

# BULLETIN

# 549 February 16 – 29, 2016



**It's a Leap Year!**

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

### **Don't get Scammed!**

The Ontario Energy Board (OEB) issued an alert last week because several people were telephoned by someone claiming to be associated with the Ontario Electricity Support Program (OESP) and wanting access to their homes.

The OESP application and approval process DOES NOT require a home visit. OEB staff do not conduct a home audit, check furnaces or install equipment for this or any other program.

[http://www.ontarioenergyboard.ca/oeb/\\_Documents/Press%20Releases/news\\_release\\_OESP\\_Consumer\\_Alert\\_20160127.pdf](http://www.ontarioenergyboard.ca/oeb/_Documents/Press%20Releases/news_release_OESP_Consumer_Alert_20160127.pdf)

Just because you may be asking for some financial assistance with your energy bills, does not mean you need to let strangers into your house. This could be a scam where people want to get in and look around your house, casing it for future criminal activity!

### **Save the dates! Two upcoming events of interest:**

**Low-Income Energy Network (LIEN)** LIEN annual conference on March 23, 2016

The Low-Income Energy Network (LIEN) annual conference will be held on Wednesday, March 23, 2016 from 9:00 am – 3:30 pm at Oakham House at Ryerson University. This exciting (and free) event is a gathering for anti-poverty, affordable housing and environmental advocates to share experiences and engage in an action agenda on low-income energy issues. More information, including registration and agenda, to come within the next couple of weeks via email and on the LIEN website. <http://www.lowincomeenergy.ca>.

Share 2016 [Women's Entrepreneurship Conference](#) March 31 from 9:00 am – 3:00 pm

Presented by SheEO and Sponsored by the City of Toronto  
North York Civic Centre. Tickets at Eventbrite \$25 + \$3.25 HST.

# Trauma and Addiction: An Integrative Approach, Toronto

Organized by Black Creek Community Health Centre

When: February 19, 2016, 9:00 am - 3:30 pm

Where: Black Creek Pioneer Village, 100 Murray Ross Parkway, Toronto

Serious traumatic experiences play an often-unrecognized role in women's substance use as well as their physical and emotional health and wellbeing. These trauma issues are often the primary triggers for relapse and could be underlying their mental health disorders. The need for substance abuse treatment services to be more integrative is imperative. Skilled in their respective field of trauma, addictions, mental health and education these presenters will share practical skills to guide mental health, child protection and social service professionals in providing care for women from a holistic women-centered approach that acknowledges their psychosocial needs. Drawing from their respective experiences and interactions with trauma survivors, these presenters will discuss integrative models of care for both the client and service providers.

Presenters:

**Bonita Lawrence**, PhD Historical Trauma - The Aboriginal Experience, York University Equity Studies  
**Dr. Alice Ordean**, MD - Addiction and Parenting - St. Joseph's Health Centre, T-Cup program for addicted women  
**Doreen Francis**, PhD - Attachment, Trauma & Addictions  
**Patsy Sutherland**, MA, PhD Candidate - An integrative Approach to Treating Complex Trauma in the Caribbean Context.  
**Dr. Dana Ross**, MD -Transference & Counter Transference - Women's College Hospital - Trauma Therapy Program  
**Bonilyn Hill-Mohamed**, MEd - Trauma-Informed Techniques for working with Trauma Survivors - Women's College Hospital Trauma Therapy Program  
**Marlee Rubel**, MEd - Vicarious Trauma and Compassion Fatigue - Women's College Hospital - Trauma Therapy Program

Register here: <http://bit.ly/1Pi1tc0> Tickets are \$21.80

## Free Resource

### Exploring Effective Systems Responses to Homelessness

Edited by Naomi Nichols & Carey Doberstein. 521 pages

The Homeless Hub Press

This book was produced with strategic intentions: our goal is to leverage collective expertise to produce an evidence base that supports policy and government decision makers, community organizers, institutional leaders (e.g. managers and directors) and funders to conceptualize, plan for and implement coordinated efforts to end homelessness in Canada. We see efforts to coordinate services, policies and governance strategies as the critical next step in a pan-Canadian effort to end homelessness.

