



BULLETIN

534 June 16th – 30th, 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

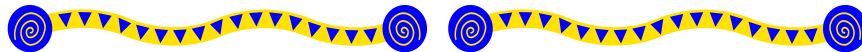
Save the Dates:

Mad Pride Toronto 2015 is July 6 – July 12

Come prepared for fun, celebration, encouragement, incitement, education and community madness.



Your next Bulletin issue will be all about Mad Pride Toronto 2015...stay tuned; you won't want to miss it!



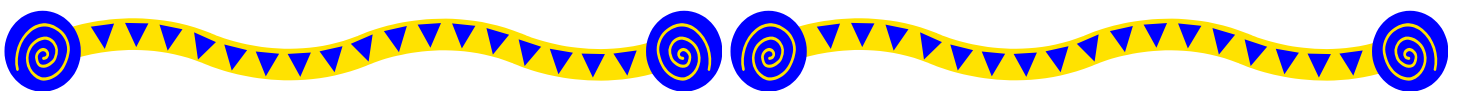
Call out for The Mad Market

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 sharberg448@gmail.com or 647-519-6002.

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.



New Criminal Background Check Legislation Introduced in Ontario

As posted in CLEONet

By Gabriel Granatstein

New legislation has been introduced to impose strict regulations on what information can be released in a police record check. Ontario's Minister of Community Safety and Correctional Services, Yasir Naqvi, presented Bill 113, the *Police Record Checks Reform Act*, into the provincial legislature this week. Mr. Naqvi stated that "the main thrust of the legislation is to strictly limit the disclosure of non-conviction information and prohibit the disclosure of non-criminal information such as mental health information".

This new legislation comes as a response to criticisms of the release of non-criminal information creating barriers for people's education, employment, volunteering, and other opportunities.

The highlights of the *Police Record Checks Reform Act* include:

- The legislation will standardize the three types of record checks – criminal record check, criminal record and judicial matters check, and a vulnerable sector check;
- It will allow any individual to request a police record check on their own account;
- The legislation will require the consent of the individual prior to the release of a police record check to a third party and the individual may request a reconsideration of the information to be disclosed; and
- No information related to the *Mental Health Act* will be disclosed.

The introduction of this Bill has been met with widespread support. Sukanya Pillay, the Executive Director of the Canadian Civil Liberties Association stated that "this more consistent, transparent, and accountable approach will go a long way to removing unnecessary but restrictive barriers – and ending the discrimination by the release of non-conviction disposition records – and in doing so will increase employment and volunteering opportunities for thousands of Ontarians".

Are you between the ages of 55 and 65?

Or concerned about your income when you reach retirement?

Come to a workshop on:
Retiring on a Low Income
Thursday, June 18 at 2:00 pm

- Transitioning from ODSP/OW to Old Age Security/CPP
- Learn about ways to maximize your income in retirement
- Learn the pitfalls to avoid which lessen your retirement income
- And much more!



With special guest **John Stapleton**

Houselink Community Homes
1678 Bloor Street West, 2nd floor, boardroom
Snacks and tokens provided

For more info or to RSVP, contact Naomi naomibe@houelink.on.ca or 416-516-1422 x 250

Introduction to Peer Support Group Facilitator Training

The Self-Help Resource Centre is offering free training for people interested in learning how to facilitate their own peer support group. Support groups can be for anyone or anything! It can be a group that focuses on a particular health challenge or a group that focuses on a particular activity that will help with that challenge, such as a Walking for Mental Health group.

The training will include perspectives in peer support, group facilitator skills and tools, negotiating conflict, as well as helpful suggestions on how to plan, start, run and maintain a peer support group. Participants will come away with an Action Plan on how they will achieve their vision and goals around peer support group facilitation.

Friday, June 26 from 10:00 am - 3:30 pm

Houselink, 805 Bloor Street West

Bring a pen, paper and your thinking cap.

Lunch will be provided. All are welcome to join!

