5:00 pm to 6:00 pm. **Tenant Rights & Responsibilities**. Are you a tenant or landlord? Learn about your rights and the process in dealing with one another. Also learn about the process of how to apply for subsidized housing, including how to deal with Toronto Community Housing. Free parking. Please call 416-396-8950 to register for this free program. Agincourt Library, 155 Bonis Avenue. Adults. **Free**

Music ~ play

Saturday, June 13 from 2:00 pm to 3:00 pm. **Brazilian Percussion with Luciano Porto**. In honour of the Toronto 2015 Pan Am & Parapan Am Games, revel in music from the America's! Listen and play Brazilian percussion in this interactive musical workshop by Bavia Arts Multicultural Centre. Drop in, no experience needed. Phone: 416-393-7692. Annette Street Library, 145 Annette Street. All Ages. **Free**

Really Really Free Market ~ leave stuff or take stuff home

Saturday, June 6 from 10:00 am to 4:00 pm. **Really Really Free Market** is a community-space for sharing – where people bring what they have to give, take what they need. But it's not swapping or trading. You don't need to bring anything to take something. The market will stop accepting items at 3:00 pm and cannot accept anything before 10:00 am. Campbell Avenue Park, 255 Campbell Ave. (north of Wallace Ave and south of Antler Street). All Ages. **Free**

Science Talk ~

Thursday, June 11 from 7:00 pm to 8:00 pm. **The Neuroscience of Willpower**. This presentation explains the underlying neuroscience driving our behaviors and offers four simple, yet highly effective, research-based Change Interventions that will help you meet your goals. Contact: Misuk Hedman, Email: mhedman@torontopubliclibrary.ca or 416-393-7668. College/Shaw Library, 766 College Street. Adults. **Free**

Seniors ~ *some of the big issues*

Tuesday, June 2 from 6:30 pm to 8:00 pm. **Safer Living for People with Dementia.** In this education workshop hosted by the Alzheimer Society of Toronto, we will discuss: The importance of the environment to a person with dementia, home modifications and assistive devices, connecting with supportive services. Contact: Indra Moffett, Phone: 416-640-6307, Email: imoffett@alzheimertoronto.org. Website: <http://on.alz.to/site/Calendar/950650902?view=Detail&id=102104>. CAMH - Bell Gateway Building, 100 Stokes Street. All Ages. **Free**

Wednesday, June 3 from 7:00 pm to 8:00 pm. **Staying Balanced: How Seniors Can Improve Their Balance and Coordination.** Learn tips and techniques from Eric Daw, Older Adult Specialist and personal trainer, on how to improve balance and coordination. Phone: 416-393-7703. Beaches Library, 2161 Queen Street East. Seniors. **Free**

Thursday, June 4, from 1:30 pm to 2:30 pm. **Wellness Lecture: Osteoporosis.** Join us at the Bernard Betel Centre for a lecture with Osteoporosis Canada. Bone health is crucial at any age. Come and learn how to maintain your bones and certain risk factors associated with Osteoporosis. Contact: Maria Lindgren, Email: marial@betelcentre.org. Phone: 416-225-2112. Bernard Betel Centre, 1003 Steeles Avenue West. **Free**

Monday, June 15 at 9:00 am. **Elder Abuse & Anti-Ageism Symposium.** We would like to invite you to join the Malvern Family Resource Centre for a complimentary one day educational opportunity in recognition of World Elder Abuse Awareness Day. This event is designed for service providers, seniors and caregivers and it will feature key note speakers, breakout sessions, connections to local services as well as current research on the needs of seniors in our community. We will be exploring the topics of elder abuse, caregiver stress and age friendly practices. This event is Free for all attendees and will feature complimentary resources, refreshments & networking opportunities. Register Online now! <https://reachmfrfc2015.eventbrite.com>. For more information, or to RSVP, please contact: Heather Lynds Women's & Seniors Program Coordinator, The Malvern Family Resource Centre hlynds@mfrfc.org 416-284-4184 ext. 242. Website: <https://reachmfrfc2015.eventbrite.com>. Malvern Family Resource Centre (Littles Road location), 90 Littles Road. Seniors and adults. **Free**

Wellness ~ *healthy eating*

Tuesday, June 2 from 2:00 pm to 4:00 pm. **Eat Well... Get Healthier.** What are some simple steps that you can take to eat healthier? Learn how to use Canada's Food Guide to Healthy Eating to help you plan balanced meals and about resources in the community that support healthy eating. Presented by a Toronto Public Health Nurse. Free, no registration required. Please call 416-394-5170 if you require more info. Website: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT199670&R=EVT199670>. Albion Library, 1515 Albion Road. 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.

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



Go green; get The Bulletin by email! Subscribe by email here: csinfo@camh.ca

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

If you have an announcement for something coming up, please get it to us asap for the next issue, June 16th to 30th. As always, our July 1st to 15th issue is the Official Mad Pride Toronto Program and only Mad Pride content goes into that issue.