[Download the book](#)

416 Community Support for Women invites you to attend a free 'Change Room' Workshop on:

## Holistic Nutrition

Angela is a Doctor of Traditional Chinese Medicine. She is passionate about helping people achieve their optimum state of health, vitality and well-being: mind, body and spirit. Join us for a talk on holistic nutrition.

Thursday, February 18<sup>th</sup> from 2:45 – 4:00 pm at The 519  
519 Church Street

To RSVP please email Tia at [tia.c@416community.com](mailto:tia.c@416community.com) or call 416-928-3334 x 223  
In partnership with The 519 and the Native Women's Resource Centre of Toronto

## Support and Growth



PeerZone workshops are happening all over the province, from CMHA Toronto offices to up at Waypoint, to CMHA Timmins, and South Simcoe through CMHA York, and the Krasman Centre - in both the Richmond Hill and Alliston offices. The Gerstein Centre runs their PeerZone workshops on the weekends at The 519, so they're especially accessible to people who work through the week. Some agencies who run the 18 different sessions hold them for only their own members and others open them up to the wider community. Working for Change is about to embark on a series of 6 for their Women Speak Out graduates.

Houselink, the Self-Help Resource Centre and the C/S Info Centre have partnered together to do some that have been open groups. They've been held at Houselink and at CAMH.

Watch this space for more info on when and where you can join a PeerZone workshop of interest to you!

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### **Pathways to Recovery** – Downtown. Starting on Tuesday March 15<sup>th</sup>.

Date: Every Tuesday, running from March 15<sup>th</sup> to May 31<sup>st</sup>  
Time: 1:30 pm to 3:30 pm  
Location: Fred Victor – 210 Dundas Street West, 4<sup>th</sup> floor  
Registration: Contact Michael Wall at 416-482-4103 x 340

Pathways to Recovery: A strengths-based approach to recovery that does not focus on symptoms and disorders, but on attaining higher levels of wellness and satisfaction. This group is ideal for people who are transitioning from mental health case management services.

Please be aware that you MUST register no later than March 4<sup>th</sup> to be considered for this group.

Please note that registration is on a first come first served basis.

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**ONTrack** – is a free program for young adults 16 – 24 who self-identify as someone with a mild to moderate mood or mental health challenge.

8 – week program.  
Miles Nadal JCC – 750 Spadina Avenue (TTC Spadina)  
Contact us: [ontrack@mnjcc.org](mailto:ontrack@mnjcc.org)  
Want to know more? Search ONTrack at [www.mnjcc.org](http://www.mnjcc.org) for info or to register.

Mindfulness Flow Yoga ~ Strength and Endurance Circuit ~ Strength Stretch and Release ~ Vinyasa Yoga ~  
Mindfulness Edge Meditation ~ Gravity ~ Athletics

ONTrack uniquely provides:

- A Peer-Support Worker to support participants throughout the program. In class and out of class.
- An extra 15 minutes before class and after class for check-in and check-out activities. Breaking down barriers and getting to know your classmates and instructors.
- Goal-setting and choice for personal growth.
- Continual feedback opportunity and a chance to measure your mental health progress throughout the program using a provided Mood App.

ONTrack Fitness Wellness is a partnership between Miles Nadal JCC, Stella's Place and the Ontario Ministry of Tourism, Culture and Sport

# Income Security Advocacy Centre (ISAC)

## Improving ODSP Medical Reviews

ISAC website at [www.incomesecurity.org](http://www.incomesecurity.org).

*February 5, 2016*

The Ministry of Community and Social Services has just announced a plan for important improvements to the medical review process for people on ODSP. We want to thank Minister Jaczek and Ministry officials for responding to community concerns.

ISAC has been [advocating with our partners in community legal clinics for many years](#) for changes to a profoundly flawed medical review process. That process meant people on ODSP had to effectively go through the application process a second (or even third) time.

After the government put extra resources into increasing the number of medical reviews being done to get through a large backlog, we joined forces with partners in the health and community sectors [to avert the crisis facing people on ODSP](#) and the health care and legal services they rely on to comply with the medical review process. Together we developed recommendations for changes to the process and engaged in discussions with the Minister and Ministry staff.

Those recommendations have been accepted by Minister Jaczek and are reflected in the government announcement, which you can read here: <http://www.mcass.gov.on.ca/en/mcass/programs/social/medicalReviewODSP.aspx>.