If you have any questions and/or are interested in participating, please email Melissa at melissacorcoran@selfhelp.on.ca or 416-487-4355 x 27.

Self-Help Resource Centre

Phone: 416-487-4355 (in Toronto) | 1-888-283-8806 (in Ontario)

Email: shrc@selfhelp.on.ca | Online: [Website](#) [Facebook](#) [Twitter](#)

Centre for Independent Living in Toronto (CILT)
And Community Partners present:

Advocate for Change Disability/Deaf Issues & the Federal Election

Saturday, June 20 from 9:30 am to 4:00 pm
490 Sherbourne Street at Wellesley Street East

Are you interested in advocating for meaningful employment, poverty reduction, accessible and affordable transportation and housing? Come and learn effective tools and info to advocate for change.

Workshop is free; space is limited. You must register: Melanie at 416-599-2458 x 222 or melanie.moore@cilt.ca

Lunch and refreshments will be served. ASL, Captioning, Attendant Services and other accommodations will be provided upon request. TTC Tokens provided upon request. Scent-free event.

Access Independent Living Services and Community Partners invite you to the launch of:

Aging with a Disability Focus Group Report

Wednesday, June 24 from 6:00 pm - 9:00 pm
Tecumseh Auditorium, Ryerson University, 55 Gould Street at Church Street

The report is a summary of 18 focus groups with 128 participants about the aging process for people with disabilities. This report will be available to all participants and to the public at this event.

The meeting will be an interactive presentation of the report by a panel of speakers from the project's community partners and participants with disabilities. The discussion will focus on the main themes and recommendations.

Register by Friday, June 19 by using one of these 3 options:

- 1) phone 416-599-2458 x 228
- 2) email info@cilt.ca
- 3) online <https://www.eventbrite.ca/e/aging-with-a-disability-final-report-tickets-17179924617>

Food and refreshments will be served. ASL, Captioning, Attendant Services and other accommodations will be provided upon request. TTC Tokens provided upon request. Scent-free event.

Minister Ambrose Launches Video Testimonials on Prescription Drug Abuse

The Honourable Rona Ambrose, Minister of Health, unveiled four promotional videos featuring personal stories from Canadians directly affected by prescription drug abuse. As part of the federal approach to combatting prescription drug abuse, these powerful videos aim to increase awareness of the effects of prescription drug abuse on the lives of youth and their families. Each video reflects the real life story of Canadians and the impact of prescription drug abuse on their family, and through a series of powerful images and testimonials, they tell the story of addiction; its consequences, treatment, and recovery. For more information or to view the videos, please visit:

<http://news.gc.ca/web/article-en.do?mthd=tp&crtr.page=1&nid=981129&crtr.tp1D=1>

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.



Accessibility Innovation Showcase

Friday, August 7 - Tuesday, August 11, 2015

A disability can affect anyone at any stage throughout their life.

The **Accessibility Innovation Showcase** is a first-of-its kind event hosted by the Ontario Government, in association with the U.S. Consulate General, to raise the profile of accessibility, demonstrate advances in technology and market-ready innovations, and stimulate investment and growth of the industry.

Coinciding with the 2015 Parapan American Games and in celebration of the 10th anniversary of the Accessibility for Ontarians with Disabilities Act and the 25th anniversary of the Americans with Disabilities Act, this high profile five-day event (August 7-11, 2015) will bring together top innovators, investors, local and international dignitaries, government and the public.

This is a unique opportunity for:

- **Innovators** to showcase and pitch their products while building valuable business networks
- **Investors** to preview new ready-for-market products
- The **public** to experience and learn about accessibility technology first-hand

Located at the MaRS Discovery District, this Showcase features both a public and industry-focused program including: exclusive investment and networking opportunities, interactive demonstrations, kids zone, sports zone, speaker series, hack-a-thon, rapid prototyping and public tours.