The Ministry has committed to work with stakeholders to design a new medical review form that will now focus on whether or not the medical condition of the person receiving ODSP has improved since they were first granted benefits. If their health care professional can confirm that their condition has not improved, no other information is necessary. If there has been improvement, more medical information will be provided in the second part of the form, including any new medical conditions that have arisen.

Advocates were also concerned that some vulnerable clients may not respond to the Ministry's notification of the medical review, which would put their benefits at risk. The Ministry will now involve the client's caseworker in trying to contact them before closing their file.

The Ministry also began a pilot project last year, on the recommendation of advocates, to review all medical review files, before sending a notice to clients, to ensure that getting more medical information was actually necessary. To date, 30% of those files are being granted permanent benefits without the need for any more information. This pilot project is now being made permanent. The Ministry states that the lessons learned from reviewing these files have led to a reduction in how often they assign medical review dates.

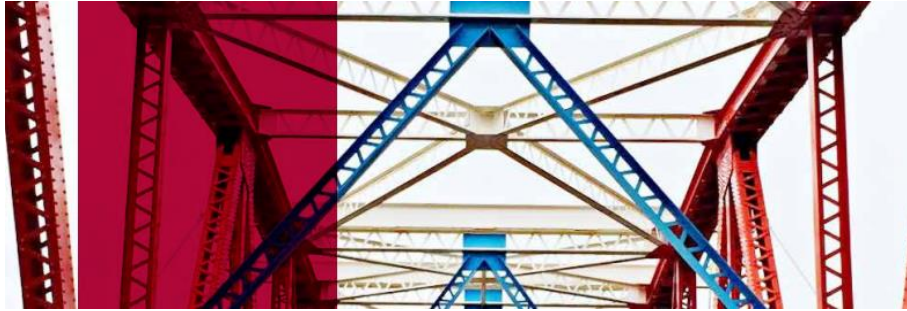
The changes being made will reduce the burden on people on ODSP and help health care professionals provide better and more appropriate medical information.

As well, the Ministry says that all of the changes they're making are "part of a wider effort to improve ODSP disability adjudication and ensure that ODSP will be available for those who are eligible". The hope is that over time, improved decision-making will mean fewer applicants will have to go through the appeal process in order to get the benefits they're eligible for. And legal clinics will be freed up to provide other important legal services to their communities.

We thank the Ministry for committing to continuing to work together with stakeholders to implement these plans.

And we look forward to continuing this important work with our community legal clinic partners in the provincial Steering Committee on Social Assistance and with our community partners: the [ODSP Action Coalition](#), the [Ontario College of Family Physicians' Committee on Poverty and Health](#), the [Canadian Mental Health Association – Ontario](#), the [Association of Community Health Centres](#) and [Regent Park Community Health Centre](#).

## An Evening with David Morris: The Value of Connected Communities



Join Wellesley Institute for An Evening with David Morris: The Value of Connected Communities. On the heels of the Communities report, Professor Morris will share the insights and findings of this exciting project with a Toronto audience.

Since 2010, the Royal Society for the Encouragement of the Arts (RSA), the University of Central Lancashire and the London School of Economics have been working on this longitudinal research project which aims to understand how community and social connections affect people's well-being.

Find out why the Connected Communities program argues that by investing in interventions that build and strengthen networks of social relationships, we generate value that is shared by people in the community from improving health to increasing employability.

After the end of Professor Morris's presentation, we will have three short presentations from Torontonians who are working on connected community projects in the GTA. Q&A moderated by Dr. Kwame McKenzie, CEO Wellesley Institute to follow.

WHEN: Monday, February 29 from 5:30 pm to 7:30 pm  
WHERE: Li Ka Shing Knowledge Institute - 209 Victoria Street

[REGISTER HERE](#)



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## Computer...Help!



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, Photoshop, etc. She can be reached at: [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416-595-2882 and we'll email Martha for you and then she'll call you. And if you have any computer article suggestions for Martha please let us know!