Organizations interested in exhibiting their accessibility technology/assistive device at the Showcase are invited to submit an **Expression of Interest (EOI) by June 19, 2015.**

If you would like to receive more information about this exciting opportunity and are interested in putting forward a submission, please send an email to Accessibility.Showcase@ontario.ca.



Mad Stories

Come listen or join in. We tell some 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.

Tuesday, June 30, 2015

7 - 8:30 pm

OISE, 12th Floor, Room 12-274

at 252 Bloor St. West - St. George Subway

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

As usual, The Consumer/Survivor Information Resource Centre of Toronto does not endorse any studies or research possibilities we put into The Bulletin. We put them here for your information and for you to decide whether to participate or not. Cassandra & Helen

camh Centre for Addiction
and Mental Health

Are you age 18 or older and taking Clozapine?

If yes, you may be eligible for a research study which involves brain imaging procedures.

We are looking for individuals who are: 1) taking Clozapine; 2) age 18 or older; and
3) not using any street drugs recently.

For more information, or to find out if you are eligible, please call 416-535-8501 x 30620.

** Financial compensation will be provided **

CAMH provides other treatment options for mental illness or addiction.
For more information, visit www.camh.ca or call CAMH at 416-535-8501.

CAMH is a Pan American Health Organization Collaborating Centre and is affiliated with the University of Toronto.
(REB# 221/2012)

Employment and Training Matters

Communicating with Presence in a Job Interview!

Wednesday, June 17 from 12:30 pm - 2:00 pm. What is "presence" and how does it impact your success when applying and interviewing for jobs? A career developer from Seneca College, Faculty of Workforce Skills Development will present a workshop on how to achieve a strong presence at your next job interview, with a focus on: the first impression (handshakes and greetings), body language, common barrier-causing habits (i.e. tapping, speaking with grammatical errors, sounding hesitant) and voice projection techniques. Free parking. Please call Diane 416-396-8950 or email dhuyinh@torontopubliclibrary.ca to register for this free workshop. Agincourt Library, 155 Bonis Avenue. Adults. **Free**

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 416-535-8501 x 34407 or Tara Laing 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.

Volunteer/Board Matters



Volunteer Position - Board of Directors

Alternatives East York Mental Health Counselling Services Agency provides community-based resources that support and inspire our diverse community to maintain and improve their mental well-being. We do this by working with our clients and partners to address challenges, facilitate informed choices, and advocate for positive change. We are funded by the Toronto Central Local Health Integration Network.

Alternatives works from a recovery-based, client-centered model. The principles that inform our practice include an understanding of anti-oppression frameworks and a knowledge and sensitivity of the links between mental health and poverty, isolation, trauma, racism, sexism, and other forms of discrimination and stigmatization.

We are currently looking for volunteer board members to join our Board of Directors. To compliment the current dedicated members of our hands-on, consensus driven, relatable Board, we are particularly looking for individuals with volunteer or working experience in the areas of:

- Accounting or Financial experience in a non-profit or Board setting an asset
- Mental health - positions for both individuals with lived experience and non-lived experience
- Fundraising

We welcome interest from people who have experienced the mental health system, are members of the diverse community of East York and who believe in the values of empowerment, self determination, social justice and the right for people to live with dignity and respect.

Please see our web site www.alternativestoronto.org for more information on our program and services.

If you have any questions, please contact the Executive Director, Michelle Azubuike 416-285-7996 x 222 or mazubuike@alternativestoronto.org.

If you are interested in joining us as a volunteer board member, please send a resume along with a brief cover letter outlining your interest and relevant experience to board@alternativestoronto.org by June 19, 2015.