# CPP disability claims delayed by massive backlog, auditor finds

POSTED: February 3, 2016

ARTICLE SOURCE: [Canadian Broadcasting Corporation \(CBC\)](#)

Auditor General Michael Ferguson's latest report lays bare massive delays processing Canada Pension Plan disability payments that have left some of the most vulnerable Canadians waiting years for benefits.

In his annual fall report, the auditor general uncovered an average processing delay of 884 days that has left Canadians with severe and prolonged disabilities — such as nervous and circulatory diseases, cancers and mental illness, among others — waiting for a crucial source of income.

"These are Canadian workers. These are people who have worked in the Canadian workforce and they made their contributions to the CPP, and this is one of the benefits that they expect to be there when they need it," Ferguson said Tuesday.

"The department needs to treat it as a service for people and make the whole system better."

The auditor general also found Shared Services Canada is also unable to demonstrate any cost savings from its much-delayed streamlining of government information technology services.

The Social Security Tribunal of Canada, created by the former Conservative government following the 2012 federal budget, was tasked with processing disability claims under the CPP, a program the vast majority of working Canadians contribute to through their paycheques.

But the backlog of cases waiting for an appeal has nearly doubled since the tribunal's creation, from 6,585 cases at its creation to 10,871 by December 2014.

Similarly, the average wait time for an appeal decision has grown to 884 days, more than doubling the wait time prior to the change.

## Employment & Training Matters

Statistics Canada will be hiring over 35,000 people across Canada

### Census jobs

Join the census team and make a lasting contribution to Canada and its people.

Job locations, rates of pay, qualifications, and start dates vary. Please consult the details for each job type before submitting an application.

Applications are now being accepted for the following 2016 Census jobs:

- [Census jobs across Canada](#)  
Supervisory and non-supervisory jobs in neighbourhoods and communities in all urban and rural areas of the country (35,000 jobs).
- [Census Data Operations Centre](#)

Data processing and Census Help Line jobs in Gatineau, Quebec and Ottawa, Ontario (1,400 jobs).

**Note:** The Data Operations Centre positions have a separate application process than other census jobs. Due to the volume of applications for census positions, only those candidates who are successful at each step of the hiring process will be contacted to proceed to the next step.

# WORKING FOR CHANGE

A HOME, A JOB, A FRIEND AND SOCIAL CHANGE

Are you receiving Ontario Works? Are you interested in gaining skills to work in food or horticulture services?

**En Route to Employment may be an opportunity for you!**

The 36 day intensive training includes sessions on:

- food services and horticulture skills
- customer service skills
- moving forward: re-entering the workforce
- asset mapping, goal setting
- wellness
- diversity issues
- conflict resolution
- first aid & CPR
- budgeting
- work etiquette
- resume writing
- interview skills

And much more!

Training sessions will be from 10 am-3 pm, Tuesday, Wednesday and Thursday for 12 weeks starting in April, 2016.

You will receive a hearty lunch on each training day and a \$20 per day honorarium.

**15 spots are available for the training program!**

An information Session will be held on March 7th at 1 pm. 1499 Queen Street West # 203.

Please submit an application detailing why you are interested in food services or horticulture work, previous work or volunteer experience and what you feel you would bring to the group. To obtain an application or further information please contact:

WORKING FOR CHANGE  
1499 QUEEN STREET WEST, Suite #203 TORONTO, ON M6R 1A3  
Phone: 416-504-1693 Fax: 416-504-8063  
Email: [lubna@workingforchange.ca](mailto:lubna@workingforchange.ca)

In order to participate it is necessary to have a referral from your Ontario Works worker.

## Things To Do

*in our beautiful city...*

**Free and Low-Cost Events for February 16 - 29, 2016**

**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!



### Arts

Tuesday, February 23 from 7:00 pm – 9:00 pm. **Free Artist's Talk: Ryan Gander at OCAD University.** London-based conceptual artist Ryan Gander is renowned for his conceptual art which is stimulated by queries, investigations or what-ifs, rather than strict rules or limits. The talk sits on the border between lecture, performance and presentation.