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

Free and Low-Cost Events for June 16 – 30, 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 History Month ~ art & film

Friday, June 19 from 11:00 am - 7:00 pm (this event repeats). **Our land, together – Indigenous Relationships Art Exhibition.** *Our land, together* is an exhibition that considers various perspectives on Indigenous relationships to place within our land. Artists Scott Benesiinaabandan, Christian Chapman and Cheryl L'Hirondelle reveal these different perspectives to show the tensions that impact Indigenous and non-Indigenous people in the land now commonly referred to as Canada. Each artist examines these relationships in ways that reflect upon the different and often times competing histories and knowledge that shape contemporary understandings of territory in a shared space. Curated by Suzanne Morrisette; an artist, curator, writer, and emerging scholar from Winnipeg, who is based in Toronto. The exhibition continues until September 20. Bill Boyle Artport, 235 Queens Quay West. **Free Admission**

Wednesday, June 17 from 6:00 pm - 8:15 pm. **Spotlight on films from Turtle Island: Trick or Treaty?** Indigenous life through an indigenous lens. National Film Board of Canada presents films by First Nations filmmakers and writers. *Trick or Treaty?* (PG, 2014, 85 minutes) is a documentary that follows the journey of Indigenous leaders in their quest for justice as they seek to establish dialogue with the Canadian government. A Q&A follows with acclaimed film maker and director Alanis Obomsawin. Contact Suzanne Alimoglu salimoglu@torontopubliclibrary.ca or 416-394-5170. Albion Library, 1515 Albion Road. All Ages. **Free**

Canada Day Eve ~ light up the sky

Tuesday, June 30 at 10:30 pm. **Canada Eve Fireworks.** One night only! Don't miss the best fireworks show in the city, exploding over Lake Ontario and set to an all-Canadian playlist. Harbourfront Centre, 235 Queens Quay West. **Free**

Canada Day ~ celebrate on the holiday

Harbourfront has a myriad of activities happening on Canada Day including: a stilt walker from 2:00 pm - 7:00pm, Folktales from Japan and Canada from 1:00 pm - 1:30 pm, a steel pan band from 2:00 pm - 7:00 pm and much more! See <http://www.harbourfrontcentre.com/canadaday/2015/> for a complete list. All activities are happening at 235 Queens Quay West. Most activities (including the ones above) **Free**

Wednesday, July 1 from 12:30 pm - 1:30 pm **Sounds Like Canada Series: Santerias.** The Sounds Like Canada Series showcases artists that reflect the festival curatorial theme of Canada Day: The Next Generation. Only in Canada, where people from a large variety of traditions, experiences, homelands and backgrounds can come together to demonstrate, learn from and work with one another, are these artists and expressions possible. As Canada's demographics shift, we seek out exemplars of a new Canadian identity. These are artists who employ the traditions and practices of multiple influences: The homelands from which they or their families have come; the events, goings-on and influences from the diverse population among which they now live; and the work from across the city, country and world in which they live. Artists are no longer trapped by the boundaries of genre and traditions as they search for a form of expression that represents their experience of Canada. Stage in the Round, 235 Queens Quay West. **Free**

Wednesday, July 1 from 5:00 pm - 10:30 pm. **Canada Day Celebration at Mel Lastman Square.** The City will celebrate Canada Day at Mel Lastman Square. Free face-painting by Picasso Painters will be available from 5:00 pm to 8:00 pm. Zero Gravity Circus presents its Open Air Big Top featuring aerial acrobats at 5:00 pm, 6:00 pm and 7:00 pm. Juno-award-nominated Reggae artist Jay Douglas and the Allstars performs at 8:00 pm., followed by the salsa dream team, Toronto's Lula All Stars at 9:15 pm. The Canada Day celebration at Mel Lastman Square concludes with fireworks at 10:15 pm. Contact Michaela mray@toronto.ca. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Happy
Canada Day



Dancing ~ Scottish sounds

Tuesday, June 16 and Tuesday, June 23 at 7:00 pm - dusk. **Dancing in the Park 2015.** Music by the fabulous Scottish Country Dance Band "Scotch Mist". Bring a chair to listen to the music or come to join the dance...you will be welcomed by our dancers! No partner or kilt needed! Great Exercise! Multi-generational Fun! Hope to see you there!