Reminiscent of an informal conversation amongst friends in a pub, its subjects roam aimlessly, linked only by seemingly trivial facts. The work attempts to question the use, interpretation and regurgitation of knowledge and information within common educational models. 416-977-6000 or [ccrosbie@ocadu.ca](mailto:ccrosbie@ocadu.ca). OCAD University, 100 McCaul St. Adults. **Free**

## Black History Month

Wednesday, February 17 from 7:00 pm – 8:00 pm. **Slavery, Antislavery and Resistance in 19th Century Toronto.** Learn about slavery and resistance in the early Town of York, as Toronto was called until 1834. With Governor General's Award winner Karolyn Smardz Frost. 416-395-5660. North York Central Library, Concourse, 5120 Yonge St. Adults. **Free**

Friday, February 19 from 2:00 pm – 3:30 pm. **Black History Month – National Film Board Documentary – Hue: A Matter of Colour.** As part of Black History Month programs, this NFB of Canada documentary will be shown. It is an investigation into the history and often-tragic effects of colourism – the phenomenon whereby people within the same ethnic group discriminate against each other based on differences in skin tone. Drop-in program. Limited Space. First come, first seated. [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

Friday, February 19 from 1:00 pm – 2:00 pm. **Black History Month Feature talk "Rap N' Roll".** Is rap music the new rock n' roll? Why does this music form appeal to a virtual UN of multi-culti audiences across age, race, class, gender and religious designations? Author Dalton Higgins new book Rap N' Roll looks at the politics, messages and global reach of hip hop and rap in today's pop culture. All are welcome. 416-393-7715, or [cmoran@torontopubliclibrary.ca](mailto:cmoran@torontopubliclibrary.ca) or [www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT217241&R=EVT217241](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT217241&R=EVT217241). Jones Library, 118 Jones Ave. Adults. **Free**

## Entrepreneurs

Thursday, February 18 from 6:30 pm – 8:00 pm, registration required. **Self-Financing and Planning Your Own Start-Up Business.** Learn how to start and self-finance your own business in the digital age. Author and business consultant, Iain Williamson, will show you where to find great ideas to start a business and figure out if there is a market for your product or service. Find out how much money you need to get started and if your business can finance itself once it is up and running. Get some great business start-up tips from an entrepreneur who has been running his own businesses for over 30 years. Space is limited. See Agincourt branch staff or call: 416-396-8950 to register. Agincourt Library, 155 Bonis Ave. Adults. **Free**

## Festivals and Shows

Saturday, February 20 and Sunday, February 21 from 12:00 Noon - 5:00 pm. **Bloor-Yorkville Icefest 2016.** Fall in love with Bloor-Yorkville at the 11th Annual Icefest. Inspired by Heart Month and the Valentine's Day season, this year's "Expressions of Love" theme will transform the neighbourhood into a magical showcase of crystal clear ice sculpted into iconic expressions of amour. As February is Heart Month, Bloor-Yorkville will be fundraising with participating partners and sponsors in support of the Heart and Stroke Foundation. For a donation, children can look forward to "Ice Kiddie Cubes" with a surprise toy inside, and all visitors can indulge at the taffy station with proceeds going back to Icefest's charitable partner. On Saturday, February 20, the Ice Carving Competition will start at 12:00 Noon. Visitors are invited to see the action as blocks of ice are transformed into ice sculptures, crafted on site by some of the most talented ice carvers in Ontario! 416-928-3553 or [marketing@bloor-yorkville.com](mailto:marketing@bloor-yorkville.com). Village of Yorkville Park, 115 Cumberland St. **Free**

Saturday and Sunday, February 20 and 21 starting at 11:00 am. **LunarFest,** Welcome in the Year of the Monkey at Harbourfront Centre. Enjoy exhibitions, craft workshops, dance, music and more at this Lunar New Year celebration. Hundreds of LunarFest monkeys will be on site to greet visitors. World's Smallest Lion Dancers, The Drumming Dance (Taiwanese Heritage Beats) Monkey King and Friends and Korean Cuisine Food Truck. Co-produced by Asian-Canadian Special Events Association. Info at [www.lunarfest.org](http://www.lunarfest.org) Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Saturday, February 27 from 2:00 pm – 8:00 pm. **Showcase Grenada Exhibition.** This event showcase's everything Grenadian – our food, music, vendors (local and from Grenada), artisans, businesses, sponsors and even produce / groceries from our bountiful land in Grenada. This event is being held in collaboration between the Grenada Independence Planning Committee (GIPC) and the City of Toronto, Parks and Recreation and the Grenada Tourism Authority. Contact: Consulate General of Grenada in Toronto [info@grenadaconsulate.com](mailto:info@grenadaconsulate.com) or 416-595-1343. Stephen Leacock C.C. 2520 Birchmount Road. All Ages. **Free**

## Financial

Wednesday, February 17 from 6:45 pm – 8:00 pm. **Estate Planning.** Death Can Be a Very Taxing Time. Gain an understanding of the various tools of estate planning. Learn the steps needed to create a plan to distribute assets during life or upon death. Presented as part of Toronto Public Library's Personal Finance series of programs. Presented by Noreen Corcoran from The Chartered Professional Accountants of Canada. Info at [bbertrand@torontopubliclibrary.ca](mailto:bbertrand@torontopubliclibrary.ca) or 416-393-7672. High Park Library, 228 Roncesvalles Avenue. Adults. **Free**



## Food

Thursday, February 25 from 5:00 pm – 6:30 pm. **4th Annual Soup Night at Community Centre 55.** Everyone is welcome to judge soup entries from Melanie's Bistro, The Grover, The Gull and Firkin and AMS Pizza and Wings. This year's event is free in honour of the Centre's 40<sup>th</sup> anniversary. 416-691-1113. Community Centre 55, 97 Main Street. **Free**

## Health & Wellness

Thursday, February 18 from 6:00 pm – 8:00 pm. **Germ Files.** Meet Microbiologist Jason Tetro – author of "The Germ Files", a "researcher, germevangelist and Germs Relationship Therapist" and learn amazing facts about germs. Some items are purely fun, some are there to boggle the mind, some might just save your life. All are designed to improve our relations with germs for the benefit of human health and happiness. [rstaff@torontopubliclibrary.ca](mailto:rstaff@torontopubliclibrary.ca). Richview Library, 1806 Islington Avenue. Adults. **Free**

Thursday, February 18 from 6:30 pm – 8:00 pm. **Winter Blues.** Join in for a discussion on Seasonal Affective Disorder (SAD) that teaches you about the signs and causes of depression and how we can deal with it. Morningside Library, 4279 Lawrence Avenue East. **Free**

Monday, February 29 from 6:30 pm - 7:30 pm, registration required. **Stress Management Thru Restorative Meditation.** In partnership with Meditation Toronto, enjoy a relaxing meditation session and tension relieving stretches. Please bring a yoga mat or a non-slip surface mat to the class. To register, please call: 416-394-1040. Oakwood Village Library and Arts Centre, 341 Oakwood Avenue. Adults. **Free**

## Law

Wednesday, February 24 from 6:30 pm – 8:00 pm. **Law at the Library: Wills and Powers of Attorney.** A well-organized estate plan is the best gift one can leave to his or her family at death. Learn about wills and powers of attorney from experienced estates lawyer Elizabeth Bozek. 416-395-5710. Don Mills Library, 888 Lawrence Avenue East. Adults. **Free**

Thursday, February 18 from 7:00 pm – 8:00 pm. **Identity Theft Protection.** Join a representative from Chartered Professional Accountants of Canada for a presentation about understanding fraud and protecting yourself from being a victim of identity theft. Topics include signs of victimization, preventative measures, real-life examples and steps to take if your personal information is compromised. 416-393-7703. Beaches Library, 2161 Queen Street East. Adults. **Free**

## Mad Stories

Tuesday, February 23, from 7:00 pm – 8:30 pm. **Mad Stories.** Tell your story your way. No labels, no analyses, no critiques. Listen in or join us as we tell short stories loosely based on daily life. Open to consumers, users, survivors, anyone with 'mad' experiences. Monthly. Contact: Erick Fabris, Toronto writer on psychiatric industry and practices. Email: [madly@teksavvy.com](mailto:madly@teksavvy.com) or call 647-478-4241. OISE, 12th Floor, Room 12-274, at 252 Bloor St. West - St. George Subway. Accessible. Not funded by mental health agencies or university programs. **Free**