<http://www.dancescottish.ca>. Edwards Gardens (on the green behind the barn), 777 Lawrence Avenue East. All Ages.

Donations Accepted

Education ~ free courses online

Tuesday, June 23 from 7:00 pm - 8:30 pm. **Exploring Open Online Courses.** Massive Open Online Courses (MOOCs) began as a social experiment in 2011 when Ivy League schools opened up their courses to the public on the Internet for free. Courses have become less formal and include anything from photography to web design. In this session you will learn how to search for MOOCs and get credit. Learn how the public library can support you. To register 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Environment ~ our climate

Friday, June 19 from 6:00 pm - 9:00 pm. **Who's Doing What About Climate Change?** Meet a number of organizations and community groups in Toronto who are actively making a difference by working toward solutions for climate change and environmental challenges. More details at: <http://meetup.com/CLIMATE-CHANGE-Toronto> RSVP/Registration required. Why not become a member of Climate Change Toronto and RSVP at: <http://www.meetup.com/CLIMATE-CHANGE-Toronto/events/222505778/> or register here: <https://www.eventbrite.com/e/whos-doing-what-about-climate-change-ticket>. This is a free event. All are welcome! Contact Betty 416-638-0994 or climatechangetoronto@gmail.com. North York Civic Centre Council Chambers, 5100 Yonge Street. All Ages. **Free**

Festivals and Fairs ~ community fun

Friday, June 19 from 6:00 pm - 10:00 pm (this event repeats). Celebrate Toronto's Revitalized Waterfront at **Party on the Promenade**. Visitors and residents of Toronto are invited to join The Waterfront BIA for their Party on the Promenade at the Redpath Waterfront Festival from June 19 – 21. Come celebrate the end of construction and the launch of Toronto's revitalized Queens Quay Boulevard with parades, entertainment and activities along Queens Quay and the Martin Goodman Trail. The new main waterfront street includes a spectacular new pedestrian promenade and waterfront connection to the Martin Goodman Trail. Visit www.towaterfrontfest.com or www.waterfrontbia.com or 416-596-9821 for more info. The festivities begin on Friday, June 19 with a public ribbon cutting ceremony like no other hosted by Waterfront Toronto, followed by a parade along Queens Quay Boulevard and an Opening Celebration in HTO Park East. Everyone is invited to join in a 2 km community parade for the Friday evening celebration and grand opening launch of Toronto's revitalized waterfront. Website: <http://www.waterfrontbia.com> or 416-596-9821. HTO Park, 339 Queens Quay West. All Ages. **Free**

Friday, June 19 and Saturday, June 20 from 6:00 pm - 2:00 am. **Barilla Taste of Little Italy.** Now in its 17th year, the Barilla Taste of Little Italy transforms College Street into an Italian piazza with cuisine, music, artisans and more during the three-day festival taking place on College Street between Bathurst and Shaw. College Street is closed during event hours. ania.panasiewicz@zenogroup.com. College Street, Little Italy - College between Bathurst and Shaw. All Ages. **Free**

Saturday, June 20 from 11:00 am - 3:00 pm. **AlohaFest Toronto.** The mission of AlohaFest Toronto is to educate the Greater Toronto community about the Aloha spirit by uniting the multiple hula hālau (hula schools) and other Polynesian-inspired organizations and businesses in the city to showcase Polynesian culture, art and dance. AlohaFest Toronto will take place rain or shine and will include dance and musical performances, food and crafts. This ground-breaking event is sponsored by the Toronto-based Hālau Hula I Ka Lā ("Hula School in the Sun"). With our 'ohana (family) at Hālau Hula I Ka Lā, we strive to live the values and principles of Aloha. We invite you to join us in Toronto's first and only united celebration of Polynesian culture. AlohaFest.Toronto@gmail.com or <http://hulaikala.com/events/alohafest-2015/>. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Saturday, June 20 from 12:00 pm - 11:59 pm. **The Junction Summer Solstice Festival.** Presenting The Junction Summer Solstice Festival – The first festival of the summer season, celebrating the longest day of the year. You can learn all about the Junction by enjoying a full day of activities & events showcasing the best the Junction has to offer. With fantastic summer themed entertainment, sunny energy and a shopping experience like no other in the City. Celebrate DIY