## Movies

Wednesday, February 17 from 2:00 pm – 3:30 pm. **National Film Board Film Club - All The Rage (Short) - The Wanted 18 (Documentary).** Join us for two 2014 films from the National Film Board of Canada. The short is called All The Rage and the documentary is called The Wanted 18. The Wanted 18 – In 1987, a group of Palestinian residents from of Beit Sahour purchased 18 cows to provide milk for their families. Soon afterwards, the Israeli army was soon in hot pursuit of the illegal cows. This documentary brings to life one of the strangest chapters in the history of the Israeli-Palestinian conflict. Drop-in movies. First come, first seated. [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or 416-394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Wednesday, February 17 from 6:15 pm – 8:15 pm. **William Shakespeare's The Tempest.** To remember the 400th anniversary of Shakespeare's death, there is a showing of director, Julie Taymor's adaptation of the Tempest, where Prospero takes female form as Prospera (Helen Mirren). A visually stunning movie with a great cast. Rated PG. Content Advisories: nudity, some sexual content. [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or 416-394-5247. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Friday, February 26 from 2:00 pm – 4:00 pm. **To Italy with Book and Movie: Rome, La Dolce Vita.** Discover the fabulous world of Rome and Via Veneto of the 1960s as seen through the eyes of Fellini and Ennio Flaiano, one of Fellini's favorite screenwriters. It is the world of La Dolce Vita with celebrities, aristocracy and paparazzi as well as the confusion created by the dichotomy between a changing society and Italy's old religious and societal traditions. Register by calling the branch at 416-395-5710. Don Mills Library, 888 Lawrence Avenue East. Seniors. **Free**

## Music

Tuesday, February 16 from 7:00 pm – 9:00 pm, this event repeats. **Shout Sister! Choir Toronto South East.** They are always welcoming new members. Shout Sister! takes an unorthodox approach to choral singing. They do not audition and they sing a fun variety of music from pop and motown, to folk, to a touch of country and blues. They learn from recorded tracks so they require no reading of music. The method is fresh and fun and they are a warm and welcoming community. The act of singing with others is both powerful and joyful and, while their choir fills the need for those who have never sung with others, experienced singers will find the relaxed atmosphere and alternative repertoire a refreshing change. You are welcome to attend a practice with no obligation and new members are welcome at any time. If you are interested please email: [members@shoutsisterchoir.ca](mailto:members@shoutsisterchoir.ca). Please specify Toronto South East as the subject line in your email. For more information about us or our other chapters across Ontario please visit our website at: [www.shoutsisterchoir.ca](http://www.shoutsisterchoir.ca) or [members@shoutsisterchoir.ca](mailto:members@shoutsisterchoir.ca). Kingston Road United Church, 975 Kingston Road. All Ages. **Free**

## Outdoors

Saturday, February 20 from 7:00 pm – 8:30 pm, register by: Thursday, February 18. **Owl Prowl.** Wondering what might be active in the late days of winter? Come and investigate what the owls of Rouge Valley might be up to. Discover who's out there on an evening of discovery and adventure with one of our Rouge Valley Foundation biologists. The night will begin with a short presentation on owls and their ecology as well as our local coyotes, followed by a trip into the woods. Enjoy the crisp winter air and the peacefulness and dark skies of the Valley as you listen for their calls. Learn and perhaps see firsthand the mysterious world of the owl. There will be crafts and activities for kids before and during the presentation to keep them busy. RSVP is a must, space is limited. Email: [events@rvcc.ca](mailto:events@rvcc.ca) with your name, number of people in your group (kids & adults) and phone number (in case of cancellation). 416-282-8265. Rouge Valley Conservation Centre, 1749 Meadowvale Road. Recommended for adults and children over five years of age. **\$5/person suggested donation.**

## Photography

Wednesday, February 17 from 6:30 pm – 8:00 pm, this event repeats. **Three Talks on the Foundations Skills of Photography.** Through PowerPoint presentations and discussions, Toronto based photographer Michael G. O'Brien will explore many aspects of photography including technique, compositions, and light that will help improve our photos. The subjects covered relate solely to DSLR cameras and not to iPhones or any other point and shoot cameras. 416-393-7703. Beaches Library, 2161 Queen St. East. All Ages. **Free**

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

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Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Our 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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*From the C/S Info Bulletin Team: Helen and Cassandra and our wonderful volunteers: Jacqueline, Moira and Martha (the computer gal)!*

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