culture, urban interventions, and love for art, design and music. Green powered event showcasing our neighbourhood's passion for healthy lifestyle and love for fresh quality food. Day to Night enjoy family friendly shows and workshops, take a spin on a Ferris wheel and taste the Junction. Stay around for a special events, movie screening and enjoy the bustling nightlife. Experience the magic allure of West Toronto treasure – The Junction! Contact Jessica 416-767-9068 or thejunctionbia@gmail.com or <http://www.thejunctionsummersolstice.com/>. The Junction, 2859 Dundas Street West. All Ages. **Free Admission**

Financial ~ staying safe

Thursday, June 25 from 6:30 pm - 8:00 pm. **Finance Workshop: Identity Theft.** Protect yourself against identity theft and fraud. In this session you will learn about strategies to stay financially safe, mortgage fraud, credit reports/scores/ratings, credit card scams and much more. Space is limited. Please register for this free workshop by coming into the branch or by calling 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Games ~ chess

Saturday, June 20 and Sunday, June 21 from 11:00 am – 6:00 pm. **The 2nd annual Chessfest at Harbourfront Centre.** Presented by Scotiabank, The Chess Institute of Canada and the Annex Chess Club. A day of chess programming for all ages and skill levels. Lots of free activities including chess lessons, the tournament has a fee; for more details see <http://annexchessclub.com/harbourfront-chessfest/>. Harbourfront Centre, Boulevard Tent & South Lawn. All Ages. **Free**

Health Talks ~ body and the brain

Tuesday, June 16 from 2:00 pm - 3:00 pm. **Healthy Cognitive Aging.** Ryerson Professor Alexandra Fiocco will discuss the predictors and prevention of cognitive decline, a decline in memory and thinking abilities. PhD student Katie Peck will discuss the effect of music on brain health. 416-395-5649. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

Movies ~ outside at dusk

Tuesdays, from June 16 – September 1 at dusk. **Mini Canada City Cinema.** Free Outdoor movies. Tuesday, June 16 will be a screening of the movie 8 Mile. Info: www.ydsquare.ca. Yonge and Dundas Square. **Free**

Music ~ an evening of sound

Thursday, June 18 from 7:30 pm to 9:00 pm. **Concert Under the Stars.** The North York Concert Band presents a free concert of band music, show tunes, swing music, and more featuring the band and soloists under the baton of John Edward Liddle. Contact Klanctot@northyorkconcertband.ca or 416-802-6819. Mel Lastman Square, 5100 Yonge Street. All Ages. **Free**

Wednesday, June 24 from 7:00 pm - 9:00 pm. **Twilight Concert in the Park.** Free Outdoor Concerts featuring the lively Etobicoke Community Concert Band. Please bring your own chair or blanket. Contact Debbie & Staff jswoods@bellnet.ca or 416-622-4124. Applewood/The Shaver Homestead, 450 The West Mall. All Ages. **Free**

Pride Days ~ lgbttqts events in the city

Friday, June 19 from 1:00 pm - 4:00 pm. **Pride Celebrations at SRCHC.** South Riverdale Community Health Centre will be having their annual Pride celebration on June 19th. Join us for music, prizes and food. Everyone welcome! 416-461-3577. South Riverdale Community Health Centre, 955 Queen Street East. All Ages. **Free**

Saturday, June 20 and Sunday, June 21 from 8:00 pm - 2:00 am. **LGBTQ Rock Placebo Space PRIDE 2015.** Come Out and celebrate PRIDE at Placebo Place with a night filled with the hottest entertainment in the west end including: live pop music, drag, burlesque, belly dance and more! Doors at 8:00pm. Contact Melissa Fawcett events@thelincn.ca or 647-926-0947 or <http://www.placebospace.ca>. Placebo Space, 2877 Lakeshore Blvd West. Adults. **\$5 Cover**

Saturday June 27 from 2:00 pm - 4:00 pm. **Dyke March.** The Dyke March is a grassroots event where women and trans people in LGBTTIQQ2SA* communities take over the streets of Toronto. The Dyke March is not a parade – it is a political demonstration of critical mass; a moment seized to revel in the strength, diversity and passion of LGBTTIQQ2SA* women and trans* people. 12:00 pm: Pre-march sign making at Church and Bloor, 1:00 pm: Line up at Church and Bloor, 1:45 pm: Dyke March blessing by Nicole Tanguay, 2:00 pm: March, Post-march Activities at Allan Gardens: Raging Asian Women drumming group, speakers, yoga, and water play. **Free**

Sunday, June 28 at 2:00 pm. **Pride Parade.** The parade start time is now at 2 pm! From the corner of Church Street and Bloor Street all the way down Yonge Street to Yonge-Dundas Square, Toronto's LGBTTIQQ2SA communities will Come OUT And Play! **Free**

Seniors ~ *navigation and the brain*

Tuesday, June 23 from 2:00 pm - 4:00 pm. **iNavigait: Be A Safe Pedestrian.** Seniors continue to have the highest pedestrian injury and death rate. Learn safe ways to navigate while out and about. Presented by a Toronto Public Health nurse. No registration needed. After this session, stop by the Auditorium for the Seniors Discovery Fair. Contact Kelli kcornforth@torontopubliclibrary.ca or call 416-395-5672. North York Central Library, 5120 Yonge Street, Room 2/3. Seniors. **Free**

Wednesday, June 24 from 7:00 pm - 8:00 pm. **Your Brain: what goes on as we age?** As we get older, we often find that we're not as mentally sharp as we used to be in our youth. What changes occur in the brain as we age? Severe impairment may also happen with age in the form of cognitive and motor deficits that can be hard to treat. This presentation will provide an overview of Parkinson's disease and Alzheimer's disease, the two most common neurodegenerative disorders. Topics include the biological bases of the disease, symptoms, and available treatment options. The presentation is delivered by SciChat, a student run adult outreach initiative by the Department of Immunology at University of Toronto. 416-393-7703. Beaches Library, 2161 Queen Street East. Adults. **Free**

Tech Talk ~ *3D printing*

Monday, June 29 from 6:00 pm - 8:00 pm. **3D Printer Certification.** Staff members show participants how to use the 3D printer offered at our Digital Innovation Hubs - including: how to prepare a 3D design file for print, how to use the equipment properly and safely, reviewing the rules and guidelines to using the 3D printer. Interested members must visit the library website, www.torontopubliclibrary.ca to register. Free tickets will be available starting Wednesday June 15. For staff assistance call 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Wellness ~ *walking and yoga*

Saturday, June 20 from 9:00 am - 12:00 pm. Register by: Friday, June 19. **Healthy and Smart Walking Workshop.** Introduction to healthy walking techniques (posture and breathing method, common injury and safety issues, and hiking trails, etc.), develop healthy walking habits for physical wellness. Contact Enid Liu enid.liu@cicscanada.com or 416-292-7510 or <http://www.cicscanada.com/events/2663>. CICS Immigrant Resources Centre, 2330 Midland Ave. Adults. **Free**

Sunday, June 21 from 2:00 pm - 4:00 pm. **Nature Walk.** Helen Mills of Lost River nature walk. Meets at 2:00 pm at Dallington Pollinators Community Garden. The walk starts at Betty Sutherland trail at 2:30 pm - at Leslie and Sheppard south east corner. Bring water – the walk is 2 hours from meeting point. Contact Wendy versuewen@rogers.com or 647-340-2647. Dallington Pollinators Community Garden, 18 Dallington Drive. All Ages. **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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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



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